



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS DECEMBER 2019 EDITION

Upcoming Events:

Dec 7 USATF 100 Mile Ultra Trail Championship (Needville, TX)
Dec 14 USATF National Club Cross Country Championships (Bethlehem, PA)
Jan 18 USATF Cross Country Championships (San Diego, CA)

From the Desk of the Chair, Mike Scott

November kicked off with Anthony Rotich (13:48) edging Aaron Templeton (13:48) and Eric Jenkins (13:50) at the USATF 5 km championship hosted by the NYRR at the Abbott Dash to the Finish. In the women's race, Shannon Rowbury (15:43) held off fast-closing Jessica Tonn (15:44) for the national title.

Behind the strong wins by Geoffrey Kamworor (2:08:13) and Joyciline Jepkosgei (2:22:38) at the TCS NYC Marathon, there were some excellent U.S. performances: Jared Ward (2:10:45) was the top American male in sixth; just behind time was the ageless Abdi Abdirahman in ninth whose 2:11:34 set a new US 40+ record (Abdi's top-10 finish was also an Olympic Entry Standard). Des Linden (2:26:46) led the US women in 6th, with Kellyn Taylor (2:26:52) 7th and Aliphine Tuliamuk 2:28:12) in 12th.

On the same weekend as the NYC Marathon, the USATF Trail Marathon Championships was conducted in stunningly beautiful Moab, Utah. Adam Peterman (2:57:28) and Chessa Adsit-Morris (3:40:31) ran away with the titles.

Team USA captured three individual gold medals at the November 15-16 WMRA World Mountain Running Championships in Villa La Angostura. Grayson Murphy (Women's Classic), Joe Gray (Men's Classic), and Jim Walmsley (Men's Long Distance). The Team USA men claimed silver in both the Men's Classic and Men's Long Distance races.

Thanks again to the Road Runners Club of American for their support of American distance runners through their Roads Scholar grants. This year's \$5000 grantees are

Annie Frisbie, Frank Lara, Dakotah Lindwurm, Connor McMillan, and Alexis Zeis.

I will look forward to seeing most of you in Reno next week at the USATF Annual Meeting!

Men's LDR Report

None Submitted

Women's LDR Report

The USATF Running Circuit was completed on Nov. 2nd at the NYRR Abbott Dash to the Finish Line 5K. Shannon Rowbury won in 15:43, followed by Jessica Tonn 2nd in 15:44, and Emily Infeld 3rd in 15:47.

Sara Hall is the winner of the USATF Running Circuit this year and will be awarded at the annual meeting awards breakfast as our Runner of the Year. Our Maria Bakker Contributor of the Year is RRTC Chair and longtime course measurer, David Katz. We also created the new Nina Kuscsik Award, in honor of longtime WLDR member and women's running pioneer, Nina Kuscsik. Ms. Gabriele Grunewald (nee Anderson) is our first recipient, a professional runner who passed this year after a longtime battle with cancer. Her story and legacy continues through the **Brave Like Gabe Foundation**, to "*inspires others to share their own struggles while also helping to find better more effective treatments for rare cancer.*" <https://bravelikegabe.org/> Her husband, Justin, will be present at the annual meeting to receive the award posthumously for Gabe.

We are now less than 100 days away from the 2020 Olympic Marathon Trials in Atlanta on Feb. 29th 2020. The number of qualifiers has continued to grow the past month. At the Indianapolis Monumental Marathon, there were 39 men and women qualifiers. While the USATF website hasn't been updated since Oct. 22nd, Marathonguide.com shows 415 individual women qualifiers (215 men qualifiers), which is the largest field ever for the Olympic Marathon Trials. The entry process is now open for athletes who have qualified and plan to race at the Trials:

<https://www.usatf.org/events/2020/2020-u-s-olympic-team-trials-marathon>

With the USATF annual meeting coming in a few weeks (using the search function on the new USATF website has been helpful, https://www.flipsnack.com/USATF/public-schedule-11_1_19/full-view.html), Women's LDR will open with an Executive session on Thurs. Dec. 5th at 1pm in the Ruby Room. There will be two joint sessions with Men's LDR and two WLDR open sessions.

Masters LDR Report

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.

As an incentive for participation in Toronto 2020, the Masters LDR Executive Committee has determined that **competitors in any of the three non-stadia events, the XC, the 10 Km, or the Half Marathon can earn 2020 Individual Masters Grand Prix points.** An individual who runs more than one non-stadia event may still only earn points from one event, presumably their best finish.

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

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

2019 USATF Annual Meeting

The Annual Meeting was held at the Grand Sierra Resort in Reno, Nevada from December 5 through 8, 2019. Relevant information from the Annual Meeting deliberations will be reported in the next issue.

Items on the Agenda included: Chair's Report, Annual Awards, Hall of Fame, Nominations for Otto Essig Award, Law and Legislation (L&L), Rules, Championship Report/Bids, Membership Survey Report, Masters Grand Prix Report, Mountain/Ultra/Trail (MUT) Report, Cross Country Council, Records Committee.

2020 Masters Grand Prix Schedule :

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

Oct TBD USATF Masters 5km Cross Country, Boston or Rhode Island

Other Events of Interest to Masters LDR Athletes

Mar 13-15, USATF Masters TF Indoor Championships

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 **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.

The final **2019 Masters Grand Prix standings** may be viewed at:

<https://www.usatf.org/programs/masters/masters-grand-prix>

The **2019 Masters Grand Prix Awards Ceremony** will be held again this year at the **USATF Club Cross Country Championships** in Bethlehem, PA.

The Club Cross Country Championships return to the Lehigh University course in Bethlehem, PA this year. Last held at that venue in 2014, a huge turnout is again anticipated. This event kicks off the 2020 Masters Grand Prix circuit. A results summary will be in the next issue of this newsletter.

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. **If you have not yet earned an Award, please make 2020 your year to do it!** For those who have earned an award this year, the closing date for 2019 applications is January 31, 2020; the sooner you submit your application, the sooner you will get your Award. For more details on the program, and how to apply online, please consult

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

Mountain/Ultra/Trail (MUT) Report

A busy November for MUT. Great performances in Argentina by Team USA. With 3 individual gold and two team silver, the podium was ripe with newly minted USA champions at the World Mountain Running Championships and World Long Distance Mountain Running Championships. More to follow but a few articles: <https://trailrunner.com/trail-news/joe-gray-and-grayson-murphy-win-gold-medals-in-argentina/> <https://trailrunner.com/trail-news/jim-walmsley-takes-gold-at-world-long-distance-mountain-running-championship/>

Within these articles are also some links to YouTube videos from the event from opening ceremonies to competition. Also a link to our thank you video to Trail Butter for their support of Team USA

- https://www.youtube.com/watch?v=HsMye6C7H_A

The USATF Marathon Trail Championships were held on November 2 - <https://trailrunner.com/trail-news/chessa-adsit-morris-and-adam-peterman-win-2019-usatf-trail-marathon-championship/>

The MUT Executive Committee has named Mark Weeks as one of the staff members for the U18 Mountain Team for the WMRA International Youth Cup to be held on June 20 in Ambleside, UK. More team staff to be named soon as the dates for international competition are forthcoming. Also recent news in working on the 2020 Championship calendar:

100 Mile Road Jackpot Ultras 2/14/2020
50K Road Caumsett State Park 50K 3/1/2020
50 Mile Trail Single Track Running 50M 3/20/2020
100K Road Mad City 100K 4/18/2020
50K Trail Ragged 50K 8/9/2020
24 Hour North Coast 24 September 2020
Half Marathon Trail Birkie Trail Running Festival 9/26/2020 (TBC)
Marathon Trail Moab Trail Marathon 11/7/2020
100 Mile Trail Brazos Bend 12/5/2020

The U.S. National 24 Hour Teams struck double gold and individual gold and bronze including 3 World Records at the 2019 IAU World 24 Hour Championship in Albi, France on October 26-27. The women extended their World Championship streak to 5 consecutive World Championships (2012, 2013, 2015, 2017, 2019) while the men also reached top step on the podium. Both men's and women's Teams broke the three-person World Championship record for total distance by a team. Individually, Camille Herron set a new women's world record of 167.846 miles, smashing the previous record of 161.9 miles while winning the women's title. Multi-time 100Km and 24 Hour Team competitor Pam Smith was 4th female with a new PR of 153.041 miles. On the men's side, Olivier Leblond ran the 2nd highest distance ever recorded by an American male to achieve bronze. Olivier's performance of 171.183 miles was a PR by nearly 10 miles. Jacob Jackson finished 6th in just his 2nd 24 Hour race ever with a PR of over 7 miles. The 2021 IAU World Championship is scheduled for Timisoara, Romania on May 22-23, 2021.

Cross Country Report

The National Club Cross Country Championships will be held at Lehigh University on Saturday, December 14. Registration and meet information is available on the meet website at www.usatf.org The meet will have races for Masters Men 60+ (8k), Masters Women (6k), Masters Men 40+ (10k), Open Women (6k), and Open Men (10k). All races feature prize money for winning teams.

The USA Cross Country Nationals will be held in San Diego on Saturday, January 18. Registration and meet

information is available on the meet website at www.usatf.org The meet will select the US National teams for both juniors and seniors for the 2020 Pan Am Cross Country Championships.

The Pan Am meet will be held in Victoria, Canada on Saturday, February 29. The meet will also feature the CanAm Challenge for masters men and women.

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted

Nominations for Team Leaders for World Athletics Half Marathon Champs

Attached is an application for the Head Coach position (one per gender) for both the men's and women's half marathon IAAF World Championships to be held on March 29, 2020 in Gdynia, Poland. The trip will involve approximately five days of travel to arrive in Poland, review the course, race and return. We are seeking candidates with a coaching or administration background who can assist the athletes with the logistics involved in international competition. Please send your applications to the respective chairs of LDR by December 2nd.

USATF Team Leader/Staff Application



Dear Candidate,
 You have been recommended as a candidate for addition to the team leader database for USA track and Field. Please complete the attached form and send it to the addresses at bottom

Name:			
Address:		City:	State:
Zip:	Personal Phone:	Work Phone: () SAME	
Fax Number: ()		E-Mail Address:	
Web Site:		Profession:	
Language Fluency:			
Coaching specialties (list all):			
<p>Are you in the USATF Coaches Registry? Yes No Have you completed USATF's SafeSport? Yes No</p>			
<p><small>LIST ALL INTERNATIONAL USATF TEAMS/TRIPS THAT YOU HAVE TAKEN AS A LEADER/COACH/MANAGER OR ATHLETE (INCLUDE THE YEARS, POSITIONS, WHETHER ASST. OR HEAD, USE THE BACK IF NECESSARY)</small></p> <p>As a Coach</p> <p>As a Athlete</p>			
List your USATF involvement.			
If Coaches Education certified, what level?			
Please give at least one reference with USATF involvement.			
Name:			
Address:		City:	State:
Zip:	Home Phone:	Work Phone:	

Please forward this completed form to either (WLDR Chair) Kim Keenan-Kirkpatrick (kakeenan@syr.edu) or (MLDR Chair) Ed Torres (etrunnerxc@gmail.com)