



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS

May 2020 EDITION

Upcoming Events:

None until August.

From the Desk of the Chair, Mike Scott

First and foremost, I hope that you and your loved ones are safe and healthy as this newsletter reaches you.

The last two months have been a chaotic and uncertain time for all of us. This is certainly true for the track & field/running community.

To stay up to date with the scheduling of USATF championships and other events, please go to:

<https://www.usatf.org/covid19>

In addition to scheduling, there's excellent information for event directors, elite athletes. USATF's COVID19 Working Group has been working on guidelines for "Return to Play" that will hopefully be released shortly.

The past six weeks have seen the Tokyo Olympic Games moved to July 23-Aug 8, 2021 (with the Track & Field portion typically occurring the final week). The US Olympic Team Trials - Track & Field (Eugene, OR) will now be held June 18-27, 2021. And the World Athletics Outdoor Track & Field Championships will now be conducted in Eugene on July 15-24, 2022.

All USATF LDR championships have been cancelled through the end of July.

And just as we are going to press with this edition, we've learned that two quintessential August road races have been affected for 2020: Beach to Beacon has been cancelled, while Falmouth Road Race will only occur as a virtual race.

The next USATF LDR championships currently scheduled are the Aug 9 USATF 50K Trail Championship (Sunapee, NH), the Aug 16 USATF Mountain Running Championship (Government Camp, OR), the August 21 USATF Masters 1 Mile Championship (Flint, MI), and the Sept 7 USATF 20K Championship (New Haven, CT).

Check back to USATF.org for updates and new information from USATF.

We encourage you to stay active and continue to exercise within the guidance of your state and local authorities.

Men's LDR Report

None Submitted

Women's LDR Report

We hope everyone is staying safe and healthy and following all social distancing recommendations so we can all be back on the roads together again soon. Thank you to our races that had to postpone due to the virus, we know you will be back for us when you can. We are hoping that our 20k in New Haven will be our first race back and we will be able to send our athletes to Poland for the World Championships Half. Our five previously selected athletes are still on board but if that changes USATF will post the additional selection procedures to fill that squad soon. We also hope our fall marathon season can continue as planned. I also want to send a shout out to several top athletes, coaches and road races for their ramped up use of social media during this time to help fill our void. I enjoyed Ryan Hogan's chat with Aliphine Tuliamuk yesterday, Hoka's live commentary on past Bostons and Look forward to the ATC and their chat with Meb on April 24th. Thank you to all of our healthcare workers (and families) and all those keeping our essential services like grocery stores and pharmacies open, not to forget our police and others called to be on the front lines.
Stay Safe!!

Masters LDR Report

A Note from Mary V. Rosado, Chair of the Masters LDR Committee.

On behalf of the Masters LDR Committee, let me express the hope that you and your loved ones are safe and well during these difficult times. As you already know, the Governmental steps taken to combat the Corona virus have **forced the cancellation of the USATF Masters 10K Championships and the Non-Stadia Events connected to the WMA 2020 Outdoor Championships.**

Our **USATF Masters 1 Mile Championship** is scheduled for **August 21st**. It has neither been cancelled nor postponed at this point.

The exact timetable and extent of the unwinding of 'sheltering at home' and 'social distancing' requirements on large gatherings is unknown. Our next scheduled championship is 3 months away; the Committee is taking a wait and see approach to the Masters 1 Mile Championship, and the 3 Championships scheduled for the fall. The Committee is also waiting to see if any adjustments are needed to the scoring of the 2020 Masters Grand Prix [See #5 below], and the

requirements for a 2020 Phidippides Award [See #6 below].

It appears that 'lockdowns' will be eased at different rates and with different specifics in the various states and regions. It is also possible that some specific steps to ease restrictions may prove untenable once implemented and may have to be rescinded. We hope that a month from now we can offer more specifics, but any such assurances would be premature right now. In the meantime, I urge everyone to stay healthy and stay safe.

LONG-TERM planning:

2021 April 6 -12 WMA Indoor Championships
Edmonton, Alberta, Canada

In addition to distance events on the track, there are Non-Stadia Events: **Cross Country**, and **10 Km** and **Half Marathon** Road events. <https://www.wma2021.com/>

The other events on the 2020 Masters Grand Prix circuit include

The **USATF Masters 12K Championship**. The event will be held in conjunction with the By Hook or By Crook 12K, held annually at the Sandy Hook National Seashore, Highlands, NJ. The race is scheduled for **Sunday, September 27th at 9 am**.

The **USATF Masters 5 Km Cross Country Championships** in Boston, Massachusetts, to be held on **October 18, 2020**

The **USATF Masters Half Marathon Championship**. The event is hosted by the Syracuse Half Marathon, held annually in early November in Syracuse, NY. The race is scheduled for **Sunday, November 8, 2020**.

The first event on the 2021 Masters Grand Prix Circuit is the USATF Club Cross Country Championships in San Francisco, CA on December 12, 2020

The Committee welcomes bids for National Masters Championships at all distances. Please contact Mary V. Rosado, Chair, at mvrosadoesq@prodigy.net, or at mvrosadoesq@icloud.net.

2020 **Masters Grand Prix standings** and the 2020 rules and schedule may be viewed at:
www.usatf.org/programs/masters/masters-ldr/masters-grand-prix

USATF's **Phidippides Program** rewards *Masters Runners* of all abilities for their participation in organized road races. Applications for a 2020 Award are now being accepted. While the Covid-19 emergency has led to the suspension of organized races at the present time, stay safe, stay fit, and be ready to resume participation once the races come back. For more details on the Phidippides program, and how to apply online, please consult:

<https://www.usatf.org/disciplines/road-running/phidippides-award>

Mountain/Ultra/Trail (MUT) Report

On the Mountain Ultra Trail running executive committee call on Tuesday, April 21, we awarded an "uphill" championships - our inaugural edition - to Epic Endurance (<http://e3running.com/overlook-endurance-runs>) for Friday, September 25 in Lake Tahoe area in California. We have a task force headed up by Richard Bolt with David Fuentes, Michael Wardian, and Eric Blake to come up with a suitable title to reflect the uphill nature of the event. This particular event is 3.95 miles with 3594 vertical feet of gain. We envision this type of event to be an annual event in our portfolio of championships. Also, the committee approved a date change for the USATF 100km Road Championships to November 14. We will also have another executive committee call next Tuesday evening.

Some #socialdistancelearning fun on a variety of topics from nephology to orology and everything in between from the American Trail Running Association on our YouTube channel - a sampling here: <https://www.youtube.com/watch?v=imqL388o7EA>

One of the reasons for this videos was to stimulate teaching moments and interest on a variety of topics. They are short (under 1 minute) snippets. Nancy Hobbs' hope is that people then look up some of these topics to learn more and have fun at the same time!

Cross Country Report

Upcoming Championships

Sunday, October 18, 2020 USA Masters 5k Championships, Franklin Park, Boston MA
Saturday, December 12, 2020 USA Club Championships, Golden Gate Park, San Francisco CA
Saturday, February 6, 2021 USA Cross Country Championships, Mission Bay Park, San Diego CA
Saturday, December 11, 2021 USA Club Championships, Apalachee Regional Park, Tallahassee FL

Road Running Technical Council Report

None Submitted

RRCA Seeks Input on Return to Running Events

The Road Runners Club of America is seeking input from you about your thoughts and attitudes related to a return to running in events and running with groups/in group training programs.

Your feedback will be helpful, as the RRCA works in partnership with a consortium of race directors, club leaders, health experts, industry leaders, and more to craft guidelines and recommendations to assist the running community in the coming months.

<https://conta.cc/2RTkUT5>

Please respond by the end of the day, Friday May 1!

World Half Marathon Team

Due to the COVID19 pandemic, the World Half Marathon Championships has been rescheduled to October 17, 2020 in Gdynia, Poland. As such, the selection procedures have been amended to reflect the impact of the pandemic on the Championships. Specifically, athletes currently named to the team will be asked to confirm their intent to retain their spot on the team understanding that plans may have changed due to the postponement and the overall effect of the pandemic on the world's landscape. The selection procedures lay out the process for athletes to confirm their position on the team as well as the process for replacing athletes who decide to vacate their spot. Details may be viewed here:

<https://www.flipsnack.com/USATF/2020-iaaf-world-half-marathon-championships-selection-proced/full-view.html>

World Athletics Creates Fund to Support Athletes During Pandemic

Since many athletes have lost their ability to earn prize money through the cancellation of the spring and most of the summer racing season, World Athletics, together with the International Athletics Foundation (IAF), has announced a \$500,000 fund to support professional athletes experiencing financial hardship due to the coronavirus pandemic.

World Athletics is developing eligibility requirements and the application process, so we'll announce that once it's finalized.

Release: <https://www.worldathletics.org/news/press-releases/world-athletics-financial-hardship-fund-pande>

USATF Announces Launch of USATF Connect

We are excited to announce that our new member portal, **USATF Connect**, is set to launch on Wednesday, May 6!

In preparation for that launch, our current system will be offline on Monday, May 4 – Tuesday, May 5.

It is extremely important that you locate your current USATF membership number and password **prior** to May 4. That information will be required to recover your account in the new system. Should you need help in locating that information, please click this link. [Membership Information Retrieval](#).

Be on the lookout for your launch-specific email to arrive between May 6 and May 14, to include specific instructions on how to recover your account in **USATF Connect**.

RRCA's RunPro Camp to go on Hiatus for 2020

The Road Runner's Club of America announced today that due to the lingering impact of the COVID-19 pandemic, the Road Runners Club of America (RRCA) has postponed RunPro Camp, scheduled for July 16-18, to a July date for 2021.

Full Release: <https://www.rrca.org/news-articles/news-archives/2020/04/30/rrca-s-runpro-camp-to-go-on-hiatus-for-2020>

Bill Roe's Wake:

Bill Roe's wake has been postponed from the Sunday, June 7 date. No rescheduled date has been confirmed and will rely on the easing of shelter in place restrictions in Western Washington by state and local government.

In the meantime, if you would like to share condolences - and some of your favorite memories of Bill - with his family, you can mail them to:

Jan Kline
11109 NE 147 Street
Kirkland, WA 98034

In lieu of flowers, the family wishes that you make a donation to Club Northwest in memory of Bill.