



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS OCTOBER 2018 EDITION

Upcoming Events:

Oct 7 USATF 10 Mile Champs (Twin Cities, MN)
Oct 7 USATF 50 Mile Road Champs (Boalsburg, PA)
Oct 27 USATF Masters 15K Champs (Tulsa, OK)
Nov 3 USATF 5K Champs (NYC)
Nov 3 USATF Marathon Trail Champs (Moab, UT)
Dec 2 USATF Marathon Champs (Sacramento, CA)
Dec 8 USATF National Club Cross Country (Spokane, WA)

From the Desk of the Chair, Mike Scott

September opened with Leonard Korir and Sara Hall winning the titles over 20K at the New Haven Road Race.

And closed with wins by Joseph Gray and Megan Roche over hills and valleys at the Half-Marathon Trail Championships in Hayward, WI.

Like many of you, I'm excited for not only the remaining 2018 USATF LDR championships, but for a thrilling Fall marathon season highlighted by Chicago and New York and anchored by Cal International!

Men's LDR Report

Do you have someone in your association that has done a great job this past year in terms of creating programming, services, and events for the USATF members and/or running community? If so, this is your opportunity to have their efforts recognized by USATF. The USATF Men's Long Distance Running committee is seeking nominations for the annual Scott Hamilton Award (to pay tribute to the Contributor of the Year on the Association Level).

The award will be presented at the USATF Annual Meeting Awards Breakfast on Saturday, December 1 in Columbus, OH.

To nominate someone for the award: <https://www.surveymonkey.com/r/Z57692N>

The deadline for nominations is this Sunday, October 7 (at 11:59pm ET).

Women's LDR Report

Wldr

This past month we saw sweltering humidity at the New Haven 20k. The race committee did a fantastic job with hospitality again but just couldn't control the weather! Sara Hall emerged victorious from a pack of three for the women. Allie Kieffer and Emma Bates battled it out with Sara until she pulled away in the hills of East Rock Park. Sara's time of 1:09:04 not as fast as she would have liked but showed how brutal the humidity truly was.

October kicks off with our 10 miler in Twin Cities. Should be a great race with a strong field.

Both MLDR and WLDR are soliciting bids for future championships so if you know of any races that are interested, please reach out to Kim or Ed.

Masters LDR Report

1. All but the last event of the 2018 **Masters Grand Prix** circuit is in the books; the final event is on October 27, 2018. The 2018 Grand Prix Awards will be presented at a ceremony to be held at the Club Cross Country Championships in Spokane WA the weekend of December 8, 2018.

Complete standings for individuals and clubs respectively can be accessed via:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx.aspx>
and
<http://www.usatf.org/MGResults.aspx>

2. The **USATF Masters 5Km Cross Country Championships** were held at Delaware Park in Buffalo NY on September 23 on a gorgeous morning for a race. The top age-grading performances were turned in by **Sabra Harvey** who won the 65-69 national championship in 21:46 for a 95.66% and by **Alan Evans** who won the 55-59 championship with a 17:57 for 85.44%. The fastest times of the day were turned in by **Sonja Friend-Uhl** 19:21 and **David Angell** 16:29. Those 4 were also Age Division National Champions; the others included: **Jill Braley** 40 **Katherine Wolski** 52 **Marisa Sutura Strange** 55 **Ruth Rainero** 63 **Deborah Bliss** 71 **Catherine Radle** 75; **Philippe Rolly** 46 **Tim Van Orden** 55 **Alan Evans** 55 **Russell Blatt** 61 **Frank Gioia** 65 **Gene Dykes** 70 **Doug Goodhue** 75 **John Elliott** 80 **Eric Sieff** 85. Team Championships were won by: *Atlanta Track Club Women 40+ Athena Track Club Women 50+ Genesee Valley Harriers Women 60+ Atlanta Track Club Women 70+; Genesee Valley Harriers Men 40+ Central Park Track Club New Balance Men 50+ Genesee Valley Harriers Men 60+ Ann Arbor Track Club Men 70+*

The event also hosted the return of the Can-Am Masters XC Challenge after a seven year hiatus. Despite Team USA's 65-445 victory, Canada still leads the overall series 18-14.

Begun as an annual event in 1977, the Can-Am Masters XC challenge will now move to a biennial event to be hosted next by Canada on the west coast in 2020.

3. The **Masters 15K Championships** will again be hosted this fall as part of the Tulsa Federal Credit Union Tulsa Run on Saturday, October 27. Come enjoy Downtown Tulsa before and after the race. It is one of the most welcoming races on the circuit, with a complimentary catered pasta dinner the evening before, a restricted warmup area and a 10-minute head start before the Community Race. Downtown hotels are convenient to the start and finish, but the discounted rooms are going fast. Do not delay!

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-15km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114371>

4. The **World Masters Athletics (WMA) stand-alone World Masters Marathon Championship** will be held at the Scotiabank Toronto Waterfront Marathon on **Sunday, October 21st, 2018**. Gold, Silver and Bronze medals will be awarded to the first three male and first three female finishers in each age group from M35 and W35. Age is on the day of the race, October 21. There is no team scoring but these athletes will be the 2018 WMA Marathon Champions and are eligible for records using gun time. Registration has closed but remember to send out a virtual cheer for Team USA Masters Marathoners on the 21st!

5. The USATF Masters LDR Committee takes this opportunity to remind all Masters Runners, Teams, and Clubs that the 2018 Grand Prix season ends with the last Masters Championship event *before* the Club Cross Country Championships. Points earned at Spokane will count *only* for the 2019 Masters Grand Prix contests.

Remaining 2018 Masters Grand Prix Schedule:

Oct 27 Tulsa Federal Credit Union *Tulsa Run* 15K, Tulsa OK

Memo:

Oct 21 WMA Masters Marathon—Scotiabank Toronto Waterfront Marathon,

Dec 08 2018 Masters Grand Prix Awards

6. Tentative 2019 Masters Grand Prix Schedule

2019

Dec 08 Masters Club **Cross Country** Championships, Spokane WA

Feb 02 USATF **Cross Country** National Championships, Tallahassee FL

Mar 16 Shamrock Marathon/Towne Bank **8K**, Virginia Beach VA

Apr 28 James Joyce Ramble **10K**, Dedham MA

Aug 23 HAP Crim Fitness Festival of Races-Michigan **Mile** Flint MI

The Masters LDR Committee is open to expressions of interest from any race that might be interested in bidding

on a Masters National Championship for the 5K and the Marathon. Please contact Mary Rosado, Chair at mvrosadoesq@prodigy.net.

7. As part of its commitment to encourage health and fitness generally, the Masters LDR Committee runs the **Phidippides Program** which rewards Masters runners with handsome gold, silver, or bronze plaques based upon participation in races during each calendar year. In the 5th year and the 10th year, runners may elect to receive a crystal award instead of the plaque. The Committee reminds runners who are accumulating points toward the 2018 Award to **apply for the award as soon as you have achieved the necessary points**. Details are available at: <http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>

Mountain/Ultra/Trail (MUT) Report

A busy time for Mountain Ultra Trail with two international championships in September. The IAU 100km Championships with a report by Lin Gentling, IAU America's Rep:

I wanted to recap the recent 100K World Championships with those of you who were able to send federations and those who were not to keep you in the loop. The event held in Sventi Martin na Muri, Croatia on Saturday, September 8, was an event to remember. The course was a scenic out and back course with thirteen 7.5K loops plus an add on of 2.5K which cut through rural areas. This course netted about 800 meters (2,600 feet) of climb over 100k via constant hills. Although it was considered difficult with its rolling hills and sharp turns, the runners and their support did their countries proud. The Croatians went out of their way to make us feel welcomed and we were treated to their amazing hospitality wherever we went.

I was so impressed with every Americas countries and was able to speak with all of you at some time or another during our stay in Sveti Martin. Your friendliness and excitement was a privilege to be a part of. Those of you who were present know how the race progressed as you were a part of this historic happening. Those of you who were not, the day dawned warm, humid, and overcast. Eventually the clouds gave way to hot, sunny, and humid conditions with temperatures reaching 30 degrees centigrade (about 86 Fahrenheit). With limited amount of ice, it was at times difficult to keep reasonably cool with many succumbing to the conditions. The sun burned down on the course as there was limited shade. As a result many adjusted their race plans toward more of a survival strategy. Although the times may not have reflected a runner's best, there were many heroic efforts displayed. However there were also some incredible performances as was proven by the Canadian runner, [Julie Hamulecki](#), who broke the Canadian Women's 100k road record in a time of 7:58:11 for 12th place overall.

The women's race was won by Nikolina Šustić of Split, Croatia, who finished second in 2016. Her time was 7:20:34. Germany's Nele Alder-Baerens finished second, in

7:22:41, and Japan's Mai Fujisawa third, in 7:39:07. Nele quickly became a crowd favorite as she competes with a sight and hearing impairment and is age 40. Top Americas' performance belonged to Caroline Boller of the USA in 11th place with a time of 7:57:35, followed by the new Canadian record holder, [Julie Hamulecki](#) in 12th position and a time of 7:58:11, and Emily Harrison of the USA followed in 16th place with a time of 8:03:11. The US women's team finished in 4th place, Canada in 7th, Brazil in 13th, and Argentina in 18th.

In the men's race, defending champion Hideaki Yamauchi and then Takehiko Gyoba, both of Japan, surged ahead of third-place finisher Bongmusa Mthembu of South Africa, who had held the lead until 92.5K. Yamauchi finished in 6:28:05, Gyoba in 6:32:51, and Mthembu in 6:33:47. Mthembu was the winner of South Africa's [Comrades Marathon](#) in June of this year.

The best Americas performance was Geoff Burns of the USA finishing in 5th place with a time of 6:42:30, followed by Felipe CostaDa Silva of Brazil in 31st position and a time of 07:19:11, and in 56th place was Canada's Samuel Trudel in a time of 7:48:56. The US men's team finished in 4th place, with Brazil in 14th position followed by Argentina in 18th, Mexico in 25th, Canada in 29th

Check out the race Facebook site at <https://www.facebook.com/cro100.run/> for photos, videos, and reports. Results can be found at <http://live.cro100.run/Default.aspx>. Full report on the 100K world championship can be found at <https://www.irunfar.com/2018/09/2018-iau-100k-world-championships-results.html>.

CONGRATULATIONS to all the teams and individuals who participated and who ran representing their countries with great honor and integrity. You all are amazing athletes and support personnel, but most importantly, outstanding people. I greatly look forward to seeing all of you at future IAU championships.

For planning purposes, please be aware of the following future IAU championships in 2019 and 2020.

2019:

- IAU/ITRA Trail Championships will be June 8, 2019 in Mirandha do Corvo, Portugal
- IAU 50K World Championships will be September 1, 2019 in Brasov, Romania
- IAU 24H World Championships at a site to be determined, fall 2019, September – October timeframe. Site and exact date will be known by November 1, 2018.

2020

- IAU 100K World Championships will be September 12, 2020 in Winschoten, The Netherlands

The World Mountain Running Championships was held in Canillo, Andorra on September 16. A report here: <https://trailrunner.com/trail-news/top-american->

[mountain-runners-dig-deep-to-climb-high-mountains-of-andorra/](#)

We have our USATF Half Marathon Trail Championships on September 29 in Hayward, WI, our USATF 50 Mile Road Championships in Boalsburg, PA on October 7, and our USATF Marathon Trail Championships on November 3 in Moab, UT. Lin Gentling is our liaison for all three as well as Nancy Hobbs will attend the event in Hayward and Moab.

We are seeking applications for our Team Staffs 2019 and if anyone is interested, contact Nancy or Howard for an application form.

IAU 100 km WC report posted here:

<http://www.usaultrarunning.com/the-2018-iau-100-km-world-championships-race-report/>

USATF 24 Hour Championship recap

<http://www.usaultrarunning.com/2018-usatf-24-hour-national-championship-a-success/>

USATF MUT Council members Nancy Hobbs & Lin Gentling were joined by LDR Chair Michael Scott at yesterday's USATF Half Marathon Trail Championships held in conjunction with the Birkie Trail Run in Wisconsin.

Read the full story, find results and photos here:

<https://trailrunner.com/trail-news/gray-and-roche-crowned-usatf-half-marathon-trail-champions/>

Cross Country Report

Upcoming Calendar

Sat Dec 8 Club Cross Country Championships Spokane WA
Sat Feb 2 USA Cross Country Championships Tallahassee FL

Entry information is available at usatf.org

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted