



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS OCTOBER 2019 EDITION

Upcoming Events:

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

September kicked off with Lenny Korir (59:06) and Sara Hall (1:06:46) dominating the fields at the USATF 20 km championships at New Haven Road Race.

Kristy Denton (104.982 miles) and Harvey Lewis (130.556 miles) ran to national titles at the USATF 24-hour championship.

Grayson Murphy (1:01:45) won her first national title while Joe Gray (52:52) won his 17th as the two ran away from the fields at the USATF Mountain Running Championships.

Paul Terranova (11:18:59) and Nyleva Corley (16:11:55) won the USATF 100 km championship.

Forty-one year old Roberta Groner (2:38:44) finished sixth at the IAAF World Championships Marathon in Doha in simply brutal conditions. Carrie Dimoff finished 13th, while Kelsey Bruce placed 38th.

Sara Hall ran the sixth fastest time ever by an American at the Berlin Marathon. Her 2:22:16 was a 4 minute PB. Also at Berlin: Sally Kipyego – who recently had her Transfer of Allegiance request approved and is now eligible to represent the U.S. – ran 2:25:10. In the men's race behind the near world record by Kenenisa Bekele (2:01:41), Matt Llano ran 2:11:14.

The 2019 Jonathan Grey Scholarships, in partnership with Twin Cities In Motion, were awarded to Dhruvil Patel and Karis Jochen. The scholarship provides travel and lodging for a young male and young female athlete to the USATF 10-Mile Championship.

USATF Long Distance Running would like to thank the Road Runner Club of American for their support of American athletes. RRCA awarded 17 athletes qualified for the US Olympic Marathon Trials with special grants (see below for recipients).

Men's LDR Report

None Submitted

Women's LDR Report

Ms. Sara Hall ran away with another win at the New Haven 20K and currently leads the US Road Running Circuit. There were a lot of post-collegiate newbies at the 20K, and athletes were happy and had a good experience. Katie Jermann of Team USA Minnesota, who's been a frequent participant in the US Championships this year, finished second.

October kicks off with our 10 Mile Championship in Twin Cities. Should be a great race with a strong field.

Registration is now open for athletes who have qualified for the 2020 US Olympic Marathon Trials. Registration closes January 22nd 2020 at 11:59pm PT.

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=117028>

Masters LDR Report

1. On **Saturday, October 26th**, the Tulsa Federal Credit Union's Tulsa Run will host the **USATF Masters 15 Km Championships** for the 7th time. This is the final edition in Tulsa; they will put on the usual great show. There will be a complimentary Masters Championship pasta dinner the night before, and the host hotel is literally steps from the Start, the Finish and Post Race Celebrations & Awards. The special warm-up area and head start for the Championship over a challenging racecourse that showcases the neighborhoods of Tulsa make Masters Runners the focal point of the race. This has been one of the gemstones of the Masters Grand Prix Circuit; come & help 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>

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.

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.

“World Champion” has a nice ring to it! “I competed in the World Championships for Masters Athletes!” It’s a great ‘intro’ to an amazing story! Give it a try! Ten months until Toronto! Clear the decks now, and keep them cleared, so you can be there.

Bookmark the link below to check back for updates closer to the events:

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

3. The remaining 2019 Masters Grand Prix Schedule includes:

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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.

The **2019 Masters Grand Prix Awards Ceremony** will be held again this year at the **USATF Club Cross Country Championships** in Bethlehem, PA. If you anticipate winning an Award, be sure to be there to accept the accolades of your peers. Even if not, attend, compete in the race, and congratulate the Grand Prix winners at the evening ceremony.

Club Cross Country Entry Form for Masters Athletes: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116905>

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.** But you’ll need to hurry—Only races through December 31st count. The closing date for the application is January 31, 2020. For more details on the program, and how to apply online, please consult:

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

Mountain/Ultra/Trail (MUT) Report

MUT approved USATF Half Marathon bid for 2020 at our last exec meeting: September 26, 2020 - Birkie Trail Running Festival in Hayward, WI -- this will be the third time in four years for them to host.

NACAC Mountain Championships forthcoming October 20 with a full USATF NACAC Mountain Team.

The USATF 24 hour championship was hosted on Sept 21-22 at Edgewater Park in Cleveland, OH. Harvey Lewis and Kristy Denton took the wins.

Waterville Valley Ski Resort hosted the USATF Mountain Running Championship, with Joe Gray and Grayson Murphy running to wins.

<https://trailrunner.com/trail-news/national-champions-crowned-at-first-ever-waterville-valley-mountain-race/>

Winners at the USATF 100 km Trail Championship in Rocksprings, TX were Paul Terranova and Nyleva Corley. <https://trailrunner.com/trail-news/corley-and-terranova-win-usatf-100-km-trail-championships/>

Cross Country Report

None Submitted

Road Running Technical Council Report

RRTC is pleased to announce the successful and on-time launch of the new online certification registration system at certifiedroadraces.com.

The practice site at <https://learn.certifiedroadraces.com> has been in operation for over a month.

Athletes Report

None Submitted

From the Board

None Submitted

RRCA Awards Special Grants to 17 Olympic Marathon qualified athletes.

The RRCA awarded 17 athletes qualified for the US Olympic Trials with special grants. The grants are designed to support top U.S. athletes, that applied for the grant, as they prepare for the 2020 U.S. Olympic Trials - Marathon to be hosted in Atlanta, GA on Saturday, February 29, 2020.

- [Brogan Austin](#), Des Moines, IA
- [Andrew Colley](#), Blowing Rock, NC
- [Martin Hehir](#), Philadelphia, PA (2016 Roads Scholar)
- [Tyler Jermann](#), Burnsville, MN (2017 Roads Scholar)
- [Elkanah Kibet](#), Colorado Springs, CO
- [Bernard Lagat](#), Tucson, AZ
- [Augustus Maiyo](#), Colorado Springs, CO
- [Parker Stinson](#), Boulder, CO
- [Emma Bates](#), Boise, ID (2017 Roads Scholar)
- [Samantha Bluske-Palmer](#), Tuscaloosa, AL (2018 Roads Scholar)
- [Kelsey Bruce](#), Dallas, TX
- [Lindsay Flanagan](#), Louisville, CO
- [Robertta Groner](#), Ledgewood, NJ
- [Sara Hall](#), Flagstaff, AZ
- [Katy Jermann](#), Burnsville, MN (2015 Roads Scholar)
- [Bethany Sachtleben](#), Fairfax, VA
- [Aliphine Tuliamuk](#), Flagstaff, AZ