



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS
JANUARY 2018 EDITION

Upcoming Events:

Jan 6 USATF 100K Trail Champs (Bandera, TX)
Jan 14 Great Edinburg XC (Edinburg, Scotland)
Feb 3 USATF 100 Mile Trail Champs (Huntsville, TX)
Feb 3 USATF XC Champs (Tallahassee, FL)

From the Desk of the Chair, Mike Scott

Happy New Year!

U.S. Distance Runners had a very successful 2017, from Leonard Korir winning the Great Edinburgh XC meet last January, through Galen Rupp winning the Bank of America Chicago Marathon and Shalane Flanagan winning the TCS New York City Marathon, and capped off by an amazing day in Sacramento where 87 athletes took advantage of perfect weather and a great course to qualify for the 2020 US Olympic Team Trials – Marathon.

In between, Aliphine Tuliamuk and Leonard Korir won the 2017 USATF Running Circuit.

We're looking forward to 2018, with championships hosted by Women's and Men's LDR, Masters LDR, Cross Country, and MUT.

Men's LDR Report

None submitted

Women's LDR Report

After a successful annual meeting we are excited for the year ahead. We will begin to review the bids due in the next week or so for the race that will host the 2020 Olympic Marathon Trials. Once the bids are all in we will conduct site visits and make the best recommendation to the Board of USATF on the athletes' behalf.

We will also be reaching out to those who had an interest in getting more involved as association reps and seeing how they can help not only their association athletes benefit, but also others too. We are still looking for candidates to act as a liaison for the sports medicine community and WLDR to make sure the wealth of

knowledge from the sports medicine arena is being communicated to the WLDR group to help our athletes.

The first two Championships of the year are the XC Championship in Tallahassee, FL on February 3rd and the Jacksonville River Run 15k on March 10th.

Masters LDR Report

Masters Runners enjoyed the holidays and now it is January, time for taking stock and plotting one's course for the New Year. Some will fly off to warm places to race outdoors and others will chase glory on the Indoor Track; some run outside, layered up against the frigid cold while others will pile up the miles on treadmills. And those who live in those warm placers are mostly just smiling. Regardless of which group you are in, it is a good time to plan your race schedule for the coming year. Here is what the 2017-18 Masters Grand Prix looks like:

2017

Saturday Dec 9 USATF Club Cross Country
[10K/8K/6K]
Lexington KY

2018

Saturday Feb 3 USATF Cross Country [8K/6K]
Tallahassee FL

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

Sunday Apr 29 James Joyce Ramble-10K
Dedham MA

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

Sunday Aug 19 Atlanta's Finest 5K
Atlanta GA

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

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

Sunday Oct 14 Snohomish River Run-Marathon
Snohomish WA

Saturday 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>

And it is a month to celebrate. Many of the Masters Grand Prix Winners have received their plaques and banners already—Thanks, USATF Staff, for getting those orders placed! And let us raise a glass to honor those who had a prosperous old year on the Grand Prix circuit!

CLUB GRAND PRIX

DIVISION / MEN'S TEAMS / WOMEN'S TEAMS

40+ / Cal Coast Track Club / Genesee Valley Harriers

50+ / Greater Springfield Harriers / Athena Track Club

60+ / Boulder Road Runners / Atlanta Track Club

70+ / Atlanta Track Club

INDIVIDUAL GRAND PRIX

DIVISION / MEN / WOMEN

40-44 / David Angell / Wakenda Tyler

45-49 / John Gardiner / Cassandra Henkiel

50-54 / Kent Lemme / Marisa Suter Strange

55-59 / Nat Larson / Lorraine Jasper

60-64 / Kyle Hubbart / Jill Miller-Robinett

65-69 / Tom Bernhard / Sabra Harvey

70-74 / Paul Carlin / Dianne Anderson

75-79 / Charlie Patterson / Madeline Bost

80-84 / Jim Askew

Mountain/Ultra/Trail (MUT) Report

The 2018 USATF Mountain Running Championships to be held at Loon Mountain in Lincoln, New Hampshire on Sunday, July 8, 2018, will be the sole selection race for the U.S. Mountain Running Team where the top 4 men and top 4 women to finish will earn spots on the team. Athletes must be USATF members prior to the race, U.S. Citizens and eligible to represent USA in international competition. The event in New Hampshire also serves as the 15th NACAC Mountain Running Championships.

Athletes ages 16-19, who are interested in the Junior Mountain Running Team, need not run a qualifying race. It is however encouraged that junior athletes train and/or race in a mountain running environment/race to help provide them with the necessary experience to excel in the sport. The junior men's team includes a maximum of four runners with the top three scoring. The junior women's team is comprised of a maximum of four runners with the top three scoring.

Junior runners should fill out the application form at www.usmrt.com, including personal bests and noteworthy performances. Junior men should have a 16:45 or better 5 km road or XC time and junior women should have a time of 19:30 or better. Equivalent times from alternate race distances will be considered. In addition juniors must supply a letter of recommendation from a parent/guardian or coach. All runners must be current USATF members and U.S. citizens.

Junior Age Requirement: Junior athletes must be between the ages of 16 and 19 on December 31, 2018 to be eligible to compete on the 2018 U.S. Junior Mountain Running Team.

Deadline to Apply is July 1, 2018. Team announcement

will be made during the week of July 9.

The U.S. Mountain Running Team will compete at the 2018 World Mountain Running Championships which will be held in Canillo, Andorra, on Saturday, September 15, 2018.

If you are interested in learning more about the team, contact USATF Mountain Ultra Trail Council chairperson Nancy Hobbs at nanohobbs@gmail.com; U.S. Mountain Running Team Leader Richard Bolt at richardbolt@trailrunner.com; U.S. Mountain Running Women's Team Manager Ellen Miller at alpineellen@gmail.com; or U.S. Manager of the Junior Team Paul Kirsch at pkirsch2@gmail.com.

MUT Awards

The USA Track & Field Mountain/Ultra/Trail running (MUT) council of long distance running has named the 2017 USATF Mountain Runners of the year, Trail Runners of the Year, Ultra Runners of the Year, and Contributor of the Year. The following individuals will be recognized at the USATF Annual Meeting in Columbus, Ohio in December.

Mountain Runners of the Year:

- Lyndon Ellefson Memorial Mountain Runner of the Year: Joseph Gray, 33, Colorado Springs, CO ☐
- Master's Man: Chris Grauch, 45, Boulder, CO
- Women's Open: Addie Bracy, 31, Longmont, CO (pictured top of page) ☐
- Master's Woman: Sara Wagner, 45, Flagstaff AZ

Sub-Ultra Trail Runners of the Year:

- Men's Open: Mario Mendoza, 31, Bend, OR
- Men's Master: Chris Grauch, 45, Boulder, CO
- Women's Open: Renee Metivier, 35, Bend, OR ☐
- Master's Woman: Corinne Walton, 47, Portland, OR

Ultra Trail Runners of the Year:

- Men's Open: Max King, 37, Bend, OR ☐
- Men's Master: Chad Lasater, 45, Houston, TX ☐
- Women's Open: Courtney Dauwalter, 32, Golden, CO
- Master's Woman: Caroline Boller, 42, Solvang, CA

Ultra Road Runners of the Year:

- Ted Corbitt Memorial Ultra Runner of the Year: Patrick Reagan, 30, Savannah, GA
- Men's Master: Olivier LeBlond, 45, Arlington, VA
- Ruth Anderson Memorial Ultra Runner of the Year: Camille Herron, 34, Warr Acres, OK
- Master's Woman: Pam Profitt Smith, 43, Salem, OR

Contributor of the Year:

Tracey Outlaw: Tracey has been the point man for social media by starting a Facebook page "U.S. National 24 Hour Running," which has over 6800 followers. Tracey has posted information regarding 24 hour events as well as events at varying distances, in the United States and all over the World. Tracey traveled to the 2017 IAU World 24 Hour Championship so he could report and broadcast in real-time, and attended a number of qualifying events including Desert Solstice 24

Hour and Run4Water 24 Hour. In many cases, for events which may or may not have real-time results broadcast, Tracey writes commentary and makes intermediate and final reports and also researches and provides posts on multiple athletes. In many cases, people at the event send data to Tracey from which he weaves a captivating story.

As well, Tracey's work and constant messaging has been essential for fund raising of USAIcebandana.com, which provides funding for U.S. 24 Hour Team, and other charitable endeavors. Tracey is as dedicated to the promotion of the U.S. National 24 Hour Team and many, many other events and athletes in a volunteer capacity as any "official" member of any staff or event he covers. The promotion of our Teams and our athletes and events is greatly enhanced through various social media outlets by Tracey Outlaw. His dedication to ultrarunning goes beyond the call of someone who is not compensated for his work.

MUT Championships 2018:

100K Trail Bandera Endurance

Run 1/6/2018 Bandera, TX

<http://www.tejatrails.com>

100M Trail Rocky Racoon 100 Mile Trail Run Feb 3-4, 2018 Huntsville, TX

<http://www.tejatrails.com>

100 Mile Road Jackpot Ultra 2/17/2018 Henderson, NV
www.beyondlimitsrunning.com/limitlessevents/JackpotUltraRunning

50K Road Caumsett State Park 50K 3/4/2018 Long Island, NY
www.glirc.org

Mountain Loon 7/8/2018 Lincoln, NH
www.acidoticroacing.com

50 Mile Trail Cayuga Trails 50 7/21/2018 Ithaca, NY
www.cayugatrails50.com

30km Pikes Peak Ultra 7/28/2018 Colorado Springs, CO
www.madmooseevents.com

50km Trail Ragged 50K 8/12/2018 Danbury, NH
<http://six03endurance.com/>

24 Hour North Coast 24-Hour 9/8 or 9/15/18 Cleveland, OH
<http://verticalrunnerrm.com/>

Half Marathon Trail Birkie Trail Running Festival 9/29/2018 Hayward, WI
www.birkie.com/

50M Road Tussey Mountainback 10/7/2018 Boalsburg, PA
www.tusseymountainback.com

Marathon Trail Moab Trail Marathon 11/3/2018 Moab, UT
www.moabtrailmarathon.com/

Cross Country Report

USATF Club Cross Country Championships

The USATF Club Cross Country Championships were held on Saturday, December 9 in Lexington, KY. The races were held at Masterson Station Park. The weather was cold at 22 degrees, but generally calm and nice for competition. Snow flurries were kind enough to hold off until the last race of the day, not giving the snow a chance to have any influence on the competitive conditions.

Five events were contested. The first was the Masters Men 60+ race over 8 kilometers. The overall winner was Joe Sheeran, representing Club Northwest who won by over a minute with a time of 29:29. This also gave Joe the age-graded title. Rick Becker (2nd) and Greg Beyerlein (6th) also ran extremely well as Club Northwest also took home the team title easily. The 70+ team title was won by Tamalpa Runners, led by the 2nd place finish of Donald Porteous. David Longmuir, from Eastside Runners in the Seattle area was the 70 year old individual champion.

The Masters women competed over a 6 kilometer course. The overall individual winner was Kris Paaso, representing the Strava Track Club, who covered the course in an outstanding time of 22:04. Top three age-graded performances were Sabra Harvey (Houston, TX), whose 26:15 at 68 years of age graded to 95%. 2nd was Marisa Sutera Strange (Pleasant Valley, NY), the 2017 masters female cross country athlete of the year, who ran 23:12 at age 54 to grade at 90%, and 3rd was Jeanette Groesz (Redmond, OR), with a time of 27:58 at age 68 which graded to 89%. The 40+ division team champion was the Atlanta Track Club who won a tight battle with 22 points, the 50+ division champion was The Janes Elite from California, the 60+ division champion was Team Red Lizard, led by Suzanne Ray.

The Masters 40+ race, contested over 10 kilometers, featured a very competitive team competition in the 40+ division. The West Valley Track Club won with 53 points, but the Boston Athletic Association and the Bowerman Track Club were also very strong in 2nd and 3rd with 62 and 69 points. The overall champion was Neville Davey, from the West Valley TC with a time of 32:43 over the 10k course that featured challenging footing. In the 50+ division, the Greater Springfield Harriers swept to an easy victory with 39 points. The 50+ individual winner was Peter Hammer from BAA, with an outstanding 10th place overall finish in 33:37. In the age-graded results Peter was also 2nd, with his 51 year old time grading to a 90%. The age-graded champion was 55 year old Nat Larson, from Amhearst, MA. His 10k time of 34:14 graded to 91%. Rounding out the prize winners was third place Carl Combs, from Cheney, WA whose 52 year old 34:15 graded to 89%.

In the Women's Open Race, contested over 6 kilometers, the race featured a large lead pack that did not separate until very late. Emerging victorious from the pack was Sarah Pagano, from the Boston Athletic Association. Her time of 19:40 gave her a 9 second victory. At that point, things stayed very tight, but the Hansons-Brooks Distance Project came through the pack with a 2,3,4 finish by Chelsea Blaase, Olivia Pratt, and Anne-Marie Blaney. This lead the team to a 5 point victory over the BAA.

In the Men's Open Race, Morgan Pearson, from Tinman Elite, jumped out to a large early lead over the 10 kilometer course. By the end of the first 4 kilometer loop, his lead had grown to 15 seconds. The pack did not real him in until later in the race where finally Ian La Mere, representing Hansons-Brooks Distance Project, outkicked the competition down the final, slightly uphill stretch to win with a time of 29:10. Emmanuel Bor (American Distance Project) and Ryan Mahalsky (Hansons-Brooks) were right on his heels in 2nd and 3rd. Morgan Pearson held on to 4th place, leading his Tinman Elite team to a close victory over the American Distance Project, with Hansons-Brooks Distance Project in 3rd.

Great Edinburgh Team Announced

The USATF Club Nationals was a selection race, along with selections from the Edinburgh race itself, for the Great Edinburgh Cross Country Challenge. USATF will send over men's and women's teams in both the senior and junior divisions. In addition, there is a 4 person, co-ed relay. Highlighting the men's team is defending champion Leonard Korir and 2016 champion Garrett Heath. Both lead a strong senior men's team into the competition featuring teams from the United States, Great Britain and Europe. On the lady's side the team is led by two athletes that have been running strong this fall, Molly Siedel and Natosha Rogers. In addition, Olympic marathoner Desiree Linden will be joining her Hansons-Brooks teammates Chelsea Blaase, Olivia Pratt, and Anne-Marie Blaney to give the US team great depth.

On the juniors side, the ladies feature Foot Locker Cross Country champion Claudia Lane from California. The junior men's team is led by the first and second place finishers from Foot Locker, Dylan Jacobs (Orland Park, IL) and Graydon Morris (Aledo, TX).

Finally, the four leg co-ed relay team consists of Kirubel Erassa, Will Geoghegan, Rebecca Mehra and Ayla Granados. The team leaders are Bill Roe and Amy Begley.

USA Cross Country Nationals

The USA Cross Country Nationals are coming up on Saturday, February 3, 2018. There will be nationals championships contested for Masters Men and Women, Junior Men and Women, and Senior Men and Women. The meet is being held in Tallahassee, FL. It also serves as the selection race for the USA National Teams that will be competing in San Salvador, El Salvador on

February 17, 2018 for the NACAC Cross Country Championships. Entry information and National Team information can be found on the USATF website.

Road Running Technical Council Report

None Submitted

Athletes Report

Qualifying Standards for Indoor Nationals:

<http://www.usatf.org/Events---Calendar/2018/USATF-Indoor-Track---Field-Championships/Athlete-Info/Qualifying-Standards.aspx>.

From the Board

None Submitted

From the National Office

The IAAF World Half Marathon Championships, to be contested March 24th in Valencia, Spain, will see the qualifying window close this month. We will be rounding out men's and women's teams of five, selecting athletes from USATF Certified races before January 21. We expect the Chevron Houston Marathon on January 14th to produce several competitive marks.

A current performance list and an expanded selection procedure can be found

here: <http://www.usatf.org/Events---Calendar/2018/IAAF-World-Half-Marathon-Championships/Selection-Procedures.aspx>