



**USATF**

**LONG DISTANCE RUNNING**

**DIVISION REPORTS  
MARCH 2018 EDITION**

***Upcoming Events:***

Mar 4 USATF 50km Champs (Long Island, NY)  
Mar 10 USATF 15km Champs (Jacksonville, FL)  
Mar 17 USATF Masters 8k Champs (VA Beach, VA)  
Mar 24 IAAF Half Marathon Champs (Spain)  
Apr 7 USATF 100K Champs (Madison, WI)  
Apr 25 USATF 1 Mile (Des Moines, IA)  
Apr 19 USATF Masters 10k Champs (Dedham, MA)

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

February kicked off with the USA Cross Country Championships on February 3. The lure of warm temperatures and a fast course attracted some excellent talent to Tallahassee. Leonard Korir outkicked Galen Rupp to successfully defend his national cross country crown, while Emily Infield pulled away from Molly Seidel late in the race to win her first national title. Korir's and Infield's wins give them the early lead in the 208 USA Running Circuit standings.

Kevin Castille and Jennifer Bayliss were the first across the line in the Masters races, while Stanford's Connor Lane and Northern Illinois' Ashley Tutt won the U20 races.

That same day, Sabrina Little and Ronnie Delzer won the USATF 100 Mile Trail Championships in Huntsville, Texas,

Two weeks later, Jon Olsen and Traci Falbo won the USATF 100 Mile Road Championships in Henderson, NV.

Joe Gray won the senior men's race to lead Team USA to gold at the Pan American Cross Country Championships. Also winning gold was Stanford's Connor Lane in the U20 Men's race. The U20 men and women took silver in the team standings, while the senior women claimed bronze.

March will be a busy month for the LDR community, with upcoming USATF championships in the 50K Road Championships (March 4, Long Island, NY), 15K championship at Gate River Run (March 10, Jacksonville), and Masters 8K championship (March 17; Virginia Beach). Team USA will do battle in Valencia, Spain at the IAAF World Half Marathon Championship on March 24.

Finally, it's with deep regret that I note the passing of Jonathan Grey. Jonathan Grey, the 2011 USATF National Club Cross Country Champion and a 2016 U.S. Olympic Marathon Trials qualifier, lost his battle with depression on February 10 a few days before his 30th birthday. Jonathan was a fierce competitor and a good friend. He will be missed.

***Men's LDR Report***

Men's LDR will be sending a team to Valencia, Spain for the World Half Marathon Championships. The team will be represented by Team Leader Ed Eyestone. The following will be Team USA: Leonard Korir, Sam Chelanga, Deigo Estrada, Benard Lagat, and Jared Ward. The alternate is Elkanah Kibet.

On the running circuit our next stop is the Jacksonville Gate River Run 15k. Austin, Atlanta, Chattanooga, and Orlando are our finalist to host the 2020 Olympic Marathon Trials. We are currently doing our site visits and will report to the board our findings in March.

***Women's LDR Report***

We are excited to send five great athletes to Spain for the World Half Marathon. The team will be coached by Katie McGregor. The team members are Becky Wade, Elaina Tabb, Sara Hall, Jordan Hasay, and Natosha Rogers.

We look forward to our next US Championship at the Gate River Run in Jacksonville for the 15k.

A select committee is working hard to begin site visits for the Olympic Marathon trials site for 2020. More updates next month!

Lastly, it is with great sadness that we learned of the passing of Dr. David Martin. I had the opportunity to work with Dr. Dave closely in preparation of our athletes for the Olympic's in Beijing. He was a brilliant man who gave so much to our sport and for that we are forever grateful. Rest In Peace Dr. Dave.

***Masters LDR Report***

***2018 USATF Masters Cross Country Championships*** were held at Apalachee Regional Park in Tallahassee Florida; Women contested the

Championships over a 6 km course while the Men traversed an 8 km course. Kevin Castille ran away with the Overall Championship on the Men's side, winning by over 3 minutes in 24:19. He also captured the Age-grading crown with a 94.56%. Kent Lemme and Nat Larson finished 2<sup>nd</sup> and 3<sup>rd</sup> overall while Rick Becker and Larson took 2<sup>nd</sup> and 3<sup>rd</sup> in Age-Grading. The top three women ran in a tight pack until the final 1000 meters when Jennifer Bayliss pulled away to win by 4 seconds; Maggie Shearer took 2<sup>nd</sup> and Sonja Friend-Uhl 3<sup>rd</sup>. Age-Grading honors at 94.37% went to Sabra Harvey, with Marisa Sutera Strange and Doreen McCoubrie rounding out the podium. Women's team titles went to Pacific's Impala Racing Team (40 and up); Mid-Atlantic's Athena Track Club (50 and up); and Niagara's Genesee Valley Harriers (60 and up). Men's team titles were captured by New Jersey's Garden State Track Club-New Balance (40 and up); New England's Greater Springfield Harriers (50 and up); Georgia's Atlanta Track Club (60 and up); and Niagara's Genesee Valley Harriers (Men 70 and up).

*Next Up: USATF Masters 8K Championship.*

Please join us on March 17, 2018, St. Patrick's Day for this year's 8K National Championship hosted by the Shamrock/Towne Bank 8k in Virginia Beach, Virginia. The course is flat and fast; we anticipate many PR's and maybe even an American record or two. 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 heading for the Yuengling's tent on the beach for Irish Stew and/or Beer. The Shamrock organization is handling the registration for the Masters Championship.

For Entry Information, please direct your browser to: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-8-km-Championships/Entry-Info.aspx>

To register for the race, please visit: <https://register.hakuapp.com/?event=26c7aecdd943a595e8cf6&option=3e9851c55d0a8637099a>.

*Following That:*

We have Masters 10K and Half Marathon Championships. The registration sites are already active. The 10K Championships, hosted by the James Joyce Ramble in Dedham MA on April 29 2018 draw one of the largest entry lists of any National Championship. 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.

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-10-km-Championships/Entry-Instructions.aspx>

Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113076>

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>

*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 4<sup>th</sup> to the 16<sup>th</sup> 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](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](mailto: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:

2018

Mar 17 Towne Bank 8K/Shamrock Marathon Weekend, Virginia Beach VA

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  
[In Discussion]

\*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>

#### *Masters Marathon*

A marathon is no longer on the 2017-18 Calendar. We  
are sorry to report that USATF and the Snohomish River  
Run could not reach agreement on final terms of a  
contract for the 2018 USATF Masters Marathon  
Championship. We have removed the race from the  
2017-18 Masters Grand Prix Calendar.

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

MUT approved two championships for 2019 during our  
Executive Committee call on February 12:

Jan. 6-8, 2019: USATF 100KM Trail Champs Bandera  
Endurance Run, Bandera, TX;

Dec. 7-8, 2-19: USATF 100 Mile Trail Championships  
Brazos Bend 100 Trail Racing Over Texas, LLC., Brazos  
Bend State Park, TX.

Our first ever 100 Mile Road Championships was held  
on Feb. 16-17 in Henderson, NV. Howard Nippert was  
the MUT liaison. Traci Falbo (17:03:15) and Jon Olsen  
(13:39:32) won championship titles. Olsen and Falbo  
each earned \$1,000 for the win and \$500 for the  
respective course records. Story

link: <http://www.usaultrarunning.com/traci-falbo-and-jon-olsen-win-the-2018-usatf-100-mile-road-championships/>

#### *Upcoming Championship:*

March 5, 2018: USATF 50KM Road Caumsett State  
Park, NY. Richard Bolt is the MUT liaison.

We're working through resume submissions and team  
selection for Team USA – Trail. Athlete resumes were  
due no later than March 1, 2018. Team selection will  
occur no later than March 15, 2018, and will be  
announced on March 30.

#### **Cross Country Report**

February was a busy month for cross country as both  
the USA National Championships were held and the  
USA National Team competed in the Pan Am Cross  
Country Championships.

#### *USA CROSS COUNTRY NATIONALS*

The USA National Championships were held in  
Tallahassee on Saturday, February 3. The day turned  
out to be nearly perfect as the sun was out, but the  
temperatures stayed cool. Championships were held in  
six races; Men's and Women's Masters (40+), Juniors  
(under 20), and Seniors. The event also serves as host  
for the Men's and Women's Armed Forces  
Championships, run within the Senior races.

The first race of the day was the Master's Women's 6k.  
Californians Jennifer Bayless and Maggie Shearer  
dueled throughout the race with Jennifer coming out on  
top by a four second margin for the first place finish.  
When age-graded, Sabra Harvey was the overall prize  
winner with her 94% graded time of 26:32 easily taking  
the win. Athena Track Club teammates Marisa Sutera  
Strange and Doreen McCoubrie finished 2<sup>nd</sup> and 3<sup>rd</sup> in  
the age-graded prize structure.

Next up were the Master's Men, who competed over an  
8k distance. Kevin Castille, from Baton Rouge LA, was  
an easy winner, both overall and age-graded. His 24:19  
at age 45 dominated the competition and graded out to a  
94%. Rick Becker, a common name at the top of cross  
country championships for years from Club Northwest,  
was second and Nat Larson was third, leading a very  
competitive team of 50+ athletes for the Greater  
Springfield Harriers.

Both Junior and Senior races were selection races for  
the Pan Am Cross Country team. The Junior Women  
(under 20) were up first, competing over the 6k course.  
A three way battle quickly ensued between Northern  
Illinois' Ashley Tutt and Duke teammates Amanda Beach  
and Michaela Reinhart. Eventually, Ashley opened a  
small gap over the duo from Duke and won in a time of  
21:08 with Amanda second and Michaela third.  
The Junior Men ran with a large, intact, lead pack for  
much of the 8k course. Eventually, Stanford's Connor  
Lane made a strong move to take the victory with a time  
of 25:04. PAC-12 rival Tibebe Proctor, from  
Washington, was eight seconds back in second.  
Beginning in 2017, both the men and women run  
championships over the 10k distance. In Tallahassee  
the women were up first. The race turned into a stirring  
dual between Emily Infeld and Molly Seidel. The duo  
pulled away from the main pack before Emily used a  
strong closing stretch to win by four seconds. It was her  
first USATF national title.

Finally the men finished up the competition with their race over 10 kilometers. The field was very patient early on, with a large lead pack over the first 6k or so. Even entering the final 2k lap, many athletes looked to have a chance to finish on top. However, the much anticipated dual between Galen Rupp and Leonard Korir, both many time national champions, really got going over the final kilometer. Leonard opened the smallest of margins and held on for a one second victory over Galen. Behind them, the remainder of the lead pack had not broken up and the third through seventh finishers all came in within three seconds of each other.

Tallahassee once again proved to be a wonderful host for a cross country national championship event. The USA Cross Country Nationals will again be held in Tallahassee in 2019 and select the United States teams for the IAAF World Championships which will be held in Aarhus, Denmark.

#### **PAN AM CROSS COUNTRY CHAMPIONSHIPS**

El Salvador was the host country for the 2018 Pan Am (and NACAC) Cross Country Championships. The meet was held on February 17 at La Libertad. Junior and Senior Men and Women competed in the championship. The Junior Women (under 20) competed over a 6 kilometer course. Canada swept to victory while the United States ladies finished in second. Ashley Tutt, fresh off of her victory at the USA Nationals, was the top US finisher in sixth place. Amanda Beach also came away with a top ten finish with her eighth place effort. On the Junior Men's side the United States team also came away with a second place finish, behind champion Canada. However, this time the US garnered the individual title with Stanford's Connor Lane running 25:06 over the 8k course for a convincing 13 second victory. Michael Vernau also finished in the top ten with a time of 25:37 getting him eighth place.

The closest team competition of the day came in the senior women's 10k race. The United States battled with Canada and Peru for the Pan Am title. Peru finished with the victory, scoring 28 points and Canada nipped the United States by one point, 34-35, for second. Three US ladies finished in the top ten; Susan Tanui (4<sup>th</sup>, 35:22), Emily Durgin (6<sup>th</sup>, 35:34) and Katrina Spratford 10<sup>th</sup>, 36:13).

The United States did break through with a team victory in the Senior Men's 10k race. In fact, the US men dominated with four of the top five finishers, scoring a near perfect 12 points for the win. Leading the way was individual champion Joseph Gray. Gray, a veteran of many US national teams, won with a time of 30:02. Augustus Maiyo (2<sup>nd</sup>, 30:05), Abbabiya Simbassa (4<sup>th</sup>, 30:09) and Robert Cheseret (5<sup>th</sup>, 30:35) completed the team scoring for the champs.

With an experienced staff that included Fred Finke, Gwyn Coogan and Bill Roe, the trip went off without a hitch. The staff described the team as "one of the closest I have ever been on. It was a USA team from the time we met in Houston until we touched back down in Houston." Thanks go out to our El Salvador hosts for putting on a great Pan Am championship.

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

None Submitted

#### **Athletes Report**

None Submitted

#### **Board Report**

None Submitted

#### **National Office Report**

None Submitted