



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS
FEBRUARY/MARCH 2020 EDITION

Upcoming Events:

Mar 7 USATF 15K Championship (Jacksonville, FL)

Mar 14 USATF 50 Mile Trail Championship (Auburn, CA)

From the Desk of the Chair, Mike Scott

Olympic Marathon Trials: Congratulations to Aliphine Tuliamuk (2:27:23) and Galen Rupp (2:09:20) for winning the 2020 U.S. Olympic Team Trials – Marathon! Joining Aliphine and Galen on the Olympic Team are Molly Seidel (2:27:31), Sally Kipyego 2:28:52), Jacob Riley (2:10:02), and Abdi Abdirahman (2:10:03).

On behalf of USATF LDR, I want to thank Rich Kenah and Atlanta Track Club for hosting the Marathon Trials. The Trials were an athlete-centered success that attracted over 200,000 enthusiastic spectators lining the course.

There are too many people essential to the success of the 2020 Olympic Trials to single out everyone, but in particular I'd like to thank two people: David Katz and Larry Kimball. David was the Technical Director for the Trials for ATC, but – like many of us – wore many hats and worked closely with World Athletics (the organization formally known as the IAAF) to develop a protocol for implementing WAF's new shoe rule. Larry has toiled behind the scenes for the last three years as the statistician maintaining the qualifiers list for the Marathon Trials.

I would also like to thank my colleagues Kim Keenan-Kirkpatrick (WLDR chair) and Eduardo Torres (MLDR) for their leadership during the 2020 Olympic Marathon Trials cycle.

Like all of you I am excited to see how Aliphine, Molly, Sally, Galen, Jake, and Abid run in Sapporo and wish them my best in their preparations!

USA Championships Jan/Feb: Natosha Rogers and Anthony Rotich kicked off the 2020 championship seasons with victories at the USATF Cross Country Championship at Mission Bay Park in San Diego on January 18. Joining Natosha and Anthony as US champs in San Diego were Brooke Rauber and Corey Gorgas in the U20 divisions,

while Jaques Sallberg and Lorlynn Bloomer were fastest of the day in the Masters Division.

Marisa Lizak (15:15:00) and Mark Hammond (13:04:50) won the titles at the USATF 100 mile road championships in Henderson, NV on February 14.

Bill Roe: We lost a giant in our sport last weekend with the untimely death of Bill Roe up at the Pan Am Cross Country Championships in Victoria, BC.

Bill, my immediate predecessor as LDR Division Chair, was one of the founders of the TAC (now known as USATF) in 1979 and was the first eight-year president of USATF from 2000-2008. Bill's breadth and impact within USATF is unprecedented: he's had roles on virtually every committee during his nearly 50 years of service.

Bill was a founding member of Seattle's Club Northwest and of the Pacific Northwest association of USATF.

Bill was the epitome of a servant-leader: Bill was happiest during a national championship to be down on the field counting laps for the competitors, moving hurdles, or adjusting a line of traffic cones. Earlier in the day he passed away, he'd been out helping the LOC set up the course for the Pan Am XC.

Personally, Bill was my long-time colleague, mentor, and friend.

Bill – You will be missed.

[Please see below for information on remembering Bill]

Men's LDR Report

None Submitted

Women's LDR Report

None Submitted

Masters LDR Report

1. The next event on the 2020 circuit is the **2020 USATF Masters 10 Km Championships** at the *James Joyce Ramble* in Dedham MA on **Sunday, April 26th**. This is the 37th edition of the Ramble and its 8th consecutive year as host for the National Masters Championships. Come test yourself against the fastest runners in the country over the rolling hills of the Dedham course! Last year over 280 runners from all parts of the country converged on Dedham on the last Sunday in April! New England runners turned out in large numbers to defend the home course.

Details at:

www.usatf.org/events/2020/2020-usatf-masters-10-km-championships

Registration at:

<https://www.usatf.org/events/2020/2020-usatf-masters-10-km-championships/registration>

2. 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.

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.

Represent your country in international competition; bookmark the link below to check back for updates closer to the 2020 WMA Outdoor Championships:

<https://wmatoronto2020.com/>

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.

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 27th 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. 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.

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

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

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 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 **2020 Masters Grand Prix** rules, schedule and standings may be viewed at:

www.usatf.org/programs/masters/masters-ldr/masters-grand-prix

Consider joining the 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 99 have earned Awards each year. **If you have not yet earned an Award, please make 2020 your year to do it!** If you ran enough races in 2019 to earn a 2019 Phidippides Award, 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

Results from the USATF 100-Mile Road Championship:

<https://www.usatf.org/events/2020/2020-usatf-100-mile-road-championships>

Cross Country Report

The USA Cross Country Championships were held Saturday, January 18 in San Diego. The course, on Tecolote Shores of Mission Bay, had previously been used at the championships in 2008 and 2011. A sunny day in the upper 60's provided perfect running weather for the championships.

The Junior and Senior Men and Women used this meet to select the USA National Team for the 2020 Pan Am Championships, which will be held in Victoria, Canada on Saturday, February 29, 2020.

Results:

Masters Women 6110 meters:

Overall winner: Lorilynn Bloomer, Boweman TC, 24:13

Team Champions:

40+ The Janes Racing Team

50+ The Janes Racing Team

60+ Impala Racing Team

70+ Team Red Lizard

Age Graded:

1st Jane Trelevan, Team Red Lizard, age 71, 29:51, 87.54%

2nd Marisa Sutura Strange, Pleasant Valley TC, 24:31, 87.52%

3rd Jeanette Groesz, Team Red Lizard, age 70, 29:57, 86.00%

Masters Men 8110 meters:

Overall Winner: Jacques Sallberg, Cal Coast TC, 26:51

Team Champions:

40+ Cal Coast TC

50+ Bowerman TC

60+ Athletics Boulder

70+ Boulder RR

80+ San Diego Striders

Age Graded:

1st Joe Sheeran, Club Northwest, 30:38, 86.69%

2nd Jacques Sallberg, Cal Coast TC, 26:51, 85.58%

3rd Craig Godwin, Bowerman TC, age 52, 28:32, 85:26%

Junior Women 6110 meters:

Winner – Brooke Rauber, Homer NY, 22:11

Team Champion: Wings Of America

Junior Men 8110 meters:

Winner – Corey Gargas, Northern Arizona, 25:44

Team Champion: Wings of America

Senior Women – 10,110 meters

Winner – Natosha Rogers, Denver CO, 35:44

Team Champion – Sports Warriors TC

Senior Men – 10,110 meters

Winner – Anthony Rotich, Nike/US Army WCAP, 30:35

Team Champion – Nike/US Army WCAP

US Armed Forces Championships (run within the senior races with teams from the US Army, US Air Force, US Navy, and US Marines)

Women

Individual Champion – Lindsay Carrick, US Marines, 38:10

Team Champion – US Army

Men

Individual Champion – Anthony Rotich, US Army, 30:35

Team Champion – US Army

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

High Performance Updates:

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June 12th-14th USATF U-20 Champs

These dates are the weekend of the NCAA Division 1 M&W track & field Champs, due to other events & factors this was the best option.

World Athletics Under 20 Champs will be July 7-12 Nairobi, Kenya

Bill Roe Services:

I spoke with Jan Kline - Bill Roe's sister – a couple of times over the past week since we lost Bill. We've shared stories about Bill, as well as some laughter and tears.

According to Bill's wishes, his life will be celebrated at a wake with lots of beer.

Bill's wake will take place on Sunday, April 5 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.