



USATF™

LONG DISTANCE RUNNING

**DIVISION REPORTS
January 2021 EDITION**

Upcoming Events:

None scheduled until 2021

From the Desk of the Chair, Mike Scott

I'd like to thank the USATF membership for their support in re-electing me chair of the Long Distance Running Division.

As expected, the past four years has been quite the learning experience about the breadth of our sport, from muddy cross country courses in Pennsylvania, to mountain races in California, trail races in Wisconsin, road races across all the US, international championships in China, Spain, and Denmark, and the Olympic Marathon Trials in Atlanta. I'd like to thank my committee chairs Edwardo Torres, Kimberly Keenan-Kirkpatrick, Mary Rosado, Nancy Hobbs, Thom Hunt, and David Katz as well our athlete representatives Amy Yoder Begley, Garrett Heath, Addie Bracy, and Roy Pirrung for all of their hard work to make our sport better. Special thanks to my long-time friend and USATF Board member Fred Finke for the all his support and guidance.

I'm excited to face the challenges of the next four years. Joining Nancy, Thom, and David as chairs will be Blake Boldon, Mickey Piscitelli, and Lloyd Hansen plus Jared Ward and Molly Seidel will be new faces among the athlete reps. I'm especially excited to be working with my longtime colleague and friend Jim Estes who is our new LDR representative to USATF's Board.

I would be remiss to mention how much I owe to my mentor and friend Bill Roe who left us too suddenly in late February. It was especially apparent this past week during the Annual Meeting how much we miss his wise counsel and depth of knowledge about USATF and our sport as a whole.

Once again, I'm honored that you've placed your confidence in me to lead our sport for the next four years.

Happy New Year! Looking forward to a happy and healthy 2021!

Men's LDR Report

None Submitted

Women's LDR Report

Thank you to everyone who "attended" the USATF Virtual meeting earlier this month. We appreciate your attention and service to our sport.

I would like to thank Zack Raubuck, the National Office liaison to the Women's LDR committee for his endless patience in getting everyone tuned in and able to participate.

We are hoping to welcome back those scheduled USA Championship races which were unable to be held as in-person events during 2020. Many of these races have served as USA Championships in the past and we know that they are as eager to get back to a status as normal as possible as soon as possible.

As you already know, USATF did not send Team USA to compete on October 17 in the World Athletics Half Marathon Championships in Gdynia, Poland. The rationale was that athlete safety was the top priority. The team that would have represented us was Keira D'Amato, Lindsay Flanagan, Katy Jermann, Maggie Montoya, and Becky Wade. Jennifer Rhines (Women's Head Coach) and Ann Marie Letko (LMT) would have been among the accompanying staff. Our most sincere congratulations to these athletes for having earned this honor and to those Team USA staff members who were recognized for their talents. Fortunately, and no surprise, many of these athletes have continued training hard and have turned in great performances this fall right here in the US. For those who like to keep a calendar, the next World Athletics Half Marathon Championship will be in Yangzhou, China on Sunday, March 27, 2022.

During the USATF Annual Meeting in early December, Mickey Piscitelli was elected by acclamation to assume the role of Chair of the Women's LDR. Mickey has been Vice Chair for 8 years and previously held the position of Secretary under the three prior Chairs of the Committee. Originally from the Bronx, Mickey is a retired teacher of high school mathematics who is currently employed by the YMCA of Central New York as a fitness instructor and a triathlon coach. She and her husband, Pat, live in Baldwinsville, a suburb just west of Syracuse. Mickey is looking forward to the challenges of her new role. The WLDR committee expressed their thanks to outgoing chair, Kimberly Keenan-Kirkpatrick, who hopes to continue to contribute to the committee by serving as its representative to Women's T & F and the Diversity Committee.

Here are a few words from Kim:

LDR Community,

It has been my pleasure to serve as the chair of WLDR for the last eight years. The work done by the WLDR committee is a testament to the devotion the members have for the growth of our sport and our future Olympians.

I have enjoyed working along side a talented hard working group and hope to still be able to support this group and our athletes as we head into 2021 and beyond. I am excited to see Mickey, Blake and Mike work together to continue the work we have done and always fight for the athletes. Thank you to all the road races that have supported our athletes and look forward to getting back to normal in 2021 to hear the patter of sneakers hitting the road and the cheers of the crowds as our athletes reach new heights. Stay Safe and healthy and have a great holiday season.
Kim Keenan-Kirkpatrick

WLDR Awards for 2020 bestowed in conjunction with the Annual Meeting:

Runner of the Year Award:

Aliphine Tuliamuk

Excerpt from our congratulatory letter to Aliphine upon her earning our WLDR Runner of the Year Award

The Women's Long Distance Running (WLDR) Committee of USATF is pleased to announce that you are the 2020 winner of our **Runner of the Year Award**. You have been declared the winner by virtue of your being the top point earner in our USA Running Circuit. This is your third year in winning this award and we could not be more delighted for you. What a wonderful race you had at the Olympic Team Trials-Women's Marathon in Atlanta in February! We are so proud of you, Molly and Sally. We hope that you all are healthy and happy and are doing well during these trying times and we look forward to seeing you three compete in the Olympic Games next summer.

Marja Bakker Contributor of the Year Award:

Rich Kenah (Atlanta Track Club)

Excerpt from our congratulatory letter to Rich upon his earning our WLDR Marja Bakker Contributor of the Year Award

The Women's Long Distance Running (WLDR) Committee of USATF is pleased to announce that you have been selected as the 2020 winner of our **Marja Bakker Contributor of the Year Award**.

Your vision for the 2020 Olympic Team Trials-Marathon was not only realized, but an unqualified success on so many levels. We thank you as well as your Board, your management team, and the huge number of volunteers who made race weekend an experience that the athletes, their families, and the spectators along the course will never forget. You have an amazing army of volunteers. They were everywhere...from helping to navigate from the MARTA station to the hotel to giving directions within the hotel complex to helping with course logistics and so on and so on. They were friendly and always had a smile when someone had a question. You must be so proud of the Atlanta Track Club!

2020 USATF Running Circuit

Due to COVID-19, the 2020 edition of the USATF Running Circuit was abbreviated with only four championship events being conducted.

The first quarter of 2020 saw the completion of the USATF Cross Country Championships in San Diego, CA on January 18, the Olympic Trials Marathon in Atlanta, GA on February 29 and the USATF 15 km Championships hosted by the Gate River Run in Jacksonville, FL on March 7 and the Drake Blue Oval Mile was on August 29th.

Due to concerns with COVID-19, host events and the championships for 25 km, 20 km, 10 Mile and 5 km distances were canceled.

The National Championships podium for 2020 at each event are;

USATF Cross Country Championships – 1. Natasha Rogers (35:45) 2. Paige Stoner (36:07) 3. Carrie Verdon (36:24)

US Olympic Trials Marathon – 1. Aliphine Tuliamuk (2:27:23) 2. Molly Seidel (2:27:31) 3. Sally Kipyego (2:28:52)

USATF 15 km Championships – 1. Marielle Hall (48:52) 2. Natasha Rogers (49:50) 3. Eden Meyer (49:52)

USATF 1 Mile Road Championships – 1. Emily Lipari (4:29.3) 2. Marisa Howard (4:31.1) 3. Megan Mansy (4:32.0)

Despite the cancelation of individual events, the USATF Running Circuit itself was not canceled for the year and final standings are based on the completed events.

The top-five women in the standings are:

1. Aliphine Tuliamuk
2. Natasha Rogers
3. Molly Seidel
4. Sally Kipyego
5. Paige Stoner, Marielle Hall, and Emily Lipari

2021 USATF Running Circuit

Plans for the 2021 USATF Running Circuit are moving forward at this time, however, due to the obvious uncertainty associated with the production of mass participation events, the schedule is not yet final and is subject to change.

Tentative events and tentative hosts are (some dates TBA):
USATF 15 km Championships – Gate River Run – March 20

USATF 25 km Championships – Fifth Third Riverbank Run – May 8

USATF One Mile Road Championship- Drake Blue Oval Mile

USATF Half Marathon Championships – Bids under review

USATF 20 km Championships – Stratton Faxon New Haven Road Race

USATF 5k Championships- Abbott Dash to the Finish Line 5k – Nov 6

Open championships include 10 km, 10 Mile, Marathon, and other event distances.

Interested bidders can find information at www.usatf.org.

Masters LDR Report

At this month's USATF Annual Meeting, the Masters LDR Committee elected a new Chair, **Lloyd Hansen**. They also

re-elected **Bill Quinlisk** as Vice-Chair and **Doreen McCoubrie** as Secretary, and elected **Pam Fales** to the new position of Treasurer. **Mary Rosado**, who is stepping down as Chair, supported Hansen as Chair, noting his many contributions to Masters LDR during his service on the Executive Committee, Championships Subcommittee, Masters Membership Initiative, and as WMA delegate. As an active Masters LDR runner, Hansen also brings that perspective. Hansen and the entire Committee thanked Rosado for her important service as Chair over these last 4 years. Rosado will focus her future energies on WMA, Anti-Doping, and Law & Legislation, areas where she has made multiple important contributions over the years.

*Six athletes were also elected to the Masters Hall of Fame. They include: **Doreen McCoubrie, Marisa Sutera Strange, and Debra Wagner** for Road Racing, and **Madeline Bost and Tom Dalton** for Cross Country. *Importantly, Bill Roe was also the posthumous winner of the **Otto Essig Award** for meritorious service to Masters LDR and was elected to the Hall of Fame as a contributor.**

MESSAGE FROM OUTGOING CHAIR

It has been an honor and pleasure to serve as the first ever female and person of color as Chair of the USATF Masters LDR committee. (I hope that I am not the last one.) I want to thank the previous Masters LDR chairs who nurtured and supported me in my journey - Jerry Crockett, Norm Green and Don Lein. I would be remiss if I did not also mention Fred Finke, the outgoing LDR Representative on the Board of Directors. I thank the members of the Executive Committee who made me look good throughout the years. Thank you for your hard work on behalf of the sport: Bill Quinlisk, Pam Fales, Perry Jenkins, Tom Bernhard and Doreen McCoubrie, and finally my right hand, Paul Carlin, the media guru. I will continue to serve on the Executive Committee. So thanks to you and see you at the next meeting. I wish my successor, Lloyd Hansen, the best and look forward to working with him the next four years. Stay safe and enjoy the holidays.

MESSAGE FROM INCOMING CHAIR

It has been a very tough year, but with the new vaccine, we can see light at the end of the tunnel. Our Committee's primary near-term focus will be: 1) establishing a strong, geographically diverse set of Championships; 2) improving communications at all levels; 3) establishing closer linkages with Masters Track and Field, and 4) bringing in new people who are willing to help.

With that in mind, we have initiated quarterly Zoom calls with representatives from our competing clubs. **On our first call (December 17), we had 54 "club ambassadors" representing more than 30 clubs from all parts of the country.** We discussed our priorities and plans for the future, including details of upcoming events. If you would like to be invited to participate in future calls, please send me an email hansen.lloyd@yahoo.com with a copy to pamfales.usatf@gmail.org. Our next call is scheduled for February 11, 2021 and you will have the

opportunity to hear the latest information from our 2021 race directors.

We also have established two key subcommittees, which we will continue to expand:

First, **Championships**, which will include **Paul Carlin, Eric Heintz, Irene Herman, Perry Jenkins, Bruce Kirschner, and Bill Quinlisk**, and myself. We especially want to welcome Eric Heintz from the Atlanta Track Club, Irene Herman from the Impala Racing Team, and Bruce Kirschner from the Boulder Road Runners who are new members of our leadership team. They bring not only more regional focus to our committee but have a wealth of valuable experience.

Second, **Communications**, which will initially include **Paul Carlin, Bruce Kirschner, and Pam Fales**. This committee will be responsible for improving our communication, including our quarterly "ambassador calls", websites, and media.

In addition to these committees, we are also looking for volunteers to help us with our annual awards. If you would like to contribute, please let me know.

Finally, **Perry Jenkins** will have new responsibilities to work closely with **Masters Track and Field** to help identify synergy, especially in communication and marketing. We want to have a united effort to serve our masters athletes.

2021 Masters Grand Prix Championship Schedule

The 2020 Masters GP schedule was decimated by the pandemic. We feel confident about our ability to emerge from this difficult period, but the pace of emergence is still uncertain. **Events in the spring and summer may not take place. We feel more confident about the races scheduled for the fall. As we learn more, the schedule will be updated.** The present schedule includes the following.

2021 Masters Grand Prix Championship Schedule:

April 25 **USATF Masters 10Km Championships**, *James Joyce Ramble*, Dedham, MA (Likely to be cancelled)
June 5 **USATF Masters 1 Mile Championships**, *Rochester Mile*, Rochester, NY
September 19 **USATF Masters 12Km Championships**, *By Hook Or By Crook 12K*, Highlands, NJ
Oct 17 **USATF Masters 5 Km XC Championships**, Boston, MA
Nov 14 **USATF Masters Half Marathon Championships**, *Syracuse Half Marathon*, Syracuse, NY

We have already begun work on our 2022 Masters Grand Prix schedule and plan to have a full schedule of high quality events, with much more geographic diversity. **Importantly, we are committed to publishing the entire 2022 schedule by October 2021.**

The 2022 Masters Grand Prix schedule will kick off with the 2021 USATF Club Cross Country

Championships in Tallahassee, Florida on December 11, 2021. The goal is to have 8-9 geographically diverse Championships on the 2022 calendar, with emphasis on our MLDR Centers of Strength: 3-4 in the East/Northeast, 3-4 West, and 2 in the Midwest/South.

The Club XC Championships in Tallahassee will not only initiate the 2022 Masters Grand Prix, but they also give us the opportunity to celebrate the Award Winners from the 2021 Grand Prix. Don't miss it!

Mountain/Ultra/Trail (MUT) Report

Key happenings from Mountain Ultra Trail:

- Nancy Hobbs re-elected Chairperson (4 year term)
- Meghan Canfield elected Vice Chairperson (4 year term)

Remarks and vision from Nancy Hobbs:

- Thank you to Howard Nippert for serving as Vice Chairperson for the past eight years. Howard will remain on the Mountain Ultra Trail executive committee.
- Vision: For the next four years, continue to lobby for full funding for USATF national teams in the MUT family; due to budget cuts, host maximum of 8 championships in 2021 (we have two confirmed so far for 2021 – USATF 100 Mile Road Championships in February and 50km Road Championships in March) and be creative to have other events involved as selection races for the various teams; continue partnerships and collaboration with other organizations nationally to share ideas – Road Runners Club of America (RRCA), American Trail Running Association (ATRA), US Trail Running Conference, Collegiate Running Association (CRA); internationally – International Association of Ultrarunners (IAU), World Mountain Running Association (WMRA), International Trail Running Association (ITRA), World Athletics (WA); keep communications lines open; and welcome support from our constituents on various task forces and team selection committees throughout the year.

International team competition in 2021 is anticipated to include: combined World Mountain and Trail Running Championships; 24 Hour World Championships; 50km Road World Championships; International U18 Mountain Running Cup; NACAC Mountain Running Championships.

Rules – Mountain Ultra Trail will have the authority to approve ultra records as opposed to the men's, women's, and master's LDR committees. The Mountain Ultra Trail Executive Committee will be voting on a pending 48-hour record in the January meeting.

Cross Country Report

The 2021 USATF Cross Country Championships, originally scheduled for early February in San Diego, have been cancelled.

Upcoming Events:

2021 USATF Masters 5K Cross Country – Boston, MA – Oct 17

2021 USATF Club Cross Country Championships – Tallahassee, FL, Dec 11

2022 USA Cross Country Championships – San Diego, CA – TBD

2022 World Athletics World Cross Country Championships – Bathurst, AUS – Feb 19.

2022 USATF Club Cross Country Championships – San Francisco, CA –

2023 & 2024 USA Cross Country Championships – Richmond, VA

Road Running Technical Council Report

None Submitted

USATF LDR Records Report

Here's the Pending LDR Records presented:

<https://www.flipsnack.com/USATF/pending-ldr-records-and-bests/full-view.html>

and the ratified LDR Records:

<https://www.flipsnack.com/USATF/2020-ratified-ldr-records/full-view.html>

Highlights:

Men:

Aiden Puffer U20 5km record of 14:34
Nick Hauger 10-Mile track record of 48:56.83
CJ Albertson 50,000m track record of 2:42:31
Zach Bitter 100-Mile & 12-Hour records from 2019

Women:

Sara Hall All-Women's Marathon record of 2:22:03
Keira D'Amato All-Women's 10-Mile record of 51:23
Tierney Wolfram U20 Marathon record of 2:31:50
Molly Huddle's 3 track records at 15,000m, 10-miles & One Hour

Masters

Brian Pilcher (M60) 4 records from the 2016 Chicago Marathon (25k/30k/Half/Marathon) of 1:31:41/1:50:53/1:16:54/2:42:44

USATF Return to Training and Hosting Events

Guidelines

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>

In June 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 on Aug 12 USATF posted an updated 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>

with some key information about road, cross country, and MUT events.

Here are questions and answers from the June 20 Q&A hosted by President Vin Lananna and the National Office:

<https://www.pausatf.org/wp-content/uploads/2020/06/USATF-COVID19-Q-A-Session-notes-June-2020.pdf>

USATF posted an Event Hosting FAQ on July 1:

<https://www.usatf.org/programs/elite-athletes/usatf-coronavirus-2019-covid-19-information-page/usatf-event-hosting-faqs>

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