

## **2019 ANNUAL MEETING REPORT LDR/MUT**

### **Long Distance Racing (Masters LDR/Women LDR/Men's LDR/MUT)**

All the above groups share a history. All four groups experience some of the same issues. I will briefly highlight a few of the issues of each group.

### **Mountain Ultra Trail Running Council (MUT)**

This group had two sessions, one on Friday and one on Saturday. The basic focus of this group was:

- a. USATF Rule 144.3a that addresses pacing: Group wants to amend pacing rule.
  1. No one can pace in a 5K race.
  2. Age group championships can have pacers as long as they are NOT going for the open win.
  3. Open competitors cannot have a pacer but open USATF sanctioned races can; 35 and up can have a pacer.
  4. Association Championships can decide for themselves.
- b. Recruiting: Getting high school distance runners interested in mountain trail running. Efforts have resulted in junior athletes competing in 5 international meets 2019. Four are scheduled
- c. IAAF Rules: Consolidation of trail and mountain rules which depends on terrain and geography. IAAF presently known as World Athletics working on a different rule set... many of previous rules (IAAF) need not apply such as gear and terrain. Many rules are mostly parallel to LDR and T&F.
- d. Separate MUT rules from Distance Run, particularly course measurement and some of hydration station rules. Should not have to certify course but distance should be known. Rule 252.2g.
- d. Records: MUT cannot ratify their own records. Men and Women LDR committee do the ratification. Presently there are 190 records awaiting ratification.
- e. Doping: Presently no out of competition testing for MUT. There is an organization that does surprise testing in the road racing scene (PRRO). MUT will have 18 anti-doping tests in 2020. Presently no funds for out of competition testing.
- f. Championships for 2020:
  1. WMRA Long Distance Championship in Spain 2020, 5males, 5 females, 2 staff
  2. Youth International Cop June 2020, England
  3. NACAC Mountain Championship Canada June 2020

### **MASTER'S LDR**

All Championships are set for 2020.

- a. Road Races: 5k, 10k, 15k, 20k
- b. Half Marathon 25k, 30k
- c. Marathon 100k

Basic concerns are:

- a. Budget: Remained unchanged at \$300,000.00
- b. Records:

Distances 20k, 25k, 30k on track events. Masters want to continue them

?5k road race as a record event

1k all comers and 50k on a track can be a record.

## **WOMEN'S And MEN'S LDR**

Nine championships in 2019

Olympic Trials will be held in Atlanta 2020. There will be a longer straightaway for the turn around.

Issues

1. Exhausting Bid Cities: Looking to piggy back with Masters and Men's LDR on some events. Masters offered prize money in the past to other events in exchange for attaching a USATF Championship to the meet
2. Last minute changes in venue via international groups as IWA
3. Concern for shoe specifications technology. Does not want to be limited to one specific type/style. No proven results of benefit of using specialty shoes.
  - a. Vapor Slide; Adidas Boost
  - b. Both is reported to maximize energy from foot placement.

International athletes want one more on the USATF Board bringing athletes to 30% of the board.

Basic Concerns:

1. Do membership know about event at least 1 year out.
2. Are awards and medals available immediately after event.
3. All qualifiers should receive same amenities
4. Recruitment efforts:
  - a. Non profit support of Road Run for college students. NCAA students can accept money for expenses
  - b. Collegiate Running Organization: limited to students only. Div. I can be paid expenses over a calendar year.

A comprehensive joint session was presented on Doping. The most common banned substances and their side effects were explained. It was suggested that all dietary supplements be avoided because there is no government oversight. Any unknown dangerous substance could be included in the formulation. The government remove Cannabidiol from the prohibited list, i.e. Marijuana, cannabis, hashish during competition.

**WARNING:** It is almost impossible to obtain pure CBD extract or oil from a cannabis plant.

Any purchase is more that likely mixed with another prohibited cannabinoid.

**VAPING:** Oil produced when vaping stays in the lungs forever and cannot be removed. Vaping is NOT a performance enhancer.

An ANTI-DOPING POCKET GUIDE and a POCKET GUIDE on all banned substance was made available.