



# USATF™

## LONG DISTANCE RUNNING

DIVISION REPORTS  
November 2020 EDITION

### ***Upcoming Events:***

Nov 7 USATF Marathon Trail Championships (Moab, UT)

### ***From the Desk of the Chair, Mike Scott***

While there have been no USATF LDR championships during October – the next is the USATF Marathon Trail Championships on November 7 in Moab, UT – we’ve seen some superb performances in “micro-events” on the road and track during the past month.

Sara Hall ran 2:22:01 to finish second at the Oct 4 London Marathon, the first time since 2006 – when Deena Kastor won – that an American has made London’s podium. Hall’s mark is a new women’s-only American Record. Behind Hall, Molly Seidel claimed sixth in 2:25:13, good for ninth fastest American on record-quality courses.

Galen Rupp won the Row River Half Marathon (just south of Eugene, OR) in a US-leading 1:00:22, passing the 10-mile in an American Record 45:54 (old record: 46:13, Greg Meyer, Washington DC, 03/27/83).

Molly Huddle shattered three long-standing track records during a One-Hour race on Nov 1 at the New England Distance Meeting in Attleboro, MA. Molly passed 15K in 50:07.82 (old record: 53:06, Nancy Conz, Amherst, MA, 06/25/81), the 10-mile in 53:49.9h (old record: 55:58, Nancy Conz, Amherst, MA, 06/25/81), and covered 17,930-meters in an hour (old record: 17,273m Nancy Conz, Amherst, MA, 06/25/81). Second-place finisher Annmarie Tuxbury also finished under all three records, recording 51:12.84, 55:01.1h, and 17,569 after passing through 10,000 in a PB 33:37.23!

Hanson’s-Brooks Original Distance Project brought together some of the best club athletes to southeast Michigan for two running-events one week apart: the Michigan Pro Ekiden and the Michigan Pro Half-Marathon.

In the Oct 21 Michigan Pro Ekiden, the Hoka Northern Arizona Elite team pulled away during the first leg to win by almost two minutes in 2:10:11, with Hanson’s Brooks

second in 2:12:08, and Minnesota Distance Elite third in 2:12:31.

Keira D’Amato (68:57) and Morgan Pearson (62:15) won the Oct 28 Michigan Pro Half-Marathon. D’Amato pulled away after half-win to win and become the tenth fastest all-time US woman, while Pearson outsprinted a tight pack of runners to claim the men’s win.

Race organizers continue to create micro-events for elite athletes to compete, In addition to the Mortgage Network Half Marathon (Dec 7, Hardeeville, SC) and The Marathon Project (Dec 20, Chandler Arizona) that we highlighted last month, the organizers of the Cherry Blossom 10-mile are organizing a micro-event for Keira D-Amato to make an attempt on the 10-mile American Record. See below for details.

And as mentioned in last month’s newsletter, the NSAF’s XC Town USA Meet of Champions features open cross country races in Terre Haute, IN on Nov 14 with \$10,000 total prize money.

Unfortunately we’ve continued to have cancelations and postponements of mass events. Earlier this month the Houston Marathon and Half Marathon announced that they will be only contested virtually in 2021. Race organizers have also announced that both the 2021 Tokyo Marathon and 2021 Boston Marathon have been moved to Fall 2021, along with the 2021 London Marathon to join Berlin, Chicago, and New York.

Hopefully most of you are considering attending the virtual USATF Annual Meeting December 3-6 (see below).

### ***Men’s LDR Report***

None Submitted

### ***Women’s LDR Report***

None Submitted

### ***Masters LDR Report***

The **2020 USATF Annual Meeting** is virtual, to be held from Dec 03 -06. Additional information is to be posted at [usatf.org/events](http://usatf.org/events).

### **Long-Term Planning**

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](#).

#### **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. If the schedule unfolds as above, it is expected that points earned at the 2019 National Club Cross Country Championships will be carried over from the cancelled 2020 Masters Grand Prix to the 2021 MGP.*

To encourage athletes to remain active, USATF launched the USATF Road Running Virtual Challenge. Visit [USATF.org/roadrunningchallenge](https://www.usatf.org/roadrunningchallenge) for more information on how to participate.

The Committee welcomes bids for National Masters Championships at all distances. Please contact Mary V. Rosado, Chair, at [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net), or at [mvrosadoesq@icloud.net](mailto: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 as long as appropriate measures such as social distancing and/or masking are in place. 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.

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>

#### **Mountain/Ultra/Trail (MUT) Report**

The USATF Marathon Trail Championships is scheduled for November 7 in lovely Moab, UT:

<http://www.moabtrailmarathon.com/>

The race director for next month's USATF 100-mile Trail Championships announced that the 2020 event has been cancelled due to COVID concerns:

<https://trailrunner.com/trail-news/usatf-100-mile-trail-championship-at-brazos-bend-is-cancelled/>

The US Trail Running Conference met in a hybrid version with both in-person (social distanced with mandatory mask wearing), in Fayetteville, AR from October 21-24. Recaps from the event can be found here:

Day One - <https://trailrunner.com/trail-news/us-trail-running-conference-kicks-off-in-fayetteville-arkansas/>

Day Two - <https://trailrunner.com/trail-news/kilian-jornet-highlights-day-two-of-the-us-trail-running-conference/>

Day Three - <https://trailrunner.com/trail-news/race-directors-wrap-at-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

#### **Credit Union Cherry Blossom hosts 10-Mile Micro-Event for Women to Pursue American Record.**

The organizers of the Credit Union Cherry Blossom have announced a women's only 10-mile micro-event on Nov 23 in the Washington DC region. The race is being organized to provide Keira D'Amato an opportunity to chase the American Record of 52:12 (Janet Bawcom, Washington DC, 2014). Organizers will invite a small field of American women to join D'Amato; interested athletes should contact elite athlete coordinator Bill Orr at [wworr@runorr.com](mailto:wworr@runorr.com) ASAP.

### ***USATF Annual Meeting***

On October 6, USATF announced that registration has opened for the 2020 USATF Annual Meeting, which will take place virtually December 3-6.

Registration and the full schedule is posted at:

<https://www.usatf.org/events/2020/2020-usatf-annual-meeting>

Note: On-Time Annual Meeting Registration (\$110) closes on Nov 15. Late Registration (\$150) runs until Nov 30.

### ***LDR Meetings at the Annual Meeting***

*(Based upon the Oct 29 schedule posted at USATF.org)*

Thu 12/3

1:30-3:30PM **Masters LDR** - Executive Committee

Fri 12/4

10:00-11:00AM **Women's LDR** - General Session

11:00AM-12:00PM **Men's LDR** - General Session

12:30-2:00PM **Masters LDR** - General Session #1

1:00-3:00PM **MUT Running Council** - General Session

3:00-5:00PM **Men's/Women's LDR** - Joint Session

5:00-6:30PM **LDR Division** - General Business/Candidate Forum

Sat

10:00AM-12:00PM **MUT Running Council** - General Session #2

10:00AM-5:00PM **Road Running Technical Council** - Meeting/Certification Training

12:00-1:00PM **Masters LDR** - General Session #2

1:30-3:00PM **Cross Country Council** - General Session

### ***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.