



## DIVISION REPORTS FEBRUARY 2019 EDITION

### **Upcoming Events:**

Feb 2 USATF Cross Country (Tallahassee, FL)  
Feb 15 USATF 100 Mile Road Championships (Nevada)  
Feb 16 USATF 50km Trail Championships (Auburn, CA)  
Mar 2 Road to Gold (Atlanta 2020 Test Event)  
Mar 9 USATF 15km Championship (Jacksonville, FL)  
Mar 16 USATF Masters 8km Championships (Va Beach, VA)

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

Hillary Bor overcame a late-race wrong turn to win the SimplyHealth Great Stirling XCountry. Anne-Marie Blaney finished 11<sup>th</sup> to lead the Team USA women. Team USA senior athletes claimed third in the mixed 4x1.5km relay, while the Team USA Junior mixed 4x1.5km relay placed second.

The 2019 USATF LDR championship season kicks off February 2 with the USATF Cross Country Championships in Tallahassee, Florida. The fields feature a who's who of American distance running challenging for the opportunity to represent Team USA at March's IAAF World Cross Country in Denmark.

Also in February are the USATF 100 Mile Road Championship in Nevada and the USATF 50km Trail Championships in Auburn, CA.

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

None Submitted

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

We're excited to kick off the 2019 USATF Running Circuit with the Cross Country Nationals on Feb. 2nd in Tallahassee, FL.

The USATF Running Circuit will guarantee American LDR athletes at least \$474,200, additional time and record incentives, and opportunities to qualify for several International teams. One new change is the NYRR New York Mini 10K will host the Women's 10K this year on June 8th. Please find an event summary of upcoming dates and locations below. The USATF Cross Country Championship will serve as the team selection event for the NACAC and

IAAF Cross Country Championships. Team Selection procedures have been posted on the USATF website. The IAAF and Pan Am selection procedures for the marathon will be published soon.

Feb. 2 [USATF Cross Country Championships](#), Tallahassee, FL

Feb. 16 [NACAC Cross Country Championships](#), Port of Spain, Trinidad and Tobago

Mar. 9 [USATF 15 km Championships](#), Jacksonville, FL

Mar. 30 [2019 IAAF World Cross Country Championships](#), Aarhus, Denmark

Apr. 23 [USATF 1 Mile Championships](#), Des Moines, IA

May 5 [USATF Half Marathon Championships](#), Pittsburgh, PA

May 11 [USATF 25 km Championships](#), Grand Rapids, MI

Jun. 8 [USATF Women's 10 km Championship](#), NYC, NY

### **Masters LDR Report**

1. The second event on The Masters Grand Prix circuit is the **USATF Cross Country Championships at Apalachee Regional Park in Tallahassee, FL on February 2, 2019. Act now or you will miss it; entries close on January 29, 2019 at 11:59 PM Pacific Standard Time!**

Masters Entry Form is at:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115287>

Athlete Information may be accessed at:

<http://www.usatf.org/Events---Calendar/2019/USATF-Cross-Country-Championships/Athlete-Info.aspx>

2. [The WMA Indoor Championships in Torun Poland from March 24-30, 2019 Include Non-Stadia events, a cross country event and a 10K and Half Marathon road race. The cross country race is on Monday, March 25, the 10K on Wednesday the 27<sup>th</sup>, and the Half Marathon on Saturday the 30<sup>th</sup>. Represent Team USATF on the world stage and compete for medals with the top Masters competitors from around the world. Act now! Entries close at midnight on January 29, 2019.](#)

Entry Form: <https://wmaci2019.com/registration/>

Travel Support for 'Top Six in the World' USATF Masters entrants is available. Details are here:

<https://usatfmasters.org/wp/team-usatf-torun-w1-program/>

**The application deadline for Travel Support is February 3, 2019.**

Competition details are available at: [wmaci2019.com/](http://wmaci2019.com/)

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|---|---|--------------------|
| 2018                                    |   |                    |
| Dec 8                                   | USATF National Club Cross Country Championships                         | Spokane, WA        |
| 2019                                    |   |                    |
| Feb 2                                   | USATF Cross Country Championships                                       | Tallahassee, FL    |
| Mar 16                                  | USATF Masters 8 Km Championships Shamrock/Towne Bank 8K                 | Virginia Beach, VA |
| 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<br>Tulsa Run | Tulsa, OK          |
| Other Events of Interest to Masters LDR |   |                    |
| Mar 1-3                                 | USATF Masters Indoor Championships                                      | Winston-Salem, NC  |
| Mar 2                                   | Olympic Marathon Trials Test—8.2 mile race Road to Gold                 | Atlanta, GA        |
| Mar 24-30                               | WMA Indoor Championships  | Torun, Poland      |
| 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      |

Information about Non-Stadia Events is at:  
[wmaci2019.com/non-stadia-competitions/](http://wmaci2019.com/non-stadia-competitions/)

For an overview of the Indoor Championships, please consult: <https://usatfmasters.org/wp/events/2019-wma-world-indoor-championships/>

Team Manager – Non-Stadia Events  
 Mary Rosado [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net) +1 917 400-3961

3. The first road race of the 2019 Masters Grand Prix circuit is the **USATF Masters 8Km Championships at Virginia Beach on March 16**, hosted by the Shamrock Marathon's *Towne Bank 8K*. Please plan accordingly. This is a very flat, fast course with hotels conveniently situated for runners to easily access the Race and Awards ceremony. A large party tent on the Beach is the setting for the post-race celebration with complimentary Yuengling Beer and Murphy's Irish Stew.

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>

4. The final 2019 Masters Grand Prix Schedule is:

[See schedule on left]

5. The Masters LDR Committee welcomes Championship bids at all distances for 2020 and beyond. The Committee is especially interested in 5K, 8K, Half Marathon, and Marathon bids for 2020. Please contact Mary Rosado, Chair, at [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net).

6. Masters Athletes competed at the 2018 USATF National Club Cross Country Championships at the Planters Ferry Sports Complex in Spokane, WA on Saturday, December 8. **Race Winners:** Women **Kate Landau** Men 40-59 **Jorge Maravilla** Men 60+ **Joe Sheeran**. **Age-Grading Champions**-Women **Carmen Ayala-Troncoso** Men 40-59 **Nat Larson** Men 60+ **Joe Sheeran**. **Team Champions:** Women 40+ *Janes Elite Racing* 50+ *The Janes Elite Racing* 60+ *Team Red Lizard* 70+ *Atlanta Track Club* Men 40+ *Bowerman Track Club* 50+ *Greater Springfield Harriers* 60+ *Club Northwest* 70+ *Ann Arbor Track Club* 80+ *San Diego Striders* **Individual Champions:** Women 40-44 **Kate Landau** 45-49 **Grace Padilla** 50-54 **Kirsten Leetch** 55-59 **Patricia Bellan** 60-64 **Jennifer Teppo** 65-69 **Jeanette Groesz** 70-74 **Carolyn Mather** 75-79 **Catherine Radle** Men 40-44 **Jorge Maravilla** 45-49 **John Howell** 50-54 **Peter Hammer** 55-59 **Nat Larson** 60-64 **Joe Sheeran** 65-69

**Doug Winn 70-74 Terry McCluskey 75-79 Doug Goodhue 80-84 Richard Williams**

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

We're excited that our championship events are putting out some great promotions including our USATF Half Marathon Trail Championships -

<https://trailrunner.com/trail-news/montage-mountain-resorts-to-host-the-usatf-half-marathon-trail-championships/> and our USATF 50km Road Championships - <http://www.usaultrarunning.com/race-preview-2019-usatf-50-km-road-championships-caumsett-50k/>

The WMRA meetings in Monaco were held earlier this month and a short report is

here: <http://wmra.info/news/latest-news-from-the-wmra/708-wmra-council-has-met-for-their-annual-meeting>

Our next championships are the USATF 100 Mile Road Championships in Nevada on February 15-17 - From the race organizers Beyond Limits Running: Beyond honored to announce the 6th Annual Jackpot Ultra Running Festival will once again host the official USATF 100 Mile Road Championship race! Based on feedback from last year's USATF runners, we have designed a new 1.2 mile course which will be used exclusively for the USATF 100 mile race. Website

is: <http://www.beyondlimitsrunning.com/limitlessevents/jackpotultrarunning>. The same weekend, the USATF 50km Trail Championships will be held in Auburn, CA - <http://singletrackrunning.com/fourmidable/> - on February 16. The 50km will also serve as the final selection race for the US Trail Team - <https://trailrunner.com/trail-news/us-team-selection-criteria-for-2019-trail-world-championships/>

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

#### National Championships

The Club Cross Country National Championships were held on Saturday, December 8 in Spokane, WA. The day was fantastic for cross country, cold, but with a solid stable course surface.

The day started with the Masters Women 6k. The age-graded champion was Carmen Ayala-Troncoso whose 25:00 time graded to an 89.02%. The overall winner was Kate Landau from the Tacoma City Running Club in a time of 21:29. The winning team was The Janes Elite Racing, who, led by Nancy Janes-Klinger, scored 13 points.

The Masters men split into two races with the 60+ men running 8k. This has proven to be very well received. The age-graded champion in this race was Rick Becker, whose 29:37 was graded at 91.23%. Along with overall champion Joe Sheeran (28:55) and 4<sup>th</sup> place finisher Michael Smith, the Club Northwest team came close to sweeping the event with only 8 points.

The 40+ Masters Men ran over the 10k course. The age-graded champion was 56 year old Nat Larson, whose excellent time of 35:01 graded to a 90.36%. The first place

runner in the race was Jorge Maravilla representing the West Valley TC and covering the distance in 32:53. Team Champion was the Bowerman Track Club with 52 points. Next up were the Open Women, running 6k. The race featured a large lead pack that didn't break up until very late. Katherine Mackey finished very strong to run 19:35 and emerge the national champion. In an extremely tight team competition, the Nomad Track Club came away with a 3 point victory over Hansons-Brooks Distance Project, 71 - 74 points.

To finish the day the Open Men competed over 10k. Like the women, the men stayed together with a large lead pack until very late. Ben Blankenship used his track speed to unleash a devastating kick to win by 6 seconds over Hillary Bor, running 29:21.

The USA National Cross Country Championships will be held on Saturday, February 2 in Tallahassee, FL. A wrap up of that event will be in the next Newsletter.

#### National Teams

The USA National Cross Country team participated in the Great Stirling (formerly Edinburgh) Cross Country Challenge on January 12, 2019. The meet consists of teams from Great Britain, Europe and the United States. There was a mixed (2 men, 2 women) relay races including both junior and senior teams. The United States team finished third in the senior relay, while finishing second in the junior portion of the race. The junior team finished behind the team from Europe by only 3 seconds.

In the senior races the women ran over 6k. Unfortunately, the US team did not have its' best day as the team finished a distant third. Anne-Marie Blaney was the top US finisher in 11<sup>th</sup> place with a time of 20:29.

Of all the races in the meet schedule the most successful team was the senior men's. The men competed over 8k. The United States senior men have had a few champions in recent years and this year proved to be no different as Hillary Bor won a lean at the tape type victory over Napoleon Solomon of Sweden with both running a time of 23:48. The race was so tight that Leonard Korir grabbed 4<sup>th</sup> place only 1 second behind. Along with a 5<sup>th</sup> place finish from former champ Garrett Heath (23:56) and 6<sup>th</sup> place finish from David Elliot (24:00) the men easily claimed the team crown with on 16 points.

The NACAC Cross Country Championships will be held in Port of Spain, Trinidad and Tobago on Saturday, February 16, 2019. The meet has championships for senior men (8k), senior women (6k), junior men (6k), and junior women (4k). The USA team will be selected at the USA Cross Country Championships in Tallahassee, FL. Because of the short time period for team processing, it is required that anyone who wishes to compete for Team USA at this championship bring their passport or passport information to team processing in Tallahassee. Selections procedures will be up soon at [www.usatf.org](http://www.usatf.org)

The IAAF World Cross Country Championships will be held on Saturday, March 30, 2019 in Aarhus, Denmark. The USA will send teams in the senior men's (10k), senior women's (10k), junior men's (8k) and junior women's (6k) championships. These four teams will be selected at the USA National Cross Country Championships in Tallahassee,

FL. Team selection procedures will be available soon at [www.usatf.org](http://www.usatf.org) Because of the short time period for team processing, it is required that anyone who wishes to be selected for Team USA at this championship for the available team roster positions, bring their passport or passport information to team processing in Tallahassee. In addition, there will be a senior co-ed relay (2 men and 2 women) with athletes running legs of 2000 meters. The procedures for selection to this relay team will be posted soon at [www.usatf.org](http://www.usatf.org)  
The 2019 Masters 5k Cross Country Championship has been awarded to San Diego, CA. The meet will be held on Saturday, October 12, 2019 at Mission Bay Park. This site was used for both the 2008 and 2011 USA National Cross Country Championships.

***Road Running Technical Council Report***

None Submitted

***Athletes Report***

None Submitted

***From the Board***

None Submitted

***2020 US Olympic Team Trials - Marathon***

2020 Marathon Course

USATF and Atlanta Track Club unveiled the course for the 2020 Marathon Trials:  
[http://dynamix-cdn.s3.amazonaws.com/atlantatrackcluborg/atlantatrackcluborg\\_554301737.pdf](http://dynamix-cdn.s3.amazonaws.com/atlantatrackcluborg/atlantatrackcluborg_554301737.pdf)

The course starts and finishes at Centennial Olympic Park in downtown Atlanta and consists of three 6-mile loops followed by an 8.2-mile final loop.

Here's the ATC release:

<https://www.atlantatrackclub.org/news/atlanta-track-club-unveils-course-for-2020-us-olympic-team-trials-marathon>

And here's a two minute YouTube video describing the course:

<https://youtu.be/lX1QDIJ74>

Road to Gold

The Atlanta Track Club is offering Olympic Hopefuls the opportunity to preview the course on March 2 during their Road to Gold race. We encourage athletes to take advantage of this event to test out the twists, turns, and hills over which the 2020 Olympic Team will be determined. The ATC's one page fact-sheet is attached and here's the ATC's page (Olympic Hopeful's information about half-way down the page):

<https://www.atlantatrackclub.org/2019RoadtoGold>