



USATF

LONG DISTANCE RUNNING

DIVISION REPORTS

May 2022 EDITION

Upcoming Events:

- May 7 USATF Half Marathon Championships (Indianapolis, IN)
- May 14 USATF 25K Championships (Grand Rapids, MI)
- May 21. USATF Masters 1-Mile Championship (Rochester, NY)
- June 4 USATF Women's 6K Championship (Canton, OH)

From the Desk of the Chair, Mike Scott

April was a busy month for long distance running highlighted by the Boston Marathon weekend. I enjoyed connecting with many of our sport's coaches, agents, event directors, and athletes.

Maggie Shearer (59:20) and Riley Cook (49:59) were the fastest finishers at the April 2 USATF Masters 10 Mile Championships hosted by the Sactown 10. The top age graded performances were Jenny Hitchings (100.88%) and Jacob Nur (97.25%).

Kalie Demerjian (7:56:21) and Zack Beavin (7:06:27) won the titles at the April 23 USATF 100K Road Championship in Madison, WI. MUT committee vice chair Meghan Canfield set a new age group World Record for the 60-64 year olds with her 50-mile split time of 7:26:29.

The top finishers at the April 24 USATF Masters 10K Championships were Jesse Davis (32:08; Masters course record) and Jessica Smith (36:01). Nat Larson (93.55%) and Stella Gibbs (92.94%) captured the top age graded performances.

Emily Lipari (4:33) won her third USATF 1 Mile Road Championship at the April 26 Grand Blue Mile in Des Moines, while Vincent Ciattei (4:04) took his first.

Remembering Bill Roe

Bill Roe will be inducted into Western Washington University's Hall of Fame on Saturday, May 21 in Bellingham, WA. Following the HOF induction, Bill's family will host the wake he requested in his will at the Bellingham Track House from 3-6pm. Tents will be provided by WWU with Bill's pizza and beer favorites on the menu. There will be video to review, an open mic to

share remembrances of a great organizer, friend, and brother.

Men's LDR Report

None Submitted

Women's LDR Report

American women had a fine showing at the **Boston Marathon** on Monday, April 18, 2022. Nine of them finished in a time fast enough to qualify for the USA Olympic Team Trials – Women's Marathon.

They are:

Nell Rojas	2:25:57
Stephanie Bruce	2:28:02
Desi Linden	2:28:47
Dakotah Lindwurm	2:29:55
Bria Wetsch	2:30:42
Elaina Tabb	2:31:34
Maegan Krifchin	2:31:53
Kathy Derks	2:34:54
Sara Vaughn	2:36:27

The current comprehensive list of women qualifying for the 2024 Olympic Team Trials- Women's Marathon can be found at <https://www.usatf.org/events/2024/2024-u-s-olympic-team-trials-marathon-qualificatio/women-s-marathon-performances>

USATF 1 Mile Road Championships - Hosted by the Grand Blue Mile and presented by Toyota

Tuesday, April 26, 2022

It was an ideal Tuesday evening for this third stop on the USATF Running Circuit race that was back on its u-shaped course.

Right from the gun, with two USATF 1 Mile Road Race Championship titles to her name (2018 and 2020 – both in Des Moines), Emily Lipari set a fast pace with Alex Tuebel on her shoulder and the rest neatly packed. They went through the half at 2:17. With 400m remaining, Jenn Randall, who was making her debut at the USATF Mile Road Championships shot past both Lipari and Tuebel to take the lead. With less than 100m to go, Lipari found another gear and surged past Randall. The finish was so close that they were awarded the same time of 4:33.

		Prize Purse	USARC Pts.
1.Emily Lipari	4:33	5000	15
2.Jen Randall	4:33	2500	12
3.Alexina Teubel	4:35	1500	10
4.Allie Wilson	4:37	1250	7
5.Alycia Cridebring	4:41	1000	6
6.Anna Connor	4:41	500	5
7.Emily Richards	4:45	300	4
8.Lauren Berman	4:47	200	3
9.Karisa Nelson	4:51	150	2
10.Katie Follett	4:59	100	1

If you peruse the USARC Standings now, you will truly see a wealth of Emilys.

After 3 events the top 3 places belong to:

Emily Infeld	20
Emily Durgin	19
Alicia Monson	15
Emily Sisson	15
Emily Lipari	15

We have yet another Emily tied for 9th place in the standings! Which Emily would that be?

Visit

https://usatfrunningcircuit.runnerspace.com/gprofile.php?do=title&title_id=357&mgroupp_id=30069 to view the

standings of the 28 women who have scored circuit points.

The month of May will bring two USATF Road National Championships to the schedule. The top finishers at these races will have a 1.5 multiplier applied to their points earned as these races are at distances greater than or equal to 10 miles.

We have the USATF Half Marathon Championships on **Saturday, May 7th in Indianapolis, Indiana** hosted by the Indy Mini and presented by Toyota.

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

1.5x USATF Running Circuit points will be earned for the Half Marathon Championships.

1 st	\$7,000
2 nd	\$3,500
3 rd	\$2,500
4 th	\$1,800
5 th	\$1,200
6 th	\$1,000
7 th	\$900
8 th	\$800
9 th	\$700
10 th	\$600

Total race prize purse: \$40,000.

For Elite Athlete Questions, please contact Craig Yust at cyust@indianasportscorp.org or 317-237-5048.

The USATF Half Marathon Championships presented by Toyota will be broadcast live from Indianapolis on Saturday, May 7 on USATF.TV. The broadcast and on-demand videos will only be available for USATF.TV +PLUS subscribers.

The second May event on the National Championships calendar is the **25K on Saturday, May 14 in Grand Rapids, Michigan** hosted by the River Bank Run and presented by Toyota.

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

1.5x USATF Running Circuit Points will be earned for the 25 km Road Championships.

1 st	\$10,000
2 nd	\$5,000
3 rd	\$2,500
4 th	\$1,000
5 th	\$800
6 th	\$600
7 th	\$500
8 th	\$400
9 th	\$300
10 th	\$200

25 KM World Record Challenge: \$5,000 per gender

25 KM American Record Challenge: \$5,000 per gender

25 KM Elite Women vs Elite Men Challenge Bonus: \$2,500

For Elite Athlete Questions, please contact Nicki Costello at nchcos@gmail.com.

For more information on the River Bank Run, please visit the [host event home page](#).

Don't forget that we have the **USATF Women's 6K Road Championships** set for **Saturday, June 6th in Canton, Ohio** hosted by Run 2 You Racing and presented by Toyota. It is not just a race, it is a festival! More details next month, but in the meantime please visit the [host event home page](#).

For Elite Athlete Questions, please contact Tina Oprean Ryee at Coprean@malone.edu.

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 our 2022 Masters National Grand Prix. Four events are in the books, the Club Cross Country Championships in Tallahassee FL; the USATF Cross Country Championships in San Diego CA; the Masters 5 km (road) Championships in Atlanta GA and the Masters Half Marathon Championships in Syracuse NY. The following schedule lists the remaining 2022 events. Please share it with your teammates, other members of your running club, and anyone interested in Masters Long Distance Running:

- **May 21 USATF Masters 1 Mile Championships Rochester NY...ROCHESTER MILE**
- **June 29 – July 10 World Masters Athletics Championships Non-stadia events include XC, 10 Km, and Half Marathon**
- **Sep 18 USATF Masters 12 Km Championships Highlands, NJ...BY HOOK OR BY CROOK RUN**
- **Oct 22 USATF Masters 5 Km XC Championships Boulder CO**

Individuals and teams earn from 5 to 100 points at each event toward end-of-the-year awards; the top 5 events for

each individual or team are counted. Details may be viewed at:

<https://www.usatf.org/programs/masters/masters-ldr/masters-national-grand-prix>

The 2022 Masters National Grand Prix Awards will be presented at a special Ceremony to be held the afternoon following the Club Cross Country Championships at San Francisco CA. Those Championships are also the kickoff event for the 2023 Masters National Grand Prix.

UPCOMING CHAMPIONSHIPS

Saturday, May 21 2022 USATF Masters 1 Mile Championships at Rochester NY

Event Website:

<https://www.usatf.org/events/2022/2022-usatf-masters-1-mile-championships>

Register at:

<https://www.usatf.org/events/2022/2022-usatf-masters-1-mile-championships/registration-form>

World Masters Athletics-- WMA Tampere June 29 – July 10

The WMA Tampere website is up and running, with access to the online registration system, at <https://wmatampere2022.com/>

The Team USATF website is at:

<https://www.usatf.org/events/2022/2022-world-masters-athletics-outdoor-championships>

It has extensive information for US athletes planning to compete in Finland, including a link to the reservation page for the Team USATF Hotel.

Masters LDR Events. In addition to Middle Distance events [800M, 1500M, 5000M] on the track, there are three Non-Stadia Events, a Cross Country Race and two Road Races, one over 10 km and the other a Half Marathon. Your finishing position among Team USATF Athletes in any one of these non-Stadia events, count toward Masters National Individual Grand Prix Awards.

A **WMA Travel Grant** program is available to assist Athletes who are likely to medal at the Games. Details, including a link to the application form, can be found at: <https://usatfmasters.org/partnership-to-support-team-usatf-masters-athletes/>

Recap of USATF Masters 10 Mile Championships at Sacramento CA on Apr 3

The Masters LDR Committee dodged a bullet, almost literally, when there was a horrific shooting incident in the wee hours before the race, with six killed, just a few blocks from the staging area for the Start/Finish. The Race Director and support staff, as well as the MLDR Race Liaisons, had some anxious moments but the race was eventually cleared to go on. It was a gorgeous day for a race and with two of the fastest Masters Runners in recent years, **Jenny Hitchings** and **Jacob Nur** entered, there was lots of anticipation and buzz. Hitchings had set the

Women's 55-59 American record last fall with a 1:01:15 and Nur had set the Men's 65-69 American Record at 59:11 in March of this year. Both delivered; Hitchings smashed her record with a 1:00:38 time and Nur lowered his record to 58:34. The nice thing about Sacramento was that it was all open air. The Masters athletes had a special limited entry, roped off area where they could leave gear and change from warm-up to racing shoes, and leave extra layers, not to mention an open tent for last minute packet pickup and more formal gear check in a secure area. It was wonderful because the race attracted by far the largest entry field, 218, of any 15K-10 Mile Championship in our history. The athletes responded with terrific races. **Riley Cook** bided his time, making a strong move in the last three miles to seal the Overall victory in 50:00. **Maggie Shearer** led from the start, claiming the Women's Overall win in 59:20! Hitchings's 1:00:38 at age 58 earned the top age grade of 100.38% while **Jacob Nur's** 58:34 at age 66 led the men at 97. The only team with multiple wins was the *West Valley Track Club* which took both Men's 40+ and 50+ crowns. Age division titles were claimed as well as several other team divisions. A more detailed recap can be viewed at: <https://usatfmasters.org/records-fall-amid-highly-competitive-races-at-usatf-masters-10-mile-championships-in-sacramento/>

Recap of the USATF Masters 10 Km Championships at Dedham MA on Apr 24

Conditions were favorable for fast times over the rolling hills of the James Joyce Ramble course in Dedham; nearly 300 Masters athletes were entered. They did not waste the chance. **Jesse Davis** was able to pull away from a lead group midway through the race and speed to the Overall victory in 32:08, establishing a new Masters course record. **Jessica Smith** won the Women's race by a handsome amount, clocking 36:01, the fastest time since 2015 on this course. Four men set age division course records: **Tim Degrado** 60-64 35:59; **Ken Youngers** 65-69 37:48; **Dave Glass** 75-79 44:42; and **Duane Lougee** 85-89 1:03:53. **Stella Gibbs** ran the fastest 60-64 time, 42:28, since 2016. Age Grading wins went to Gibbs, 63, at 92.94%; and **Nat Larson** whose 34:22, at age 59, earned a 93.55% score. Age Division and Team Championships were awarded as well. The *Indiana Elite Athletic Club* in Men's 40+ and the *Greater Philadelphia Track Club* in Women's 60+ both took their fourth win of the season. *Shore AC* was the only Club to take multiple wins, in Women's 50+ and Men's 60+. A more detailed recap can be viewed at: <https://usatfmasters.org/the-usatf-masters-10-km-championships-in-dedham-ma/>

Mountain/Ultra/Trail (MUT) Report

USATF 100K National Championship Results

The USATF 100k National Championship was held at the Mad City 100k, April 23rd, in Madison, Wisconsin. It was an unseasonable warm day, reaching the mid 70s, with gusts of gale force winds. Several top runners ended up with a DNF, but 25-year-old Kalie Demerjian from California motored her way to the win in a National Team qualifying time (8:40 or better) of 7:56:21. In second for the women

was 29-year-old Anna Kacius, also of California, in a time of 8:12:38 which puts her in the pool of runners who have qualifying times for the National Team. Winning for the men was 29-year-old Zack Beavin of Massachusetts who was the only male to run a qualifying time (7:20 or better) of 7:06:27. Demerjian and Beavin each earned an automatic spot on the National Team competing at the IAU World 100k Championship in Berlin, Germany, August 27, 2023. In the master's division, 61-year-old Meghan Canfield ran an age group (60-64) World Record 50-mile split time of 7:26:29, and went on to complete the race in an age group national record of 10:30:43, and was first master. For the men, 41-year-old Paolo Natali, of NY, was the first master in a time of 7:38:39.

The 50k that was held in conjunction with the 100k also served as a selection race for the 50k National Team competing in South Africa in May 2023. The men's champion is 40-year-old Fernando Cabada, in a time of 2:57:35. In the women's race, Ildiko Gaal, 30, of North Carolina was victorious in a time of 3:28:36. Both champions ran qualifying times (for the men, 3:00 hours or better, and 3:33 or better for the women).

Upcoming USATF 100K National Championships

Breakneck Point Trail Runs – April 30th. This will be a selection race for the 2022 World Championship Team in Thailand (42K) and the winner will be named to the team.

Whiteface Mountain Trail Championships – July 2nd.

International Updates

WMRA World Cup 2022

WMRA announced a sponsor of the World Cup for about \$50,000 this year, which will make the series more sustainable. The cup consists of 17 events across 6 countries in over 5 months in 2022. These mountain races fall into three categories: the short uphill, classic mountain or long mountain. There are overall World Cup standings calculated from an athlete's best six results and also a classification for each category, calculated from an athlete's best three results in that category.

NACAC Mountain Running Championships will be postponed until 2023 due to the 2022 international calendar filling.

Potential New International Race Opportunity for Team USA

Paolo Germanetto, the race director of Challenge Stallen in Italy, proposed hosting an international competition among 7 countries that participated in WWII (USA, Italy, France, Great Britain, Switzerland, Austria and Germany) to share history and promote peace. The race distance is 14.5K and will take place on August 28th, 2022 in Susa, Italy. Three athletes are allowed per team and two athletes per team will score. There is some funding available from the LOC for transportation to and from the airport and lodging. There will be prize money and USA kits will be

provided. Richard Bolt and Nancy Hobbs are considering selection criteria now.

2022 and Covid19

USATF has stated that they will do whatever they can to support teams traveling internationally amid the covid19 pandemic for 2022. MUT's first international competition is the U18 Mountain Running Cup in Saluzzo, Italy, on June 26th

Cross Country Report

The Cross Country Council is seeking bids for the 2023 and 2024 USATF Club Cross Country Championships. This has been a very successful event which was only interrupted by COVID restrictions. However, we are excited to get back to large, successful championships. Bid forms may be found at usatf.org in the cross country section. Please send bids to BOTH Thom Hunt, coachhunt619@gmail.com and Bill Quinlisk, billqxc@verizon.net

We would be happy to assist with any questions you may have regarding hosting the event or filling out the bid form.

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 March 4.

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.