



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS AUGUST 2019 EDITION

Upcoming Events:

Aug 17 USATF Masters 5km Championship (Atlanta, GA)
Aug 23 USATF Masters 1 Mile Championship (Flint, MI)
Sep 2 USATF 20km Championship (New Haven, CT)

From the Desk of the Chair, Mike Scott

USATF announced on July 22 that the IAAF had awarded Gold Label status to the 2020 US Olympic Team Trials – Marathon. Since the top 5 finishers at a Gold Label Marathon are considered by the IAAF to have met the Tokyo 2020 Olympic Entry Standard, the top three finishers at the Feb. 29 US Olympic Team Trials – Marathon will now be guaranteed a place on the U.S. Olympic Team.

Bethany Sachtleben won the silver medal at the July 27 Pan American Games Marathon in Lima, Peru, tying her 2:31:20 personal best. Sam Roecker finished 5th in 2:32:49. Augustus Maiyo improved his personal best to 2:12:25 to finish 4th in the men's race, while Aaron Braun finished 14th in 2:21:55.

Bernard Lagat set a pending American 40+ record for the marathon with his 2:12:10 performance at Australia's Gold Coast Marathon on July 7. The previous record of 2:12:20 was set by Meb Keflezighi at the 2016 Olympic Marathon Trials in LA.

Training partners Molly Huddle (31:58.47) and Emily Sisson (32:02.19) finished 1-2 just ahead of training partners Kellyn Taylor (32:02.74) and Stephanie Bruce (32:09.99) in the 10,000-meters at the USATF Outdoor Championships in Des Moines. Since neither Taylor nor Bruce has met the World Championships entry standard, Marielle Hall (5th in 32:14:41) will join Huddle and Sisson in Doha.

Lopez Lomong (27:30.06) powered away with a 55.59 final lap to take the win in the 10,000 at USATF Outdoors. Lomong will be joined in Doha by Shadrack Kipchirchir (2nd 27:47.71) and Leonard Korir (3rd in 28:01.43).

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** were held July 18-21, 2019 in Toronto, Ontario, Canada. This international championship included Non-Stadia running events, a 10 Km Road Race, and Cross Country. USATF Athletes collected 14 Gold, 13 Silver, and 1 Bronze Medal in the contests. They swept the medals in the F45 and the M60 Cross Country.

In the 10K Road Race, **Fiona Bayly** had the fastest time in the Women's race, 38:50. Bayly took Gold in F50 and was joined by Gold Medal winners, **Euleen Josiah-Tanner**, F45, and **Makie Ohler**, F55. **John Hale** and **John Hadcock** went 1-2 in M60; **Daniel Mazo** and **Lloyd Hansen** claimed gold in M55 and M70. Bayly, Hansen, Mazo, and Ohler all set Meet Records. In the 8K Cross Country competition, **Jo Rupp**, **Euleen Josiah-Tanner**, and **Latashia Key** went 1-2-3 to sweep the F45 division medals, while **Charlie Muse**, **John Hale**, and **Timothy Riccardi** swept the M60 medals in 31:23, 32:10, and 32:55. Rupp's 32:35 and Josiah-Tanner's 35:13 were the two fastest times in the Women's 8K race. **Thomas Knowles** had the second fastest time in the Men's race, clocking 28:51 to earn Silver in M40. **Caroline Dunn**, F40, **Aysha Mirza**, F35, and **Mary Swan**, F55, captured Gold; **Carlo Deason**, M45, joined Muse in winning a Gold Medal. In the 8K Cross Country race, **Terry McCluskey** and **Doc Rappole**, both M70, had the fastest two times, 26:03 and 28:12, in taking Gold and Silver in their division. **Tami Graf** and **Mary Harada** went 1-2 in F80, with 52:35 and 55:15 times.

2. Long-term Planning for WMA Non-Stadia Championships

The next two WMA Championships will be held in Canada

World Masters Athletics Championships

2020 July 20- August 1 WMA Outdoor Championships
Toronto, Ontario, Canada

In addition to distance events on the track, there are Non-Stadia Events: **Cross Country**, and **10 Km** and **Half Marathon** Road events.

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.

Bookmark the link below to check back for updates closer to the event:

<https://world-masters-athletics.com/calendar/>

3. The 2019 USATF 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**. The

A/JC Peachtree Road Race, the Atlanta Track Club (ATC) and the City of Atlanta will be welcoming the 2020 Olympic Trials to the city this coming February 29th. In the meantime, ATC is focusing its considerable resources and energy on making the 2nd consecutive USATF Masters 5 Km Championship one to remember. Join some of the fastest runners in the country!

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

Other Masters 5 Km Championship Information:
<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Championships/Athlete-Info.aspx>

4. 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. With separate races, experience the spirit of Masters running at its best, with Men cheering on the Women's race and then Women cheering on the Men's race. Enjoy the festival atmosphere as the Masters Championships are followed by the Open Mile and the Young Runners (12 and under) Mile. Finish it off with a beverage and eats on a delightful summer evening in one of the most welcoming and resilient cities in America, Flint, Michigan!

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>

5. On **Saturday, October 26th**, the Tulsa Federal Credit Union's Tulsa Run will host their 7th consecutive edition of the **USATF Masters 15 Km Championships**. Tulsa will put on its usual great show: the complimentary Masters Championship pasta dinner the night before, the convenience of downtown hotels to the Start and Finish. The head start for the Championship over a challenging race course that showcases the neighborhoods of Tulsa makes Masters Runners the focal point of the race. This has been one of the gemstones of the Masters Grand Prix Circuit; celebrate a great Championship run of 7 years.

Entry Form:
<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116939>

Details at:
<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-15-km-Championships.aspx>

6. 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
Dec 14 USATF National Club Cross Country Championships, Bethlehem, PA
Jul 20, 2020 WMA Outdoor Championships, Toronto, CAN
Apr 6, 2021 WMA Indoor Championships, Toronto, CAN

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 mvrosadoesq@prodigy.net, or at mvrosadoesq@icloud.net.

Remember to sign up for USATF's Phidippides Program which rewards Masters Runners of all abilities for their participation in organized road races. Hundreds of Masters Runners from ages 40 to 90 have earned Awards each year. There is still plenty of time to run races, earn points, and apply for the Award. For more details on the program, and how to apply, please consult:
<http://www.usatf.org/Resources-for---Masters/LDR/Phidippides-Award.aspx>

Mountain/Ultra/Trail (MUT) Report
For the USATF Long Distance Mountain Running Team - Question or resumes should be sent to Jason Bryant, runningmtn.goat@yahoo.com and Richard Bolt, richardbolt@trailrunner.com. Resumes must be received by August 15, 2019. Athletes who win selection races must confirm their acceptance of a team spot not later than August 1, 2019. The team will be announced by August 31, 2019.

For the USATF NACAC Mountain Running Team, selection criteria is posted here: <https://trailrunner.com/trail-news/us-team-selection-criteria-for-2019-nacac-mountain-running-championships/>

Course details available for the USATF Mountain Running Championships - <https://trailrunner.com/trail-news/final-course-design-underway-at-waterville-valley-for-usatf-mountain-running-championships/>

Fourth article in a five-part series about how the mountain, ultra and trail (MUT) running community has been affected by athlete doping and drug testing is posted here: <https://trailrunner.com/trail-news/out-of-competition-doping-controls-us-athlete-experiences-part-4/>

Team Staff are working on travel and uniform details for 24 Hour Team; 50K Road Team; Youth Mountain Team.

Cross Country Report

Bids to host the 2021 Club National Cross Country Championships are due by September 1, 2019. Bids should be sent to both Bill Quinlisk (billqxc@verizon.net) and Thom Hunt (coachhunt619@gmail.com). If you have any questions regarding filling out the bid form (found at usatf.org), we would both be happy to assist.

Upcoming Cross Country Championship Calendar:
Sat Oct 12 Masters 5k Cross Country Championship, San Diego, CA
Sat Dec 14 Club Cross Country Championships, Lehigh University, Bethlehem, PA
Sat Jan 18 USA Cross Country Championships, San Diego, CA

Information for all three events can be found on the cross country pages of usatf.org

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted

2020 IAAF World Half Marathon Championships

Since the IAAF has yet to send out the competition information for the March 29, 2020 IAAF World Half Marathon Championships in Gdynia, Poland, Men's LDR and Women's LDR haven't been able to finalize the selection procedures for that team. Barring major changes to the IAAF's format, MLDR and WLDR intend to follow a similar selection procedure to that used for the 2018 IAAF World Half Marathon Championships in Spain.

Pending receipt of the IAAF's competition information.

MLDR and WLDR intend that:

One team position per gender will be selected based on the rank order finish from among the top three finishers at the 2019 USATF 20 km Championships on September 2, 2019. Should no athlete from among the top three finishers in each race at the 2019 USATF 20 km Championships accept this U.S. Team position, the selection of that position will then revert to the process for the remainder of the team.

The remainder of the team would be selected via combined 20K/Half Marathon performance list between Sept 1, 2019 and Jan 31, 2020.

Once again, this information is preliminary and subject to change until the IAAF announces competition information.

RRCA Grants for 2020 U.S. Olympic Marathon Hopefuls

The Road Runners Club of America (RRCA) will award a special round of grants for U.S. runners that have qualified for the 2020 Olympic Trials Marathon in Atlanta, Georgia on February 29, 2020. Grants in the amount of \$2,500 will be awarded to 6-8 men and women, 16 athletes total. Any U.S. athlete that meets the funding criteria may apply.

See the following for criteria and the application (applications due by August 31):

<https://www.rrca.org/news-articles/news-archives/2019/07/24/rrca-announces-special-grant-funds-for-athletes-that-have-qualified-for-the-2020-olympic-trials---marathon>