



USATF™

LONG DISTANCE RUNNING

**DIVISION REPORTS
MAY 2019 EDITION**

Upcoming Events:

Jun 1 USATF 50 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

The busy spring racing season continued in May!

Leonard Korir (1:01:52) and Stephanie Bruce (1:10:43) won spirited battles at the USATF Half Marathon in Pittsburgh on May 5.

Also on May 5, Kellyn Taylor placed fourth at the Prague Marathon in 2:26:27 to record her Olympic Entry Standard for the Marathon, making her the 8th US woman to do so.

Six days later, Parker Stinson shattered the American Record at the USATF 25km Championship in Grand Rapids. Parker blazed the course in 1:13:47, but still wasn't quite fast enough to catch Emma Bates (1:23:51 for a championship record) in the Equalizer Challenge.

Several US championships are in the first two weeks of June including: USATF 50 Mile Ultra Trail Championship (June 1), USATF Women's 10km Championship (June 8), and USATF Half Marathon Trail Championship (June 9).

As noted last month, a joint subcommittee of Women's LDR and Men's LDR – as well as athlete reps from AAC – have been reviewing the IAAF procedures and developing the U.S. selection procedures for the Marathon. After consulting top-ranked US athletes through the AAC, as well as coaches and agents, the joint subcommittee submitted a proposal to the National Office and the High Performance Committee for review in late April.

Men's LDR Report

None Submitted

Women's LDR Report

None Submitted

Masters LDR Report

1. The NCCWMA Outdoor Championships for North and Central America, and the Caribbean will be held July 18-21, 2019 in Toronto, Ontario, Canada. A cross country race and a 10 Km Road Race are included in addition to the events in the Track and Field Stadium. Along with a 10 Km Race Walk, these are the Non Stadia Events.

Registration deadline is June 20, 2019. For more information, please visit: <https://nccwma2019.com/>.

Please remember to check the Schedule frequently as we approach the event for any changes. The tentative schedule may be accessed here:

<https://nccwma2019.com/schedule/>

Registration and the Entry Form can be accessed at:

<https://nccwma2019.com/registration/>

For any remaining questions, please contact:

Non-Stadia Team Manager

Mary Rosado

mvrosadoesq@prodigy.net 917 400-3961

2. The 2019 Masters Grand Prix circuit heads to Atlanta, Georgia for the **USATF Masters 5 Km Championships** hosted by the Atlanta Track Club's *Atlanta's Finest 5K* on **Saturday, August 17, 2019**. Known for its *AJC Peachtree Run*, the Atlanta Track Club and the City of Atlanta will also be welcoming the 2020 Olympic Trials to the city this coming February 29th. ATC knows how to organize a race! Come and experience the thrill of competing in a Masters National Championship with the best Masters Runners in the country. Plan on it now. Work on your speed for the Outdoor Championships and bring that speed to run a Championship 5K race.

Consult the Event Website:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Championships.aspx>

Entry Form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116368>

3. On **Friday evening, August 23rd**, the HAP Crim Festival of Races and its Michigan Mile will host the **2019 USATF Masters Mile Championships** on the roads of Flint, Michigan. This will be their 6th consecutive year organizing the fastest Masters Runners in the country to run fast and furious over the roads, competing for National Championships.

Consult the Event Website:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-1-Mile-Championships.aspx>

Entry Form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116830>

4. On **Saturday, October 26th**, the Tulsa Federal Credit Union's Tulsa Run will host for the 7th and final time the **2019 USATF Masters 15 Km Championships**. Heath Aucoin, Race Director, has moved on but Tulsa will put on the same great show over the same course as last year. This has been one of the gemstones of the Masters Grand Prix Circuit. Details will be forthcoming soon. Consult the USATF National Championships Calendar at: <http://www.usatf.org/Events---Calendar/National-Championships.aspx?year=2019>

5. 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>

The remaining 2019 Masters Grand Prix Schedule:

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 except the 1 Mile and 10 Km for 2020. The Committee welcomes bids at all distances from the 1 Mile to the Marathon for 2021 and beyond. Please contact Mary Rosado, Chair, at myrosadoesq@prodigy.net, or at myrosadoesq@icloud.net.

Mountain/Ultra/Trail (MUT) Report

Busy month coming up for MUT:

- USATF 50 Mile Trail Championships June 1
- USATF Trail Team to compete at the Trail World Championships on June 8
- USATF Half Marathon Trail Championships on June 9
- Final selection race for the USATF Long Distance Mountain Team on June 23 at the Broken Arrow Skyrace 26K

MUT has announced the 2019 U.S. National 24 Hour Team to compete at the 2019 IAU World 24 Hour Championship to be held October 26-27 in Albi, France

The Womens' Team will consist of: (Auto Qualifiers followed alphabetically to 6 (six) Team members)

- 1) Katalin Nagy (Auto) (Sarasota, FL- Florida Assoc)
- 2) Megan Alvarado (Auto) (Springfield, VA- Potomac Assoc)
- 3) Courtney Dauwalter (Golden, CO- Colorado Assoc)
- 4) Camille Herron (War Acres, OK- Oklahoma Assoc)
- 5) Gina Slaby (Callaway, MD- Potomac Assoc)
- 6) Pam Smith (Salem, OR- Oregon Assoc)

And the Men's Team (Auto Qualifiers followed alphabetically to 6 (six) Team members

- 1) Olivier Leblond (Auto) (Arlington, VA- Potomac Assoc)
- 2) Greg Armstrong (Castalian Spring, TN- Tennessee Assoc)
- 3) Jacob Jackson (Loma Linda, CA- Southern California Assoc)
- 4) Harvey Lewis (Cincinnati, OH- Ohio Assoc)
- 5) Rich Riopel (Morganville, NJ- New Jersey Assoc)
- 6) Steve Slaby (Callaway, MD- Potomac Assoc)

The MUT Executive Committee approved awarding the 2020 USATF 50Mile Trail Champs - March 14 in Auburn, CA put on by Singletrack Running (former host of 2017 and 2019 USATF 50km Trail Championships)

Cross Country Report

IAAF World Cross Country Championships
The IAAF World Cross Country Championships were held on March 31 in Aarhus, Denmark. The course again became the feature of this championship. Not only was it very technical, described as "never flat" with technical elements, but it featured a unique 125 meter climb over a museum roof with a sharp descent less than 300 meters from the finish of the loop.

The top US national team performance of the day came in the first race, the mixed relay, consisting of 2 men and 2 women, each running one loop of the course. The US team of Jordan Mann, Eleanor Fulton, Kirubel Erassa and Shannon Osika finished just one spot off of the podium in 4th place with an overall time of 27:01.

Next up were the two Under 20 races. The ladies ran 6k. Top US finisher was Savannah Shaw, out of North Carolina State, who finished in 53rd place, running 23:29. Not too far off of this in 23:45 was Minnesota high school standout Grace Ping, who finished in 60th place. Overall, the ladies finished in 14th place as a team. All teams consist of 6 athletes, with the top 4 scoring.

The under 20 men ran 8k, or 4 laps of the course. The US team ran well, finishing in a strong 6th place. Leading the way was Shuaib Aljabaly, from the University of Wisconsin, with a time of 26:18. Packing well at the top, the next two US finishers, Carter Cheeseman, a Texas high school standout (31st, 26:25) and Meikael Beaudoin Rousseau from Stanford (39th, 26:35) help lead the team.

The senior men and women now both compete at the 10k distance. Both races featured "slow" times based on the severity of the course, a true cross country challenge. The

ladies were up first. The US team finished in a solid 8th place, with a score of 190 pts. Leading the way was Stephanie Bruce (Hoka One One, Flagstaff) in 33rd place with a time of 39:09. Working together and finishing in 50th and 51st place were Sarah Pagano (New Jersey) and Anne-Marie Blaney (Hansons-Brooks, Michigan).

Completing the day were the senior men. Unfortunately, the team, thinking they could contend for the medal podium, didn't have their best day. Overall, the team finished in 11th place, gathering 198 pts. The winning country was Uganda, scoring their first world championship in history. The top US finishers were US champ Shadrock Kipchirchir (34th, 33:46) and one of the American Distance Projects team members, Stanley Kebenei (35th, 33:47).

Great Race Demise

Unfortunately, the Great Race, run for nine years in Edinburgh and last year in Stirling, Scotland has come to an end. The United States has sent national team since the event's inception and has been blessed with extremely excellent results. Virtually every athlete that attended this event really enjoyed the experience that it offered. The US cross country community will be saddened by the loss of this event.

Club Cross Country Bids

The deadline for submitting bids for the 2021 US Club Cross Country Championships will be September 1, 2019. Bid forms and other information may be found at the USATF web site. If anyone has any questions or would like assistance completing the information, please contact Thom Hunt coachhunt619@gmail.com and Bill Quinlisk billqxc@verizon.net and we will be more than willing to assist you.

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted

US Athletes with 2020 Olympic Marathon Entry Standards

Rotterdam (IAAF Gold Label)

Aliphine Tuliamuk, 3rd, 2:26:50

Roberta Groner, 5th, 2:29:06

Boston (World Major Marathon)

Note: Boston's course exceeds the IAAF start-finish drop requirements, so only top-10 finishes (snice it's a WMM) meet the Olympic Entry Standard.

Jordan Hasay, 3rd, 2:25:20

Des Linden, 5th, 2:27:00

Lindsay Flanagan, 9th, 2:30:07

Scott Fauble, 7th, 2:09:09

Jared Ward, 8th, 2:09:25

London (World Major Marathon)

Emily Sisson, 6th, 2:23:08

Molly Huddle, 12th, 2:26:33

Prague (IAAF Gold Label)

Kellyn Taylor, 4th, 2:26:27

USATF Announces Marathon Team for 2019 IAAF World Championships in Doha

Men

Shadrack Biwott

Andrew Epperson

Elkanah Kibet

Women

Kelsey Bruce

Carrie Dimoff

Roberta Groner

Full release: <http://www.usatf.org/News/Six-marathoners-named-to-Team-USATF-for-2019-IAAF-.aspx>