



**USATF**<sup>™</sup>

## LONG DISTANCE RUNNING

### DIVISION REPORTS ARFIL 2019 EDITION

#### ***Upcoming Events:***

Apr 13 USATF 100km Road Championships (Madison, WI)  
Apr 23 USATF Mile Championship (Des Moines, IA)  
Apr 28 USATF Masters 10km Championship (Dedham, MA)  
May 5 USATF Half Marathon Championship (Pittsburg, PA)  
May 11 USATF 25km Championship (Grand Rapids, MI)  
Jun 1 50 USATF Mile Ultra Trail Championship (Ithaca, NY)  
Jun 8 USATF Women's 10km Championship (New York, NY)  
Jun 9 USATF Half Marathon Trail Championship (Scranton, PA)

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

March has been a very busy month for LDR!

First Atlanta Track Club hosted the Road to Gold 8 mile race as test event on the course for the 2020 US Olympic Team Trials – Marathon. 2016 US Olympic Marathon Trials winner Amy Cragg and 2019 USATF Marathon Champion Brogan Austin were the winners as over 100 Olympic hopefuls previewed the Trials loop. Here's the link to David Monti's Race Results Weekly coverage (as well as reaction from participants):  
[https://www.runnerspace.com/gprofile.php?mggroup\\_id=44531&do=news&news\\_id=564435](https://www.runnerspace.com/gprofile.php?mggroup_id=44531&do=news&news_id=564435)

Runner's World also interviewed participants post-race:  
<https://www.runnersworld.com/news/a26629564/olympic-marathon-trials-one-year-out/>

One week later, athletes converged on Jacksonville for the USATF 15km Championship. Shadrack Kipchirchir (43:41) outsprinted his training partners Leonard Korir (43:42) and Stanley Kebenei (43:42) as the trio tuned up for World Cross Country a few weeks later. Erika Kemp (50:54) outdueled Beth Sachtleben (51:08) to win her first USA crown.

Roberta Groner (26:48) and David Angel (25:40) were the fastest Masters of the day at the USATF Masters 8km Championship in Virginia Beach, VA on March 16.

The IAAF World Cross Country Championships are scheduled for Saturday, March 30 in Aarhus, Denmark.

The organizers have been working hard to develop a unique course (one of the hills is up a grass-covered museum roof and athletes will run through a beer tent and a Viking gauntlet!). Here's a link to a video highlighting the course: <https://vimeo.com/323552186>

Finally, the IAAF announced their updated qualifying procedures for the Tokyo 2020 Olympic Games on March 10. The complete document is linked from: <https://www.iaaf.org/news/press-release/council-march-2019-olympic-qualification> (you'll need to register to actually download the link). In short, the IAAF procedures allow an athlete to qualify by either achieving an entry standard or by virtue of their world ranking (<https://www.iaaf.org/world-rankings/introduction>). The entry standards for the marathon are 2:29:30 (women) and 2:11:30 (men) between Jan 1, 2019 and May 31, 2020 (performances must be obtained on an IAAF measured course with less than 1m/km start to finish "drop"); athletes can also obtain an "entry standard" by finishing (1) top 10 at Doha World Champs marathon, (2) top 5 at an IAAG Gold Label marathon, or (3) top 10 at a World Major Marathon (Boston, NYC, Chicago, Berlin, Tokyo, London) during the same qualification window.

A joint subcommittee of Women's LDR and Men's LDR – as well as athlete reps from AAC – are currently reviewing the IAAF procedures and developing the U.S. selection procedures for the Marathon.

#### ***Men's LDR Report***

None Submitted

#### ***Women's LDR Report***

Spring racing action is picking up. There were a lot of new faces at the US 15K Championship in Jacksonville, FL this year. It came down to a race between Erica Kemp and Bethany Sachtleben, and Erica won. The Road to Gold 8 Miler on March 2nd in Atlanta, GA gave athletes an opportunity to race on the 2020 Olympic Marathon Trials course. Some athletes raced it, while others used it as an opportunity to race closer to marathon pace. Amy Cragg won the race. The athletes were surveyed afterwards, and the feedback was mostly positive. The feedback will help with the planning and any recommended course adjustments if possible.

Coming up next is the World Cross Country Championship on March 30th in Aarhus, Denmark and the US 1 Mile Championship in Des Moines, IA on April 23rd.

With the recent announcement of the IAAF Selection Procedures for the 2020 Olympics, a sub-committee has been formed to review and develop selection procedures for the 2020 Olympic Marathon Trials.

#### ***Masters LDR Report***

1. The 2019 Masters Grand Prix circuit heads to Dedham, Massachusetts for the **USATF Masters 10 Km Championships** hosted by the *James Joyce Ramble* on

**Sunday, April 28, 2019.** Hosting since 2013, the Ramble puts on a great race! Championship Athletes get a Head Start as the athletes follow a course over rolling hills through the quaint town of Dedham, established in the early 1600's. With good air connections in and out of Boston, it is easy to get to the race. The race is competitive but runners stay around to enjoy the party on the green afterwards with food, liquid refreshments, Awards Ceremony, and a live band!

The Championship brings out top Masters runners from New England determined to outrun the best from the rest of the USA! Don't miss the Rumble at the Ramble!

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115519>

Entry Information:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Entry-Info.aspx>

Athlete Information:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Athlete-Info.aspx>

There is a block of rooms reserved for Masters Championship athletes at the Holiday Inn Dedham, convenient to the start of the race. Don't delay; the rooms can only be held for a limited time.

The remaining 2019 Masters Grand Prix Schedule:

Apr 28 USATF Masters 10 Km Championships, James Joyce Ramble, Dedham, MA

Aug 17 USATF Masters 5 Km Championships, Atlanta's Finest 5K, Atlanta, GA

Aug 23 USATF Masters 1 Mile Championships, HAP Crim Festival of Races, Flint, MI

Oct 12 USATF Masters 5 Km Cross Country Championships, San Diego, CA

Oct 26 USATF Masters 15K Championships Tulsa Federal Credit Union, Tulsa Run, Tulsa, OK

Other Events of Interest to Masters LDR Athletes

Jul 11-14 USATF Masters Outdoor Championships, Ames, Iowa

Jul 18-21 NCCWMA Outdoor Championships, Toronto, Canada

Dec 14 USATF National Club Cross Country Championships, Bethlehem, PA

The Masters LDR Committee welcomes **Championship bids** at all distances from the 1 Mile to the Marathon for 2020 and beyond. Please contact Mary Rosado, Chair, at [mvrosadoesq@icloud.net](mailto:mvrosadoesq@icloud.net).

2. Masters Athletes competed at the **2019 USATF National 8 Km Championships**, hosted by the Shamrock Marathon/Towne Bank 8K, in Virginia Beach, VA on Saturday, March 16, 2019. Overall Race Winners: Women **Roberta Groner 26:48** Men **David Angell 25:40** Age-Grading Champions-Women **Marisa Sutera Strange** Men **Nat Larson** Individual Champions: Women 40-44 **Roberta**

**Groner 45-49 Michelle Brangan 50-54 Amy Faktrowitz 55-59 Marisa Sutera Strange 60-64 Patrice Combs 65-69 Kathleen Allen 70-74 Suzanne Gibson 75-79 Madeline Bost 80-84 Tami Graf Men 40-44 David Angell 45-49 Brian Sydow 50-54 Kent Lemme 55-59 Nat Larson 60-64 Roger Sayre 65-69 Tom Bernhard 70-74 Lloyd Hansen 75-79 Doug Goodhue** Team Champions: Women 40+ *Impala Racing Team* 50+ *Atlanta Track Club* 60+ *Atlanta Track Club* Men 40+ *Garden State Track Club* 50+ *Greater Springfield Harriers* 60+ *Atlanta Track Club* 70+ *Ann Arbor Track Club*. Complete results may be viewed at:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Results.aspx>

3. Current **2019 Masters Grand Prix standings** may be viewed at:

Individual:

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

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

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

Wanting to share some recent and timely articles. One is an interview with Bo

Aucoin, <https://trailrunner.com/trail-news/bo-aucoin-discusses-the-western-states-transgender-entrant-policy/> another is to provide tips for the trails: trail training and racing etiquette

- <https://trailrunner.com/trail-news/training-and-racing-etiquette-tips-for-the-trails/> another is an opportunity for youth to compete in Skyrunning events

- <https://trailrunner.com/trail-news/us-youth-skyrunners-wanted-for-2019-youth-skyrunning-world-championships-in-laquila-italy/>

We had an executive committee recently to discuss a three-year bid for the 100 Mile Road championships and confirmed Jackpot in Henderson, NV to host 2020-2021-2022. We also discussed anti-doping and clean sport having several members of our committee on a recent webcast from USADA. The American Trail Running Association is running a 5-part series on Clean Sport initiatives and anti-doping discussions - the second of 5 installments here: <https://trailrunner.com/trail-news/clean-sport-mut-wada-usada-the-anti-doping-gold-standard-part-2/>

The U18 World Mountain Running Championships will be announced as soon as the contract is signed. Once this occurs, we will post selection criteria for this year's team.

The USATF Trail Team will be announced in the coming week. The team will be expertly led by Richard Bolt and Jason Bryant (Anita Ortiz was on staff, but had a family commitment which took her away from staff duties) and a team of 6 men and 6 women will be tackling the challenging 44km course in Portugal on June 8.

The USATF 100km Road Championships are coming up on April 13 and the event will also host a 50km at which athletes can earn consideration for the USATF 50km Team which will compete in Romania this September. The team will be led by Susan Dun and Lin Gentling.

### ***Cross Country Report***

The Cross Country national championship calendar for 2019 is:

Sat, Oct 12 Masters 5k National Championship, San Diego, CA

Sat. Dec 14 Club National Championships, Lehigh, PA

The US National Cross Country team will be competing in the IAAF World Championships on Saturday, March 30 in Aarhus, Denmark. The US team consists of:

Senior Women: Marielle Hall; Courtney Frerichs; Karissa Schweizer; Stephanie Bruce; Sarah Pagano; Anne-Marie Blaney

Senior Men: Shadrack Kipchirchir; Emmanuel Bor; Leonard Korir; Hillary Bor; Stanley Kebenei; Mason Ferlic

Junior Women: Nicole Clermont; Kayla Smith; Riley Rigdon; Grace Ping; Savannah Shaw; Heidi Nielson

Junior Men: Shuaib Aljabaly; Gabriel Mudel; Mieka Beaudoin-Rousseau; Charlie Perry; Khalid Hussein; Robert Cheeseman

Mixed Relay: Eleanor Fulton; Shannon Osika; Jordan Mann; Kirubel Erassa

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

None Submitted

### ***Athletes Report***

None Submitted

### ***From the Board***

None Submitted

### ***USATF 1 Mile Championship/Grand Blue Mile***

In preparation for the USATF 1 Mile Championships in Des Moines we are looking for women to join us in the Grand Blue Mile on Tuesday, April 23. We are especially interested in supporting athletes who can stay for a special women's middle distance event at the Drake Relays presented by Hy-Vee on Friday, April 26. Travel assistance and housing are available. The two days in Des Moines would allow athletes preparing for the USATF Championships in July the chance to become familiar with the city, the venue and more.

GBM Prize Purse - Men and Women (Total Purse = \$25,000): 1st = \$5,000; 2nd = \$2,500; 3rd = \$1,500; 4th = \$1,250; 5th = \$1000; 6th = \$500; 7th = \$300; 8th = \$200; 9th = \$150; 10th = \$100

This event also features an event record bonus of

\$2,500, the record of 4:32.7 was set by Heather Kampf in 2014.

Interested athletes should contact Blake Boldon at [blake.boldon@drake.edu](mailto:blake.boldon@drake.edu)

More information about the Grand Blue Mile can be found at <http://www.grandbluemile.com/>