



USATF LDR REPORT

MARCH 2017

Upcoming Events:

Mar. 4 NACAC Cross Country Championships
Mar. 5 USATF 50 km Road Championships
Mar. 11 USATF 15 km Championships
Mar. 18 USATF Masters 8 km Championships
Mar. 26 IAAF World Cross Country Championships
Apr. 8 USATF 100 km Road Championships
Apr. 25 USATF 1 Mile Road Championships
Apr. 29 USATF Half Marathon Championships
Apr. 30 USATF Masters 10 km Championships

From the Desk of the Chair, Mike Scott

2017 is off to a very busy start in the LDR Division, with championships and competitions underway for all of our committees.

I've personally been busy assisting Kim (Women's LDR) and Ed & Blake (Men's LDR) with the Olympic Marathon Trials RFP process, attending the USA Cross Country Championships (Bend, Ore), meeting with RRCA's Jean Knaack, attending my first Running USA Conference, and off to support Team USA at the NACAC Cross Country Championships in Boca Raton.

Feel free to contact me at miscott.usatf@gmail.com

Men's LDR Report

The Gate River Run is our next championship on March 11 in Jacksonville. Men's LDR selected Sam Chelenga for the World's Best 10K in Puerto Rico.

Women's LDR Report

We are excited about the competitive field in Gate River Run. Women's LDR is sending Aliphine Tuliamuk-Bolton to the Worlds Best 10K. The committee is closely watching spring marathon performances to finalize selection of our World Marathon team. We are working with the National

Office to edit and finalize the RFP for the Olympic Marathon Trials in 2020. We are still looking to solicit a 5k national championship race.

Masters LDR Report

The Masters LDR Pheidippides Award program rewards Masters Runners for race participation regardless of ability/finishing times. Although primarily designed for road racing, runners may count cross-country races, trail runs, and ultra-marathons as long as the results indicate an accurately measured distance. Points are accumulated towards handsome annual awards.

The 2017 program is now under way; please see: <http://www.usatf.org/Resources-for--/Masters/LDR/Phidippides-Award.aspx>.

The USATF Masters Grand Prix started in early February with the USA Cross Country Championships in Bend Or.

For the second stop on the Circuit we swing across the country to one of our new 2017 venues, Virginia Beach, VA for the USATF Masters 8K Championship on Saturday, March 18th. The course is flat and fast and a number of our speediest Masters Runners are looking to compete and make a record attempt. The 8K is part of the Yuengling Shamrock Marathon Weekend, in its 43rd year of providing fun and competition for runners of all ages. Come join us, set a PR, and be a part of the Championship and the celebration! And remember, this is a great opportunity to earn an Elite Performance Medal. These handsome medals are only awarded at USATF Masters Championship races to those who age grade at 80% or above. For race details or to sign up for the race, please direct your browser to: <http://www.usatf.org/Events---Calendar/2017/USATF-Masters-8-km-Championships.aspx>.

Please highlight on your calendar Sunday, April 30, 2017. That is the date for the USATF Masters 10K Championship in Dedham, MA. Hosted by the James Joyce Ramble, the quaint New England town of Dedham, conveniently located just outside Boston and served by Logan Airport, welcomes hundreds of the fastest Masters Runners in the country each year.

Team competition is also spirited as top New England teams like the Boston Athletic Association and Greater Springfield Striders attempt to outdo each other and repel challengers from across the country. Although the course is best described as rolling rather than flat, a number of Masters Records have been set on the course, which is a delightful out and back meander through small town in New England.

If you fancy longer races, please save the May 7, 2017 date for the USATF Half Marathon Championship in Orange County, CA. Hosted by the OC Half Marathon, the weather should be ideal in sunny Southern California in early May. A point-to-point race from Newport Beach to Costa Mesa, the course is fast and PR's will be there to claim. Starting at 6:15 AM, temperatures are typically in the mid-to-upper 50's at race time, rarely rising much above 60 before 9 am, almost ideal for racing.

More keen on participation than competition? The Pheidippides Award program is for you. Whether you run fast or slow, win your age group or finish far back in the pack, you can earn points towards the Award whenever you finish a race. Accumulate enough points over the year and you qualify for an elegant plaque, Gold, Silver or Bronze. In the 5th year, runners may elect to receive instead a graceful Crystal Award. Runners in older categories need fewer points to qualify for an Award. In 2016 over 700 Awards were presented. The 2017 program is now under way. For details, please visit: <http://www.usatf.org/Resources-for--/Masters/LDR/Phidippides-Award.aspx>.

Mountain/Ultra/Trail (MUT) Report

During our January conference call; Team USA staffs were appointed:

Team USA 50km 2017

Susan Dun - Team Leader

Lin Gentling - Asst. Team Leader

Team USA Long Distance Mountain 2017

Richard Bolt - Team Leader

Team USA 100km 2018

Lin Gentling - Team Leader

Tim Yanacheck - Asst. Team Leader

Dr. Lion Caldwell - Team Doctor

Youth International Team 2017

Nancy Hobbs - Team Leader

We passed a policy that if an athlete who makes Team USA does not travel with a team to compete for Team USA at the designated event (due to injury, illness, etc.) the uniform must be returned to USATF.

We approved two-year bid for USATF 50 Mile Trail - Cayuga Trails (2018 and 2019).

Our championship liaison Jason Bryant wrote the following after yesterday's USATF 100 Mile Trail Championship held in conjunction with the Rocky Raccoon 100 in Texas. <http://trailrunner.com/trail-news/usatf-100-mile-trail-championships-results-story/>.

Congrats to our new National Champions Sabrina Little and Ronnie Delzer. Please share far and wide!

Here is a link to the post race story & results from the USATF 50K Trail Championships held in Auburn, CA this past Saturday. <http://trailrunner.com/trail-news/usatf-50k-trail-championships-fourmidible-50k/>.

Cross Country Report

The USA Cross Country Nationals were held Saturday, February 4 in Bend, Or. The course had to be dug out from four feet of snow, however, the LOC did an amazing job of having the course in great shape come race day. Actually conditions on race were excellent, in the 40's with intermittent sun. The course is already a challenging track, but with the wet conditions, it became slippery and many athletes praised that they were running "real cross country".

In total, six championships were held. The first of the day was the Women's Masters race. First across the line was Melody Fairchild, who ran away with a 50-second victory over defending champion Grace Padilla.

The top three age-graded prize winners were all athletes from the 50-54 division. First was Susan Hay, followed by Marisa Sutera Strange and Tania Fischer.

In the Men's Masters championship, Jacques Sallberg dominated with 90-second victory. This was enough for him lead the age-grading, with a more narrow victory here over 59 year-old Joe Sheeran and three-time national cross country runner of the year, Peter Magill.

The Junior and Senior races selected teams to compete in both the upcoming NACAC Cross Country Championships, to be held on March 4 in Boca Raton, Fl. and the IAAF World Cross Country Championships to be held on March 26 in Kampala, Uganda. In the Junior ladies the world team will be led by champion Michelle Magnani, a freshman from Oklahoma State. She was chased by Northwestern freshman Aubrey Roberts and Wisconsin freshman Alicia Monson.

The Junior Men's race was won by Paul Roberts. Roberts was also on the team two years ago that went to Guiyang, China for the World Championships. Following him were Michigan

freshman Isaac Harding and Minnesota freshman Hamza Ali.

Aliphine Tuliamuk-Bolton, who had a successful campaign on the roads in 2016, opened 2017 with a large victory over defending champion Laura Thweatt. Given the challenging course and slick conditions, her time of 34:24 was outstanding. On the men's side Leonard Korir led the charge of the US Army team, which finished in the top four spots. With their tight pack leading the way, the US is hopeful for a top showing at the World Championships in Uganda.

Road Running Technical Council Report
None submitted

Athletes Report

USATF's AAC is offering webinars on Anti-Doping issues. These will be your opportunity to ask questions and ensure you know everything you need to know. The most recent one was on February 23.

This webinar addressed the following:

- Whereabouts Filing
- Therapeutic Use Exemptions (TUEs)
- Filing Failures
- Clearinghouse data Athletes are also able to ask questions directly to USADA during this webinar.

Contact USATF's Talia Mark (talia.mark@usatf.org) if you would like the schedule of upcoming webinars

From the Board

Please forward questions you would liked asked of the USATF Board of Directors to Fred Finke as soon as possible. Send to finkef@gate.net.