



# USATF™

## LONG DISTANCE RUNNING

### DIVISION REPORTS JULY 2019 EDITION

#### **Upcoming Events:**

Aug 17 USATF Masters 5km Championship (Atlanta, GA)  
Aug 23 USATF Masters 1 Mile Championship (Flint, MI)  
Sep 2 USATF 29km Championship (New Haven, CT)

#### **From the Desk of the Chair, Mike Scott**

June was highlighted by the Sara Hall's win over one of the deepest U.S. women's 10km field assembled. Sara pulled away from Stephanie Bruce in the final 100m to win 32:27 to 32:32, with Sally Kipyego only 3 more seconds behind in 32:35.

On June 22, Nell Rojas won Grandma's Marathon in 2:28:09 to record her Olympic Entry Standard for the Marathon, making her the 9<sup>th</sup> US woman to do so.

Justyne Wilson (8:52:25) and Drew Holman (7:07:40) won the USATF 50 Mile Trail Championship.

Lee Berube (1:28:34) and Sam Lewis (1:46:42) won the USATF Half Marathon Trail Championship.

As noted for the last two months, a joint subcommittee of Women's LDR and Men's LDR – as well as athlete reps from AAC – have reviewed the IAAF procedures and developed the U.S. selection procedures for the Marathon. After consulting top-ranked US athletes through the AAC, as well as coaches and agents, the joint subcommittee submitted proposed selection procedures to the National Office for review in late April.

#### **Men's LDR Report**

None Submitted

#### **Women's LDR Report**

We are looking forward to the outdoor Championships where several of our LDR athletes will be taking on the 10k and 5k events in Des Moines.

We have named our athletes to the Pan AM and World Championships teams for this summer.

Our next US Championship will be the 20k in New Haven.

Both MLDR and WLDR will work to set the qualification procedure for the World Half Marathon selection in 2020. That should be available by our next newsletter.

Atlanta continues to make great progress preparing for the Olympic Trials and the list of qualifiers continues to grow. We will have an organizational meeting in August with the committee and ATC in Atlanta.

#### **Masters LDR Report**

1. The next USATF Masters LDR National Championship is in Atlanta, Georgia. The **USATF Masters 5 Km Championships** will be hosted by the Atlanta Track Club's *Atlanta's Finest 5K* on **Saturday, August 17, 2019**. Known for its *AJC Peachtree Run*, the Atlanta Track Club and the City of Atlanta will also be welcoming the 2020 Olympic Trials to the city this coming February 29<sup>th</sup>. ATC knows how to organize a race! Come and experience the thrill of competing in a Masters National Championship with the best Masters Runners in the country.

Consult the Event Website:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Championships.aspx>

Entry Form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116368>

2. On **Friday evening, August 23<sup>rd</sup>**, the HAP Crim Festival of Races and its Michigan Mile will host the **2019 USATF Masters Mile Championships** on the roads of Flint, Michigan. This will be their 6<sup>th</sup> consecutive year as a National Masters Championship. Come and experience a delightful Friday Summer evening in Flint. Many runners stay over for to run Saturday morning in their signature event, the Crim 10 Miler.

Consult the Event Website:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-1-Mile-Championships.aspx>

Entry Form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116830>

3. On **Saturday, October 12<sup>th</sup>**, the USATF Masters 5 Km Cross Country Championships will be held in Mission Bay Park in San Diego, CA. Located in one of the premier destination cities in the country, you do not want to miss this one! For more information, visit:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Cross-Country-Championships.aspx>

For entry form:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Cross-Country-Championships/Entry-Form.aspx>

4. On **Saturday, October 26<sup>th</sup>**, the Tulsa Federal Credit Union's Tulsa Run will host, for the 7<sup>th</sup> and final time, the **2019 USATF Masters 15 Km Championships**. Heath Aucoin, Race Director, has moved on, but Tulsa will put on the same great show over the same course as last year. As usual there will be a pasta dinner along with the

Technical Meeting in the Host Hotel. This has been one of the gemstones of the Masters Grand Prix Circuit. The Event website is at:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-15-km-Championships.aspx>

The entry form is here:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116939>

5. Current **2019 Masters Grand Prix standings** may be viewed at:

Individual:

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

Club: <http://www.usatf.org/MGPreresults.aspx>

The remaining 2019 Masters Grand Prix Schedule:

Aug 17 USATF Masters 5 Km Championships, Atlanta's Finest 5K, Atlanta, GA

Aug 23 USATF Masters 1 Mile Championships, HAP Crim Festival of Races, Flint, MI

Oct 12 USATF Masters 5 Km Cross Country Championships, San Diego, CA

Oct 26 USATF Masters 15K Championships, Tulsa Federal Credit Union, Tulsa Run, Tulsa, OK

Other Events of Interest to Masters LDR Athletes

Jul 11-14 USATF Masters Outdoor Championships, Ames, Iowa

Jul 18-21 NCCWMA Outdoor Championships, Toronto, Canada

Dec 14 USATF National Club Cross Country Championships, Bethlehem, PA

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](mailto:mvrosadoesq@prodigy.net), or at [mvrosadoesq@icloud.net](mailto:mvrosadoesq@icloud.net).

### **Long-term Planning**

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.

Bookmark the link below to check back for updates closer to the event:

<https://world-masters-athletics.com/calendar/>

### **Mountain/Ultra/Trail (MUT) Report**

Report from Half Marathon Champs

- <https://trailrunner.com/trail-news/berube-and-lewis-victorious-at-usatf-half-marathon-trail-championships/>

Report from 50 Mile Trail Champs

- <https://trailrunner.com/trail-news/wilson-and-holman-win-usatf-50-mile-trail-championship/>

Report from Broken Arrow - our USATF Long Distance Mountain Running Team Selection Race (final selection race) - <https://trailrunner.com/trail-news/sahli-and-arritola-earn-berths-on-team-usa-at-broken-arrow-skyrace/>

Report from World Trail Champs

- <https://trailrunner.com/trail-news/us-trail-team-overcomes-adversity-at-the-2019-trail-world-championships/>

MUT announced the 50km Road World Championship Team that will compete Sept 1 in Brasov, Romania

### **The USA Women's 50K Team:**

Sarah Cummings, 30, New York, NY  
Elizabeth Eder Northern, 31, Fort Worth, TX  
Courtney Olsen, 31, Bellingham, WA  
Courtney Peterson, 28, Chicago, IL  
Tara Richardson, 27, Glenwood Springs, CO  
Caroline Veltri, 28, Kinnelon, NJ

### **The USA Men's 50K Team:**

Tyler Andrews, 29, Arlington, VA  
Austin Bogina, 25, Arma, KS  
Craig Hunt, 28, Flagstaff, AZ  
Kyle Masterson, 26, Alamosa CO  
Tony Migliozi, 30, North Canton, OH  
Zachary Ornelas, 27, Plymouth, MI

The USATF U18 Mountain Running Team was announced on June 28. Meet the team here:

<https://trailrunner.com/trail-news/team-usa-announced-for-wmra-international-u18-mountain-running-cup/>

### **Cross Country Report**

National Championship Calendar

Sat Oct 12, 2019 - National Masters 5k Cross Country Championships, Mission Bay Park, San Diego

Sat Dec 14, 2019 - National Club Cross Country Championships, Lehigh University, PA

Sat Jan 18, 2020 - USA Cross Country Championships, Mission Bay Park, San Diego

### Club Cross Country Championship Bids

Bids to host the 2021 Club Cross Country National Championships are due September 1, 2019. Please submit bids to both Bill Quinlisk ([billqxc@verizon.net](mailto:billqxc@verizon.net)) and Thom Hunt ([coachhunt619@gmail.com](mailto:coachhunt619@gmail.com)). Bid forms are available on the cross country page at [www.usatf.org](http://www.usatf.org) Please contact us if you have any questions or need assistance filling out the bid form.

### **Road Running Technical Council Report**

None Submitted

**Athletes Report**

None Submitted

**From the Board**

None Submitted

***US Athletes with 2020 Olympic Marathon Entry Standards*****Rotterdam (IAAF Gold Label)**

Aliphine Tuliamuk, 3<sup>rd</sup>, 2:26:50

Roberta Groner, 5<sup>th</sup>, 2:29:06

**Boston (World Major Marathon)**

*Note: Boston's course exceeds the IAAF start-finish drop requirements, so only top-10 finishes (snice it's a WMM) meet the Olympic Entry Standard.*

Jordan Hasay, 3<sup>rd</sup>, 2:25:20

Des Linden, 5<sup>th</sup>, 2:27:00

Lindsay Flanagan, 9<sup>th</sup>, 2:30:07

Scott Fauble, 7<sup>th</sup>, 2:09:09

Jared Ward, 8<sup>th</sup>, 2:09:25

**London (World Major Marathon)**

Emily Sisson, 6<sup>th</sup>, 2:23:08

Molly Huddle, 12<sup>th</sup>, 2:26:33

**Prague (IAAF Gold Label)**

Kellyn Taylor, 4<sup>th</sup>, 2:26:27

**Grandma's Marathon**

Nell Rojas, 1<sup>st</sup> 2:28:09

***USADA Webinar***

All USATF members are invited to take part in the second USADA Webinar of 2019. Be sure to join this webinar to learn about GlobalDRO, TUEs, Non-National Policy, Inhalers, etc. The webinar will be hosted by a member of the USADA Drug Reference team.

What: USADA Drug Reference Webinar

Date: July 2, 2019

Time: 11:00 a.m. MT, 1:00 p.m. EST

Please use the following link to register and secure your spot for the webinar:

**[Global Dro and TUE Webinar](#)**

In accordance with the USADA Protocol for Olympic and Paralympic movement testing, all athletes who participate in USATF National Championships and Team USA competitions are subject to drug testing performed by the U.S. Anti-Doping Agency.