



USATF LDR REPORT

MAY 2017

Upcoming Events:

May 7 USATF Masters Half-Marathon Championship

May 13 USATF 25km Championship

Jun. 3 USATF 50 Mile Trail Championship

Jun. 3 USATF Mountain Running Championship

From the Desk of the Chair, Mike Scott

April featured the spring racing season in full bloom.

I spent my Easter Weekend in Boston for the BAA 5km, Invitational Miles, and – of course – the Boston Marathon. Quite the celebration of running: In the BAA 5km, Ben True set an American Record of 13:20, while the Boston Marathon was highlighted by an American Debut best of 2:23:00 by Jordan Hasey, who was top American in 3rd Overall. Galen Rupp claimed second in the Marathon with a 2:09:58, just 21 seconds behind champion Geoffrey Kirui.

I returned to the Greater Boston area two weeks later for the USATF Masters 10km championships, hosted by the James Joyce Ramble in Dedham, Mass. Great fields and great competition, with some details listed below in the Masters Report.

Men's LDR Report

Olympian Clayton Murphy claimed the USATF 1-Mile Championship by kicking to victory in the Grand Blue Mile in Des Moines, IA on April 25. Murphy won in 4:00.0, just ahead of Riley Masters and Pat Casey.

Leonard Korir won the USA Half Marathon Championship April 29th in Columbus, Oh. Korir's time of 1:03:04 bested runner-up Sam Chelanga and third placer Christo Landry.

The USATF Half Marathon Championships, hosted by the Capital City Half Marathon, are the fourth stop on the 2017 USATF Running Circuit. Next up on the

circuit, the USATF 25 km Championships take place on May 13 in Grand Rapids, Michigan.

As noted below in the Women's LDR Report, Men's LDR has awarded the USATF 5km championships to the Abbott Dash to the Finish Line 5km, conducted on Saturday of the NYC Marathon weekend.

Women's LDR Report

April brought progress on the Olympic Trials RFP which we hope will go out to bidders in the next month.

The last week in April included two national championships. We had the one-mile championships at the Drake Relays in Des Moines, Ia. Katie Mackey won her first USATF Championship in a time of 4:37.0, with three other women under 4:38 in her wake.

The next championship was the half-marathon in Columbus, Oh. The winner there, in her debut half-marathon, was Natasha Rogers who pulled away late in the race to win in 1:10:45.

May will include the next national championship on the calendar, which will be the 25k in Grand Rapids, Mich.

We had great spring marathon performances and will be finalizing our World Championships marathon team over the next two weeks from a descending order list of performances.

We have received a bid from NYC to host the women's and men's 5k National Championship in November. After some discussion by our committee we will accept the bid with few potential modifications to best serve our athletes. We had

another bidder who was considering bidding but we look forward to them bidding for next year and the future.

Masters LDR Report

The USATF Masters Grand Prix heads to Newport Beach CA this Sunday, May 7th for its Masters Half Marathon as part of Orange County Half Marathon.

The USATF Masters Grand Prix swings back into high gear at the tail end of the summer as the fleetest Masters Runners head to Flint Michigan for the USATF Masters 1 Mile Road Championship as part of the HAP Crim Festival of Races.

A record number of Masters Runners showed up for the 10K Championships in Dedham MA, over 260 entered. Ninety-nine of those athletes turned in National Class performances with the best, a record-smashing performance by Sabra Harvey of Houston Texas. She bettered her 42:37, set on this same course two years earlier, with a 42:05! 17 Age Group National Champions were crowned from the youngest Masters, Ginger Reiner and David Angell, both 40, to the oldest, Kathleen Scotti, 75, and William Riley, 80.

Mountain/Ultra/Trail (MUT) Report

A very busy month for MUT as we have started to name some of our international teams. The IAU 24 Hours World Championships will take place on July 1, in Ireland. The course is concrete surface, 1653 meters (1.02 miles), and width 4 meters (13 feet). It is located at Victoria Park near the Belfast City Airport.

Team members include: Men: Olivier Leblond, Peter Kostelnick, Harvey Lewis, Jon Olsen, Steve Slaby, Rich Riopel. Women: Katalin Nagy, Traci Falbo, Jennifer Hoffman, Courtney Dauwalter, Pam Smith, Gina Slaby. Staff: Team Leader, Howard Nippert, Asst. Team Leader, Zane Holscher, Team Doctor, Dr. Andrew Lovy.

The US Trail Team to compete in Badia Prataglia,

Italy on June 10 at the Sacred Forests Race includes: Staff - Richard Bolt, Team Leader; Jason Bryant, Asst. Team Leader. Men: Cody Reed, Tyler Sigl, Mario Mendoza, David Roche, Hayden Hawks, Andy Wacker. Women: Caitlin Smith, Anita Ortiz, Ladia Albertson-Junkans, YiOu Wang, Keely Henninger, Megan Roche.

For the first time in the 12-year history of the WMRA International Youth Cup, the United States will field a complete squad for this mountain running competition designed to showcase athletes who are 16 and 17 years old.

This year's race will be held in Gagliano del Capo, Italy, on Saturday, June 24. The course for boys will be 5.3 kilometers and include 340 meters of ascending and 220 meters of descending over terrain to include a short section on asphalt, with the majority of the route on gravel road, and scenic mountain paths. The girls will run 3.85 kilometers with 250 meters of ascent and 130 meters of descent.

Team USA includes a full scoring team of three boys and three girls and will be accompanied and led by two staff members, Nancy Hobbs, Colorado Springs, CO, and Mark Weeks, Colorado Springs, CO. Team members include: Girls - Joslin Blair (Eagle, Co.), Mary Fox (Golden, Co.), Soleil Gaylord (Telluride, Co.); Boy's - Jamison Cartwright (Bright, Co.), Nathan Davis (Ubana, Md.), Tyler Scholl (Kremmling, Co.).

The USATF Mountain, Ultra Trail Council is proud to announce members of Team USA scheduled to compete at the 2017 World Long Distance Mountain Running Championships August 6, in Premana, Italy. The US team of 5 women and 5 men will tackle the technical 32 km loop course in the mountains of the Province of Lecco high above Lake Como.

This year marks the third year the event has been designated a "World Championship" by the IAAF, and the second year the American team will receive

partial funding from USA Track & Field. From 2004 to 2014 this event was designated a "World Challenge" and was held three times in conjunction with the Pikes Peak Ascent in Colorado Springs, CO (2006, 2010 & 2014).

The World Long Distance Mountain Running Championships is regulated by the World Mountain Running Association (WMRA) under the patronage of the International Association of Athletics Federations (IAAF). The U.S. Long Distance Mountain Running Team consists of 5 women and 5 men with the top 3 men and top 3 women (cumulative finish places from the top three runners) scoring for the team.

The 2017 WMRA World Long Distance Mountain Running Championships will be held in conjunction with the 25th Giir Di Mont race. The 32km course contains 7874 feet of ascent. A course profile and elevations at points along the course can be found on the race website. The weekend prior to Giir Di Mont Premana will play host to the 33rd annual World Mountain Running Championships (short distance) on July 30.

Upcoming championships include the USATF Mountain Running Championships on Saturday, June 3 in Cranmore, NH, where the US Mountain Running Team (seniors) will be selected - four men and four women. The junior team four junior men, four junior women, will be named shortly thereafter. The World Mountain Running Championships will be on July 30 in Premana, Italy.

Michael Wardian has agreed to sit on the Diversity and Leadership committee. On April 23-24, Chairperson Nancy Hobbs traveled to Spokane, WA, for a site visit at the Spokane River Run. The event in concert with the Spokane Sports Commission and USATF Inland NW is considering hosting a championship in 2018. Details here: <http://trailrunner.com/trail-news/spokane-river-run-celebrates-14-years/>.

Cross Country Report

The US national team competed at the IAAF Cross Country World Championships on Sunday, March 26. The meet was held for the first time in Kampala, Uganda. A new addition to the meet was a 4 lap, mixed relay consisting of 2 men and 2 women. The US team, consisting of Cory Leslie, Eleanor Fulton, Marissa Howard and Paul Chelimo, finished 6th in the field of 13 teams. The relay was added primarily to open up opportunities for middle distance athletes to compete at the cross country championships.

Next up were the U20 women. The US team finished 11th with 211 points. The top finisher for the US was Michelle Magnani, who finished 37th in a time of 21:32 over the 6k course. With the World Championships moving to an every other year schedule it is rare that a U20 athlete makes more than one team. However, Paul Roberts was the exception to this as he returned from the 2015 team that competed in Guiyang, China. Paul led the way for the U20 men with a 34th place finish, running 25:31 over the 8k course. The men's team finished in 9th place with 193 points. Both the men's and women's senior teams finished strong in 5th place. The men totaled 78 points while the women had a total of 90 points. Alaphine Tuliemuk continued her strong season as the top ladies finisher for the US. Her 10k time of 33:43 netted her 15th place in the championships. Sam Chelenga led the way for the men's team with an 11th place showing. His time over the 10k course was 29:13.

The Danish city of Aarhus will be host to the World Championships in 2019.

Road Running Technical Council Report

None submitted

Athletes Report

There will be a USADA Webinar on July 5, 2016 8 PM EST focusing on TrueSport/ Youth Anti-Doping Measures Another is scheduled: October 25, 2016 on

8PM EST and will focus on Supplements

Please see attached Tax Information FAQ for Athletes.

From the Board

None Submitted



Athlete Taxes- Frequently Asked Questions

1. How much does a CPA cost?

The average cost of tax return preparation by a CPA is between \$200-\$250 for W-2 clients and \$300-\$350 for self-employed individuals (with Schedule C filing).

2. I have a CPA. Should I work with a CPA in the sports industry or familiar with the business of sports?

We recommend working with accountants and CPAs familiar with sports industry and the nature of the business. Typically, in my experience & clients' experiences, CPAs not familiar with our sport tend to treat our profession as a hobby rather than a profession.

3. Tax benefits of Inc vs LLC vs Sole proprietor?

The primary reason athletes incorporate themselves is to avoid 15.3% self-employment tax on net self-employment earnings. This tax is assessed in addition to the ordinary income tax. If incorporating as an LLC you will still be subject to the self-employment tax unless you elect to be treated as an S-Corp for income tax filing purposes.

4. Can you recommend software or an app I can use to organize my finances.

The QuickBooks Self-Employed app by Intuit is a great app for sole proprietors on the go (i.e. athletes). Intuit has a special going now for 50% off regular subscription price of \$10/mo and they offer a 30-day free trial. For more info go to: <https://quickbooks.intuit.com/pricing>.

5. If I am away from home training for a month can I deduct expenses incurred while away?

Yes, up to one year. However, for training stints for longer than one year, contact your accountant or check out Pub 463 (see link below).

<https://www.irs.gov/publications/p463/ch01.html>

6. Do you recommend I have my taxes prepared by VITA volunteer?

The IRS VITA program is a reputable resource for basic income tax preparation. There are income restrictions (check with your local VITA location). Also, VITA will not prepare income tax returns with a net loss on Schedule C (the schedule where self-employed income & expenses are reported)

For more info on VITA go to:

<https://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers>

To locate a VITA location near you go to:

<https://irs.treasury.gov/freetaxprep>



Athlete Taxes -Tips

1. Establish a separate checking account to track your training & competition expenses from personal expenses. This goes for debit and credit cards also.
2. **ALWAYS** maintain copies of expense receipts, even if you use the per diem rates for lodging & M&E from the GSA website. In the event of an audit, receipts are utilized by IRS examiners to substantiate the type of expense incurred and to substantiate location (if using GSA per diem rates). You may take photos of receipts and save them electronically on your computer or use an app to upload your receipts on the go.

What does the IRS say about using GSA per diem rates? See link below to check out Publication 463: <https://www.irs.gov/publications/p463/ch01.html>

3. Obtain an Employer Identification Number (EIN) to issue instead of your personal social security number for payment from sponsors, meet organizers, etc. This will help safeguard you from identity theft.
4. When in doubt, ask questions. There are no dumb questions when it comes to managing your finances and income tax filing responsibilities.