



LDR Division

Newsletter

UPCOMING USATF LDR CHAMPIONSHIPS / EVENTS

Feb. 18: USATF 50Km Championship
Mar. 4: NACAC Cross Country Championship
Mar. 11: USATF 15Km Championship
Mar. 18: Masters 8K Championship
Mar. 26: IAAF World Cross Country Championship
Apr. 8: USATF 100Km Road Championships

MW LDR Report

We're excited to kick-off the 2017 USATF Running Circuit here in a couple of weeks in Bend, OR. The USATF Running Circuit will guarantee American LDR athletes at least \$742,000, additional time and record incentives, and opportunities to qualify for several IAAF World Championship teams in 2017 and 2018. Please find an event summary of dates and locations below:

USATF Cross Country Championships – Bend, OR – Sat., Feb. 4, 2017

USATF 15 km Championships – Jacksonville, FL – Sat., Mar. 11, 2017

USATF 1 Mile Road Championships – Des Moines, IA – Tue., Apr. 25, 2017

USATF Half Marathon Championships – Columbus, OH – Sat., Apr. 29, 2017

USATF 25 km Championships – Grand Rapids, MI – Sat., May 13, 2017

USATF 10 km Championships – Atlanta, GA – Sat., July 4, 2017

USATF 7 Mile Championships – Davenport, IA – Sat., July 29, 2017

USATF 20 km Championships – New Haven, CT – Mon., Sep. 4, 2017

USATF 10 Mile Championships – Minneapolis/St. Paul, MN – Sun., October 1, 2017

USATF Marathon Championships – Sacramento, CA – Sun., Dec. 3, 2017

Information about these championships will be posted at USATF.org and USATFRunningCircuit.org.

Masters LDR Report

At the Annual Meeting the Masters LDR committee elected its new officers: Mary V. Rosado as chair; Lloyd Hansen as vice chair and Paul Carlin as secretary. The first Masters LDR championship will take place on March 18, 2017 at Virginia Beach, Virginia, the

TowneBank Shamrock 8k. The masters cross country championship will be held in Bend Oregon on February 4, 2017.

Mountain/Ultra/Trail (MUT) Report

MUT hosted the 100km Trail Championship on January 7. Stephanie Violett won the womens championship in 9:08:35 while Justin Ricks won the men's title in 9:13:11.

MUT will host two additional championships in February with the 100 mile Trail Championship on February 4th, and the 50km Trail Championship on February 18; selections for teams underway with another event (final auto select event) in the Trail Team selection on March 18 at the Chuckanut 50km.

Cross Country Report

Team USA won the overall title and three of the four team championships at the Great Edinburgh Cross Country Challenge.

The Junior Women's team won with a close victory over Great Britain 23 to 24. They were led by Nevada Moreno with a third place finish over the 4km distance in 14:08.

The Junior Men's team won with a very solid performance up front. Noah Affolder was the overall champion in the 6km race with a time of 19:29. Conor Lundy was third (19:36) and Seth Hirsch fourth (19:38) to help put the US team's 17 points over Europe's 20.

The Senior Women's team finished third behind a solid performance by the Europe women. The leading finisher for was Emily Apari in fourth over the 6km course.

The surprise of the day was the Senior Men's individual victory by Leonard Korir. Korir ran 24:03 over the 8km course. With Sam Chelenga, Stanley Kebeniei and Garrett Heath finishing 4th through 6th, the US team won easily with 37 points.

The USA National Championships are coming up in Bend, Oregon on Sat., February 4th. The meet will select teams for the IAAF World Championships, to be held in Kampala, Uganda on March 26. Teams for the NACAC

Championships in Boca Raton, Florida on March 4, will also be selected from this meet.

Road Running Technical Council Report

None submitted

Athletes Report

USATF is happy to introduce a quarterly anti-doping webinar series. This series will be led by staff from the United States Anti-Doping Agency (USADA) and highlight key topics such as: supplements, Therapeutic Use Exemption Forms, Youth Education, etc. All USATF members are eligible to participate in this free interactive webinar series.

The first webinar on Jan. 12 was an overview of USADA and the offerings they have for our athletes at all levels. USATF members will have an opportunity to submit questions during the 30-minute session.