



MARCH 2020 USATF MASTERS NEWSLETTER

2020 USATF Masters Indoor Championships and 2020 WMA Outdoor Championships - COVID-19 Update

As you are aware, the USATF Masters Indoor Championships in Baton Rouge have been canceled and the [2020 WMA Outdoor Championships in Toronto have been canceled with the possibility of being held at a later date](#). For updates on the status of WMA, please visit: <https://wmatoronto2020.com/>

USATF Statement on the Cancellation of the 2020 USATF Masters Indoor Championships on March 9, 2020:

The 2020 USATF Masters Indoor Championships set to be held March 13-15, 2020 in Baton Rouge, Louisiana have been canceled based on the recommendation of the local organizing committee (LOC).

“Concerns over the COVID-19 virus and added risk to those over 60 years of age led to the decision to cancel the USATF Masters Indoor Championships out of an abundance of caution,” said USATF CEO Max Siegel. “We support the decision of the LOC and will continue to monitor the situation related to all other USATF events.”

In a letter to its membership last week, USATF reinforced that it continues to follow guidance issued by the World Health Organization (WHO) and the CDC. Please take a moment to become familiar with the WHO’s suggested safety precautions: [Advice for public](#).

UPDATE 3/10/2020:

As a follow-up to last night’s email regarding the cancellation of the 2020 USATF Masters Indoor Championships set to be held in Baton Rouge, Louisiana, March 13-15, 2020, **USATF will fully refund all entry fees**. Please allow up to 10 days for processing.

The USATF Events Staff quickly processed the entry fee refunds within ten hours of the announcement, much earlier than the ten days mentioned in the email from USATF. We owe them a huge debt of gratitude!

For regularly updated information, please visit the [USATF Coronavirus 2019 \(COVID-19\) information page](#).

**The Road Forward in the Age of Coronavirus for USATF
Masters Track & Field
A Message from MTF Interim Chair Jerry Bookin-Weiner**

COVID-19 poses serious challenges to our society, the economy, and to us individually as athletes. First and foremost, we must do whatever is necessary to remain safe and healthy. We already know of one member of the MTF community who has succumbed to the virus – Mary Roman (W84), a member of the Mass Velocity Track Club, a multiple-time national champion, and a stalwart of our sport. She will be missed, and our sympathies go to her family and many friends. Let us pray that she will be among the few rather than among the many once this passes.

Going forward, there are several challenges we face. Individually our first challenge is to stay safe and healthy, avoid exposure to the virus, and follow the advice of the medical community and public health professionals.

Second, as athletes, we need to do whatever we can while staying safe and healthy to maintain our physical conditioning. This will be a significant challenge for some of us whose events require a track or special facilities (throwing circles, jumping pits, etc.). Sharing approaches and innovative techniques on the usatfmasterstrack Facebook group is a good way to maintain our community.

There are other things we can do to maintain our community so that it emerges from this crisis stronger and better prepared for our future. I have seen posts on social media where people have lamented that they had already renewed their USATF membership for 2020 or saying that now they can save that money. This is short sighted. USATF depends on membership dues for a portion of its annual budget.

More importantly, your local association is heavily dependent on membership for its budget and it's what makes local and regional meets possible. While it is true, they may not be happening this year, maintaining USATF and the local

associations is something that we should be doing to promote the health of our sport for the future. So, if you have paid your 2020 dues, thank you. If you haven't, please [click here](#) and do so now.

There are two other entities that are vital to the present and future of Masters track & field, [National Masters News](#) and [Masters Rankings](#). National Masters News has been the official publication of USATF Masters since its founding in the mid-1970s. Its six annual issues provide meet reports, columns on training, nutrition, meet results, and annual indoor and outdoor rankings. If you are not a subscriber, you should be. Check out the [sample copy](#) on the website – you can either subscribe to the print edition (which includes online access) or just online at a reduced price (\$25/year).

Masters Rankings is the other critical resource for Masters athletes. The site has existed since the late 1990s but has really taken off since John Seto took over in 2006. MastersRankings.com, aka World Masters Rankings, is the official rankings of [World Masters Athletics](#) and [USATF MTF](#). The site's mission is to enhance people's experiences in Masters Athletics by filling needs: how am I doing; where can I compete, what is happening. World Masters Rankings includes more than 2 million performances by more than 280,000 athletes from more than 200 countries and territories. Like National Masters News, World Masters Rankings relies on memberships, so it is important during these difficult times that we all maintain our memberships and even consider making larger donations (which are tax deductible) to keep the site afloat.

Finally, you will notice that there are no regional Masters track & field championships listed in this newsletter. The reason is that while most regions have scheduled meets, many of the venues for those meets are currently closed and the hosts are not confirming the availability of their facilities. Hopefully the status of

those meets, as well as our outdoor championships in Greensboro, will be clearer by the time of the next Masters Newsletter.

2020 USATF Masters 10 km Championships

Due to the Coronavirus outbreak and the restrictions placed on public gatherings, the **2020 USATF Masters 10 km Championships** have been canceled. Refunds are being processed for all who had already registered. There are currently no additional cancellations of Masters LDR events right now, but more events may be impacted as the virus and our collective response to it evolves.

USATF Masters 12 km Championships

The **USATF Masters 12 km Championships** 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 9:00 a.m.** Following Labor Day, the weather in New Jersey 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 12 km distance, which also makes it attractive to those trying to set a record.

USATF Masters Half Marathon Championships

The **USATF Masters Half Marathon Championships** will be 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 Half Marathon participants. Hence all participants in the USATF Masters Half Marathon Championships will have access to the Convention Center for warmth and protection from the elements, if needed. Race time temperatures typically range from the upper-30's to the upper-40's, favorable for a half marathon effort.

Anti-Doping Report

Masters athletes are subject to doping control testing both in- and out-of-competition and may be sanctioned by the U.S. Anti-Doping Agency (USADA) for violations. For more information about anti-doping and the processes involved, visit the [USADA website](#). To check which medications or supplements are banned, visit the [globalDRO website](#). You can find the link to USADA suspensions [here](#). There are also lists of athlete suspensions and bans on the [WMA website](#), including a link to an IAAF list of masters athletes suspended or banned.

It is important to note that should an athlete selected for a random drug test refuse to provide a sample that refusal is treated the same as a failed test. An athlete selected for testing at the 2019 USATF Masters Outdoor Track & Field Championships in Ames, Iowa, in July refused to provide a sample and has been banned from competition for four years.

2020 Masters Grand Prix Schedule

2020 Circuit

Dec 1, 2019	USATF National Club Cross Country Championships
Jan 18	USATF Cross Country Championships
Apr 26	USATF Masters 10 km Championships—James Joyce Ramble
Jul 20—Aug 1	WMA Outdoor Championships XC, 10K & HM Road Races*
Aug 21	USATF Masters 1 Mile Championships HAP Crim Festival of Races
Sep 27	USATF Masters 12K Championship By Hook or By Crook 12K
Oct. 18	USATF Masters 5 km Cross Country Championships
Other Events of Interest to Masters LDR Athletes	
Mar 13-15	USATF Masters Indoor Championships
Jul 9-12	USATF Masters Outdoor Championships
Dec 12	USATF National Club Cross Country Championships—2021 Masters GP

**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.

2019 USATF Masters Grand Prix Standings

Updated **2020 Masters Grand Prix standings** and the 2020 rules and schedule may be found [here](#).

Masters Long Distance Running Phidippides Program

USATF's **Phidippides Program** rewards *Masters Runners of all abilities* for their participation in organized road races. Hundreds of Masters Runners from all ages 40 and over have earned Awards each year. **If you have not yet earned an Award, please make 2020 your year to do it!** The closing date for 2019 applications was January 31, 2020. Applications for a 2020 Award are now being accepted. While the Covid-19 emergency has led to the suspension of organized races at the present time, stay safe, stay fit, and be ready to resume participation once the races come back. For more details on the Phidippides program, and how to apply online, please visit the Phidippides Awards page [here](#).

Plan Ahead

Mark your calendars for the following future events:

[2020 USATF Masters Outdoor Championships](#)

North Carolina A&T University
Greensboro, North Carolina
July 9-12, 2020

~~[2020 WMA Outdoor Championships](#)~~

~~Toronto, Ontario, Canada
July 20-August 1, 2020~~

2020 National Masters Throws Championships

West Seattle Stadium
Seattle, Washington

August 22-23, 2020

2021 USATF Masters Indoor Championships

The Armory

New York, New York

March 19-21, 2021

[2021 WMA Indoor Championships](#)

Edmonton, Alberta, Canada

April 6-13, 2021

2021 USATF Masters Outdoor Championships

Sacramento State University

Sacramento, California

July 15-18, 2021 ***NEW DATES***

2021 NCCMA Outdoor Championships

Exact Location TBA

Spokane, Washington

July 29 – August 1, 2021

2021 National Senior Games

Ansin Track Complex

Miramar, Florida

November 5-11, 2021

2022 USATF Masters Indoor Championships

Spokane, Washington

March 18-20, 2022

2022 USATF Masters Outdoor Championships
University of Kentucky
Lexington, Kentucky
July 14-17, 2022

2022 WMA Outdoor Championships
Gothenburg, Sweden
August 17-27, 2022

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