



USATF[™]

LONG DISTANCE RUNNING

**DIVISION REPORTS
APRIL 2018 EDITION**

Upcoming Events:

Apr 7 USATF 100K Champs (Madison, WI)
Apr 24 USATF 1 Mile (Des Moines, IA)
Apr 29 USATF Masters 10k Champs (Dedham, MA)
May 6 USATF Half Marathon Champs (Pitts., PA)
May 12 USATF 25K Champs (Grand Rapids, MI)

From the Desk of the Chair, Mike Scott

March has been a busy month.

Gabrielle Russo and Eric LiPuma used late race strength to claim the 2018 championship titles at the USATF 50-kilometer Road Championships in Long Island's Caumsett State Park, on Sunday, March 4.

The following week Molly Huddle (47:50) was first across the finish line at USATF 15K championships at Gate River Run to not only claim the women's title but also took home the \$5000 equalizer bonus. With a six-minute head start, Huddle was able to comfortably hold off men's national champion Leonard Korir (43:06).

Heather Webster (31:24) and David Angell (25:39) were first masters across the line at the USATF Masters 8K Championships in Virginia Beach, VA on March 17. 81-year old Libby James topped women's age grading with a 42:34, while Nat Larsen took the men's age grading,

I traveled to Valencia, Spain to attend the IAAF's Road Running Seminar and cheer on team USA at the March 24 IAAF World Half-Marathon Championships. Despite the strong winds that hampered runners during the first half of the flat, lightening-fast course, Ethiopia's Netsanet Gudeta Kebede broke the women's only record for that distance with a 1:06:11, while Geoffrey Kamworor smoked a 13:01 5K from 15K to 20K to win his third consecutive title in 1:00:02. Sam Chelenga (14th, 1:01:23) and Emma Bates (27th, 1:11:45 personal best) finished as top Americans to lead their squads to seventh and ninth respectively in the team standings.

I'm really looking forward to the spring marathon season, especially the Boston Marathon women's race which features one of the deepest U.S. fields ever assembled. Shalane Flanagan, Jordan Hasay, Molly Huddle, Desiree Linden, Serena Burla, Sara Hall, Kellyn Taylor and Deena Kastor are among American elite toeing the line in Hopkinton on April 16.

Men's LDR Report

None Submitted

Women's LDR Report

The Olympic Trials Marathon selection process is winding down. We are going to make our recommendation to the board in the next week and hope to have an announcement by May or June.

April includes only one championship. Des Moines, Ia. will host the road Mile in conjunction with the Drake Relays. May will include both the half-marathon on the 6th in Pittsburgh and the 25K in Grand Rapids on the 12th.

The US team represented us well in Valencia Spain for the World Half-Marathon. Emma Bates led the way for the US women in 27th place, Rebecca Wade was 41st and Elaina Tabb placed 64th which lead the women to a ninth-place team finish.

We are anxiously awaiting the arrival of spring in the Northeast. We all highly suspect we might just go right to summer!

Masters LDR Report

Championship Recap

The 2018 USATF Masters 8K Championships were held in Virginia Beach, VA, hosted by the Shamrock Marathon's Towne Bank 8K. Libby James, 81, shattered the American 80-84 Record by almost ten minutes, lowering the 1991 mark of 52:00 to 42:34. Her Boulder Road Runners club mate, Roger Sayre, 60, almost got it done as well, coming within 3 seconds of the American Record. James scored the top age grade of the morning with 99.04%. The top scorer on the Men's side was Nat Larson, 55, from the Greater Springfield Harriers, with 92.90%. In the race to be first Masters Athlete across the finish line, Roanoke Valley's David Angell got the repeat win in 25:39. Marisa Sutera Strange made the overall podium for the second year in a row moving up from a 3rd place finish last year to win it all in 30:41.

National Age Division 8K Champions included: Libby James 42:34 [CO] 81, Madeline Bost 1:04:44 [NJ] 78, Suzanne Gibson 46:20 [NC] 71, Suzanne Ray 36:14 [OR] 65, Catharine Utzschneider 36:11[MA] 62, Doreen McCoubrie 31:38 [PA] 56, Marisa Sutera Strange

30:40[NY] 54, Michelle Brangan 32:27[NJ] 48, Heather Webster 31:23 [NY] 44; Tom Markley 43:56 [SC] 80, Robert Hendrick 35:56 [FL] 75, Dave Glass 34:35 [NY] 71, Tom Bernhard 30:11 [CA] 66, Roger Sayre 28:10 [CO] 60, Nat Larson 26:51 [MA] 55, Kent Lemme 26:43 [MA] 51, Philippe Rolly 25:57 [VA] 45, David Angell 25:39 [VA] 41.

Women's National Team Champions included Genesee Valley Harriers 40+, Athena Track Club 50+, Team Red Lizard 60+, and Colonial Road Runners 70+. For the Men it was Garden State Track Club-New Balance 40+, Greater Springfield Harriers 50+, Atlanta Track Club 60+, and Genesee Valley Harriers 70+.

Looking Ahead

USATF Masters 10K Championships. Please join us on April 29, 2018, for the National 10K Championship hosted by the James Joyce Ramble in Dedham MA. It is a rolling hills course but most years have seen at least one age division American Record bested. Masters Athletes line up at the front of the first corral and set the pace; after the race, there is plenty of fun as Championship athletes join the crowds celebrating their accomplishments with great food and refreshing beverages on the Estate grounds.

For Entry Information, please direct your browser to: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-10-km-Championships/Entry-Instructions.aspx>.

To register for the race, please visit: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113076>.

USATF Masters Half Marathon Championships. The Half Marathon Championships will be hosted on June 3, 2018, for the first time by the Dexter-Ann Arbor HM, one of the premier races in the Great Lakes region.

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

Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113084>.

Masters 5K Championships will be held for the first time as part of the Atlanta's Finest 5K race hosted by the Atlanta Track Club in association with the Atlanta Police Foundation. The Atlanta Track Club knows a thing or two about putting on great races. It will start and finish in Olympic Centennial Park, a great location with lots of hotels nearby. It is a superlative venue for the race. As a major hub, Atlanta provides excellent flight

connections to most cities. Come experience a top-notch race in a great road racing city!

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-5-km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113456>

Masters One Mile Road Championships will be held for the 5th consecutive year as part of the HAP Crim's Michigan Mile on Friday evening, August 24th. Please come and experience the revitalized downtown of Flint Michigan; the weather has typically been beautiful. It is one of the few Road Mile courses that is record eligible; it is the site of most of the pending American Records at this newly approved distance for Masters American Records. Come and be part of the excitement with separate races for Masters Men and Masters Women. The site is not active yet, but should be by the time you receive this newsletter. Please direct your browser to: <http://www.usatf.org/Events---Calendar/National-Championships.aspx>.

Once there, scroll down to August 24 and click on the 'USATF Masters 1 Mile Championships' to be directed to the event site and information about registration.

Be Part of Team USA

World Masters Athletics –World Masters Outdoors Championships. The 2018 WMA World Championships will be held in Malaga Spain from the 4th to the 16th of September. Information about the event is at: <http://www.usatfmasters.org/2018malaga.htm>.

Whether you think of yourself as a track athlete or primarily a road racer or a cross country runner, there is an opportunity to represent the USA in international competition. The (Masters) Team USA will race against the World in Malaga, Spain in both Track events and 'Non-Stadia' Events. The Non Stadia Events include: Cross Country, a 10 km Road Race, and a Half Marathon Road Race. Distance Runners may also find the track events from 800 meters up to be of interest.

Answers to Frequently Asked Questions can be found at:

http://www.usatfmasters.org/content/2018/malaga_spain/faq.pdf.

The USATF Team Manager for Non-Stadia Events is: Mary Rosado. Email: mvrosadoesq@prodigy.net.

This is a chance to represent your country as a member of Team USA in a World Championship.

Planning Ahead

2017-18 Masters Grand Prix. Between the Club Cross Country Championships in December 2017 and the USATF Cross Country Championship reported above, the first two contests of the 2017-18 Masters Grand Prix are now in the books.

The remainder of the season is given below. Make plans to contest one or more of the remaining Championships:

Apr 29 James Joyce Ramble-10K, Dedham MA

Jun 3 Dexter-Ann Arbor Half Marathon, Ann Arbor MI

Aug 19 Atlanta's Finest 5K, Atlanta GA

Aug 24 Michigan Mile/Crim Festival of Races, Flint MI

Sep 23 USATF Masters 5km Cross Country, Buffalo NY*

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

* Also serves as Can-Am International Challenge Race- All finishing runners score for their country.

Once the websites are live, the races can be found on the National Championship Calendar. Clicking on the race takes you to the race website.

<http://www.usatf.org/Events---Calendar/National-Championships.aspx>.

Phidippides Awards

The Phidippides Program has entered its second decade of making awards to Masters Runners who achieve certain standards of participation in races. The athlete does not need to be a national champion or even a fast runner. The Awards are for consistent participation, rewarding endurance and perseverance. Handsome plaques are awarded annually. The 5th and 10th year awards are special crystal awards. To learn more about the program, please visit:

<http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>

From the Chair, Mary Rosado

And for those of you who reached out to me concerning the start of the 8k race, I have spoken with the race management and we will work to ensure that the masters have their own start and corral next year. I have also reached out to the affected athletes and have assured them that we will assist them in any way possible."

Mountain/Ultra/Trail (MUT) Report

The Mountain Ultra Trail Council continues to be active as spring approaches.

Results from the USATF 50km Road Championships - <http://www.usaultrarunning.com/gabrielle-russo-and-eric-lipuma-upset-leaders-on-their-way-to-claiming-2018-usatf-50k-road-championship-titles/>.

US Trail Team announced - <https://trailrunner.com/trail-news/u-s-trail-team-announced-for-the-2018-iau-trail-championships/>.

Upcoming Championship - USATF 100km Road - April 7, Madison, WI.

Opportunity for international Mountain Running for masters - <http://wmra.ch/news/633-world-masters-news-registration-and-shuttle-service>.

MUT introduced its Team USA for the NACAC Mountain Running Championships:

<https://trailrunner.com/trail-news/team-usatf-announced-for-nacac-mountain-running-championships/>

MUT has selected its Team USA for the World Mountain Running Youth (U18) Cup - release to be shared by April 20.

Cross Country Report

Bids for the 2020 Club Cross Country Nationals are due to the cross country / club subcommittee by June 1, 2018.

The Masters 5k Cross Country Championships will be held on September 23, 2018 at Delaware Park in Buffalo, New York.

The Club National Cross Country Championships will be held on December 8, 2018 at Plants Ferry Sports Complex in Spokane, WA.

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

Board Report

None Submitted

IAAF Report

The organizing committee for the 2019 IAAF World Cross Country Championship in Aarhus, Denmark is going all out to "return cross country to its roots" for the March 30, 2019 race. The challenging course

features a reported 75-meters of climb *each* 2K loop, as well as a mud pit, sand pit, a climb up the steep grass-covered Moesgaard Museum roof (250m long of 10% incline), and a cheering tent featuring beer (for the spectators, we assume, during the race).

In addition to the challenging course, Aarhus 2011 is offering multiple mass participation “people’s races” during the — The Sprint (one lap over the 2K loop), The Relay (get together with four pals to race 4x2K relay), and The Toughest (4K, 8K, and 12K races over a combination of the World XC and trail courses) — as well as a chance for those men with sub 33min 10K and those women with sub 37min credentials to race in the senior men’s and senior women’s championship in The Search.

<https://www.aarhus2019.dk/en/mass-race/the-search/>.

National Office Report

Upcoming Events/Championships:

Road Runners Club of America (RRCA) Convention – April 5-8 – Arlington, VA

B.A.A. Boston Marathon – April 16 – Boston, MA
USATF 1 Mile Road Championships – April 24 – Des Moines, IA

USATF Masters 10 km Championships – April 29 – Dedham, MA
U.S. Olympic Team Trials – Marathon

The site visit committee with representatives from Men’s and Women’s LDR, National Office, and the AAC made recent visits to Atlanta, GA; Austin, TX; Chattanooga, TN; and Orlando, FL last month. Final bids were accepted until Monday, March 19. MLDR, WLDR, and the AAC will make their recommendation by the end of March for the USATF Board of Directors.

We continue to source hosts for future LDR Championships and will hopefully secure several in April: <http://www.usatf.org/groups/EventDirectors/bids/openBids.aspx>.

Current USATF Running Circuit standings can be found here: http://usatfrunningcircuit.runnerspace.com/gprofile.php?do=title&title_id=357&mgroup_id=30069.