



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS
September 2020 EDITION

Upcoming Events:

Sep 26 USATF Half Marathon Trail Championships
(Hayward, WI)

From the Desk of the Chair, Mike Scott

Emily Lipari (4:29.3) and Sam Prakerl (3:58.3) each won national titles at the USATF 1 Mile Road Championships conducted on August 29 as part of the Drake Blue Oval Showcase presented by Mediacom. Thanks to Blake Boldon and his Drake Relays crew for successfully pulling off the first USATF LDR Championship since the March 7 USATF 15K Championships.

The USATF Half Marathon Trail Championships remain on schedule to be contested in Hayward, Wisconsin on Sept 26.

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

The Amway River Bank Run will be virtual only in 2020, so the USATF 25K Championships have been cancelled.

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>

USATF Return to Training and Hosting Events Guidelines

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's USATF's Summary of Key updates:

STEP 1 - updated to include requirement to determine state and local government restrictions on travel and to not allow competitors travelling in from restricted areas to compete without documentation of completing the required quarantine.

STEP 4 – Risk Stratification updated to include: a) Level 1, 2, and 3 designation to match updated US Olympic and Paralympic Committee (USOPC) guidance designations; b) reorganization to include different sections for outdoor track & field, indoor track & field, cross country / road / race walk (on roads) / MUT events, and non-competitors; c) updates to risk stratification definition for select events; d) updated layout to make viewing on mobile devices easier; e) update to include a face covering / mask requirement for all participants, except for competitors when warming up or competing and individuals with health conditions who cannot wear a face covering / mask at all times; f) XC / road / MUT event course width distance requirement for Low Risk updated to 12 feet, to match USOPC guidance.

STEP 5 – Clarification that COVID-19 testing for Level 2 / Moderate Risk events must be PCR tests (not serology tests) to match CDC guidance.

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.

Local High Performance LDR Events for Elite and Emerging Elite Runners in your Association/Region

Small elite races can happen currently in many locales under state, local, and USATF guidelines – we've seen many small/medium-sized high performance track meets over the past two months. USATF Associations should work with their local, high performance clubs to produce some small high performance road races on certified, criterium style loop courses that can be easily and inexpensively secured. Just like the similar events on the track, these events would permit athletes to meet contract requirements, demonstrate their fitness and set personal bests on legit courses to improve their chances for future individual sponsorships and invitations into top road races once things return to normal. I'm seeing several of these road events planned for the next couple of months. Please consider working with your local clubs to serve athlete needs.

Men's LDR Report

Men's LDR Committee is now soliciting nominations for the following awards, traditionally presented at the Annual Meeting:

H. Browning Ross Long Distance Running Merit Award

Established to honor the individual who has made an outstanding contribution and has been of service to the sport of long distance running, primarily at the national level.

Scott Hamilton Award

Established by the late Scott Hamilton to pay tribute to the leaders in this discipline at the Association level. Scott was a long-time Association officer in Hawai'i and original member of the AAU's LDR committee.

Robert E. DeCelle, Jr. Memorial Award

Established to honor the outstanding male long distance runner in the United States. The Outstanding Male LDR Runner of the Year selection is not restricted to those athletes who competed on the U.S. LDR Championship Circuit. Any U.S. athlete who has displayed excellence, here or abroad, is eligible. It is possible that an athlete may be deserving of this award based on a single, extraordinary performance in a given year.

Allan Steinfeld Award

Established to recognize an individual within a road race organization who has provided outstanding contributions to enhance men's long distance running.

Please submit all nominations

to Blake.Boldon@drake.edu no later than Thursday, September 10. To submit a nomination you must be an active USATF member. In addition to the name and association of the candidate, please also include supporting evidence and the name and association of the nominator(s).

Women's LDR Report

None Submitted

Masters LDR Report

Upcoming Championship Schedule:

The **USATF Masters 12K Championship**, to be hosted at the By Hook or By Crook Run on **Sunday, September 27, 2020** has been cancelled.

The 2020 **USATF Masters Half Marathon Championship**, has been scheduled for the Syracuse Half Marathon on **Sunday, November 8, 2020**. The City of Syracuse announced it was suspending most event permits for the remainder of 2020; the Half Marathon leadership is in discussion with the City to see if the event can go forward.

The USATF Masters LDR Committee developed a Virtual Road Racing Masters Challenge for the fall season. USATF liked the concept and decided to open up the series to runners of all ages. Many of you received an email announcing the USATF Virtual Road Running Challenge series. Details can also be found [here](#).

2021 Masters Grand Prix Championships

USATF Cross Country Championships, San Diego CA, Saturday, January 16, 2021

USATF Masters 10Km Championships, Dedham MA, Sunday, April 25, 2021

USATF Masters 1 Mile Championships, Rochester, NY, Saturday, June 5, 2021

USATF Masters 12Km Championships, Highlands, NJ, Sunday, Sep 26, 2021

All events are tentative until we know the evolution of the corona virus pandemic and governing guidelines for group events in the relevant locations.

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 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.

The new, updated set of Age-Grading tables, devised by **Alan Jones**, with the assistance of **Tom Bernhard**, are available for review at a public repository at GitHub [here](#). These have been incorporated into the Howard Grubb calculator accessible [here](#).

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. The Covid-19 pandemic has led to the suspension of most organized races; some areas of the country are now permitting small races to offer live competition if action is taken to ensure appropriate measures such as social distancing and/or masking. Please check your local race calendars for opportunities. Remember to check the race website for covid-19-specific alterations to usual procedures. Stay fit and stay safe!

The Masters LDR Committee is considering whether to adjust requirements for the Awards. 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

Team USA Results from IAU's 6 hour Virtual Global Solidarity Run - <https://trailrunner.com/trail-news/team-usa-results-from-iaus-6-hour-virtual-global-solidarity-run/>

World Mountain Running Championships cancelled: <https://trailrunner.com/trail-news/the-2020-world-mountain-running-championships-are-cancelled/>

50km Road World Championships - Cancelled for 2020 - new date October 31, 2021 - Taiwan - <https://iau-ultramarathon.org/2020-iau-50-km-world-championships-cancelled.html>

U18 Mountain Running World Cup - Cancelled for 2020 - new date July 24, 2021 - Ambleside, UK

USATF 100km Road Championships - Cancelled for 2020

On our September 3, 2020 USATF Mountain Ultra Trail Executive Committee Call:

Rule proposals regarding records

"There are two parts of the rules that affect the ultracommunity:

1. Any record that is set that is over a marathon distance, those records will be sent directly to the MUT council/committee for approval instead of the LDR (men/women/masters) sport committees.
2. When a record is set at a U.S. National Championship, it is automatically accepted as a record. It is proposed that if an American or World record is set at an IAU (International Association of Ultramarathons) event, the same rule would apply – it would be an automatic record.

Shoes and shoe height. Andy Carr, LDR Record Keeper, proposes that any record GREATER THAN >10,000 meters, that is set on the TRACK, the LDR/road event shoe rule should be implemented/utilized. Hayley Pollock says that we should be proactive in submitting our (MUT Council) own language to the Rules Committee for discussion. Nancy Hobbs agrees. Jason Bryant asks if MUT can partner with LDR. Andy Carr will be the liaison between MUT and LDR. Jason agrees to work with Andy to draft MUT's position regarding the shoe height rules for events ON THE TRACK greater than 10,000 meters (the LDR area of governance).

Andy has been working with Jeff Brower of Masters T&F records, who in turn has built a page to house the USATF LDR records. For ease of use for all our constituents (RD's, athletes, governing bodies, etc) we now have a place where we can find updated records listing for our US LDR events. <http://usatfldrrecords.org/index.html>

Motion passed that all team staff (U18, 50km, 100km WMRC) carryover from 2020 to 2021 (2022 in case of 100km). Recent cancellation of the World Mountain Running Championships; no world championships in any of our disciplines in 2020.

Concern over budget cuts for 2021 and the effect on international teams.

Cross Country Report

Upcoming Championships

The Cross Country Council and USATF National Office are working closely with our Local Organizing Committees to ascertain whether the 2020 USATF Club Cross Country Championships will be conducted. We expect an announcement shortly. We suggest that you hold off making any travel arrangements for the time being.

Road Running Technical Council Report

None Submitted

USATF launches 2020 USATF Virtual Road Running Challenge events

USATF is pleased to announce the launch of the USATF Virtual Road Running Challenge series in conjunction with our partners at AthleticNET. The USATF Virtual Road Running Challenge is open to all ages and consists of three separate events in September through November: Hyperice 5K Virtual Road Running Challenge, Toyota 10K Virtual Road Running Challenge and the Garden of Life 12K Virtual Road Running Challenge.

Participants will receive a special edition three-piece competitor medal if all three events are completed (5k, 10k, 12k), a free shipping promo code for the [Team USATF Store](#) and an exclusive USATF Partner gift specific to each race. Individuals that enter one or two events will receive the medal/s that corresponds with his or her event/s. USATF Members will also receive a personalized digital bib.

Athletes will enter online at AthleticNET. USATF members receive a discounted price of \$10 per race, while non-USATF members pay \$20 per race. Registration will open Sept. 3 for all three events and will close at the end of the respective month.

2020 Hyperice 5k Virtual Road Running Challenge

September 3-30

Registration: September 3-30

USATF Partner gift: \$50 gift card to use toward any hyperice.com cutting-edge recovery or movement enhancement products

Register [here](#).

2020 Toyota 10K Virtual Road Running Challenge

October 1-31

Registration: September 3 -October 31

USATF Partner gift: Exclusive Toyota American flag sunglasses

Register [here](#).

2020 Garden of Life 12K Virtual Road Running Challenge

November 1-30

Registration: September 3-November 30

USATF Sponsor gift: 20% runner discount at gardenoflife.com

Register [here](#).

All athletes are encouraged to share their photos and videos participating in the challenge on social media using #USATFVirtual. For more information, visit the USATF Virtual Road Running Challenge event page on [USATF.org](https://www.usatf.org).

NEW USA LDR Records Website Lookup

Over the last few weeks Andy Carr and Jeff Brower designed another great resource for the LDR community and that is a new USA LDR Records Look-Up website. For ease of use for all our constituents (RD's, athletes, governing bodies, etc) we now have a place where we can find updated records listing for our US LDR events. <http://usatfldrrecords.org/index.html>

World Athletics Updates:

Label Races recommence with robust anti-doping measures in place:

World Athletics' 2020 road running season will recommence this month with an extensive international calendar of Label Races to be held through until the end of the year, supported by a strong anti-doping programme, despite the challenging circumstances for race organisers. <https://www.worldathletics.org/news/press-releases/label-races-recommence-with-robust-anti-doping>

USATF Annual Meeting

The national office is preparing for either in-person, hybrid, or virtual annual meeting scenarios. The determination should be made by mid-September as we are all aware COVID-19 restrictions change daily, and the safety of attendees is paramount.