



**DIVISION REPORTS  
SEPTEMBER 2018 EDITION**

***Upcoming Events:***

Sep 3 USATF 20K Champs (New Haven, CT)  
Sep 22-23 USATF 24 Hour Champs (Cleveland, OH)  
Sep 23 USATF Masters 5K XC Champs (Buffalo, NY)  
Sept 29 USATF Half Marathon Trail Champs (Hayward, WI)  
Oct 7 USATF 10 Mile Champs (Twin Cities, MN)  
Oct 7 USATF 50 Mile Road Champs (Boalsburg, PA)  
Oct 27 USATF Masters 15K Champs (Tulsa, OK)

***From the Desk of the Chair, Mike Scott***

The busy summer racing season continued in August!

I road tripped to Beach to Beacon 10K and the Falmouth Road Race to see two great American road races in my own New England region.

Additionally, I drove to New Hampshire in between those two venerable events to attend my first Trail Championships – the 50K Trail Championships hosted by the Ragged Mountain 50K. Vermonters Kasie Enman (5:11:23) and David Sinclair (4:17:36) dominated the competition and both established new course records on a wet day on the Sunapee-Ragged-Kearsarge Greenway.

I also attended the Masters 5K Championships hosted by Atlanta Track Club during the Atlanta's Finest 5K. David Angell (15:45) and hometown hero Laurie Knowles (17:29) were fastest of the day, while Fiona Bayly and Nat Larson age graded out best.

I had traveled to Atlanta -- along with Kim Keenan Kirkpatrick and Edwardo Torres, elite athletes Serena Burla and Tyler Pennel, and Adam and Zack from the National Office -- for meetings with Atlanta Track Club (ATC) regarding the 2020 U.S. Olympic Team Trials - Marathon. We reviewed the proposed OT course and attempted to answer many of the questions that the ATC staff had developed on a variety of OT related issues. We'll have a lot more details released soon regarding the Trials and currently intend to unveil the OT course in Columbus at the Annual Meeting.

Speaking of 2020, the Olympics, and the Olympic Trials: The IAAF announced the Qualification System for the Tokyo Olympic Games on July 31:

<https://www.iaaf.org/news/press-release/olympic-games-tokyo-2020-qualification-system>

While each country may still enter up to three qualified athletes, the IAAF's method of qualification will now emphasize the new IAAF World Rankings rather than a qualifying standard (there will be a qualifying standard but that standard will be quite fast and established with "the sole purpose of qualifying athletes with exceptional performances unable to qualify through the IAAF world rankings pathway").

The final version of IAAF World Rankings have not yet been announced, but the working version (and example world rankings) is posted at <https://worldrankings-staging.aws.iaaf.org/home>

USATF and USOC are examining the impact of the IAAF's qualification system on our Olympic Trials and selection procedures and will share more information as it becomes available.

***Men's LDR Report***

None Submitted

***Women's LDR Report***

Upcoming events will be the New Haven 20k on Labor Day. This is the 17<sup>th</sup> year they have hosted this championship for women's LDR.

October will bring the 10 miler in Twin Cities, also a long-time supporter of WLDR and MLDR! Moving on to November we will highlight the 5k in NYC and then closing out the circuit with the Marathon in Sacramento in December.

In August, a few of us traveled to Atlanta to review the Olympic trials course with the ATC. We had good meetings and were able to look at a revised course which eliminated some significant hills from the previous course. We are doing everything we can to make the course as athlete friendly as we can.

We are currently monitoring the IAAF changes to their selection procedures for the World Championships in 2019 and the Olympic Games in 2020. We are finalizing the selection procedures for Pan Am Marathon and the World Championship Marathon. They should hopefully be posted to the USATF web site soon.

As we enter fall, and start thinking about the convention, one thing I will ask my association LDR reps to start brainstorming about would be ways we can help each association sponsor a LDR athlete (or two, one per gender) who is a post collegiate athlete just getting a start in their local who could use financial support. I realize different associations have different resource levels and different support in the LDR space, but if there was a "Best Practice" we could build out to look at raising funds to help these

athletes it would be great. Maybe each association knows a hard-working volunteer who might be willing to solicit donations from local running clubs. If your association had five to ten running clubs and each donated \$100, then that \$500 for a male and female up and coming athlete could help a local athlete with airfare to a race. Maybe each race that hosts a championship in your state could give back \$100-\$200. And that fund can help. Those with boots on the ground will know what would work best in their association but if we all share ideas, this could be a great program to support our local American athletes.

### **Masters LDR Report**

1. Seven of the nine events on the **Masters Grand Prix** circuit are in the books with the final 2 events to be on September 23 and October 27, 2018. The 2018 Grand Prix Awards will be presented at a ceremony to be held at the Club Cross Country Championships in Spokane WA the weekend of December 8, 2018.

Complete standings can be accessed via:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx>

and

<http://www.usatf.org/MGPresults.aspx>

2. The **USATF Masters 5K Championship** was hosted for the first time by the Atlanta Track Club with their Atlanta's Finest 5K race on Saturday, August 18<sup>th</sup>. **Laurie Knowles** emerged from a pack of top Masters runners to take her first National Road Race Championship as a masters athlete in 17:29, followed by **Molly Watcke** and **Jennifer Bayliss**. **David Angell** took his 3<sup>rd</sup> Road Race National Championship of the year, outlasting **John Gardiner** by 6 seconds to take the win in 15:45. **Nat Larson**, 56, took 3<sup>rd</sup> place, followed by **Tim Meigs** in 4<sup>th</sup>. The Men's Age-Grading podium included: **Nat Larson** 94.26% **Tom McCormack**, 64 17:53 92.33% and **Rick Becker** 63 17:50 90.81%. The Women's podium: **Fiona Bayly** 51 18:20 91.11% **Carmen Ayala-Troncoso** 59 20:10 90.81% and **Doreen McCoubrie** 56 19:41 89.80%. In addition to **Angell** 40-44, **Gardiner** 45-49, **Larson** 55-59, **Sayre** 60-64, Men's National Age Division Championships were won by: **Tim Meigs** 50-54 **Kirk Larson** 65-69 **Gene Dykes** 70-74 **Doug Goodhue** 75-79 **Sid Davis** 80-84. In addition to **Knowles** 40-44 **Watcke** 45-49 **Bayly** 50-54 **McCoubrie** 55-59 Women's National Age Division Championships were won by **Patrice Combs** 60-64 **Victoria Crisp** 65-69 **Susan Aderhold** 70-74 **Catherine Radle** 75-79 **Tami Graf** 80-84. Victorious teams included for the Men: 40+ *Atlanta Track Club* 50+ *Greater Springfield Harriers* 60+ *Atlanta Track Club* 70+ *Ann Arbor Track Club* and for the Women: 40+ *Atlanta Track Club* 50+ *Athena Track Club* 60+ *Atlanta Track Club* 70+ *Atlanta Track Club*.

3. The **USATF Masters 1 Mile Road Championships** were held the evening of Friday, August 24 in Flint Michigan, hosted by the Michigan Mile of the HAP Crim Festival of Races. **Doreen McCoubrie** and **Jeannie Rice** ran the

fastest American Road Miles for their respective age divisions, 55-59 and 70-74. Unless someone runs faster between now and then, **McCoubrie's** 5:33 and **Rice's** 6:37 will be submitted as the fastest pending marks to be approved at the USATF Annual Meeting in December. The Overall Women's race was won by **Molly Watcke** in 5:25, followed by **Melissa Gacek**, **Doreen McCoubrie**, and **Tammy Nowik**. **Alan Black** took his first Masters Road Race National Championship in 4:43, followed by **Charles Novak** and **Chuck Schneekloth**. The Men's Age-Grading Podium included: **Alan Wells** 55 4:58 88.98% **Charles Novak** 50 4:47 88.67% and **Ken Youngers** 62 5:20 88.03%. The record smashers were at the top of the Women's Age-Grading podium: **Jeannie Rice** 70 6:38 100.73% **Doreen McCoubrie** 56 5:34 96.90% and **Marisa Sutera Strange** 55 5:39 94.17%. In addition to **Black** 40-44 **Novak** 50-54 **Wells** 55-59, Men's Age Division National Championships went to **Roger Sayre** 60-64 **Peter Mullin** 65-69 **Lloyd Hansen** 70-74 **Doug Goodhue** 75-79 and **C. Christopher Rush** 80-84. In addition to **Gacek** 40-44 **Watcke** 45-49 **McCoubrie** 55-59 and **Rice** 70-74, Women's Age Division National Championships were won by **Lisa Veneziano** 50-54 **Mary Richards** 60-64 **Cindy Lucking** 65-69 **Catherine Radle** 75-79 and **Tami Graf** 80-84. Men's Team Championships were won by: 40+ *Garden State Track Club-New Balance* 50+ *Atlanta Track Club* 60+ *Boulder Road Runners* 70+ *Ann Arbor Track Club* and Women's Championships by 40+ *Genesee Valley Harriers* 50+ *Checkers AC* 60+ *Atlanta Track Club* 70+ *Atlanta Track Club*.

4. The **Masters 15K Championships** will again be hosted this fall as part of the Tulsa Federal Credit Union Tulsa Run on Saturday, October 27. Come enjoy Downtown Tulsa before and after the race. It is one of the most welcoming races on the circuit, with a complimentary catered pasta dinner the evening before, a restricted warmup area and a 5-minute head start before the Community Race. Downtown hotels are convenient to the start and finish with the host hotel adjacent to the post-race festival area.

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-15km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114371>

### **5. Planning Ahead for the Fall.**

The **USATF Masters 5km Cross Country Championships** will be held on **September 23, 2018** in Buffalo NY and will also serve as the Can-Am International Challenge Race. All finishing runners will contribute to the score according to their place within their 5-year age/gender division. Either Canada or the USA will walk away in possession of the Farquharson-Glavin Cup. The Challenge has been dormant since 2011, but this will be the 31<sup>st</sup> contest, with Canada holding the edge, 18-12. All we need are 6 wins in a row to even things up. Come make your presence felt. This is also a stop on the

Masters Grand Prix series and points earned here can make a difference in the final standings.

Entry Instructions: [www.usatf.org/Events---Calendar/2018/USATF-Masters-5-km-Cross-Country-Championships/Instructions-on-How-To-Enter-the-Race-Masters-5k.aspx](http://www.usatf.org/Events---Calendar/2018/USATF-Masters-5-km-Cross-Country-Championships/Instructions-on-How-To-Enter-the-Race-Masters-5k.aspx)

**World Masters Athletics (WMA)** has announced there will be a stand-alone **World Masters Marathon Championship** this fall at the Scotiabank Toronto Waterfront Marathon on **Sunday, October 21<sup>st</sup>, 2018**. Gold, Silver and Bronze medals will be awarded to the first three male and first three female finishers in each age group from M35 and W35. Age is on the day of the race, October 21. These athletes will be the 2018 WMA Marathon Champions and are eligible for records using gun time. You must be a USATF Member and a US Citizen to represent Team USA. The special **Access Code** for those wishing to run for Team USA in this contest is: **WMA2018YYZ**

All athletes are eligible for Doping Control and must comply with IAAF/Masters Competition Rules throughout the race. All athletes in the WMA Marathon must compete as able-bodied; no wheelchair nor Nordic Poles allowed.

There are no team medals. **Registration closes October 2, 2018.**

To register, please direct your browser to: <http://www.torontowaterfrontmarathon.com/register>  
Click on the box for 'International Runners' and scroll down to the section titled, "World Masters Athletics Marathon Championships." Click on the 'I have an Access Code' box and enter the code given above. That gets you to the correct registration section where you enter your individual information. Online registration only. For questions on registration, contact the organizers at: [support@raceroster.com](mailto:support@raceroster.com) Phone: (1)-855-969-5515 (From North America Only)

6. The USATF Masters LDR Committee takes this opportunity to remind all Masters Runners, Teams, and Clubs that the 2018 Grand Prix season ends with the last Masters Championship event **before** the Club Cross Country Championships. Points earned at Spokane will count **only** for the 2019 Masters Grand Prix contests.

Remaining 2018 Masters Grand Prix Schedule:  
Sep 23 Masters 5km Cross Country Championships  
Buffalo NY\*  
Oct 27 Tulsa Federal Credit Union *Tulsa Run* 15K, Tulsa OK  
\*Can/Am Challenge. Every runner participating contributes to the score.

#### Memo:

Sep 4-16 WMA Outdoor Championships, Malaga, Spain  
Oct 21 WMA Masters Marathon—Scotiabank Toronto Waterfront Marathon  
Dec 08 2018 Masters Grand Prix Awards. Spokane WA

#### **Mountain/Ultra/Trail (MUT) Report**

Kasie Enman and David Sinclair won our USATF 50km Trail Championships on August 12 - <https://trailrunner.com/trail-news/vermonters-enman-and-sinclair-win-rain-soaked-ragged-50k/>

Upcoming championships in September include our USATF 24 Hours and USATF Half Marathon Trail Championships.

For international teams, the IAU 100km World Championships will be held on September 8 - start list here: [http://iaulultramarathon.org/images/IAU%20100K%20World%20Championships%20Publishable%20Start%20List%202022\\_08\\_2018.pdf](http://iaulultramarathon.org/images/IAU%20100K%20World%20Championships%20Publishable%20Start%20List%202022_08_2018.pdf)

The WMRA World Mountain Running Championships will be held on September 16.

#### **Cross Country Report**

None Submitted

#### **Road Running Technical Council Report**

None Submitted

#### **Athletes Report**

Roy Pirrung noted that "I heard from Bill Rodgers following the 7-mile Falmouth Road Race. He stated he now has won his age group in his 20s, 30s, 40s, 50s, 60s and his most recent win in his 70s.

"Bill also ran with Boston Marathon RD, Dave McGillivray, this past Thursday, from Medford, as he did years ago, to commemorate Dave's transcon run for the Jimmy Fund, 40 years ago, that also ended at Fenway Park."

#### **From the Board**

None Submitted

#### **From the National Office**

##### **USATF Seeks Independent Board Member Applicants**

Please be advised that nominations are open for independent member positions on the Board of Directors at USATF. Anyone interested in said independent member positions may complete the [application](#) and forward it to Norman Wain, General Counsel, Chief of Business Affairs ([GeneralCounsel@usatf.org](mailto:GeneralCounsel@usatf.org)) before September 30, 2018. Thank you for your consideration.

#### **From the Road Runners Club of America**

RRCA is soliciting applications for their 22-year old Roads Scholar program: \$5000 grants for up and coming post-collegiate distance runners (**DEADLINE: Sept 15**). Application: <https://www.rrca.org/our-programs-services/programs/roads-scholars>

#### **From Road Race Management**

RRCM's excellent annual RRCM Race Directors Meeting is Nov 8-10 in St. Petersburg, FL. Consider attending! Details: <http://www.rrm.com/act/rdm/rdm.asp>