



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS

July 2020 EDITION

Upcoming Events:

None until September

From the Desk of the Chair, Mike Scott

While different parts of the U.S. continue to re-open at different rates – and success – than others, we're continuing to see cancellations of major fall events.

Within the past week both the New York City Marathon and the Berlin Marathon announced that they were cancelled for 2020. The Twin Cities Marathon weekend announced it would be conducted only virtually, so the 2020 USATF 10-Mile Championships have been cancelled.

The USATF 50K Trail Championships, USATF Mountain Running Championships, and the USATF Vertical Mountain Running Championships have also been cancelled for 2020.

The Go-To location for all official USATF guidance as well as scheduling of USATF championships and other events is: <https://www.usatf.org/covid19>

At the moment, all USATF LDR championships have been cancelled through the end of August. The next USATF LDR championships currently scheduled is the Sept 7 USATF 20K Championship (New Haven, CT).

USATF Return to Training and Hosting Events Guidelines

Last month USATF released the COVID19 Working Group's guidelines for Return to Training: <https://www.usatf.org/programs/elite-athletes/usatf-coronavirus-2019-covid-19-information-page/return-to-training-guidance-for-athletes-coaches-c>

and Return to Competition (aka, guidance for Event Directors and LOCs):

<https://www.usatf.org/covid19/logistical-information-and-guidance-for-event-directors-and-local-organizing-committees>

USATF posted an Event Hosting FAQ today: <https://www.usatf.org/programs/elite-athletes/usatf-coronavirus-2019-covid-19-information-page/usatf-event-hosting-faq>

Please check these documents frequently when you consider hosting events; these guidelines are updated as new information becomes available.

For those of you interested in a detailed description of what a staggered start (rated "low risk" in the COVID-19 event hosting guidance) for a cross country race might look like, here's an interesting article "The Case For Interval Starts As An Emergency Option For Fall 2020 XC Racing" that describes the process:

<https://www.letsrun.com/news/2020/06/the-case-for-interval-starts-as-an-emergency-option-for-fall-2020-xc-racing/>

Men's LDR Report

None Submitted

Women's LDR Report

None Submitted

Masters LDR Report

A Note from Mary V. Rosado, Chair of the Masters LDR Committee.

Another month has gone by. Many states have begun to reopen, perhaps prematurely in some cases. States which had initially largely avoided a surge in cases are now experiencing them. That means we need to continue to be vigilant and makes it less likely, unfortunately, that physical, rather than virtual races will be widely available for us in the near future. The recent announcement about the cancellation of the 2020 New York Marathon reinforces that point. We are sad to report that the USATF Masters 1 Mile Championship in Flint has been cancelled. Our upcoming Masters Championship schedule remains in flux. The Masters LDR Committee is considering whether any adjustments should be made to the Masters Grand Prix and Phidippides programs due to the dearth of Championships and races due to the corona virus shutdowns. Any decisions will come when the path to reopening is more certain. Good luck with any Virtual Runs you participate in; please run safe and run well.

Upcoming Championship Schedule:

Our **USATF Masters 1 Mile Championship**, hosted by the HAP Crim Festival of Races, originally scheduled for **Friday evening, August 21, 2020**, has been cancelled.

Our **USATF Masters 12K Championship**, to be hosted at the By Hook or By Crook Run operated by USATF-NJ, is scheduled for **Sunday, September 27, 2020**.

Our **USATF Masters 5 Km Cross Country Championship**, scheduled for mid-October, is now under question. USATF-NE declined to complete the formal bid because

of uncertainties concerning the ability to hold a large gathering of runners for a race in a public space in Massachusetts.

Our **USATF Masters Half Marathon Championship**, hosted by the Syracuse Half Marathon on **Sunday, November 8, 2020**, is proceeding with the expectation that the race can be held.

LONG-TERM planning:

World Masters Athletics (WMA) Following the cancellation of the WMA Toronto 2020 Outdoor Championships, the WMA has rescheduled upcoming Championships.

- The **WMA Outdoor Championships** have been rescheduled from 2022 to 2021 and **will be held in Tampere, Finland, with a probable starting date of late June to early July 2021.**
- The **WMA Indoor Championships in Edmonton, Alberta, Canada** have been **rescheduled to 2022**, with a likely slot of the first or second week in April.
- The **WMA Outdoor Championships** scheduled for **Gothenburg, Sweden**, will move to 2023. Details will follow in the coming months.

All these Championships are expected to include Non Stadia road races in addition to middle distance events on the track. The announcement by the WMA President can be viewed [here](#).

The WMA website also has news about the *Worldwide Virtual Masters Challenge*, an unofficial virtual track and field meet in honor of the Toronto 2020 event which had to be cancelled:

<https://world-masters-athletics.com/news/masters-athletes-still-pulling-together-virtual-event/>

The first event on the 2021 Masters Grand Prix Circuit is the USATF Club Cross Country Championships in San Francisco, CA on December 12, 2020

The Committee welcomes bids for National Masters Championships at all distances. Please contact Mary V. Rosado, Chair, at mvrosadoesq@prodigy.net, or at mvrosadoesq@icloud.net.

Normally the USATF's Masters LDR Committee ratifies new American Records at the USATF Annual Meeting in December. That was moved up this year, anticipating that the Meeting this year will likely be virtual. It also gives us much to cheer about! Many record performances from earlier years have now been verified, thanks to diligent work by Andy Carr. Just to give a flavor of the records approved, we note that recognition of **Mark Richtman's** M60 record in the 50 Mile Run is poignant; he died last year in a kayaking accident in Tomales Bay in California. An appreciation of this extraordinary ultra-runner, coach, multiple record holder, and leader is here. By a serendipitous coincidence, Richtman's running pal and fellow Tamalpa Runners athlete, **Brian Pilcher**, also had his amazing performance at the 2016 BOA Chicago Marathon ratified. At that race, run one week after he set a new M60 record

for the 5K, Pilcher, the 2013 USATF Masters Athlete of the Year, set new M60 records for the Half Marathon 1:16:54, the 25K 1:31:41, the 30K 1:50:53, and the Marathon 2:42:44! Marathon records were set at the 2020 Olympic Trials Marathon in Atlanta by **Abdi Abdirahman** M40 2:10:03 and **Bernard Lagat** M45 2:14:03. Two other noted Masters Marathoners set 30 Km and 50 Km records, respectively, **Gene Dykes** M70 2:09:04 and **Mike Wardian**, M45 2:59:35. **Kevin Castille** broke his existing M45 15 Km record twice in successive years at the Utica Boilermaker Run, lowering it to 45:37. **Anny Stockman** F85 1:07:36 added the 8K to the 5K record for women 85 and up that she claimed in 2017. **Pamela Chapman-Markle** set 4 'ultra' F60 records: the 100 Km 11:47:57, the 100 Mile 20:58:24, the 24 hour 190,683 meters and 48 hour 291,793 meters runs. Runs of over 10,000 meters on the track are also under the jurisdiction of Masters LDR. **Meghan Laws** set 3 such F55 records at the 50,000 Meters 3:56:52, the 100,000 Meters 8:41:21 and the 50 Mile Run 6:44:50. Once the list is updated, these new records and others will be posted at:

<https://www.flipsnack.com/USATF/american-masters-records/full-view.html>

USATF Masters LDR announced that they have approved a new, updated set of Age-Grading tables, devised by **Alan Jones**, with the assistance of **Tom Bernhard**. Jones produced the first set of tables in 2006, and updated them previously in 2010 and 2015. Jones is adding the 2020 standards to his RunScore software, one of the most popular race-scoring programs. It is expected that the Howard Grubb Calculator will add the 2020 standards soon. The Grubb calculator with the 2015 standards can be accessed here. One can toggle between the 2010 and 2015 standards in the lower righthand corner of the calculator. The detailed tables behind the update are in a public repository at GitHub and can be accessed here. As we approached the 2020 year, it seemed likely there would need to be an update after another 5 years of record-breaking performances. This is especially so on the Women's side. Both Women's and Men's tables were updated but the changes are more significant on the Women's side as they continue to push out the boundaries of Long-Distance Running.

USATF's **Phidippides Program** rewards *Masters Runners* of all abilities for their participation in organized road races. Applications for a 2020 Award are now being accepted. While the Covid-19 emergency has led to the suspension of organized races at the present time, stay safe, stay fit, and be ready to resume participation once the races come back. For more details on the Phidippides program, and how to apply online, please consult:

<https://www.usatf.org/disciplines/road-running/phidippides-award>

Mountain/Ultra/Trail (MUT) Report

Due to the cancellation of our USATF Mountain Running Championships, a task force led by Richard Bolt has been set up to discuss the selection process for the 2020 USATF

Mountain Running Team. The task force (including Grayson Murphy, Joseph Gray, Max King, Brandy Erholtz, Eric Blake, and Jason Bryant), will bring forth ideas for discussion and approval by the USATF MUT Executive Committee during its July 15 meeting.

Just as we are going to press, we learned that the USATF 50K Trail Championships have been canceled.

Our inaugural USATF Vertical Mountain Running Championships sadly had to cancel their event for September 25, but the organizers are interested in hosting championships in 2021.

Good news is that some racing is again happening on the trails. Utah and Idaho as well as Colorado (among others states), have conducted, or will conduct in July events. The look and feel will be a bit different. A recent article on the Bryce Canyon Ultras here: <https://trailrunner.com/trail-news/trail-racing-in-the-covid-19-era-interviews-from-bryce-canyon-ultras/>

Bears Ears Ultra event in Utah report - <https://trailrunner.com/trail-news/inaugural-bears-ears-ultra-a-success-in-the-covid-19-racing-era/>

We congratulate Joseph Gray being named #WMRAGOAT (learn more here: <https://trailrunner.com/trail-news/joseph-gray-wins-wmra-greatest-of-all-time-goat-mens-mountain-runner-poll/> - a video thanks from Joseph can be viewed here - <https://www.youtube.com/watch?v=KQESQiapMBE> and an interview with Joseph can be viewed here - <https://www.youtube.com/watch?v=UueszwPLFHE&t=11s>. For those of you who just want to see some fun outtakes, check this link - <https://www.youtube.com/watch?v=bdXYWIKY1Ys>

Even though the World 100km Road Championships was cancelled, the national team was named based on selection criteria. This is a general practice of the ultra teams to acknowledge performances and honor the athletes.

MEN'S 2020 100K National Team

Zach Bitter - Davis, CA
Geoff Burns - Ann Arbor, MI
Israel Merkle - Akron, OH
Patrick Reagan - Savannah
Seth Ruhling - Chattanooga, TN.
Jim Walmsley - Flagstaff, AZ

WOMEN'S 2020 100K National Team

Caroline Boller - Solvang, CA
Emily Harrison - Flagstaff, AZ
Camille, Herron - Alamosa, CO
Liza Howard - San Antonio, TX
Sabrina Little - Morehead, Kentucky
Pam Smith - Salem, OR

Management Team

Lin Gentling, Rochester, MN - Team Leader

Timo Yanacheck, Madison, WI - Team Leader
Dr. Lion Caldwell, Albuquerque, NM - Team Physician

The most current USATF National records for ultra distances on road and track have been updated and posted at.

<http://www.usaultrarunning.com/american-records-for-ultra-distances/>

Cross Country Report

Upcoming Championships

Saturday, December 12, 2020 USA Club Championships, Golden Gate Park, San Francisco CA

Saturday, February 6, 2021 USA Cross Country Championships, Mission Bay Park, San Diego CA

Saturday, December 11, 2021 USA Club Championships, Apalachee Regional Park, Tallahassee FL

Because of the uncertainty of the holding of championship races, the bids for the 2022 USATF Club Cross Country Championships will not be reviewed until September, 2020. If you would like to submit a bid, please see the bid form on usatf.org. You can also contact Thom Hunt, coachhunt619@gmail.com or Bill Quinlisk, billqxc@verizon.net for assistance.

Road Running Technical Council Report

Congratulations to RRTC's Jane Parks for her appointment as the International Road Course Measurer for the 2021 World Championships to be held in Eugene, Oregon. Jane is the first female appointment as the International Road Course Measurer for any World Athletics Series event which includes the Olympic Games, World Championships, World Half Marathon or Race Walking Team Cup

World Athletics Announces Strategic Plan:

World Athletics effectively used its time during the global pandemic to develop its strategic plan to grow the sport during the next four years.

Among the strategies mentioned:

"A weekend celebration of running: combining world class elite events and athletes with mass participation competitors. **World Athletics Road Championships** will bring together the World Half Marathon Championships, a significant mass participation component and other potential elements such as the World Race Walking Team Championships, an Ekiden relay or a World 5k championship. There is also the possibility of hosting a **World Athletics Off-Road Championship** in the intervening years which could combine the World Cross Country Championships with other off-road disciplines (trail, mountain running, etc.)."

Here's the link to the strategic plan:

<https://www.worldathletics.org/news/iaaf-news/strategic-plan-for-growth>