



**USATF™**

**LONG DISTANCE RUNNING**

**DIVISION REPORTS  
APRIL 2020 EDITION**

***Upcoming Events:***

None in the immediate future

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

I trust that you and your loved ones are healthy and safe as this newsletter reaches you.

March 2020 was quite the roller-coaster for all of us: From the highs of an exciting and highly competitive US Olympic Team Trials – Marathon at which three women and three men selected themselves to represent USA at the Tokyo Olympic Games to the fear and uncertainty over the Coronavirus Pandemic and the resulting avalanche of cancellations and postponements of first spring events followed quickly by the Olympic Games being rescheduled to summer 2021.

To stay up to date with the scheduling of USATF championships and other events, please go to:  
<https://www.usatf.org/covid19>

Check back to that page for updates and new information from USATF.

While we encourage you to stay active and continue to exercise within the guidance of your state and local authorities, there's some excellent information at the above link that you should take into consideration.

***Men's LDR Report***

None Submitted

***Women's LDR Report***

None Submitted

***Masters LDR Report***

1. Due to the Corona Virus outbreak and the restrictions placed on public gatherings, the **2020 USATF Masters 10 Km Championships** have been cancelled. Refunds are being processed for all who had already registered.

USATF continues to carefully monitor the Covid-19 situation and Government edicts on self-quarantines and event restrictions. There are no additional cancellations of Masters LDR events at present, but more events may be impacted as the virus and our collective response to it evolves.

**2. WMA Non-Stadia Championships**

**World Masters Athletics Championships**

**Effective 3/24/2020. The WMA 2020 Outdoor Championships scheduled for July 20-August 1<sup>st</sup> have been cancelled. It is not clear yet whether this is just a postponement to a future date or if it is a cancellation with no alternative date. WMA, in consultation with the LOC, decided to refund all entry fees through the Simply Register system.**

**For updates, please visit:**

<https://wmatoronto2020.com/>

**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/>

3. The newest races on the 2020 Masters Grand Prix circuit are

- a. 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 27<sup>th</sup> at 9 am**. Following Labor Day, the weather in NJ becomes less hot and humid; Sandy Hook is a perfect end of summer race for the transition to the longer autumn race distances. Sandy Hook is part of the National Gateway Recreation Area and there are views to the New York Skyline. It is a 42-mile drive from Newark Airport. There are multiple hotels located near the park and with the summer season ending at the Jersey Shore on Labor Day the room rates are lower. The course is flat, fast and provides an opportunity for Masters Runners to run the uncommon 12km distance, which also makes it attractive to those trying to set a record.
- b. The **USATF Masters Half Marathon Championship**. The event is hosted by the Syracuse Half Marathon, held annually in early November. The race is scheduled for **Sunday, November 8, 2020**. The Syracuse Half Marathon has been held annually since 2013. The race is held within easy walking distance of a 100,000 square foot Convention Center, the Syracuse Oncenter, which is available for all Syracuse HM participants. Hence all participants in the USATF Masters HM Championships will have access to the Convention Center for warmth and protection from the elements, if needed. Race time temperatures are typically from the

upper-30's to the upper-40's, favorable for a half marathon effort.

#### 4. The **2020 Masters Grand Prix Schedule** includes: **2020 Circuit**

Dec 14, 2019 USATF National Club Cross Country Championships, Bethlehem, PA

Jan 18, 2020 USATF Cross Country Championships, San Diego, CA

~~Apr 26, 2020 USATF Masters 10 Km Championships, James Joyce Ramble, Dedham, MA~~

~~7/20-8/1 WMA Outdoor Championships [XC, 10K, & HM], Toronto, CAN~~

Aug 21, 2020 USATF Masters 1 Mile Championships, *HAP Crim Festival of Races*, Flint, MI

Sep 27 USATF Masters 12 Championship, *By Hook or Crook 12K*, Highlands, NJ

Oct 18 USATF Masters 5km Cross Country, Boston

Nov 8 USATF Masters Half Marathon Championships, *Syracuse Half Marathon*, Syracuse, NY

#### Other Events of Interest to Masters LDR Athletes

Jul 9-12, USATF Masters TF Outdoor Championships

Dec 12 USATF National Club Cross Country Championships—2021 Masters GP, San Francisco, CA

\*Participation in any one of the three Non-Stadia events (XC, 10K and Half Marathon Road Races) may be counted for points toward the 2020 Individual Masters Grand Prix

The Masters LDR Committee welcomes bids at all distances from the 1 Mile to the Marathon for 2021 and beyond. Please contact Mary Rosado, Chair, at [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net), or at [mvrosadoesq@icloud.net](mailto:mvrosadoesq@icloud.net).

The **2020 Masters Grand Prix** rules, schedule and standings may be viewed at: [www.usatf.org/programs/masters/masters-ldr/masters-grand-prix](http://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. Hundreds of Masters Runners from all ages 40 and over have earned Awards each year. **If you have not yet earned an Award, please make 2020 your year to do it!** The closing date for 2019 applications was January 31, 2020. 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**

Results from the USATF 50-Mile Trail Championship:

<https://trailrunner.com/trail-news/trail-runners-embody-the-pioneer-spirit-at-usatf-50-mile-trail-championships/>

Social Distance Learning - <https://trailrunner.com/trail-news/social-distance-learning-videos-with-nano-on-trails/>

Six Tips for Staying Healthy While Training - <https://trailrunner.com/trail-news/six-tips-for-staying-healthy-while-training/>

Also add:

The 2020 International U18 World Mountain Running Cup (<https://trailrunner.com/trail-news/2020-international-u18-mountain-running-cup-team-usa-selection/>) has been rescheduled to October 17 (from June 20), and thus, the selection criteria dates were amended.

#### **Cross Country Report**

The US national cross country team sent a strong contingent to Victoria, Canada to compete in the 2020 Pan Am Cross Country Championships on February 29. The races were held over a severe 2k loop that featured a very tough hill climb that crested only about 100 meters from the finish of each lap. You may note that the finishing times are relatively slow, reflecting the severity of the course, not the level of competition.

The first race of the day was the Women's Under 20 championship. Brooke Rauber, from Homer, NY, took the victory in the first race of the day, covering the 6k loop in 23:12. The team took home the bronze medal (behind Canada and Peru) with scoring members Kalea Bartolotto (11<sup>th</sup>), Bailey Brinkerhoff (14<sup>th</sup>) and Rayna Stanziano (16<sup>th</sup>).

Next up were the Under 20 men. This was perhaps the most successful race of the day as the US went 1-2 with Corey Gorgas (NAU) and Evan Bishop (East Grand Rapids, MI) covering 8k in 27:15 and 27:20. This led the US team to a strong team championship with Alex Comerford (9<sup>th</sup>) and Jacob Harris (14<sup>th</sup>) completing the scoring for the American team.

Both the senior men and women covered 10k, featuring five climbs of the major hill. First up were the ladies, who took home the silver medal, losing out to victorious Canada by only 1 point. Carrie Verdon led the way the US team, finishing 2<sup>nd</sup> in 38:09. Rounding out the scoring team were Sarah Pease (5<sup>th</sup>, 38:35), Tansey Lystad (6<sup>th</sup>, 38:38) and Grace Graham-Zamudio (15<sup>th</sup>, 39:51).

Finally, the men's senior team took to the course. Again, the US team showed up strong, winning the team championship rather handily. The men were always near the front, but trailed Brazil for the first 3 laps of the course. However, as the race began to break up, the US men all maintained contact at or near the lead and won by placing 4 scorers in the top ten. Anthony Rotich led the way for the US team, losing a photo finish to Brazil's Johnatas De Oliveira Cruz with both athletes running 32:50. It is hard to believe that over a tough 10k course that the top two athletes could not separate and the winner had to be

determined with the camera. Also scoring for the winning US team were Dillon Maggard (4<sup>th</sup>, 33:23), David Goodman (6<sup>th</sup>, 33:33) and Nicholas Hauger (9<sup>th</sup>, 33:45).

Overall the United States team took home the Pan Am Cup, which goes to the team with the best result over the four races, with a narrow victory over host Canada. The Canadians proved to be wonderful hosts, put on a tremendous event, and even provided beautiful sunshine throughout the races.

#### 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

#### ***Membership Fee Increase***

*(Thanks to Associations Committee)*

The \$25.00 Youth/ \$40.00 Adult membership fee increase has been moved to 1 May, and continues to be evaluated.

Clubs and members are still encouraged to purchase their memberships as normal. Membership dues contribute to Association programmatic and organizational budgets. Membership numbers also show our value to existing and potential USATF partners and sponsors. It is important we unify during this downtime to ensure we can rebound with as little damage as possible.

#### ***Bill Roe Services:***

Bill Roe's wake has been rescheduled to Sunday, June 7 from 1:00-4:00pm at Bellingham Depot Market Square (1100 Railroad Ave, Bellingham, WA 98225).

Bellingham, WA is approximately 100 miles north of SeaTac airport (90 miles north of downtown Seattle).

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.