



# USATF™

## LONG DISTANCE RUNNING

### DIVISION REPORTS

November 2021 EDITION

#### Upcoming Events:

- Nov 6 USATF 5K Championship (New York City, NY)
- Nov 6 USATF Marathon Trail Championship (Moab, UT)
- Dec 4 USATF 100-Mile Trail Championship (Needville, TX)
- Dec 5 USATF Half Marathon Championship (Hardeeville, SC)
- Dec 11 USATF Club Cross Country Championship (Tallahassee, FL)
- Jan 8 USATF Cross Country Championship (San Diego, CA)

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

LDR racing continued in October, including an unprecedented weekend with Chicago Marathon on Sunday, followed by Boston Marathon on Monday.

As noted last month, Elizabeth Northern (7:51:58) and Rajpaul Pannu (6:57:33) took home gold at the USATF 100K Championship hosted by the No 'to' mom 100K in Sacramento, CA on Oct 1-2.

USATF-NE hosted the USATF Masters 5K Cross Country at Franklin Park. Kasie Enman was the fastest woman of the day, while Chris Garvin took the 40+ men's race and Dan King took the 60+ men's race.

Biya Simbassa (1:14:27) and Makena Morely (1:23:17) captured the wins at the USATF 25K Championships at the Amway River Bank Run in Grand Rapids on Oct 23.

Thanks to everyone who joined us last Wednesday for the USATF Presidential Town Hall for Long Distance running. For those of you unable to join us you can view the town hall at: <https://bit.ly/3GFyguu>

#### Men's LDR Report

None Submitted

#### Women's LDR Report

Our 2021 USATF 25K Championships for both men and women were hosted by the Amway River Bank Run and took place on Saturday, October 23 in Grand Rapids, Michigan.

Darren De Reuck served as WLDR liaison for this event. What is the atmosphere like these days (with Covid-19 a

concern) at a USATF National Championship event? A car service vehicle arranged by the hosting race management team was waiting at the airport to transport 6 of the athletes plus Darren to the host hotel. Everyone wore masks except the driver. They checked in around 11pm two nights prior to race day. Employees at the host hotel wore masks, but most of the casual hotel guests did not. At the press conference and technical meetings, the athletes wore masks, but all attendees did not. There was a Hospitality Suite where athletes came in and got fluids and snacks but did not "hang out" as they would have prior to Covid-19. There was breakfast available on race morning and the athletes had a large conference room in another section of the hotel in which they could stretch and relax prior to the race. Athletes had the full use of indoor bathrooms - no need for porta-johns - as the start was just steps away from the hotel. The awards ceremony went very quickly with just a quick distribution of medals. According to Darren, "The course was definitely not slower than the old course and conditions were perfect for racing....as you can see times were really fast and Makena ran the fastest time run there. I believe, from what I heard from the athletes.... a successful race and weekend." This race was the 7<sup>th</sup> stop on the 2021 USATF Running Circuit for the women and served as a selection race for **2022 World Half Marathon Championships on March 27 in Yangzhou, China.**

Makena Morley came away with her first national title at a distance that she has never previously raced! From the gun a lead pack of 12 jumped out and set a challenging pace. Within three miles it was down to a pack of six with Allie Kieffer, Lindsay Flanagan, and 20K Champion Erika Kemp in the lead, but only just slightly ahead of Morley, Grabill, and Mettler. Just a bit past halfway, Kemp and Morley continued to push the pace with Mettler and Grabill doing their best to stay connected. The traditional course was not used this year (due to construction) and Kemp and Morley seized the opportunity to really push the pace on the hilly bits. They battled for a couple of miles, and it appeared that Morley really worked the downhill as she was now running alone and increasing the gap back to Kemp. Morley broke the tape a full 43 seconds ahead of runner-up Kemp. This was the third USATF Circuit race for both women and their finish place at the 25K elevated them to 2<sup>nd</sup> (Morley) and 3<sup>rd</sup> (Kemp) in the overall standings. How exciting to see them both "stick their nose in it" at the longest distance each of them had ever raced! Oh yes....by the way, Makena did hold off men's champion Abbabiya Simbassa and took home the \$2500 bonus for being first runner across the finish line.

1. <u>Makena Morley</u>	1:23:17	\$10,000	22.5
2. <u>Erika Kemp</u>	1:24:00	\$5000	18
3. <u>Molly Grabill</u>	1:24:31	\$2500	15
4. <u>Maria Mettler</u>	1:25:08	\$1000	10.5
5. <u>Allie Kieffer</u>	1:25:23	\$800	9
6. <u>Lindsay Flanagan</u>	1:26:05	\$600	7.5
7. <u>Annmarie Tuxbury</u>	1:27:26	\$500	6
8. <u>Madison Offstein</u>	1:29:46	\$400	4.5
9. <u>Christina Welsh</u>	1:29:52	\$300	3

10. Angie Nickerson 1:29:56 \$200 1.5

At this writing here are the top five women in the USATF Running Circuit along with the number of points earned:

1. Emily Durgin 49
2. Makena Morley 47.5
3. Erika Kemp 46.5
4. Lindsay Flanagan 34
5. Annie Frisbie 30

Yes! Only 2.5 points separate the top 3 with only two races left in the circuit!

To keep up with overall circuit standings please visit:

[https://usatfrunningcircuit.runnerspace.com/gprofile.php?do=title&title\\_id=357&mggroup\\_id=30069](https://usatfrunningcircuit.runnerspace.com/gprofile.php?do=title&title_id=357&mggroup_id=30069) (or <https://bit.ly/317FLtp>)

Where will you be next weekend? If you are in NYC, you will be able to take in two high-profile events. Of course, we have the 2021 New York City Marathon in its 50th running on Sunday (see “flipsnack” included in this article for it having additional interest for Team USA fans this year), but we also have the **2021 USATF 5K National Championships** hosting by the **Abbott Dash to the Finish 5K on Saturday, November 6<sup>th</sup> in Manhattan.**

USATF Championship medals and USATF Running Circuit points will be awarded to the top 10 men’s and women’s finishers.

Place	Prize Money
1st	\$12,000
2nd	\$8,000
3rd	\$4,000
4th	\$2,000
5th	\$1,000
6th	\$900
7th	\$750
8th	\$650
9th	\$450
10th	\$250
Men	\$30,000
Women	\$30,000
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TOTAL	\$60,000

A press release from NYRR announcing the elite field for the 5K, included two-time NCAA champion Weini Kelati and two-time U.S. champion Erika Kemp, along with Rio 2016 Olympic triathlon gold medalist Gwen Jorgensen, and two-time Olympian Kim Conley as athletes to watch. The USATF 5K Championships/Abbott Dash to the Finish Line 5K will be broadcast live via USATF.TV. The broadcast is scheduled to begin at 8:20am ET with the first race starting at 8:30am ET

The Women’s LDR committee was responsible for determining the selection procedures for our athletes regarding the 2022 World Athletics Championships – Women’s Marathon scheduled for July 18<sup>th</sup> in Eugene. Both

the Men’s and Women’s LDR committees arrived at consensus with the proposed selection procedure and were anxious to see the final document posted. It can be viewed at: <https://bit.ly/2ZHD80A>

At the time of this writing (with no results yet from the NYC Marathon being held on Nov. 7) our three-person 2022 World Championships Team USA – Women’s Marathon would be selected based on the following order:

1. Molly Seidel (3rd Olympics, 2:27:46)
2. Emma Bates (2nd Chicago, 2:24:20)
3. Sara Hall (3rd Chicago, 2:27:19)
4. Keira D’Amato (4th Chicago, 2:28:22)
5. Nell Rojas (6th Boston, 2:27:12)
6. Maegan Krifchin (6th Chicago, 2:30:17)
7. Carrie Verdon (7th Chicago, 2:31:51)

Lastly, if you know of any athletes interested in competing at our **2021 USATF Half Marathon Championships** (the last of the 2021 USATF Circuit races presented by Toyota) hosted by the **Mortgage Network Half Marathon on Sunday, December 5 in Hardeeville, South Carolina**, please contact Larry Kimball at [LarryKimball@outlook.com](mailto:LarryKimball@outlook.com) before the deadline of November 21.

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

On Sunday, October 17, nearly 300 Masters athletes gathered at Franklin Park in Boston MA to celebrate the return to Cross Country National Championships. They were greeted by a gorgeous sunny fall day with crisp temperatures and a classic cross country course. The Men’s 60+ race was won by **Dan King**, who pulled away for a 9 second victory margin over **Joseph Mora** and **Robert McCormack**. King also had the top age graded score, followed by **Ken Youngers** and McCormack. Age Division National Champions from this race included: **King** (60-64), **Youngers** (65-69), **Kirk Larson** (70-74), **Dave Glass** (75-79), and **Stan Edelson** (80-84). The top teams were: **Athletics Boulder** (60+), and **Atlanta Track Club** (70+).

The Men’s 40-59 race was won by **Chris Garvin**, followed by **John Poray** and **T.J. Unger**. **Nat Larson** won the age-grade competition, with **Tim Harte** and **Kenneth Barbee** following at the top. The Age Division National Champions were: **Garvin** (40-44), **Jason Holroyd** (45-49), **Harte** (50-54), and **N. Larson** (55-59). Team Championships went to: **Boston Athletic Association** (40+) and **Central Mass Striders** (50+).

**Kasie Enman** captured top overall women’s honors, followed by **Jessica Smith**, and **Maggie Shearer**. **Michelle Rohl** attained the top age grade score, followed by **Marisa Sutera Strange** and **Karolyn Bowley**. Age Division National Champions included: **Enman** (40-44), **Lorilynn Bloomer** (45-49), **Bowley** (50-54), **Rohl** (55-59), **Lorraine Jasper** (60-64), **Alda Cossi** (65-69), **Anne Pelletier** (70-74), **Anne Molloy** (75-79), **Madeline Bost** (80-84), and **Tami Graf** (85-89). **The top teams were: Impala Racing** (40+), **Greater Philadelphia** (50+),

**Greater Philadelphia** (60+). Full results are posted on the usatf site at: <https://bit.ly/3CEUDXY>

### **Join us on November 18 (7 pm EST) for the next MLDR Ambassador Call**

Get the very latest news on upcoming championships directly from our race directors, including registration information, host hotels, and other important information. You can register for the call at <https://bit.ly/2ZCRGPP>

**We are about to kick off one of the best and most geographically diverse Masters Grand Prix's in our history.** Join us in Tallahassee on December 11 for the official kickoff event. This promises to be the most attended event in at least two years. Be sure to stick around in the afternoon for the after-party celebration. Please share the following schedule with your running club and friends. You can download a pdf file of the schedule at <https://bit.ly/3nKF2WV>

- January 8 USATF XC National Championships, San Diego, California, *Mission Bay*
- February 26 USATF Masters 5k Championships, Atlanta, Georgia, *Publix Atlanta Marathon Weekend*
- March 20 USATF Masters ½ Marathon Championships, Syracuse, New York, *Syracuse Half Marathon*
- April 3 USATF Masters 10 Mile Championships, Sacramento, California, *SACTOWN 10*
- April 24 USATF Masters 10k Championships, Dedham, Massachusetts, *James Joyce Ramble*
- May 21 USATF Masters 1 Mile Championships, Rochester, New York, *Rochester Mile*
- June 29-July 10 - XC, 10k, or ½ Marathon, Tampere, Finland, *World Masters Athletics Championships*
- Sept 18 USATF Masters 12k Championships, Highlands, New Jersey, *By Hook or By Crook 12k*
- Oct 22 USATF Masters 5k XC Championships, Boulder, Colorado
- Dec 10 USATF Club XC Championships, San Francisco, California

Our Grand Prix scoring for 2022 will begin at the Club Cross Championships in Tallahassee on December 11, 2021 and conclude with the 5k XC Championships in Boulder, Colorado on October 22, 2022. The Grand Prix awards will then be presented at the Club XC Championships in San Francisco on December 10, 2022. Earn individual and club points at each event and score your top 5.

### **Mountain/Ultra/Trail (MUT) Report Trail Championship Team to compete at X-Terra World Championships.**

In lieu of the World Trail Championships slated for November and postponed due to Covid19, four men and four women will represent Team USA at the Xterra Trail Run World Championship race to be held the first weekend of December in Hawaii. On the woman's team we have Grayson Murphy, Rachel Johnson, Bailey Kowalczyk, and Megan Lacy. For the men's team we have Joseph Gray, Joseph Demoor, Edward Owens, and Andy Wacker.

### **US Trail Running Conference**

The US Trail Running Conference, hosted by American Trail Running was held in Fayetteville, AR, on October 27-29. USATF MUT was represented at the conference by Lin Gentling and Nancy Hobbs. Attendees gained insight on how to reach out and liaise to race directors in the US on how to apply best practices in climate and sustainability, diversity in trail running and how to attract a variety of populations, and community and business practices, such as sponsorship and marketing as they pertain to trail running races. An excellent conference with a variety of participants from around the country.

### **USATF MUT Upcoming Championships**

The USATF Trail Marathon Championships will be held November 6th, in Moab Utah. The USATF 100 Mile Trail Championships will be held December 4-5th in Brazos Bend, TX.

### **Team USA Qualifications**

The MUT council is reviewing the qualifying standards for the following World Championships: 24-hour to be held in 2022, 100k Road (2022), and 50k Road (2023). Upon approval the requirements will be publicized on USATF.org and trailrunner.com/usatf-mut.

### **Cross Country Report**

As we head into the cross country season here are updates on the national cross country championships.

### **USATF National Club Championships**

Saturday, December 11, 2021

Tallahassee, FL

\$40,000 total prize purse

\$26,000 Open prize money for the top five men's and women's teams.

\$14,000 Masters prize money for teams and individual age-graded.

Schedule:

9:30 am Masters Women 6k

10:30 am Masters 60+ Men 8k

11:30 am Masters 40+ Men 10k

12:30 pm Open Women 6k

1:15 pm Open Men 10k

Meet information and registration will be up on the USATF website

## **USA Cross Country Championships**

Saturday, January 8, 2022

San Diego, CA

\$28,000 total prize purse

This meet will select the Junior and Senior Men's and Women's Pan American Cross Country Teams. Senior Pan Am team members will receive a stipend to compete on the USA national team.

### Schedule:

9:30 am Masters Women 6k

10:30 am Masters Men 8k

11:30 am Junior Women 6k

12:15 pm Junior Men 8k

1:00 pm Senior Women 10k

1:50 pm Senior Men 10k

### Hotel Information:

#### Host Hotels

San Diego Mission Bay Resort 619-276-1775

Hyatt Regency Mission Bay 619-224-1235

Days Inn by Wyndham 619-220-5102

Meet information and registration will be up on the USATF website

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

None Submitted

### **USATF LDR Records Report**

None Submitted

## **2021 USATF ANNUAL MEETING**

From USATF National Office:

This year, the USATF Annual Meeting will be a hybrid meeting of virtual and in-person attendees. The event will run Thursday, December 2 – Sunday, December 5, 2021 at the Hilton Lake Buena Vista in Orlando, Florida. Executive committee members from all USATF committees are invited to attend in person and may use the budgeted Annual Meeting travel allocation for attendance. Moreover, each Association is asked to have one representative in attendance (e.g. Association Presidents) to participate in the Associations meetings and have been notified. **Voting will be done electronically in all instances.** Any identified delegate that wishes to attend in person and is not either on an executive committee attendance list, an Association president/designated participate, or an athlete, can join a waiting list to determine availability by emailing [AnnualMeeting@usatf.org](mailto:AnnualMeeting@usatf.org). Notification of wait list status will be made by November 1.

The registration fee will be \$125 (in-person or hybrid attendance) and will be open for all attendees on October 4; stay tuned for the full schedule of meetings and further details.

### ***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.

***NOTE: Event hosting guidance was updated on October 20.***