



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS MAY 2019 EDITION

Upcoming Events:

May 5 USATF Half Marathon Championship (Pittsburg, PA)
May 11 USATF 25km Championship (Grand Rapids, MI)
Jun 1 50 USATF 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 Team USA 4x2km mixed relay of Kirubel Erassa, Shannon Osika, Jordan Mann, and Eleanor Fulton combined for a fourth place finish to lead the U.S. contingent at the March 30 IAAF World Cross Country Championships. Stephanie Bruce (39th) lead the senior women to 8th in the team standings, while Shadrack Kipchirchir (34th) led the senior men to 11th. National champion Shuaib Aljabaly (29th) led the U20 men to sixth, while Savannah Shaw was the top finisher on the 14th-place U20 women.

Israel Merkle (6:54:33) and Caroline Cotsakis (9:48:48) won USATF 100K titles at the April 13 Mad City Ultras (Madison, WI).

Nikki Hiltz (4:29.7) and Tripp Hurt (4:03.9) won USAF 1-Mile Road Championship titles at the April 23 Grand Blue Mile in Des Moines.

Melissa Hardesty (37:06) and Kevin Castille (30:47) led all-comers at the April 28 USATF Masters 10km championship at James Joyce Ramble. Jan Holmquist (95.81%) and Castille (95.19%) topped the Age Grading in Dedham.

April always highlights the elite spring marathon season and April 2019 featured some great running headlines by 7 American women and 2 American Men who have met the IAAF Entry Standards in the Marathon for the 2020 Tokyo Olympic Games:

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 (since 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

Note: Emily Sisson's 2:23:08 is a pending USA record for an all-women's race (old record: Shalane Flanagan, 2:25:26, Rio Olympics 2016)

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 has submitted a proposal to the National Office and the High Performance Committee for review.

Men's LDR Report

None Submitted

Women's LDR Report

None Submitted

Masters LDR Report

1. 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. Once the USATF event website is active, you can find it on the USATF National Championships Calendar at: <http://www.usatf.org/Events---Calendar/National-Championships.aspx>
Just scroll to August 17 and click on the link to the Masters 5 Km Championship site.

2. The WMA-CI, World Masters Athletics Indoor Championships were held in Torun, Poland. MLDR events were included as part of the Non-Stadia competitions. **Heide Moebius** took the W80 Gold Medal in all 3 Non-Stadia Events, the Cross Country Event, the 10K and the Half Marathon Road Races.

Dawn Grunnagle won two gold medals in the W40 division, running the 10K in 34:24 and the Half Marathon in 1:16:25. Two other Americans, **Fiona Bayly** and **Roger Sayre** won Gold in the Half Marathon. Bayly, in W50, ran 1:23:44 and **Roger Sayre** won M60 in 1:17:49. **Greg Mitchell** won a Silver Medal in the M45 10K in 32:25. Sayre earned his second individual medal, a Bronze, in Cross Country. An Individual Bronze Medal was also earned by **Tami Graf** W80 Cross Country. Moebius teamed up with Graf and **Kathleen Frable** to take Bronze in the Women's 70 and up Cross Country event and Sayre teamed up with **Francis Burdett** and **Dale Flanders** to win the Bronze Medal in the Men's 50 and up Half Marathon. All told, Team USATF won 7 Golds, 1 Silver, and 2 Bronze Individual Medals and two Team Bronze Medals in the Non-Stadia competition. The next WMA event is later this summer in Toronto, Canada where the NCCWMA Outdoor Championships for North and Central America and the Caribbean will be held on July 18-21. A Cross Country event and a 10K race will be held as Non-Stadia events. For more information, please visit:

<https://nccwma2019.com/>

The registration site may be accessed from that site or directly at:

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

3. Masters Athletes competed at the **2019 USATF National 10 Km Championships**, hosted by the James Joyce Ramble, in Dedham, MA on Sunday, April 28, 2019. **Overall Race Winners:** Women **Melissa Hardesty** 37:06 Men **Kevin Castille** 30:47 **Age-Grading Champions-Women Jan Holmquist 95.81% Men Kevin Castille 95.19% Individual Champions:** WOMEN 40-44 **Melissa Hardesty** 45-49 **Karolyn Bowley** 50-54 **Hronn Gudmundsdottir** 55-59 **Marisa Sutera Strange** 60-64 **Jennifer Teppo** 65-69 **Karen Durante** 70-74 **Sharon Gerl** 75-79 **Kathleen Scotti** 80-84 **Tami Graf** 85-89 **Edna Hyer** MEN 40-44 **Eric Blake** 45-49 **Kevin Castille** 50-54 **Andy Gardiner** 55-59 **Alan Evans** 60-64 **Ken Youngers** 65-69 **John Barbour** 70-74 **Lloyd Hansen** 75-79 **Jan Frisby** 80-84 **Harry Carter** 85-89 **Lawrence Cole** 90-94 **Nathan Finestone** **Team Champions:** Women 40+ *Impala Racing Team* 50+ *Athena Track Club* 60+ *Atlanta Track Club* Men 40+ *Boston Athletic Association* 50+ *Genesee Valley Harriers* 60+ *Atlanta Track Club* 70+ *Genesee Valley Harriers* 80+ *New England 65 Plus Running Club*. Complete results may be viewed at:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-10-km-Championships/Results.aspx>

4. Current **2019 Masters Grand Prix standings** may be viewed at:

Individual:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx.aspx>

The remaining 2019 Masters Grand Prix Schedule:

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, 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 from the 1 Mile to the Marathon for 2020 and beyond. Please contact Mary Rosado, Chair, at mvrosadoesq@icloud.net.

Club: <http://www.usatf.org/MGPresults.aspx>

Mountain/Ultra/Trail (MUT) Report

Here are some recent and timely articles:

Link to results recap from the USATF 100K championship: <http://www.usaultrarunning.com/merkel-and-cotsakis-crowned-2019-usatf-100k-champions-at-mad-city/>

Comparing marathon running to ultra trail running: <https://trailrunner.com/trail-news/what-trail-runners-can-learn-from-road-marathon-racing-strategies/>

Stretching tips: <https://trailrunner.com/trail-news/be-a-healthy-trail-runner-spice-up-your-stretching/>

Lessons learned in coaching youth runners: <https://trailrunner.com/trail-news/lessons-learned-in-coaching-youth-trail-runners/>

Cross Country Report

None Submitted

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted