



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS SEPTEMBER 2019 EDITION

Upcoming Events:

- Sep 2 USATF 20km Championship (New Haven, CT)
- Sep 21 USATF 24-hour Championship
- Sep 27 USATF 100km Trail Championship (Rocksprings, TX)
- Sep 27 USATF Mountain Championship (Waterville Valley, NH)
- Oct 6 USATF 10-Mile Championships (Twin Cities, MN)
- Oct 12 USATF Masters 5km Cross Country Championships (San Diego, CA)
- Oct 26 USATF Masters 15km Championship (Tulsa, OK)
- Oct 27 USATF 50 Mile Road Championship (Boalsburg, PA)
- Nov 2 USATF 5km Championships (New York, NY)
- Nov 2 USATF Marathon Trail Championships (Moab, UT)

From the Desk of the Chair, Mike Scott

August featured back-to-back Masters LDR championships in Atlanta (GA) and Flint (MI).

Atlanta TC hosted the USATF Masters 5km Championships on Aug 17. David Angel (15:41) and Laurie Knowles (17:34) were fastest of the day, while Marisa Sutera Strange (94.86%) and Nat Larson (92.20%) topped out the age grading.

Ann Arbor TC hosted the USATF Masters 1 Mile Championship on April 23. Sonja Friend-Uhl (5:06) and Chuck Schneekloth (4:37) were fastest in Flint, while Jeannie Rice (97.23%) and Nat Larson (92.19%) were the age-graded winners.

Team USA women took team bronze at the WMRA International Youth (U18) Cup in Susa, Italy while the men claimed fifth. James Gregory finished fourth and Samantha Blair finished fifth individually to lead their teammates.

Reports are that Zach Bitter ran 11:19:13 for 100-miles at the Dome – The Redux Event in Milwaukee’s Pettit National Ice Center on a 443-meter indoor oval. This apparently exceeds the existing 100 mile world record of 11:28:03 set by Russia’s Oleg Kharitonov in London in 2002. He also apparently improved his own 12 hour WR distance to 104 miles, 1554 yards. The Records Committee will review the paperwork when submitted.

I joined representatives of Women’s LDR and Men’s LDR on August 18 & 19 to meet with the Atlanta Track Club to review operational plans for the Feb 29 U.S. Olympic Teams Trials – Marathon. Also present were representatives of USOPC, USATF National Office, and NBC. The meetings were very productive and USATF LDR was impressed with ATC’s plans to produce an athlete-centered Trials!

One of the major decisions we reached in Atlanta regarding the Olympic Marathon Trials is a significant adjustment to the course! See the notes and link at the end of the newsletter with details.

Men’s LDR Report

None Submitted

Women’s LDR Report

WLDR committee members were down in Atlanta this month working with the ATC on plans for the Olympic Trials and are very pleased with the organization and planning that has gone on to date and continues daily to make these trials a fantastic experience while selecting our best Olympic team members.

Next weekend, on Labor Day, New Haven CT will be host to our 20k National Championship. With almost two decades of support as a National Championship for the women and longer for the men, we are looking forward to another great race. We will look to offer one spot on the 2020 World Half Marathon Championship team to an athlete who finishes in the top three places and the remaining spots for the team will be offered based upon a time performance basis during the window of September 1, 2019 until January 22, 2020.

Masters LDR Report

1. USATF Masters 5 Km Championships in Atlanta GA.

Masters athletes competed at the **2019 USATF National 5 km Championships**, hosted by the Atlanta Track Club’s *Atlanta’s Finest 5K*, in Atlanta, GA on Saturday, August 17, 2019. **Overall Race Winners:** Women **Laurie Knowles 17:34**; Men **David Angell 15:41**. **Age-Grading Champions-** Women **Marisa Sutera Strange 94.86%**; Men **Nat Larson 92.20%**. **Individual Champions:** Women: 40-44 **Laurie Knowles**; 45-49 **Sonja Friend-Uhl**; 50-54 **Fiona Bayly**; 55-59 **Marisa Sutera Strange**; 60-64 **Patrice Combs**; 65-69 **Victoria Crisp**; 70-74 **Susan Aderhold**; 75-79 **Norma Thomas**; 80-84 **Mary Ann Maher**; 90-94 **Betty Lindberg**. Men: 40-44 **David Angell**; 45-49 **Mark Andrews**; 50-54 **Tim Meigs**; 55-59 **Nat Larson**; 60-64 **Roger Sayre**; 65-69 **Joseph Reda III**; 70-74 **Terry McCluskey**; 75-79 **Doug Goodhue**; 80-84 **John Elliott**; 90-94 **Nathaniel Finestone**. **Team Champions:** Women- The *Atlanta Track Club* won the 40+, 50+, 60+, and 70+ National 5 Km Championships. Men- 40+ *Charlotte Running Club*; 50+ *Greater Springfield Harriers*; 60+ *Atlanta Track Club*; 70+ *Ann Arbor Track Club*; 80+ *Atlanta Track Club*. Complete results may be viewed at:

2. Long-term Planning for WMA Non-Stadia Championships

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 events:

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

As an incentive for participation in Toronto 2020, the Masters LDR Executive Committee has determined that **competitors in any of the three non-stadia events, the XC, the 10 Km, or the Half Marathon can earn 2020 Individual Masters Grand Prix points**. An individual who runs more than one non-stadia event may still only earn points from one event, presumably their best finish.

3 USATF Masters 1 Mile Championships in Flint, MI.

Masters athletes competed at the **2019 USATF National Road Mile Championships**, hosted by the HAP Crim Festival of Race's *Michigan Mile*, in Flint, MI on Friday evening, August 23, 2019. Overall Race Winners: Women **Sonja Friend-Uhl 5:06**; Men **Chuck Schneekloth 4:37**. Age-Grading Champions- Women **Jeannie Rice 97.23%**; Men **Nat Larson 92.19%**. Individual Champions: Women: 40-44 **Jill Braley**; 45-49 **Sonja Friend-Uhl**; 50-54 **Fiona Bayly**; 55-59 **Marisa Sutera Strange**; 60-64 **Nancy Simmons**; 65-69 **Jill Miller-Robinett**; 70-74 **Jeannie Rice**; 75-79 **Catherine Radle**; 80-84 **Madeline Bost**. Men: 40-44 **Chuck Schneekloth**; 45-49 **Michael Madsen**; 50-54 **Tim Van Orden**; 55-59 **Mark Zamek**; 60-64 **David Westenberg**; 65-69 **Joseph Reda III**; 70-74 **Bob Giambalvo**; 75-79 **Jan Frisby**; 85-89 **Jon Desenberg**; 90-94 **Nathaniel Finestone**. Team Champions: Women- 40+ *Atlanta Track Club* 50+ *Athena Track Club* 60+ *Impala Racing Team* 70+ *Atlanta Track Club*. Men- 40+ *Garden State Track Club New Balance*; 50+ *Greater Springfield Harriers*; 60+ *Atlanta Track Club*; 70+ *Ann Arbor Track Club*.

4 On **Saturday, October 26th**, the Tulsa Federal Credit Union's Tulsa Run will host their 7th consecutive and final edition of the **USATF Masters 15 Km Championships**. Tulsa will put on its usual great show. There will be a complimentary Masters Championship pasta dinner the night before, and the downtown hotels

are convenient to the Start and Finish. The head start for the Championship over a challenging racecourse that showcases the neighborhoods of Tulsa makes Masters Runners the focal point of the race. This has been one of the gemstones of the Masters Grand Prix Circuit; celebrate a great Championship run of 7 years.

Entry Form:

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

Details at:

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

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/MGPresults.aspx>

The remaining 2019 Masters Grand Prix Schedule:

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

2020 Circuit

Dec 14, 2019 USATF National Club Cross Country Championships, Bethlehem, PA

Jan 18, 2020 USATF Cross Country Championships, San Diego, CA

Apr 26, 2020 USATF Masters 10 Km Championships, *James Joyce Ramble*, Dedham, MA

Aug 21, 2020 USATF Masters 1 Mile Championships, *HAP Crim Festival of Races*, Flint, MI

Other Events of Interest to Masters LDR Athletes

Mar 13-15, USATF Masters TF Indoor Championships

Jul 9-12, USATF Masters TF Outdoor Championships

Jul 20 - Aug 1 WMA Outdoor Championships [XC, 10K & HM Road Races*], Toronto, Canada

Dec 12 USATF National Club Cross Country Championships—2021 Masters GP, San Francisco, CA

*Participation in any one of the three Non-Stadia events (XC, 10K and Half Marathon Road Races) may be counted for points toward the 2020 Individual Masters Grand Prix

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, or at mvrosadoesq@icloud.net.

Remember to sign up for USATF's Phidippides Program which rewards *Masters Runners of all abilities* for their participation in organized road races. Hundreds of Masters Runners from ages 40 to 90 have earned Awards each

year. There is still time to run races, earn points, and apply for the Award. For more details on the program, and how to apply, please consult:

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

Mountain/Ultra/Trail (MUT) Report

Team USA U18 women win bronze at the WMRA Mountain Running Youth Cup

<https://trailrunner.com/trail-news/usatf-u18-girls-mountain-running-team-earns-bronze/>

We are getting set to name our NACAC Mountain Running Team, our Long Distance Mountain Running Team and our Junior Mountain Running Team. As well, the selection for our Mountain Running Team (seniors), will be at USATF Mountain Running Championships on September 29 in Waterville Valley, NH. The USATF 50km Team will compete in Romania on September 1 with Lin Gentling and Susan Dun as team staff.

Zach Bitter breaks the 100-Mile World Record

- <https://www.runnersworld.com/news/a28819230/zach-bitter-100-mile-world-record/>

Cross Country Report

Registration is open for the 2019 Masters 5k Cross Country Championship. The meet will be held on Saturday, October 12 in San Diego on the beautiful Mission Bay course. The site was also host to the 2008 and 2011 USA Cross Country Championships. Registration is also open for the 2019 Club National Cross Country Championships. This meet will be hosted at Lehigh University in Bethlehem, Pennsylvania. The course has hosted many great meets through the years, including the 2014 Club Championships. The race date is Saturday, December 7.

Registration for both events is on the USATF web site under National Championships.

The USA Cross Country Championships will be back in San Diego on Saturday, January 18, 2020. The meet will be the selection meet for Junior and Senior United States national teams for the Pan Am Cross Country Championships. Those championships will be held on Saturday, February 29 in Vancouver, Canada. All four squads will consist of the top six eligible finishers that elect to participate.

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

From the Board

None Submitted

2020 IAAF World Half Marathon Championships

Since the IAAF has yet to send out the competition information for the March 29, 2020 IAAF World Half Marathon Championships in Gdynia, Poland, Men's LDR and Women's LDR haven't been able to finalize the selection procedures for that team. Barring major changes to the IAAF's format, MLDR and WLDR intend to follow a similar selection procedure to that used for the 2018 IAAF World Half Marathon Championships in Spain.

Pending receipt of the IAAF's competition information, MLDR and WLDR intend that:

One team position per gender will be selected based on the rank order finish from among the top three finishers at the 2019 USATF 20 km Championships on September 2, 2019. Should no athlete from among the top three finishers in each race at the 2019 USATF 20 km Championships accept this U.S. Team position, the selection of that position will then revert to the process for the remainder of the team.

The remainder of the team would be selected via combined 20K/Half Marathon performance list between Sept 1, 2019 and Jan 31, 2020.

Once again, this information is preliminary and subject to change until the IAAF announces competition information.

Jonathan Grey Scholarship Fund

Applications for the Jonathan Grey Scholarship Fund in partnership with [Twin Cities In Motion](#) 10 Mile, is now open until September 6th.

The scholarship fund is designed for one male and female distance runner under the age of 25 years, who has found the transition of graduating from collegiate athlete to professional athlete difficult, in terms of access to coaching, sponsorships and elite race entry.

18 months ago, Jonathan Grey at 29 years, lost his battle with depression but he left a huge mark on the running community.

Winners will be announced no later than Friday September 13th.

Click here for more information:

<https://form.jotform.com/82435263546156>

RRCA Offers Roads Scholar Grants

Since 1996, the Road Runners Club of America has awarded 124 grants totaling \$590,000 through its Roads Scholar program to assist American post-collegiate road runners who show great promise to develop into national and world class road running athletes. As of 2016, over 60% of the grantees (60 total) have gone on to run at the Olympic Trials after receiving the grant in either the Marathon or distance events for Track. Four grantees, Deena (Drossin) Kastor, Kate (O'Neill) Tenforde, Amy (Yoder) Begley, and Alexi Pappas (for Greece) earned spots on Olympic Teams.

Grants in the amount of \$5,000.00 per year have been awarded to four to six athletes annually since the program's inception. The program was created to improve the state of long distance running in the United States.

The program is directed towards runners who:

- Are U.S. citizens
- Have recently graduated from college (or whose class has graduated)
- Plan to pursue elite distance running as a career
- Expect to earn less than \$35,000 from all sources during the calendar year

The deadline to apply for a 2019-20 Roads Scholar grant is September 15, 2019. Attendees to the [RunPro Camp](#) are strongly encouraged to apply, however attendance at RunPro Camp is not a requirement for receiving a Roads Scholar grant.

<https://www.rrca.org/our-programs-services/programs/roads-scholars/application>

Adjustments made Olympic Marathon Trials Course

Atlanta Track Club and USATF announced adjustments to the course planned for the February 29, 2020 U.S. Olympic Team Trials – Marathon. Race organizers will replace the previous six mile loop with an eight mile loop that competitors will now complete three times before running the 2.2 mile finish loop.

Please see the Press Release for details

<https://www.atlanta2020trials.com/news/41/58/Course-Adjustments-Announced-for-2020-U.S.-Olympic-Team-Trials-Marathon>

Course tour

<https://www.youtube.com/watch?v=5HmhpRwiExM>

and the attached course map.

<https://www.atlanta2020trials.com/course/map>