



USATF™

LONG DISTANCE RUNNING

**DIVISION REPORTS
AUGUST 2018 EDITION**

Upcoming Events:

Aug 12 USATF 50K Trail Champs (Danbury, NH)
Aug 18 USATF Masters 5K Champs (Atlanta, GA)
Aug 24 USATF Masters 1 Mile Champs (Flint, MI)
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)

From the Desk of the Chair, Mike Scott

I've seen some hot racing under the summer sun this month!

Ageless Bernard Lagat became the oldest man to win the USATF 10K Championships with his win at the AJC Peachtree Road Race. Stephanie Bruce upset training partner Aliphine Tuliamuk in the women's race to claim her first national title.

Four days later, Joe Gray and Allie McLaughlin conquered Upper Walking Boss and their competitors to win USATF Mountain Running Championships at Lincoln, NH on Loon Mountain.

Busy month for trail racing with Sabrina Little and Tyler Sigl winning at the USATF 50 Mile Trail champs, while Joe Gray and Ashley Brasovan won the USATF 30K Trail Champs.

Americans are running very fast on the European Track circuit! Teammates Courtney Frerichs (9:00.85 3000 SC) and Shelby Houlihan (14:34.45 for 5000) set new American Records on back to back days in Monaco and Heusden-Zolder (BEL) respectively.

Men's LDR Report

None submitted

Women's LDR Report

In our discussions in June, the Men's and Women's LDR committee has decided to extend the Olympic Marathon Trials qualification procedure to allow a top 10 finish in an IAAF Gold Label Marathon that occurs during the

qualification window to count as a B qualifier even if it does not meet the respective time required. This will allow them entry into the US Olympic trials marathon but will not count as a qualified time for Olympic participation, should they make the team and not have a previous time meeting the Olympic A standard. This information will be updated on the web site shortly. We are also finalizing the qualification procedure for the Pan AM Games Marathon team as well as the 2019 World Championships Marathon team. That will be posted when the track qualification procedure is posted.

July had a hot race down in Atlanta where we saw Stephanie Bruce win her first national championship. I was fortunate to be able to attend the US Mountain Running Championships at Mt Loon in New Hampshire and kudos to those athletes for the incredible effort it takes to climb that mountain. Amazing performances from Allie, Addie, Annie and including Kasie Enman's tough finish to snag a final position on the US team. True grit and determination!

Next championship on the calendar for WLDR is the New Haven 20k on September where athletes can earn 1.5x points in the running circuit.

Masters LDR Report

1. Five of the nine events on the **Masters Grand Prix** circuit are in the books with the final 4 events to be held between August 18 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.

Current leaders include:

Individual M40 **David Angell** M45 **Jonathan Frieder** M50 **Kent Lemme** M55 **Nat Larson** M60 **Ken Youngers** M65 **Kirk Larson** M70 **Dave Glass** M75 **Robert Hendrick** M80 **Tom Markley/William Riley** (tie) M85 **Al Ray** W40 **Heather Webster** W45 **Jennifer Bayliss** W50 **Marisa Sutera Strange** W55 **Mary Swan** W60 **Joanna Harper** W65 **Suzanne Ray** W70 **Dianne Anderson/Suzanne Gibson/Jan Holmquist** (tie) W75 **Madeline Bost** W80 **Tami Graf/Libby James/Eve Pell** (tie) W85 **Anny Stockman**

Team M40+ *Garden State Track Club-New Balance* M50+ *Greater Springfield Harriers* M60+ *Atlanta Track Club* M70+ *Atlanta Track Club* M80+ *New England 65 Plus Runners Club* W40+ *Genesee Valley Harriers* W50+ *Athena Track Club* W60+ *Team Red Lizard* W70+ *Colonial Road Runners*.

Complete standings can be accessed via:

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

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

2. The **USATF Masters 5K Championship** will be hosted for the first time by the Atlanta Track Club with their Atlanta's Finest 5K race on Saturday, August 18th. Set in Atlanta's Olympic Centennial

Park, it is a great venue for a Championship. The host hotel is only 3 blocks from the start and finish and there are great flight connections to Atlanta. Don't miss the chance to compete for a National Championship against some of the strongest Masters runners in the country. Runners with questions about Atlanta, the course, transportation around Atlanta, etc, may contact any of the three Atlanta Track Club Masters athletes who have indicated their willingness to field such questions: Michael Anderson mandersons4@bellsouth.net; Kirk Larson runnerkirk10k@gmail.com; Cindy Williams cinwill444@gmail.com

Entry information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-5-km-Championships/Entry-Info.aspx>
Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113456>

3. The **USATF Masters 1 Mile Road Championship** will be held the evening of Friday, August 24 in Flint Michigan, hosted by the Michigan Mile of the HAP Crim Festival of Races. Some of the fastest Masters Milers in the country make their annual pilgrimage to the downtown streets of this vibrant Great Lakes city, host of the Championship since 2014. Enjoy the festive atmosphere the evening before their signature 10 Mile event. The road to a National Masters Road Mile Championship title goes through Flint!

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>

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. **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_s_pain/faq.pdf.

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

6. **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 31st 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

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 21st, 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 Phone: (1)-855-969-5515 (From North America Only)

7. 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:**

Aug 18 Atlanta's Finest 5K, Atlanta GA
Aug 24 HAP Crim-Michigan Mile, Flint MI
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

A busy time for Mountain Ultra Trail in July with championships.

USATF Mountain - July 8 - Joe Gray and Allie McLaughlin champions - <https://trailrunner.com/trail-news/maclaughlin-and-gray-lead-record-field-at-loon-mountain-race/>

USATF 50 Mile Trail - July 21 - Sabrina Little and Tyler Sigl champions - <https://trailrunner.com/trail-news/little-and-sigl-win-2018-usatf-50-mile-trail-championships/>

USATF 30km Trail - July 28 – Joe Gray and Ashley Brasovan champions- <https://trailrunner.com/trail-news/brasovan-sets-course-record-at-usatf-30km-trail-championships-gray-notches-15th-national-title/>

Cross Country Report

2018-19 Calendar

Sept 23 Masters 5k Championship Buffalo, NY
Dec 8 Club Cross Country Championships Spokane WA

Feb 2 USA Cross Country Championships Tallahassee, FL

Mar 30 IAAF World Cross Country Championships Aarhus, Denmark

The club cross country championships will be held in Lehigh, PA in 2019. The 2020 edition will be selected from bids that have been received by the joint club cross country committee. Look for the announcement of that venue by August 31.

Beginning in 2021 the IAAF World Cross Country Championships will be held the second weekend of February. This will move the USA Cross Country Championships, which will continue to be the selection meet for World and Pan Am Championship teams, into January. The date in January is still to be determined based on national and international dates of the major meets and other countries national championships. As more information is gathered by the cross country council you can expect to see confirmation of the dates for future championships announced relatively soon.

The cross country council is looking for bids to host the 2020 and 2021 USA Cross Country National Championships. If you have an interest, please contact Thom Hunt via e-mail at coachhunt619@gmail.com

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted

From the National Office

None Submitted