



USATF[™]

LONG DISTANCE RUNNING

**DIVISION REPORTS
MAY 2018 EDITION**

Upcoming Events:

May 12 USATF 25K Champs (Grand Rapids, MI)

Jun. 3 USATF Masters Half Marathon (Ann Arbor, MI)

From the Desk of the Chair, Mike Scott

April has been quite the day for big news in the USATF LDR Community!

USATF has awarded the 2020 U.S. Olympic Team Trials - Marathon to Atlanta, GA. Atlanta Track Club will host the event on February 29, 2020. We're looking forward to an exciting Olympic Trials event conducted by one of the top event management teams in the running industry!

In a race that will be long remember for its epic -- as in epically challenging - weather, Des Linden overcame Mother Nature as well as an exceptional array of competitors to win the Boston Marathon. Des became the first American woman to win Boston since 1985 and defeated the likes of Shalane Flanagan and Molly Huddle to take the coveted gold laurel wreath.

Riley Masters (4:03.12) and Emily Lipari (4:32.87) won the USATF One Mile Road Championships at the Grand Blue Mile in Des Moines on April 24.

David Angell (32:33) and Jennifer Bayliss (37:19) led over 250 competitors across the line at the April 29 USATF Masters 10K Championships at the James Joyce Ramble in Dedham, MA. Gene Dykes and William Dixon both finished under the Men's 70-74 American Record, with Dykes claiming the new record in 39:04. Likewise, Anny Stockman set a new 85-89 American Record of 1:24:50.

Finally, we wish the national office's Matt Weingardt our best as he departs USATF. Matt was with USATF for over seven years and was a key member of USATF's Event Staff. In particular he provided support to the LDR

Committees and was essential over the last year and a half in my transition as LDR Chair.

USATF is hiring two new staff members in the Events Department - an Events Manager and an Events Coordinator:

<https://www.usatf.org/about/employment/>

The Events Manager position will have LDR as its primary focus, so have candidates with strong background in the Long Distance Running Community immediately apply.

Be sure to read on through the various committee reports for lots of updates!

Men's LDR Report

None Submitted

Women's LDR Report

We are excited that Atlanta was awarded the bid for the 2020 Olympic Trials Marathon. There were some great bids from the other cities involved and we hope to elicit future support from them to become involved in hosting other national championships and be back at the bidders table in 2024. Save the date of February 29th to come out and cheer on our top marathoners as they go for the gold and a birth on the 2020 Olympic team.

The LDR committees will also be looking into some issues pertaining to qualifying windows and opportunities for the 2020 marathon trials. This information will be shared once finalized.

This is Championship crazy month as we just watched our speedsters take the mile in Des Moines as a super-fast Drake Relays weekend. Emily Lipari took home her first gold in a USATF national championship in a close battle with Brenda Martinez on her heels in second. (4:32.9 to 4:33.1).

This weekend the circuit heads to Pittsburgh for the half marathon and then to Grand Rapids for the 25k six days later.

Masters LDR Report

The 2018 USATF Masters 10K Championships were held in Dedham Mass., hosted by the James Joyce Ramble, on Sunday, April 30, 2018. A recap will appear in the next issue.

USATF Masters Half Marathon Championships.

The Half Marathon Championships will be hosted on June 3, 2018, for the first time by the Dexter-Ann Arbor HM, one of the premier races in the Great Lakes region. Please join us for the 45th running of the Dexter-Ann Arbor Run along one of the most beautiful stretches of the Huron River. There will be a highly competitive field

and there is always a great Festival Street Party in the finishing area after the race.

Half Marathon Entry Information:

<http://www.usatf.org/Events---Calendar/2018/USATF-Masters-Half-Marathon-Championships.aspx>

Form: <https://www.usatf.org/Products---Services/EventRegistration-Form.aspx?e=113084>.

USATF Masters 5K Championships

These will be held for the first time as part of the Atlanta's Finest 5K race hosted by the Atlanta Track Club in association with the Atlanta Police Foundation. The event will take place on Saturday, August 18. The Atlanta Track Club knows a thing or two about putting on great races. It will start and finish in Olympic Centennial Park, a great location with lots of hotels nearby. It is a superlative venue for the race. As a major hub, Atlanta provides excellent flight connections. Come experience a top-notch race in a great road racing city, the site of the 2020 Olympic Marathon Trials!

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATFMasters-5-km-Championships/Entry-Info.aspx>.

Entry Form: <https://www.usatf.org/Products---Services/EventRegistration-Form.aspx?e=113456>.

Masters One Mile Road Championships

These will be held for the 5th consecutive year as part of the HAP Crim's Michigan Mile on Friday evening, August 24. Please come and experience the revitalized downtown of Flint Michigan; the weather has typically been beautiful. It is one of the few Road Mile courses that is record eligible; it is the site of most of the pending American Records at this newly approved distance for Masters American Records. Come and be part of the excitement with separate races for Masters Men and Masters Women.

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-1-Mile-Championships/Entry-Info.aspx>.

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114066>.

Be Part of Team USA World Masters Athletics –World Masters Outdoors Championships.

The 2018 WMA World Championships will be held in Malaga Spain from the 4th to the 16th of September. Information about the event is at: <http://www.usatfmasters.org/2018malaga.htm>.

Whether you think of yourself as a track athlete or primarily a road racer or a cross country runner, there is an opportunity to represent the USA in international competition. The (Masters) Team USA will race against the World in Malaga, Spain in both Track events and 'Non-Stadia' Events. The Non Stadia Events include: Cross Country, a 10 km Road Race, and a Half Marathon Road Race. Distance Runners may also find the track events from 800 meters up to be of interest.

Answers to Frequently Asked Questions can be found at:

http://www.usatfmasters.org/content/2018/malaga_spain/faq.pdf.

The USATF Team Manager for Non-Stadia Events is: Mary Rosado. Email: mvrosadoesq@prodigy.net. This is a chance to represent your country as a member of Team USA in a World Championship.

Planning Ahead 2017-18 Masters Grand Prix.

Between the Club Cross Country Championships in December 2017 and the USATF Cross Country Championship reported above, the first two contests of the 2017-18 Masters Grand Prix are now in the books. The remainder of the season is below. Make plans to contest one or more of the remaining Championships:

Jun 3 Dexter-Ann Arbor Half Marathon, Ann Arbor MI
Aug 19 Atlanta's Finest 5K, Atlanta GA
Aug 24 Michigan Mile/Crim Festival of Races, Flint MI
Sep 23 USATF Masters 5km Cross Country, Buffalo NY*
Oct 27 Tulsa Federal Credit Union Run-15K, Tulsa OK

*Also serves as Can-Am International Challenge Race. All finishing runners score for their country.

Once the websites are live, the races can be found on the National Championship Calendar. Clicking on the race takes you to the race website.

<http://www.usatf.org/Events---Calendar/NationalChampionships.aspx>.

Please remember that the final Cross Country event of 2018, the USATF Club Cross Country Championships in Spokane WA on December 8, is not part of the 2018 Masters Grand Prix schedule. It constitutes the first event on the 2019 schedule.

The Masters LDR Committee is planning an end-of-year Awards event to be held in Spokane on the weekend of December 8th. The intent is to honor the 2018 Club and Individual Masters Grand Prix Award winners. Clubhouse Banners and Team and Individual plaques and certificates will be available for presentation.

Phidippides Awards

The Phidippides Program has entered its second decade of making awards to Masters Runners who achieve certain standards of participation in races. Runners of all abilities are encouraged to learn about the program and apply. Information at: <http://www.usatf.org/Resources-for-/Masters/LDR/Phidippides-Award.aspx>.

Mountain/Ultra/Trail (MUT) Report

Spring is in full swing for the MUT family. We have recently announced our U18 Mountain Team. See announcement at: <https://trailrunner.com/trail-news/team-usatf-announced-wmra-mountain-running-international-youth-cup-u18/>

Our US Trail Team is heading to Spain in May. See story at: <https://trailrunner.com/trail-news/u-s-trail-team-announced-for-the-2018-iau-trail-championships/>

Our US NACAC Mountain Team will compete in July at Loon Mountain. Story at: <https://trailrunner.com/trail-news/team-usatf-announced-for-nacac-mountain-running-championships/>.

The US Long Distance Mountain Team will be announced soon and will be comprised of five men, five women, and two staff. Jason Bryant will be in the lead role, and Richard Bolt will be assistant leader. We have no championships in May or June, but will hold three in July, including our USATF Mountain Champs on July 8 at Loon Mountain, N.H., our USATF 50 Mile Trail Champs at Cayuga Trails in N.Y. on July 21, and our USATF 30km Trail Champs on July 28 in Colorado Springs, Colo.

Cross Country Report

Bids for the 2020 Club Cross Country Nationals are due to the cross country / club subcommittee by June 1, 2018.

The Masters 5k Cross Country Championships will be held on September 23, 2018 at Delaware Park in Buffalo, New York.

The Club National Cross Country Championships will be held on December 8, 2018 at Plants Ferry Sports Complex in Spokane, WA.

Road Running Technical Council Report

None Submitted

Athletes Report

From Roy Pirrung

Gene Dykes, 70, PA, broke the single age World Record at the Rotterdam Marathon on April 8, running 2:57:43 and placing 1st, 45 minutes ahead of the next 70-74 finisher.

Just a week later he placed 1st 70-74 at the Boston Marathon in 3:16:20, 28 minutes ahead of the runner up.

The 70-74 age group World Record was set by then, 73 year-old, Ed Whitlock of CAN, in 2:54:48.

Board Report

None Submitted

IAAF Report

None Submitted

National Office Report

None Submitted

Other News/Reports

George Kleeman Passes

One of our nation's most respected experts on technical track and field rules and competitions passed Sunday, April 22 in Martinez, Calif. one week after suffering a major heart attack at the age of 78.

Though many of us recognize George's contributions to both national and association events and committees over the past three decades, many don't know George was an accomplished distance runner in the 60-70's having run 20 plus marathons and three Ultras. George won the USA-AAU 50 mile championships in 1979 earning a spot on the USA team competing the 1979 London to Brighton Ultra Run.

"George was an institution unto himself. An integral part of USATF National Committees as well as the Pacific Association for decades. He will be sorely missed." John Mansoor, Pacific Association CEO.

International athletics official smashes Gold Coast organizers' myth (Fox Sports)

Scottish runner Callum Hawkins should have received help as soon as he came to grief in the Commonwealth Games marathon, respected international athletics official Brian Roe says.

Struggling in the heat, Hawkins collapsed in the gutter while leading Sunday's men's marathon with 2.5km to go.

He got to his feet and labored on for a few hundred meters before falling again, this time nearly hitting his head on the metal guardrail. There was an initial delay in Hawkins receiving treatment — something the organizing committee defended — before he was taken to hospital. Australian Michael Shelley went on to win the gold medal.

Games officials said they couldn't assist Hawkins until he made it clear he had pulled out of the race.

But Roe, a member of the International Association of Athletics Federation's (IAAF), says that's incorrect.

Full article at:

<https://www.foxsports.com.au/commonwealth-games/sports/athletics/international-athletics-official-smashes-gold-coast-organisers-myth/news-story/e8ecedc9a599aef960cafa0e003beb11>.

RRCA Run Pro Camp

RRCA's RunPro Camp, designed to educate and inform post-collegiate, distance runners interested in pursuing a professional running career, is now accepting applications. Runners who are completing their NCAA Track & Field or Cross Country eligibility by June 30, 2018, along with runners who have completed eligibility within the last 24-months, are encouraged to apply. Recent or pending graduates meeting the Olympic qualifying A or B standards for the marathon are also encouraged to apply. The application can be found at www.RunPro.com. The deadline to apply is May 30.

The 2018 RunPro Camp will be held July 19-21 in Arlington, Virginia, near the national office location of the Road Runners Club of America (RRCA). The camp is a companion to www.RunPro.com, a website designed to assist promising distance runners from collegiate to professional running.