



**USATF**

## LONG DISTANCE RUNNING

### DIVISION REPORTS

April 2021 EDITION

#### **Upcoming Events:**

Apr 21 USATF 1-Mile Road Championships (Des Moines)

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

Emily Sisson and Clayton Young won titles at the USATF 15K Championship hosted by the Gate River Run in Jacksonville, FL; the 15K was the first USATF Championship of 2021. Sisson took off right from the start and powered to a 48:09 – one of the fastest 5 times ever – while Young bided his time and prevailed in a sprint finish in 43:52.

The USATF 1-Mile Road Championships will be hosted on Wednesday, April 21 by Drake Relays and the Grand Blue Mile.

Read on for lots of important information about upcoming LDR events.

Also – after the 15K I had multiple athletes contact me regarding Olympic Games and Olympic Trials qualifying opportunities so I pulled together a schedule of meets (see below) in April, May, and June and included the information that I have at this time.

#### **Men's LDR Report**

None Submitted

#### **Women's LDR Report**

The Women's LDR Executive committee met via Zoom video conferencing on Tuesday, March 9. The committee is continuing to review and update the committee roster which can be viewed at <https://bit.ly/2QDdA09>

Thank you to Bill Quinlisk of the Adirondack Association for sending in his updates. To all readers here.... if you are a representative to WLDR in another category and are not currently listed, or if you wish to become one, please contact Mickey Piscitelli @ [mpiscitelli2@verizon.net](mailto:mpiscitelli2@verizon.net).

#### **USA National Championships:**

Our first 2021 National Championship race was the 15K which took place on Saturday, March 20 in conjunction with the Gate River Run in Jacksonville, Florida.

An interesting and exciting component of the race (for several years now) was the utilization of the Equalizer Bonus.

The women's field started the race 6 minutes ahead of the men's field and the first runner across the finish line earned a \$5000 bonus.

Perhaps the bonus was on her mind, as Emily Sisson went into the lead right from the gun on the rather windy day and won the women's race with room to spare in 48:09. At the 5k mark, Emily was just under pace to challenge Shalane Flanagan's American (and course) record of 47:00 set in 2014, however by the 10K mark, the record appeared to be safe. Emily indeed took home the equalizer bonus of \$5000 as she was the first runner across the line. In fact, the first 4 women finished ahead of men's champion Clayton Young who crossed the line in a flourish in 43:52.

In a post-race interview with Chris Nickinson of RunnerSpace, Emily stated that she was going to focus on the 10,000m at the USA Olympic Trials this June in Eugene, Oregon.

Top 10 Women:	Time	USA Running Circuit points earned
Emily Sisson	48:09	15
Lindsay Flanagan	49:14	12
Emily Durgin	49:29	10
Makena Morley	49:38	7
Erika Kemp	50:10	6
Grayson Murphy	50:14	5
Maggie Montoya	50:25	4
Laura Thweatt	50:31	3
Sarah Pagano	50:36	2
Diane Nukuri	50:44	1

Thank you to Gate River Run Race Director Doug Alred, everyone on the JTC Board, Elite Athlete coordinator, Jim Van Cleave, and their team of volunteers who provided and enforced COVID-19 safety precautions for our participating athletes.

There was no awards ceremony nor was there a hospitality suite or post-race party. Next year!!

We send out a special thank you to Fred Finke who served as our "boots on the ground" long distance running liaison. So good to have our first 2021 Championship race go so well!

National Championships Chair Darren De Reuck reported that we now have four fully approved 2021 Championships: Besides the Gate River Run, we have events hosted by and in conjunction with the Grand Blue Mile in Des Moines, the Faxon Law New Haven Road Race (20K) on Monday, Sept. 6, and the Mortgage Network Half Marathon in on Dec. 5th in South Carolina. The National Office is working on confirming other Championship events as well.

Next on the calendar is the 1-Mile Road Championships. Once again, and for the fifth consecutive year, Des Moines, Iowa will host the USA 1-Mile Road Championships. For those who like to plan ahead...they will continue to hold

the USA 1-Mile Road Championships through at least 2023. This year the races will take place on Wednesday, April 21 and be held in conjunction with the 111<sup>th</sup> Drake Relays. Many in the invitation-only elite field for the Championship race may stay on for the 1500m at the Drake relays later that week on Saturday. Wednesday, April 21, 2021 schedule:  
Women's Start: 7pm            Men's Start 7:15pm

### International Invitation

An invitation was extended to our USA Olympic Marathon Team to compete at a newly organized even. It is part of the Hokkaido-Sapporo Marathon Festival 2021 and is entitled the Challenge Half Marathon (JPN) to be held on Wednesday, May 5, 2021. This is a test event intended for athletes to have a preview of the Olympic course (one loop). 2021 Olympic Marathon Team member and WLDR AAC rep, Ms. Molly Seidel, confirmed that she will be participating and has booked her travel. She will have Mr. Tyler Noble (USATF Sports Medicine Coordinator- Sports Science and Data Analytics) accompanying her as a liaison.

### Subcommittee Updates

- a. USA Running Circuit: Mr. Darren De Reuck, Ms. Kim Keenan-Kirkpatrick, and Ms. Molly Seidel. This working group, under the leadership of Mr. Greg Hipp, will also include Men's LDR committee representatives Ms. Virginia Brophy Achman, Mr. Garrett Heath, and Mr. Christo Landry. They had their first meeting on Monday March 8th at 5:30pm Mountain Time (~lasted 1:45 via GoToMeeting) to discuss what the USARC would entail.
- b. Selection Process for 2022 World Half Marathon Championship team (March 27th in China): Darren De Reuck, Katie McGregor, and Kathy Nary. Since this sub-committee and the 2022 World Athletics Championship sub-committee have the same members, they can collectively work on both Championships. Mr. De Reuck offered to lead the group.
- c. Selection Process for 2022 World Athletics Championships – Women's Marathon (July 15-24 in Eugene) - Darren De Reuck, Katie McGregor, and Kathy Nary. d. 2024 USA Olympic Team Trials – Women's Marathon - Amy Begley, Sara Hall, Camille Herron, Julie McKinney, and Mickey Piscitelli. Ms. McGregor removed herself from this sub-committee since she is already on two sub-committees. Ms. Piscitelli will serve as leader for this subcommittee. There has not been any update from the National Office or discussion within the sub-committee yet regarding the Bid Process, Qualifying Window, and Qualifying Standards. The first meeting of this subcommittee will be on Thursday, April 1 via Zoom.

### Journey to Gold - Tokyo:

USATF announced this race series on March 2nd:  
<https://bit.ly/3vYYxhP>

This is an Outdoor Track & Field Series with high-level competition, prize money, and opportunities for World

Athletics ranking points. There will be 11 meets in 8 cities providing over \$1 million in prize money. The series starts Saturday, April 3rd with meets held through Sunday, June 6th.

Ms. Nary said she will be at the Adidas Boost Boston Games on May 23rd, which will include sprint events held on Boylston St. in Boston. Ms. Begley said some of the tentative host venues are at tracks that do not have a steeplechase pit. They are trying to resolve this. The AAC is working on how to re-distribute the prize money to include the steeple and events beyond 1500m.

### Masters LDR Report

It was encouraging to see the folks in Jacksonville, Florida successfully stage the Gate River Run with almost 7,000 finishers. Hopefully, that is a sign of things to come. Special congratulations to David Angell from Blue Ridge, Virginia and Roberta Groner from Ledgewood, New Jersey for winning the masters competition. You can read more about the masters results in Paul Carlin's article: <https://bit.ly/3cF03MI>

In December of last year, we launched our Masters LDR Ambassador calls. The purpose of these calls is to provide real-time communication about our Masters LDR national championships. The participation so far has been beyond our expectations. We had 140 participants from 70 different running clubs across the nation for our February 11 call. There were also another 39 people who had registered and received the information online.

Our next call is scheduled from 7-8:00 pm (EDT) on May 13. We will be discussing details for the 12k National Masters Championship on September 19, the 5k National Masters Cross Country Championship in Boston on October 17, the Club Cross Championships in Tallahassee on December 11, and the USATF XC Championships in San Diego on January 8, 2022. We will also be providing an early preview of our 2022 calendar. Click here to register for the call: <https://bit.ly/31yUdrr>

We have been hit really hard with race cancellations in 2021 because of the pandemic. Unfortunately, two of our remaining races in 2021 have either been cancelled or deferred. The 1-mile championship in Rochester, New York has now been officially cancelled, and the Half Marathon Championship that was scheduled for November 14 has been deferred to March 20, 2022. **Our remaining 2021 Calendar looks like this:**

- USATF Masters 12k Championship on September 19 as part of *By Hook or By Crook 12k* in Sandy Hook, NJ.
- USATF Masters 5k XC Championship on October 17 near Boston, MA.
- USATF Club Cross Country Championships on December 11 in Tallahassee, FL.
- Points for the 2020-2021 Grand Prix can be earned in each of the first two events. Click here for the rules and scoring for this year's National Grand Prix: <https://bit.ly/3cB1IK9>

This year, the Grand Prix individual and team awards will be awarded at a special celebration as part of the National Club Cross Championships in Tallahassee on December 11. Hopefully by then we can gather safely as we are planning an after-race party for all masters participants.

**For 2022, we are focused on 9 events for our National Grand Prix.** They will include 5 road races, 3 XC events, and the WMA Championships in Finland. So far, everything is coming together very well. At this point, we have either contractual or verbal commitments for all 9 events. 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.

#### **USATF Virtual Races will count toward this year's Phidippides Award.**

If you are having difficulty finding races in your area, consider signing up for one of the USATF Virtual Races presented by Toyota. There is a 5k, 10k, 20k, and Half Marathon and you can earn points toward this year's Phidippides Award.

Phidippides Award: <https://bit.ly/3cEu7cT>

USATF Virtual Races presented by Toyota:

<https://bit.ly/2QNsJ8U>

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

Championship races

The MUT council voted to accept the bid for the No'to'mom 100k to be the USATF 100k Road Championship. This gives us eight Championships for 2021 which is our budget's limit. Lin has been getting some impressive 50k runners interested in the World 50k Championships.

Records

The MUT council voted to ratify two new records:

Jim Walmsley has the new American record for the road 100k

Rich Hanna has the new American age group record for the road 50 mile.

Certification of a 24 hour event

Andy Carr lead a discussion regarding a 24 hour event in Alexandria, GA that was attempting to be classified as a track event, but it does not meet all the criteria to be as such. Only road records can be achieved.

IAU representation by USATF

There will be a virtual vote in May 2021 for IAU positions from 2021 to 2024. The 4 directors from the last 5 years are Europeans. We need to expand, and Lin has a lot of ideas to contribute, and there is no one else to endorse from the United States. MUT council nominated Lin to run for directorship. Meghan will be the voting person from the US for the IAU positions.

IAU/WA - records for ultras

World Athletics (WA) recognizes 100km, not any other ultra distance. Nancy and David Katz want there to be some changes to rules as they relate to records and

performances. For example, the 50km should be recognized by WA and not pushed to IAU (website is archaic, hard to find info, and the rules differ from WA). Nancy stresses the importance of MUT staying on top of this as we are doing the ratification.

The website for the World Mountain Running Championships is [www.wmtrc2021thailand.com](http://www.wmtrc2021thailand.com)

Nancy listened to the USATF CBD Webinar – take home message is that there is little regulation, CBD must contain less than 0.3% THC, the FDA has not approved of CBD as a dietary supplement, and “The athlete is responsible for whatever goes into their body”.

#### **Cross Country Report**

Cross Country Championships Calendar

Oct 17, 2021 Masters 5k Championship, Boston MA

Dec 11, 2021 Club National Championships, Tallahassee FL

Jan 8, 2022 USA Cross Country Championships, San Diego CA

Dec 10, 2022 Club National Championships, San Francisco CA

#### **Road Running Technical Council Report**

None Submitted

#### **USATF LDR Records Report**

Records ratified By MUT Executive Committee

2\* M Open 100 km 6:09:26 Jim Wamsley 31 AZ CarbonX2

Ultra Chandler AZ 01/23/21

14\* M55-59 50 mi 5:50:52 Rich Hanna 56 CA Jed Smith Sacramento CA 02/27/21

Records ratified By Masters LDR Executive Committee

4 M55-59 8 km 26:11 Sean Wade 55 TX River Oaks

Houston TX 02/21/21

#### **Masters Races Added to 2022 World Cross Country Championships**

World Athletics announced that W.A., World Masters Athletics, and the Bathurst LOC are partnering to add Masters races to the 2022 World Cross Country Championships, which will be held in Bathurst, Australia. Organizers plan for a Masters 4x2K Relay to be conducted on February 19 along with the Senior and U20 races, with age group races following on February 20.

More details: <https://bit.ly/3ffufRX>

#### **Opportunities for Olympic T&F Trials and Olympic Games Qualifying**

Since many of the normal distance meets aren't available for athletes in 2021, I have (Mike) been asked by numerous runners over the past week what opportunities remain to qualify for the Olympic Track & Field Trials since many of the normal opportunities don't exist in 2021. The following list is by no means complete and some of the events listed will be by invitation only.

First: Be sure to carefully review the qualifying information on USATF.org: <https://bit.ly/3cq1osc>

April 23-24 Drake Relays (Des Moines, IA) 1500, Women's SC, Men's 5K  
<https://godrakebulldogs.com/index.aspx?path=dr>

April 24 USATF Grand Prix at Oregon Relays (Eugene, OR) 800, 1500, 5K, SC

April 30 Hanson's Elite 3000 (Michigan) 3K  
Twitter: @hansonsrun or @HansonsDistProj

May 1 Trials of Miles Kansas City Qualifier 1500, SC, 5K  
<https://trialsformilesracing.com/tom/kansas-city-qualifier>

May 9 USATF Golden Games and Distance Open (Mt SAC, Walnut, CA) 5K, 10K

May 14-15 Sound Running Track Meet (Southern California) 800, 1500, 5K, 10K  
<https://www.soundrunning.run/trackmeet>

May 21 Trials of Miles The NYC Qualifier (NYC, NY) 800, 1500, SC, 5K  
<https://trialsformilesracing.com/tom/nycqualifier>

May 28-29 Portland Track Festival HP Meet (Lake Oswego, OR) 800, 1500, 5K, 10K, SC  
<http://www.portlandtrack.com/events-3>

May 31 Iowa High Performance (Des Moines, IA) 800, 1500, 5K  
<https://www.iowahp.org/meet-info/>

June 3 Stumptown Twilight HP Meet (Lake Oswego, OR) 800, 1500, 5K, SC  
<http://www.portlandtrack.com/events-3>

June 3 HOKA Festival of Miles (St. Louis, MO) Mile (with 1500 split)  
<https://stlfestivalofmiles.com/>

June 5 Music City Carnival (Nashville, TN) no details  
<https://runmcdc.org/>

June 10 Under Armour Sunset Tour 800, 1500, 5K, SC  
<https://www.soundrunning.run/tour>

June 17 Under Armour Sunset Tour 800, 1500, SC  
<https://www.soundrunning.run/tour>

June 24 Under Armour Sunset Tour 800, 1500, 5K, 10K  
<https://www.soundrunning.run/tour>

### ***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>

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