



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS
June 2020 EDITION

Upcoming Events:

None until August.

From the Desk of the Chair, Mike Scott

I trust that you and your loved ones are safe and healthy as this newsletter reaches you.

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>

At the moment, all USATF LDR championships have been cancelled through the end of July and the guidance from the COVID19 Working Group is “Suspend all USATF Championship events and all USATF Sanctioned events indefinitely.”

The next USATF LDR championships currently scheduled are the Aug 9 USATF 50K Trail Championship (Sunapee, NH), the Aug 16 USATF Mountain Running Championship (Government Camp, OR), the August 21 USATF Masters 1 Mile Championship (Flint, MI), and the Sept 7 USATF 20K Championship (New Haven, CT).

As I write this column, the conversation about return to racing is heating up as parts of the United States begin the process of re-opening.

USATF releases Return to Training and Hosting Events Guidelines

USATF today 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 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>

As noted in USATF’s release:

“USATF’s Working Group of medical, scientific, and industry experts created the Guidance based on regular updates from the U.S. Centers for Disease Control (CDC), the World Health Organization (WHO), the U.S. Olympic & Paralympic Committee (USOPC), and other U.S. professional sports leagues. The information includes guidance and recommendations from the Working Group on health, wellness, and safety matters, and information from USATF staff and sport leadership on competitive logistical matters. The health, safety and welfare of all USATF athletes, coaches, volunteers and staff leads all decision-making.

“This Guidance sets as primary consideration the rules and regulations set forth by public health authorities and state and local governments, which are different across the country. The secondary consideration should be the specific recommendations set forth in these documents. In either case ([State/Local](#) or USATF), whichever regulations are more restrictive should be the guidance that is followed. This also does not prevent associations, local clubs, and events from adopting even more strict or more conservative approaches than those mandated by local public health authorities or recommended by the USATF Guidance.

“Set in five phases, both the return to practice and event hosting guidance range from shelter-in-place guidelines to recommendations for when a vaccine or cure is found for COVID-19. In all phases, USATF stresses personal hygiene and social distancing. Until a vaccine is developed, long-term immunity can be confirmed, or a cure is found, there is no way of completely eliminating the risk of fatal infection. This should always be in the forefront when considering return to training or event hosting decisions.”

Additional Resources:

Here are some resources that you may find helpful:

[RRCA Return to Running: Runner Attitude Survey Results](#)
Last month we mentioned that our friends at RRCA surveyed their membership and other industry partners to gain insight about runner attitudes towards return to running. Here’s their insightful results summary from the over 10,000 respondents: <https://www.rrca.org/news-articles/news-archives/2020/05/08/return-to-running-runner-attitude-survey-results>

RRCA Guidance for Races

RRCA also published their Guidance for Races – many things for event directors to ponder as they restructure their events for racing during the threat of COVID19: <https://www.rrca.org/news-articles/news-archives/2020/05/03/looking-forward-guidelines-for-races>

A couple creative examples of “socially distanced races” from the past month:

The Social Distance 5K in Valparaiso, Indiana:

<https://runsignup.blog/2020/05/20/real-race-examples-with-social-distancing-update-2/>

David Monti’s article about what John Mortimer’s Millennium Running “Anytime 5K”

https://runnersweb.com/running/news_2020/rw_news_20200523_RRW_Anytime_5K.html

Men’s LDR Report

None Submitted

Women’s LDR Report

None Submitted

Masters LDR Report

A Note from Mary V. Rosado, Chair of the Masters LDR Committee.

Many states and localities are re-opening their economies and society in general as we head toward summer.

People are eager to get back to their normal activities, not only training, but racing. But this is still a time to be vigilant about social distancing and masking. Risk of outdoor transmission of the covid-19 virus seems to be lower, but it is not zero. If you choose to run outdoors where a social distance of 6 feet cannot be easily maintained, you should wear a mask. Because symptoms take a while to show up, you could be an asymptomatic carrier and transmitter of the virus. More walkers and family groups are out for exercise; there have been instances where such groups are skeptical or openly hostile to runners who they feel are threatening their safe space. Please be courteous and avoid such potential problems; you are an ambassador for Masters running.

Up to now the only outlet for competition has been virtual races. These are useful but do not replace the need for the real thing. Please see below for the updates on our upcoming Championship schedule. Once we are certain about when road races, and our Championships, can be successfully offered, we will provide an update on how the Phidippides program might be altered for this extraordinary year. The same is true for the 2020 Masters Grand Prix.

Whether events can be held, will be determined by our success in reopening society. Each of us has a role to play. If we experience a covid-19 resurgence, more restrictive policies will have to be imposed again. Please stay healthy, keep running, and be safe.

Upcoming Championship Schedule:

Our **USATF Masters 1 Mile Championship**, hosted by the HAP Crim Festival of Races, is still scheduled for **Friday evening, August 21, 2020**. It has neither been cancelled nor postponed at this point.

Our **USATF Masters 12K Championship**, hosted at the By Hook or By Crook Run operated by USATF-NJ, is moving ahead with plans to conduct the race, under guidelines from local and state authorities. It is scheduled for **Sunday, September 27, 2020**.

Our **USATF Masters 5 Km Cross Country Championship**, scheduled for mid-October, is now under question. USATF-NE declined to complete the formal bid because of uncertainties concerning the ability to hold a large gathering of runners for a race in a public space in Massachusetts.

Our **USATF Masters Half Marathon Championship**, hosted by the Syracuse Half Marathon on **Sunday, November 8, 2020**, is proceeding with the expectation that the race can be held.

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 Indoor Championships in Edmonton, Alberta, Canada** have been **rescheduled to 2022**. 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**. Hence 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 first event on the 2021 Masters Grand Prix Circuit is the USATF Club Cross Country Championships in San Francisco, CA on December 12, 2020

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. While the Covid-19 emergency has led to the suspension of organized races at the present time, stay safe, stay fit, and be ready to resume participation once the races come back. 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 MUT executive committee has approved the name of a new championships event in the MUT portfolio - USATF Vertical Mountain Running Championships. The first to be contested (local health authorities permitting) at Epic Endurance Events VK distance on September 25 in

Truckee, CA. With over 3000 feet of climbing in under 4 miles...a good lung-busting effort is to be had. Also for 2020, the committee is expecting a bid for the 24 Hours national championships from a past host in Oklahoma - October 17 would be the date if the committee approves the anticipated bid.

A few recent articles to share stories of our MUT athletes are here: <https://trailrunner.com/trail-news/origin-stories-of-top-american-trail-runners-part-1/> and <https://trailrunner.com/trail-news/origin-stories-of-top-american-trail-runners-part-2/>

And in some fun interactive news, the Chaski Challenge will feature some of our MUT athletes including Mario Mendoza, Tyler Andrews, Renee Metivier, Regina Lopez, Michael Wardian and Max King. This mass-participation virtual road race welcomes participants from around the globe, from the weekend warrior to the elite runner! The free event featuring five- and 50-kilometer distances as well as a team relay will culminate in a live, professionally broadcast "Festival of Records" race where elite runners will attempt to topple not one, but SEVEN world records. June 5-6 is the date - <https://www.chaski.run/challenge>.

Update on Athlete Selection for 2020 Mountain Running Teams

In light of the impact coronavirus is having on mountain & trail races, we're providing the following update regarding U.S. athlete selection for the World Mountain Running Championships, World Long Distance Mountain Running Championships and International U18 Mountain Running Cup:

Read more here: <https://trailrunner.com/trail-news/update-on-athlete-selection-for-2020-u-s-mountain-running-teams/>

We're continue to provide updates as more information becomes available about race cancellations, travel restrictions, budgets or other factors which could impact our teams.

In the meantime, we're available to answer any follow-up questions you might have.

Cross Country Report

Note: The USA Masters 5k Cross Country Championships that were scheduled for Boston on Oct 18 have been postponed to 2021.

Upcoming Championships

Saturday, December 12, 2020 USA Club Championships, Golden Gate Park, San Francisco CA

Saturday, February 6, 2021 USA Cross Country Championships, Mission Bay Park, San Diego CA

Saturday, December 11, 2021 USA Club Championships, Apalachee Regional Park, Tallahassee FL

Road Running Technical Council Report

None Submitted

Bill Roe's Wake:

Bill Roe's wake has been postponed from the Sunday, June 7 date. No rescheduled date has been confirmed and will rely on the easing of shelter in place restrictions in Western Washington by state and local government.

In the meantime, if you would like to share condolences - and some of your favorite memories of Bill - with his family, you can mail them to:

Jan Kline
11109 NE 147 Street
Kirkland, WA 98034

In lieu of flowers, the family wishes that you make a donation to Club Northwest in memory of Bill.