



USATF[™]

LONG DISTANCE RUNNING

**DIVISION REPORTS
JULY 2018 EDITION**

Upcoming Events:

July 4 10K Champs (Atlanta, GA)
July 21 50 Mile Champs (Ithaca, NY)
July 28 30K Champs (Co. Springs, CO)
Aug 12 50K Champs (Danbury, NH)
Aug 18 Masters 5K Champs (Atlanta, GA)
Aug 24 Masters 1 Mile Champs (Flint, MI)

From the Desk of the Chair, Mike Scott

Greg Mitchell (1:10:36) and Melissa Gacek (1:25:03) were first across the line at the June 3 USATF Masters Half Marathon Championships hosted by Ann Arbor TC. Suzanne Ray (1:42:55) and Rick Becker (1:20:18) were top on the female and male age grading, with age grades of 89.06 and 91.45 respectively.

Halfway through the 2018 USATF Running Circuit, the defending championships are leading. Aliphine Tuliamuk (45 points) leads Molly Seidel (33) and Emma Bates (24) in the women's standings. Leonard Koriri leads Sam Chelenga 51 to 48 in the men's standings, with Scott Fauble (28.5) in third.

Great racing in Des Moines for the USATF Outdoor Championships: Molly Huddle demonstrated that she's rounding back into shape by leading most of the way in the 10,000 then gradually dropping the field with a 4:38 final mile to win in 31:52.32, while Lopez Lomong closed with a 54 sec final lap to take the men's 10,000 in 28:58.38 ahead of Shadrack Kipchirchir's 28:59.67.

While in Des Moines, the LDR Division Executive Committee met to discuss a variety of issues such as SafeSport requirements and implementation at LDR Championships, citizenship/eligibility to represent US internationally, and a variety of other topics.

July is a busy month for USATF LDR championships, with Atlanta's AJC Peachtree hosting the USATF 10K Championships on July 4 while a couple days later the

USATF Mountain Championships will take place at Loon Mountain in NH on July 8. Two trail championships wrap up July with the July 21 USATF 50 Mile Trail Championship in Ithaca, NY and the July 28 USATF 30K Trail Championships in Colorado Springs.

Men's LDR Report

None Submitted

Women's LDR Report

None Submitted

Masters LDR Report

The Masters Half Marathon Championships were held on Sunday, June 3, 2018, in Ann Arbor MI, hosted by the Ann Arbor Track Club at its Dexter-Ann Arbor Half Marathon. Greg Mitchell, of the *Bowerman Track Club* returned to the Road race Championships with authority, taking the Overall Masters win in 1:10:36, defeating David Angell by 44 seconds. Angell was gunning for his 3rd straight win on the Masters Grand Prix circuit but Mitchell closed it out. Olivier Vrambout of *Run Minnesota*, took 3rd. Melissa Gacek ran away from the competition to take the Overall Championship in 1:25:03, with a three minute edge on Michelle Simonaitis who had, in turn, a two minute margin on the 3rd place finisher, Doreen McCoubrie. The Men's Age-Grading medals, symbolic of the fastest running for age across all age divisions was won by Rick Becker, 63, who ran 1:20:18 for a 91.45%, followed by Gene Dykes, 70, who ran 1:26:34 for a 91.08, and Dave Walters, 62, who clocked 1:20:37 for a 90.21. All 3 exceeded the 90% which designates a 'World Class' performance. Suzanne Ray, 66, of Oregon's Team Red Lizard, had the top score among women, running a 1:42:55 to achieve an 89.06. She was followed on the podium by Patrice Combs, 60, with a 1:34:50 and 88.79, and McCoubrie, 56, who took 3rd in Age Grading, as well as Overall, with a 1:30:11 for 88.57.

National Age Division Half Marathon Champions included: Gregory Mitchell 1:10:36 [OR] 44, Jonathan Frieder 1:14:20 [NJ] 47, Mike Nier 1:20:21 [NY] 53, Jim Zoldy 1:21:05 [CT] 56, Roger Sayre 1:19:07 [CO] 60, Heath Hibbard 1:28:47 [CO] 65, Gene Dykes 1:26:34 [MI] 70, Robert Hendrick 1:54:51 [FL] 75; Melissa Gacek 1:25:03 [MN] 42, Erin Larusso 1:38:20 [CA] 48, Michelle Simonaitis 1:28:02 [UT] 52, Doreen McCoubrie 1:30:11 [PA] 56, Patrice Combs 1:34:50 [GA] 60, Suzanne Ray 1:42:55 [OR] 66.

Women's National Team Champions included the Ann Arbor Track Club 40+, the Atlanta Track Club 50+, and Team Red Lizard 60+. For the Men it was the Garden State Track Club-New Balance 40+, the Genesee Valley Harriers 50+, the Boulder Road Runners 60+, and the Ann Arbor Track Club 70+.

The USATF Masters 5K Championship will be hosted for the first time by the Atlanta Track Club with their Atlanta's Finest 5K race on Saturday, August 18th. The Atlanta Track Club has hosted the country's largest 10K event, the AJC Peachtree 10K, for years, and were recently designated as the site of the 2020 Olympic Marathon Trials. They know Road Racing. Set in Atlanta's Olympic Centennial Park, it is a great venue for a Championship. The host hotel is adjacent to the start and finish.

Entry information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-5-km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113456>

The USATF Masters 1 Mile Road Championship will be held the evening of Friday, August 24 in Flint Michigan, hosted by the Michigan Mile of the HAP Crim Festival of Races. Some of the fastest Masters Milers in the country will make their annual pilgrimage to the downtown streets of this vibrant Great Lakes city, host of the Championship since 2014. Enjoy the festive atmosphere the evening before their signature 10 Mile event.

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-1-Mile-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114066>

The Masters 15K Championships will again be hosted this fall as part of the Tulsa Federal Credit Union Tulsa Run on Saturday, October 27. Come enjoy Downtown Tulsa before and after the race. It is one of the most welcoming races on the circuit, with a complimentary catered pasta dinner the evening before, a restricted warmup area and a 5-minute head start before the Community Race. Downtown hotels are convenient to the start and finish with the host hotel adjacent to the post-race festival area.

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-15km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114371>

Be Part of Team USA. World Masters Athletics –World Masters Outdoors Championships. The 2018 WMA World Championships will be held in Malaga Spain from the 4th to the 16th of September. Information about the

event is at:
<http://www.usatfmasters.org/2018malaga.htm>.

Whether you think of yourself as a track athlete or primarily a road racer or a cross country runner, there is an opportunity to represent the USA in international competition. The (Masters) Team USA will race against the World in Malaga, Spain in both Track events and 'Non-Stadia' Events. The Non-Stadia Events include: Cross Country, a 10 km Road Race, and a Half Marathon Road Race. Distance Runners may also find the track events from 800 meters up to be of interest.

Answers to Frequently Asked Questions can be found at:
http://www.usatfmasters.org/content/2018/malaga_spain/faq.pdf.

The USATF Team Manager for Non-Stadia Events is: Mary Rosado. Email: mvrosadoesq@prodigy.net.

This is a golden opportunity to represent your country as a member of Team USA in a World Championship.

Planning Ahead for the Fall.
The USATF Masters 5km Cross Country Championships will be held on September 23, 2018 in Buffalo NY and will also serve as a Can-Am International Challenge Race. All finishing runners will score for their country.

Entry Instructions: www.usatf.org/Events---Calendar/2018/USATF-Masters-5-km-Cross-Country-Championships/Instructions-on-How-To-Enter-the-Race-Masters-5k.aspx

World Masters Athletics (WMA) has announced there will be a stand-alone World Masters Marathon Championship this fall at the Scotiabank Toronto Waterfront Marathon on Sunday, October 21st, 2018. Gold, Silver and Bronze medals will be awarded to the first three male and first three female finishers in each age group from M35 and W35. Age is on the day of the race, October 21. These athletes will be the 2018 WMA Marathon Champions and are eligible for records using gun time. You must be a USATF Member and a US Citizen to represent Team USA. The special Access Code for those wishing to run for Team USA in this contest is: WMA2018YYZ.

All athletes are eligible for Doping Control and must comply with IAAF/Masters Competition Rules throughout the race. All athletes in the WMA Marathon must compete as able-bodied; no wheelchair nor Nordic Poles allowed.

There are no team medals. Registration closes October 2, 2018.

To register, please direct your browser to:
<http://www.torontowaterfrontmarathon.com/register>

Click on the box for 'International Runners' and scroll down to the section titled, "World Masters Athletics Marathon Championships." Click on the 'I have an Access Code' box and enter the code given above. That gets you to the correct registration section where you enter your individual information. Online registration only. For questions on registration, contact the organizers at: support@raceroster.com. Phone: (1)-855-969-5515 (From North America Only). For all other questions, please contact Mary V Rosado, chair of Masters LDR, mvrosadoesq@prodigy.net, 917-400-3961.

The Club and Individual Masters Grand Prix Awards for 2018 will be presented by the Masters LDR Committee at the USATF Club Cross Country Championships in Spokane Washington on December 8th, 2018.

The USATF Masters LDR Committee takes this opportunity to remind all Masters Runners, Teams, and Clubs that the 2018 Grand Prix season ends with the last Masters Championship event *before* the Club Cross Country Championships. Points earned at Spokane will count *only* for the 2019 Masters Grand Prix contests.

Remaining 2018 Masters Grand Prix Schedule:
8/18 Atlanta's Finest 5K (Atlanta GA)

8/24 HAP Crim-Michigan Mile (Flint MI)

9/23 Masters 5km Cross Country Champs (Buffalo NY)*

10/27 Tulsa Federal Credit Union *Tulsa Run* 15K (Tulsa OK)

*Can/Am Challenge. Every runner participating will score for her/his country.

Memo:
7/26-9 USATF Masters Outdoor T&F Champs (Spokane, WA)

9/4-16 WMA Outdoor Championships (Malaga, Spain)

10/21 WMA Masters Marathon—Scotiabank Toronto Waterfront Marathon

12/08 2018 Masters Grand Prix Awards (Spokane WA)

Mountain/Ultra/Trail (MUT) Report

It's been a busy June for Mountain Ultra Trail. Successes at international competitions include a gold medal individual in Joslin Blair, 17, Eagle, CO, at the WMRA International Youth (u18) Mountain Running Cup on June 16, the world championships for athletes 16-17.

Blair led the girls' team to a bronze medal. The boys' team was seventh. <https://trailrunner.com/trail-news/joslin-blair-strikes-gold-at-wmra-mountain-running-international-youth-cup-u18/> It was great to be on site at the event as a team staffer and watch the incredible efforts of our future stars. On June 24, the US Team at the WMRA Long Distance Mountain Running Championships had a great day with Joseph Gray in bronze-medal position leading his team to a silver medal -- three men in the top 10. The US women finished in sixth place placing two women in the top 10. Thanks to staff members Mark Weeks - youth; Jason Bryant and Richard Bolt - long distance.

We have a full list of championships coming up with our USATF Mountain Champs on July 8 in Lincoln, NH where the NACAC Mountain Running Championships, the Collegiate Mountain Running Championships and the US Mountain Team selection will all happen. There are record numbers of entrants pushing past 800. Also in July, the USATF 50km Trail Champs on July 21 in Ithaca, NY, and the 30km Trail Champs on July 28 in Colorado Springs, CO.

The USATF 100km Team has been announced as well. On this year's team slated to compete September 8 in Croatia:

Men's Team (Alphabetically)

- 1) Zach Bitter
- 2) Geoff Burns Traverse City, MI (Michigan Assoc)
- 3) Matt Flaherty Bloomington, IN (Indiana Assoc)
- 4) Anthony Kunkel)- Durango, CO (Colorado Assoc)
- 5) Chikara Omine San Mateo, CA (Pacific Assoc)
- 6) Pat Reagan- Savannah, GA (Georgia Assoc)

Women's Team (Alphabetically)

- 1) Sarah Bard Seattle, WA (Pacific Northwest Assoc)
- 2) Caroline Boller Solvang, CA (Southern CA Assoc)
- 3) Camille Herron War Acres, OK (Oklahoma Assoc)
- 4) Liza Howard San Antonio, TX (South TX Assoc)
- 5) Devon Yanko San Anselmo, CA (Pacific Assoc)
- 6) Meghan Laws Cool, CA (Pacific Assoc)

Team Staff

- 1) Lin Gentling (Team Leader)
- 2) Tim Yanacheck (Asst. Team Leader)
- 3) Lion Caldwell (Team Physician)

Zelezniki, Slovenia, played host to the [18th WMRA/WMA World Masters Mountain Running Championships](https://trailrunner.com/trail-news/american-runners-compete-at-world-masters-mountain-running-championships/) on June 2. This year marked the 18th installment of a world championship mountain running event for to masters athletes ages 35-79. More at <https://trailrunner.com/trail-news/american-runners-compete-at-world-masters-mountain-running-championships/>.

On a range of mountains along the Polish / Czech Republic border, Śnieżka peak rises 5259 feet above sea level and would be twice climbed by America's top off-road runners at the [15th Long Distance Mountain Running Championships](#). Race morning saw the mountain shrouded in gray clouds, wind and rain with temperatures in the 30s – a challenge for 10 athletes of the 2018 U.S. Long Distance Mountain Running Team. Each would tackle the 36 km course from the town square of Karpacz, Poland, a resort town for skiing in winter and hiking in summer. Total elevation gain and loss on the two loops would be 6900 feet along a mix of rugged mountain trail, forest tracks and mountain roads. Along with the U.S. team, 130 mountain runners from 19 other countries would compete for individual and team medals. More at <https://trailrunner.com/trail-news/u-s-mens-team-takes-silver-joseph-gray-wins-bronze-at-the-15th-long-distance-mountain-running-championships/>.

This coming Sunday, July 8, the 2018 USATF Mountain Running Championships will take place at Loon Mountain in Lincoln, New Hampshire. First held in 2006, the [Loon Mountain Race](#) is a 10 km mostly uphill race starting at the base of the resort, climbing 3200 feet and finishing at the mountain summit. Thirteen past members of US Mountain Running Team and a shed-load of speedy newcomers will toe the starting line in the hunt for highly coveted 2018 team spots, podium positions and cash prizes. More at <https://trailrunner.com/trail-news/mountain-running-stars-to-come-out-for-the-2018-usatf-mountain-running-championships/>.

Cross Country Report

None Submitted

Road Running Technical Council Report

None Submitted

Athletes Report

None Submitted

Board Report

None Submitted

National Office Report

None Submitted