



DIVISION REPORTS JANUARY 2020 EDITION

Upcoming Events:

Jan 18 USATF Cross Country Championships (San Diego, CA)
Feb 14 USATF 100 Mile Road Championship (Henderson, NV)
Feb 29 U.S. Olympic Team Trials – Marathon (Atlanta, GA)
Mar 1 USATF 50km Road Championship (Lloyd Harbor, NY)
Mar 7 USATF 15K Championship (Jacksonville, FL)
Mar 14 USATF 50 Mile Trail Championship (Auburn, CA)

From the Desk of the Chair, Mike Scott

Happy New Year!

I hope that all of you had a wonderful holiday season and are excited for 2020.

December kicked off with many of you joining me in Reno at the USATF Annual Meeting. I always enjoy the opportunity to catch up with all of you to discuss all things LDR, MUT, XC, along with other areas of our sport.

While we were in Reno, Julie Kheyfets and Patrick Reagan won the USATF 100 Mile Trail Championships in Needville, Texas, the final stop of the 2019 MUT Championship Series.

Lehigh University hosted the largest ever USATF Club Cross Country Championship on Dec 14, with over 2200 entrants. Aisling Cuffe out-dueled high school phenom Katelyn Tuohy 20:07 to 20:11 at the front of 408 Open Women, while Morgan Pearson ran away from the 617 entrants in the Open Women's race. Tinman Elite (Open Men) and Hoka Aggie Running Club (Open Women) took the team titles. In the Masters competition, Joe Sheeran (M 60+), Jacques Sallberg (M 40+), and Sascha Scott (W 40+) were the fastest of the day in their respective competitions.

USATF LDR is looking forward to an exciting 2020, highlighted by the February 29 U.S. Olympic Team Trials – Marathon. I hope all of you plan to either watch the race in person or view it on our broadcast partner NBC.

LDR – as well as the rest of USATF – will be working on Strategic Planning so that we can set a vision for 2024 and beyond.

We would like to take a moment here to remember two of our own who recently passed away: Rex Harvey (chair of Masters Track & Field) and Terry Delph (race director for the 2014 USATF Club XC Championships in Bethlehem, PA and force behind the 2019 edition). Our condolences to their loved ones.

Men's LDR Report

None Submitted

Women's LDR Report

Thank you to those who attended the annual meeting. Here's some highlights that were discussed in the WLDR and joint LDR meetings.

2019 WLDR Award winners:

Athlete of the Year- Sara Hall
Marja Bakker Contributor of the Year- David Katz
Nina Kuscsik Award- Gabe Grunewald

2020 US Championships:

XC- San Diego in Feb.
1 Mile- Des Moines in April
5K- NYC in Nov.
10K- Open- need bids and interest to host
15K- Gate River, Jacksonville, FL in March
10 Miler- Twin Cities in Oct.
20K- New Haven in Sept.
Half Marathon- undecided, discussed Pittsburgh or Columbus
25K- River Bank, Grand Rapids, MI in May
Marathon- Olympic Marathon Trials in Feb.

1. Addressed athlete wellness/safety and what USATF can do, including: education of coaches (Safe Sport, Level 1 Coaching Cert.); having a team of people who help an athlete with issues such as ~eating disorders (including Sports Psychologist); and, safe and confidential way to report concerns (~Safe Sport, USOC Ombudsman, RunPro website has mental health information).

2. Shoe fairness- We discussed whether there's anything we can do to ensure shoe fairness across brands. David Katz (RRTC) mentioned that World Athletics (formerly the IAAF) has a working group. In his opinion, he doesn't believe anything should be done until after the Olympics. He mentioned limiting energy return on shoes.

3. Atlanta 2020 is going to be the largest Olympic Marathon Trials ever (expect over 700+ athletes). The Atlanta Track Club has done their best to accommodate the large number of athletes, including extending the main loop to 8 miles to prevent overlap and managing the difficult task of elite fluid stations. Their website is: www.atlanta2020trials.com

4. Phil Stewart talked about the PRRO Circuit creating an out-of-competition anti-doping program w/ Clearidium. Races can become "allied members" at a minimal cost (\$500-1000). Marathonguide.com made this program possible with a \$10,000 grant.

5. Mitch Garner (President of the RRCA) is now a USATF Board of Directors member, which gives an added voice for Long Distance Running on the BOD.

6. There was a lot of anti-doping discussion in the LDR and AAC meetings, including a Substance Abuse report by Jim Peterson; how different organizations are handling CBD products; whistleblowing; development of a genetics test to detect blood/EPO doping; and the Rodchenkov Act to criminalize international doping fraud.

7. Andy Carr reported from the Records Committee. With sponsors setting up closed events with limited competition and pacers for records, he mentioned the need to clarify the Records Rules, including what a "bona fide" effort and what a "bona fide competition" is.

8. Strategic Planning- Every committee is doing a "SWOT analysis" to figure out strengths, weaknesses, opportunities, and threats. LDR discussed developing and maintaining relationships with potential races to bid and host future Championships.

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.

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/>

2019 USATF Annual Meeting

The Annual Meeting was held at the Grand Sierra Resort in Reno, Nevada from December 5 through 8, 2019. Some important outcomes and announcements:

Masters Athlete of the Year **Jeannie Rice** *Female Road Runner of the Year* **Jeannie Rice** *Male Road Runner of the Year* **Sean Wade** *Age Division Road Runners of the Year:*
F40 **Roberta Groner** *M40* **Abdi Abdirahman** *F45* **Deena Kastor** *M45* **Kevin Castille** *F50* **Fiona Bayly** *M50* **Sean Wade** *F55* **Marisa Sutera Strange** *M55* **Nat Larson** *F60* **Joan Samuelson** *M60* **Roger Sayre** *F65* **Suzanne Ray** *M65* **John Barbour** *F70* **Jeannie Rice** *M70* **Gene Dykes** *F75* **Jan Holmquist** *M75* **Doug Goodhue** *F80* **Libby James** *M80* **Harry Carter** *F85* **Katherine Beiers** *M85* **George Hirsch**

Paul Spangler Award **Betty Lindberg** *Age 95* **Nathaniel Finestone** *90*

Edie Stevenson, Sean Wade, Dave Oja and Paul Aufdemberge were inducted into the Masters Hall of Fam

Otto Essig Award **Doug Goodhue**

Mary Rosado, Chair, announced that a bid for the 2021 Masters One Mile Road Championship has been approved; it will be held in Rochester NY.

A summary of the Masters Survey on Championships will be posted in the Documents Library of the Annual Meeting, accessed at:

<https://www.usatf.org/events/2019/usatf-annual-meeting-2019/2019-annual-meeting-document-library>

Scroll down to the Masters LDR section.

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 18 USATF Masters 5km Cross Country, Boston

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 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** was held again at the host hotel following the USATF Club Cross Country Championships. The top 3 teams in each ten-year team division received a clubhouse banner and a cash prize; the top 3 individuals in each individual division received a commemorative plaque. Others received certificates commemorating their outstanding performance during the 2019 season.

The Club Cross Country Championships were held at the Lehigh University course in Bethlehem, PA this year. Over 1,000 Masters runners entered the event, which kicks off the 2020 Masters Grand Prix circuit; This is the largest event in recent Masters LDR Championship history. Men 60 and over ran at 10 am over an 8 Km course; Masters Women ran at 11 AM over a 6 Km circuit; and Men 40-59 ran at 12 Noon over a 10 Km course. The course was soft, with muddy sections; those running later in the day encountered more challenging conditions. Athletes noted that it was a challenging, but well-organized event that they were thrilled to compete in. **CLUB:** MEN-M40+ *West Valley Track Club* M50+ *Greater Springfield Harriers* M60+ *Greater Lowell Road Runners* M70+ *Ann Arbor Track Club* M80+ *Clifton Road Runners* WOMEN-W40+ *The Janes Elite Racing* W50+ *Impala Racing* W60+ *Club Northwest* W70+ *Atlanta Tack Club* **INDIVIDUAL:** Men 60+ Age-Grading Winner, Overall Winner and 1st place 60-64-**Joe Sheeran**, 62, 28:42 for 92.45%. Women Age-Grading Winner: **Nora Cary**, 64, 26:09 for 90.70%; Overall Winner: **Sascha Scott** 22:26. Men 40+ Age-Grading Winner: **Peter Hammer**, 53, 34:36 for 89.07%; Overall Winner: **Jacques Sallberg** 32:55. AGE DIVISION CHAMPIONS: W40 **Sacha Scott** W45 **Janet McDevitt** W50 **Laura Latchford** W55 **Marisa Sutera Strange** W60 **Carmen Ayala-Troncoso** W65 **Lorraine McPhillips** W70 **Kathleen Allen** W75 **Catherine Radle** W80 **Heide Moebius** M40 **Peter Gilmore** M45 **Jacques Sallberg** M50 **Peter Hammer** M55 **Nat Larson** M60 **Joe Sheeran** M65 **John Barbour** M70 **Terry McCluskey** M75 **Tony Marshall** M80 **John Elliott** M85 **Warren Seaman**.

The next event on the 2020 circuit is the **2020 USATF Cross Country Championships**. Masters athletes will compete at the Mission Bay Park course in San Diego, CA on January 18, 2020. Details at:

<https://www.usatf.org/events/2020/2020-usatf-cross-country-championships>

Register at:

<https://www.usatf.org/events/2020/2020-usatf-cross-country-championships/registration-information/usatf-cross-country-masters-registration>

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

Annual meeting was positive for mountain ultra trail with much work accomplished. We had engaged conversations with more than 60 people spending all, or part of their busy schedules with us through our meetings over two days. Our minutes are posted here:

<https://trailrunner.com/trail-news/minutes-from-the-usatf-mountain-ultra-trail-running-council-meetings/>

We have 10 events on our 2020 Championships calendar with details here: <https://trailrunner.com/trail-news/usatf-mountain-ultra-trail-council-announces-2020-national-championships/>

The MUT Executive Committee Haley Pollack from leading MUT event management company Aravaipa Running (Arizona).

<https://trailrunner.com/trail-news/aravaipa-runnings-hayley-pollack-joins-the-usatf-mut-executive-committee/>

Our final 2019 MUT national championship in Texas was contested the weekend of the USATF Annual Meeting. Story and results from the 100 Mile Trail Championship is here:

<https://trailrunner.com/trail-news/julie-kheyfets-and-patrick-reagan-win-the-usatf-100-mile-trail-championships/>

2019 USATF MUT Runners of the Year and Contributor of the Year announced. Category winners include World Champions Joseph Gray, Grayson Murphy, Jim Walmsley and Camille Herron.

<https://trailrunner.com/trail-news/usatfs-mountain-ultra-trail-council-announces-2019-runners-of-the-year/>

We are naming staffs for our various teams before end of January and working on selection criteria for our teams as well. Happy Holidays to everyone from our committee.

Cross Country Report

USA Cross Country Championships

The USA National Cross Country Championships will be held on Saturday, January 18 2020 in San Diego, CA. Entry and meet information can be found on the meet website at www.usatf.org

The meet will feature championship races for men and women in the Masters (40+), Junior (under 20), and Senior (Open) divisions. The top six men and women in both the Junior and Senior races will be selected to represent the United States and compete in the Pan Am Cross Country Championships. The Pan Am meet will be held in Victoria, Canada on Saturday, February 29, 2020.

The venue will be Mission Bay Park, site of the 2008 and 2011 national championships. Host hotel information is also available on the meet website at www.usatf.org Also featured are the US Armed Forces Cross Country Championships, held as part of the senior races.

US Club National Championships

The US Club national championships were held in Bethlehem, PA at Lehigh University on Saturday, December 14. The meet was the largest ever held, with over 2200 participants in five races. The weather on the day stayed rather moderate, but prior rains left the course pretty soft, which became more muddy as the meet went on.

Here are the national champions from the meet. It should be noted how many clubs from across the country are represented:

Men's Masters 60+ 8k

Overall and Age-Graded Champion - Joe Sheeran, Club Northwest

M 60 Team - Greater Lowell RR

M 70 Team - Ann Arbor TC

M 80 Team - Clifton Roadrunners

Women's Masters 6k

Overall Champion - Sascha Scott, Syracuse TC

Age-Graded Champion - Nora Cary, North Jersey Masters

W 40 Team - The Janes Elite Running

W 50 Team - Impala Racing Team

W 60 Team - Club Northwest

W 70 Team - Atlanta TC

Master's Men 40+ 10k

Overall Winner - Jaques Sallberg, Cal Coast TC

Age-Graded Winner - Peter Hammer, Boston Athletic Association

M 40 Team - West Valley TC

M 50 Team - Greater Springfield Harriers

Open Women's 6k

Overall Champion - Aising Cuffe, Saucony

Team Champion - HOKA Aggie Running Club

Open Men's 10k

Overall Champion - Morgan Pearson, Tinman Elite

Team Champion - Tinman Elite

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted

Olympic Marathon Team Procedures Posted:

The official selection procedures for the 2020 U.S. Olympic Team - Marathon have been posted:

<https://www.usatf.org/programs/elite-athletes/team-usatf/athlete-selection-procedures>

Note on Olympic Marathon Team:

Olympic Marathon team will need to attend the Track Olympic Trials in Eugene for processing June 20th. USATF will fly them out and put them up for a couple days for processing for the Olympics and to recognize them in front of the crowd. All track & field and marathon athletes are required to attend processing in Eugene during the trials.