



USATF™

LONG DISTANCE RUNNING

**DIVISION REPORTS
October 2020 EDITION**

Upcoming Events:

Nov 7 USATF Marathon Trail Championships (Moab, UT)
Dec 5 USATF 100-Mile Trail Championships (Needville, TX)

From the Desk of the Chair, Mike Scott

Andy Wacker and Dani Moreno each ran away with national titles at the USATF Half Marathon Trail Championships conducted on September 26 as part of the Birnie Trail Run Festival in Cable, WI. This was our second USATF LDR Championship since the pandemic shutdown in March.

The USATF Marathon Trail Championships (Moab, UT) and the USATF 100-Mile Trail Championships (Needville, TX) remain on schedule for 2020.

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

This week USATF formally announced the cancellation of the Oct 31 USATF 5K Championships (New York) and the Dec 12 USATF National Club Cross Country Championships (San Francisco).

World Athletics (see below) announced that the World Cross Country Championships have been moved to even years, with Bathurst, Australia now slated to host in early 2022.

World Athletics announced in the same release that they will launch the World Athletics Road Running Championships in 2023 (see below for more details).

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

Last month I wrote about the need for USATF Associations to partner with local high performance running clubs to produce small high performance road races on certified, criterium style loop courses that can be easily and inexpensively secured. I wanted to highlight two of these

events from September that are nice models for others to follow:

[Lowcountry Elite Invitational 5K](http://groundedrunning.com/lowcountry-elite-invitational/) (Sept 12; Hardeeville, SC) – USATF's statistician for the last two Olympic Marathon Trials Larry Kimball put on a high performance 5K for regional elites from NC, SC, and GA. The USATF certified out-and-back course was on a closed roadway and followed USATF and South Carolina COVID requirements. Winning times were 16:09 (Annie Rodenfels) and 14:17 (Eddie Garcia). Info: <http://groundedrunning.com/lowcountry-elite-invitational/>

[New England's Finest 5K](https://www.athlinks.com/event/341416/results/Event/934929/Results) (Sept 26; Hartford, CT) – The Hartford Marathon's race committee – in conjunction with the Hartbeat TC – invited approximately 20 men and 20 women to race a 5-lap 1K loop USATF certified course around Rentschler Field. Winning times were 16:28 (Lindsay Crevoiserat) and 14:23 (Don Cabral). Results: <https://www.athlinks.com/event/341416/results/Event/934929/Results>

Men's LDR Report

None Submitted

Women's LDR Report

None Submitted

Masters LDR Report

2021 Masters Grand Prix Championship Schedule:

Jan 16 **USATF Cross Country Championships**, San Diego, CA

April 25 **USATF Masters 10Km Championships**, *James Joyce Ramble*, Dedham, MA

June 5 **USATF Masters 1 Mile Championships**, *Rochester Mile*, Rochester, NY

June 30 **WMA 2021 Championships-Non Stadia** (Individual Masters Grand Prix only) Cross Country, 10K, Half Marathon, Tampere, Finland

September **USATF Masters 12Km Championships**, *By Hook Or By Crook 12K*, Highlands, NJ

Oct 17 **USATF Masters 5 Km XC Championships**, Boston, MA

Nov 7 **USATF Masters Half Marathon Championships**, *Syracuse Half Marathon*, Syracuse, NY

The above schedule is tentative because of uncertainty about the Corona Virus pandemic and how local governmental authorities will limit the capacity of outdoor events.

2020 Masters Grand Prix and Annual Awards

The **2020 Masters Grand Prix** is a casualty of the Corona Virus Pandemic; the 2020 series is cancelled. **There will be no MGP 2020 Awards.**

2021 Annual Awards for Masters Road Runner of the Year and Masters Age Division of the Year will not be awarded.

Masters Hall of Fame elections will take place and the 2020 Otto Essig Award for Service to the Masters LDR Running Community will be presented.

Points earned during the first two events of the 2020 MGP season, the 2019 USATF Club Cross Country Championships Bethlehem PA and the 2020 USATF Cross Country Championships San Diego, CA, will be carried over to the 2021 Masters Grand Prix standings.

World Masters Athletics (WMA) Championships 2021-2023

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.

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!

Phidippides point requirements have not changed nor has the requirement that races submitted must be in-person, live races, not virtual runs.

The Committee has determined that runners who need to use up to three Virtual Races to satisfy their Phidippides Goal requirements may receive a 2021 Phidippides Certificate. The Certificate year will not count toward either the 5-year or the 10-year Awards.

For more details on the Phidippides program, and how to apply online, please consult:

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

If you are looking for a **Virtual Road Race**, please consider the **2020 USATF Virtual Road Running Challenge, a series of three events in September [Hyperice 5K],**

October [Toyota 10K], and November [Garden of Life 12K]. Details can be found [here](#).

Mountain/Ultra/Trail (MUT) Report

The Birkie Trail Run Festival hosted the USATF Half Marathon Trail Championships in Cable, WI on September 26. Dani Moreno and Andy Wacker ran away with the wins.

Race Recap:

<https://trailrunner.com/trail-news/wacker-and-moreno-victorious-at-usatf-half-marathon-trail-championships/>

Video Report:

https://www.youtube.com/watch?v=V_9kdy9zdII&t=35s

The US Trail Running Conference is October 21-24 in Fayetteville, AR and features a virtual access option.

Register at:

<https://raceroster.com/events/2020/27847/2020-us-trail-running-conference>

Cross Country Report

The 2020 USATF National Club Cross Country Championships, originally scheduled for Dec 12 in San Francisco, have been canceled due to COVID. The 2021 Club XC meet will be held in Tallahassee, FL with the 2022 edition returning to San Francisco.

The Cross Country Council and USATF National Office are working closely with our Local Organizing Committees to ascertain whether the 2021 USATF Cross Country Championships will be conducted. We suggest that you hold off making any travel arrangements for the time being.

Road Running Technical Council Report

None Submitted

World Athletics Updates:

<https://www.worldathletics.org/news/press-release/world-athletics-road-running-championships-la>

Inaugural World Athletics Road Running Championships to Kick off in 2020:

World Athletics plans to introduce a new event in 2023: The World Athletics Road Running Championships. In addition to the traditional half marathon championship distance, the Road Running Championships will also feature the world 5k Championship as well as mass participation races. Additional distances such as a road mile could be added.

World Athletics Cross Country Championships Shift to Even Years:

World Athletics is shifting the World Cross Country Championships to even-numbered years, with the next edition slated for Bathurst, Australia in early 2022. The move to even years is to align World XC with the Olympic Games so that if a cross country relay event is included in Paris 2024, then World XC will serve as a selection event for the Olympic relays.

USATF Annual Meeting

USATF announced during September that the 2020 USATF Annual Meeting will take place virtually December 3-6. Details and a full schedule are forthcoming.

The Marathon Project 2020

Northern Arizona Elite coach Ben Rosario is partnering with agent Josh Cox and Big River Race Management's Matt Helbig to produce the The Marathon Project – an elite marathon for 50 men and 50 women which will be conducted on Sunday, December 20 in Chandler, Arizona. The course is an exceptionally flat 4.3-mile loop on the streets around the Rawhide Events Center located in the Gila River Indian Reservation. The event will adhere to all local and USATF COVID-19 restrictions and procedures. Registration is underway now and must be submitted prior to October 11 with final accepted entries announced October 14. Check here for details and to register: <https://themarathonproject.com/>

Mortgage Network Invitational Half Marathon

Similar to The Marathon Project, the Mortgage Network Invitational Half Marathon is an elite high performance race for 50 men and 50 women just north of Savannah, GA in Hardeeville, SC. The race will be on Sunday, December 6 Details:

www.mortgagenetworkhalfmarathon.com

Start and Finish at Jasper Park, 1458 Red Dam Road, Hardeeville, SC 29927

Timing by Tim Waz of Grounded Running

Course: 3xfour mile flat loops - course to be certified and race USATF sanctioned

Prize money: top ten women and men starting at \$1000 to \$100

South Carolina COVID regulations will apply

Registration to be On Line; No entry fee

Race by Invitation only—50 men and 50 women. Accepted entries will be on website on a rolling basis

Contact Larry Kimball larrykimball@outlook.com for further information.

Website for Masters Cross Country

There is a new website available from Bill Quinlisk for Masters Cross Country.

Go to: <https://mastersxc.com/>

From Bill Q: "It's not pretty – yet. It's not complete – yet. But, the website is already loaded with data, results and photos of interest to Master XC runners.

"History section - loaded with cross country data; mostly Masters; some Open. Events section – photos and complete results from past national Masters Cross Country Championships. Best Practices section - articles on Cross Country and LDR best practices. Results of all national Masters Cross Country Championships going back to 1980 will soon be posted. Documents are in the process of being uploaded to this website.

Comments/corrections/additions for this website should be directed to: Bill Quinlisk at billqxc@verizon.net"

Cross Country Town U.S.A. Meet on November 15

In an attempt to fill the competitive void we are all feeling, a new cross country meet will be announced on Monday, October 5 that will take place at the renowned Laverne Gibson cross country course in Terre Haute, Indiana on Sunday, November 15, 2020. The meet will be primarily a high school event run by the National Scholastic Athletics Foundation (NSAF), drawing teams from all over the country, but an elite/open race with a \$10,000 prize purse and Team Awards is being considered if there is sufficient demand. *If you might be interested in competing in this elite/open event, please contact Tracy Sundlun at TracySundlun@gmail.com or 1-619-726-1952 by Wednesday, October 7 with your level of interest.* Watch for a formal release about the meet to be distributed broadly this week.

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.