



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS March 2022 EDITION

Upcoming Events:

- Mar 5 USATF 15K Championship (Jacksonville, FL)
- Mar 20 USATF Masters Half Marathon Championships (Syracuse, NY)
- April 3 USATF Masters 10-Mile Championship (Sacramento, CA)
- Apr 23 USATF 100K Road Championship (Madison, WI)
- Apr 24 USATF Masters 10K Championship (Dedham, MA)
- Apr 26 USATF 1-Mile Championship (Des Moines, IA)

From the Desk of the Chair, Mike Scott

In addition to lots of fast racing on the indoor oval, 2022 MUT and Masters competition kicked off in February.

Camille Herron won the USATF 100 Mile Road Championship outright in 12:41:10, with Arlen Glick finishing as the top male in 13:10:25. Camille's performance exceeded the existing IAU world records for 12-hour run and 100-miles pending ratification.

The following weekend, Alexandra Niles (3:25:10) and Bijan Mazaheri (3:01:01) won the titles at the USATF 50K road championships.

Bryan Lindsay (15:37) and Jessica Hruska (18:12) were the top finishers at the USATF Masters 5K Championship in Atlanta, while 97-year old Betty Lindberg ran 55:47 to shatter the women's 95-99 World Record. Top Age Grades overall were achieved by Lindberg and Jacob Nur (17:43), age 66.

Men's LDR Report

The Men's LDR Committee was very pleased to see this Championship recently announced:
<https://bit.ly/3HrRVwQ>

Women's LDR Report

Our second race in the **2022 USATF Running Circuit** presented by Toyota is fast approaching. It is the **15K Road National Championships** hosted by the **Gate River Run** and will take place on **Saturday, March 5** in Jacksonville, Florida. At this point in time there are 27 women and 52 men entered in the elite field.

For more information on the Gate River Run please go to <https://gateriverrun15k.com>

For elite athlete questions please contact Jim Van Cleave at jim@gate-riverrun.com

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

AWARD & PRIZE MONEY (PER GENDER)

- 1st - \$10,000
- 2nd - \$5,000
- 3rd - \$3,000
- 4th - \$2,000
- 5th - \$1,000
- 6th - \$900
- 7th - \$800
- 8th - \$700
- 9th - \$600
- 10th - \$500

Equalizer bonus (First Male or Female): The *elite women* will start 6 minutes ahead of the elite men. The first person (male or female) to cross the line will receive a **\$5,000 bonus**.

You will find below a list of bid applications for 2022 that have been *approved by the Women's LDR Committee* and passed along to National Office for continued inspection and anticipated approval. These are **not**, at the time of this newsletter distribution, definitively to be considered as National Championship races.

If /when they are approved by USATF, they will be posted as National Championships and will be listed on the USATF website at <https://www.usatf.org/events>

- Saturday, March 5 15K Road National Championships hosted by Gate River Run, Jacksonville, Florida
- Saturday, May 14 25K Road National Championships hosted by Amway River Bank Run Grand Rapids, Michigan
- Saturday, June 4 6K Road National Championships (Women only) hosted by Women's 6K Festival Canton, Ohio
- Monday, September 5 20K Road National Championship hosted by Faxon Law New Haven Road Race New Haven, Connecticut.
- Saturday, September 17 10K Road National Championships hosted by The Great Cow Harbor 10K Run Northport, New York
- Sunday, October 2 10 Mile Road National Championships hosted by Medtronic TC 10 Mile Twin Cities, Minnesota
- Saturday, November 5 5K Road Mile National Championships hosted by Abbott Dash to the Finish Line 5K New York, New York
- Sunday, December 4 Marathon Road National Championship hosted by California International Marathon Sacramento, California

Confirmed Road National Championships presented by Toyota **already listed** on the USATF website:

- Tuesday, April 26, 2022 1 Mile Road National Championship hosted by Grand Blue Mile, Des Moines, Iowa
- Saturday, January 21, 2023 USATF Cross Country Championships Richmond, Virginia
- Tuesday, April 25, 2023 1 Mile Road National Championship hosted by Grand Blue Mile, Des Moines, Iowa
- Saturday, February 3, 2024 USATF Cross Country Championships Richmond, Virginia

The committee re-capped and discussed certain proposals aimed at achieving compromise on three bylaw issues that are currently being considered by the Law & Legislation Committee. L&L Presidential appointee, Ms. McKinney, was present on the Zoom meeting to update the group. L&L is trying to reach a compromise so there are “carve out” proposals that the membership specifically votes on. Other governing bodies (USA Swimming/USA Triathlon) have a similar approach to this. L&L had sent out to the committees the proposals for feedback and a consensus. These proposals would ensure the membership still has a vote and voice in the governance of the organization.

Ms. Piscitelli forwarded the L&L proposal documents to the WLDR committee on February 5th in preparation for a discussion during the February 8th committee meeting. For brevity, they are summarized below. Everyone who spoke voiced support for the amendments.

- Regarding the membership’s compromise carve-out proposal for a carve-out for matters that are relevant to governance/membership representation from other matters in the bylaws:**
Unanimous Approval
- Regarding the membership’s compromise proposal for the establishment of a two-thirds threshold for the board to elect someone other than the President as it’s chair:**
Unanimous Approval
- Regarding the membership’s compromise proposal for the establishment of a 30-day deadline for the board to approve or reject a presidential appointment:** Unanimous Approval

For those interested in keeping current with the list of who has **already qualified** for the USA Olympic Team Trials – Women’s Marathon, the list can be found at: <https://bit.ly/3pxxyMB>

Masters LDR Report

2022 Masters LDR Schedule – The Best in our History

We have arguably the best schedule of events in our history with 10 Championship Road Race and XC Events in 2022. Please share the following schedule with your

running club and friends. It can be viewed online at: <https://bit.ly/34kr15r>

- 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 2022 Grand Prix scoring began with the Club Cross Championships in Tallahassee, FL on December 11, 2021 and will conclude with the 5k XC Championships in Boulder, Colorado on October 22, 2022. The Grand Prix awards will then be presented at a special ceremony 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.

USATF Masters Cross Country Championships, January 8, 2022, San Diego, CA, Mission Bay Park
The second event of the 2022 USATF Masters Long Distance Running Grand Prix, the USATF Cross Country Championships were held on January 8 at beautiful Mission Bay Park in San Diego, CA. **Renee Metivier** led the Women’s race from the starting gun to the finish, clocking 21:50 for the win over the 6 km course. **Colleen DeReuck**, from the 55-59 division, had the fastest time overall, 25:33, for her age, winning the age grade Competition. **Segio Reyes** made a decisive move half way through the 2nd of five 2-km loops over the Men’s 10 km course, winning handily in 26:37. **Jacob Nur**, from the 65-69 division, ran 31:42 to take the Men’s Age Grade competition. Full results can be found at: <https://bit.ly/3IHg0kE>

USATF Masters 5k Championships, February 26, Atlanta, GA

A record 267 entries and 226 finishers competed at the USATF Masters 5k Road Championships in Atlanta, GA on February 26 hosted by the Atlanta Track Club Publix Marathon Weekend.

Betty Lindberg, at 97, the oldest competitor entered, bettered the existing World Best for Women 95-99. Her net time of 55:47 shattered the old best by over 30 minutes. There were also thrilling races for both Overall Championships, with Bryan Lindsay taking the Men's title in 15:37 and Jessica Hruska claiming the women's title in 18:12. The Age Grading championships, signifying the best overall performance for age, were won by Lindberg and Jacob Nur, 66, who clocked 55:47/95.56% and 17:43/94.49% respectively. Full results can be found at: <https://bit.ly/3C5PNdb>

Mountain/Ultra/Trail (MUT) Report

Championship results:

USATF 100 Mile National Championship

The USATF Road 100 Mile National Championships were held on February 18, in Henderson, NV as part of the Jackpot Ultra Festival. Meghan Canfield and Lin Gentling served as liaisons. The top 3 women were Camille Herron (12:41:10), Nicole Monette (14:02), and Stefani Flippin (13:43). The top 3 men were Arlen Glick (13:10:25), Alex Nichols (13:44:42), and Mark Hammond (14:08:58). The following pending records were set:

Camille Herron – (pending ratification) 40-44 age group World Best for 50 miles in 6:08, 12-hour Open World Record 94.5 miles and 100-mile Open World Record (12:41:10). Camille also ran a 100k qualifying time for consideration for the 100k National Team in 7:41:59.

June Gessner – (pending ratification) 65-69 age group National Record for 100 miles in 23:26:27.

USATF 50K National Championship

The USATF Road 50k National Championships were held in Long Island, NY, February 27th. Meghan Canfield and Lin Gentling served as liaisons. At stake were potential automatic spots on the USATF National Team to compete at the World 50k Championships to be held May 25, 2023. Winners who ran a qualifying time of 3:00 for the men or 3:33 for the women gained a spot. Other runners who ran the time qualified for consideration.

It was very cold (in the 30s) with a stiff wind holding the flags perpendicular, which took a toll on the athletes. The top 3 women ran qualifying times nonetheless. First place, earning the automatic spot was Alexandra Niles in a time of 3:25:10. Second was Autumn Ray in 3:29:15 and 3rd was Melissa Tanner 3:29:48. Ray and Tanner are also masters runners in the 40-44 age group.

Bijan Mazaheri, a 2:15 marathoner, took the win in the men's race, but unfortunately missed the qualifying time

with a 3:01:01. 2nd was Rajpaul Pannu in 3:04:50 and 3rd was Ryan Clifford in 3:06:52.

Upcoming Championships:

USATF 100K National Championship

The next USATF MUT National Championship is Mad City 100k, April 23rd, in Madison, Wisconsin. The top male and female who run a qualifying time (7:20 for men, 8:40 for women) will earn an automatic spot on the National Team competing at the IAU World 100k Championship in Berlin, Germany, August 27, 2023.

Cross Country Report

National Team News

USATF will not be sending a team to the Pan Am Cup Cross Country Championships. They are scheduled for March 26 in Brazil, however, Covid-19 levels in Brazil will not allow a team to be sent.

The NACAC Championships, scheduled in Honduras have been postponed until December 10, 2022. Procedures for team selection will include results from the USA Championships. Full procedures will be posted soon to outline the complete procedures for team selection.

The next World Athletics Cross Country Championships are now scheduled for February 18, 2023 and will be held in Bathurst, Australia.

Upcoming National Championships

The Masters 5k Cross Country Championships will be held in Boulder, CO on October 22, 2022.

The USA Club National Championships will be held in San Francisco, CA on December 11, 2022.

The USA Cross Country National Championships will be held in Richmond VA. The date has been announced as Saturday, January 21, 2023. This allows time to process our national team to compete at the World Athletics Cross Country Championships in Bathurst, Australia on February 23, 2023. Richmond will also be the host of the 2024 USA Cross Country National Championships. The date of the 2024 edition will be announced when the date of the World Athletics Championship is announced. It is likely to be on the same weekend in 2024 as it is being held in 2023.

Road Running Technical Council Report

None Submitted

USATF LDR Records Report

None Submitted

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 February 16.

RRCA Run Pro Camp

RRCA's Run Pro Camp (July 28-30 in Arlington, VA), designed to educate and inform post-collegiate distance runners interested in pursuing a professional running career, is now accepting applications. Runners who complete their NCAA Track & Field and/or Cross Country eligibility by June 30, 2021 – along with runners who have completed eligibility in the last 24 months – are encouraged to apply. The application can be found at <https://www.rrca.org/programs/runpro-camp/>. Deadline to apply is May 31, 2022. The RRCA will cover travel, lodging, and meals for all accepted applicants.