



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS

July 2022 EDITION

Upcoming Events:

- July 2 USATF Mountain Running Championship (Whiteface, NY)
- July 10 USATF Vertical Mountain Championship (Lincoln, NH)
- July 16 USATF Men's 8K Championship (Kingsport, TN)
- Sep 5 USATF 20K Championship (New Haven, CT)
- Sep 17 USATF 10K Championship (Northport, NY)
- Sep 18 USATF Masters 12K Championship (Highlands, NJ)
- Sep 24 USATF Half Marathon Trail Championship (Cable, WI)

From the Desk of the Chair, Mike Scott

Keira D'Amato (17:52) held off a fast-closing Annie Rodenfels (17:54) to win the USATF Women's 6K Championship in Caton, OH on June 4.

Team USA's Alyssa Sauro won the women's race at the U18 Mountain Running Cup in Saluzzo, Italy. Team USA claimed 4th in both the women's and men's standings.

Men's LDR Report

None Submitted

Women's LDR Report

The USATF Women's 6K Road National Championships were hosted by Run to You Racing and presented by Toyota on Saturday, June 4. This was the second year that this event was held in Canton, Ohio.

Top Ten Finishers	USARC Points Earned	Prize Structure	
Keira D'Amato	17:52	\$6000	15
		+ \$1500 Cr	
Annie Rodenfels	17:54	\$3000	12
Aliphine Tuliamuk	18:08	\$2500	10
Grayson Murphy	18:31	\$2000	7
Paige Stoner	18:34	\$1500	6
Sarah Pagano	18:38	\$1300	5
Rachel Smith	18:48	\$1100	4
Katie Izzo	18:52	\$1000	3
Elaina Tabb	19:10	\$900	2
Andrea Pomaranski	19:13	\$700	1

Paige Stoner took advantage of the near perfect race conditions to take it out hard from the gun. She stayed out front through the first kilometer, but it was Keira D'Amato who hit the first mile in 4:51 with Tuliamuk close behind. There was a gap to Annie Rodenfels running in third with a chase pack of Katie. Izzo, Sarah Pagano and Stoner. D'Amato's mile 2 split was 9:30, and she began pulling away from Tuliamuk. She stayed out front with Aliphine (who had, 5 days prior, won the Bolder Boulder 10K) working to stay close. Annie Rodenfels displayed her strong finishing talent to pass Aliphine during the last kilometer and gain on D'Amato.

At the awards ceremony, both D'Amato and Tuliamuk mentioned that they would competing against each other again the following weekend at the NYC Mini.

A photo of our top 3 can be found here

https://usatf-6-km-championships.runnerspace.com/eprofile.php?event_id=14321&do=news&news_id=642771:

A slideshow of photos of our top 10 as well as citizen runners at this day-long celebration of women's running whose motto is "sisterhood, empowerment, opportunity" can be found here:

<https://www.womens6k.com/>

I had the pleasure of visiting with Clay Shaw and Karen Mitchell of Runner's Gazette at the race. Their coverage and terrific action photos of the 6K Champs can be found at:

<https://runnersgazette.com/2022/06/05/damato-uses-marathon-skills-to-win-6k/>

Exciting News!

The Great Cow Harbor 10K Run has been selected to host the **2022 USATF 10K Road Championships** on **Saturday, September 17**. This will be their first time hosting a USATF National Championship and we are so pleased to have them onboard. The race is in Northport, New York which is an historic maritime village on the northern shore of Long Island. This iconic race, which is all about community involvement and pride, is offering \$18,500 in prize money per gender plus a halfway prize of \$500. Who doesn't like a race within a race?! Let's not forget the course record bonus of \$2500! Did I mention that this will be their first time hosting a USATF National Championship?

USATF Championship medals and USATF Running Circuit points will be awarded to the top 10 finishers. There will be an award ceremony following the conclusion of the race.

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

Course Record Bonus: \$2,500

Course Record: Erika Kemp 32:18

5 KM Leader Bonus: \$500*

*Must finish race and be top 15 in your gender. Chip time will be used to determine 5K leader

For Elite Athlete Questions, please contact Will Fodor at williamfodor26@gmail.com
For more information on the Great Cow Harbor 10K, please visit [the http://www.cowharborrace.com/](http://www.cowharborrace.com/)

More Exciting News!

We are happy to announce that the 2022 California International Marathon taking place on Sunday, December 4th has been selected to serve as the 2022 USATF Road Marathon Championships.

You may recall that the California International Marathon (CIM) hosted our USATF Marathon Road Championships in 2017 and 2018 with enormous success. You may also recall that this fast point to point course enabled more athletes than any other to add their names to the qualification list for the 2020 USATF Olympic Team Trials – Marathon. CIM always attracts top and emerging athletes and they have again shown commitment to USA runners by offering as part of the 2022 Championship prize purse, a bonus of \$500 (capped at 60 total runners) for those who qualify (2:37:00 for women and 2:18:00 for men) for the Trials.

All athletes interested in competing in the Championship field can apply by following the instructions detailed here: <https://runsra.org/california-international-marathon/awards-elite/>

To apply for acceptance into the 2022 USATF Marathon Championship field, please **complete this application** by July 31st, 2022.

Place	Prize Money
1st	\$20,000
2nd	\$10,000
3rd	\$7,000
4th	\$3,000
5th	\$1,500
6th	\$1,000
7th	\$800
8th	\$700
9th	\$600
10th	\$400

Total per gender: \$45,000
Course Record Bonus: \$3000
2:26:53 Sara Vaughn

Olympic Trials Qualifier: \$500
(Capped at 60 total)

Masters LDR Report

From Perry Jenkins, MLDR Chairman

2022 Masters LDR Schedule – Join Us for the Final Events on our Exciting 2022 Schedule

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. Seven events are in the books, the Club Cross Country Championships in Tallahassee FL; the USATF Cross Country Championships in San Diego CA; and the Masters Road Championships: 5 km in Atlanta GA, Half Marathon in Syracuse NY, 10 Mile in Sacramento CA, 10 Km in Dedham MA, and 1 Mile in Rochester NY.

The following schedule lists the remaining 2022 events. There are two opportunities for Team Championships and Club Grand Prix points: the 12 Km in Highlands NJ and the 5 Km Cross Country in Boulder CO. In addition to those two events, individuals may also earn points from any one of the events at the WMA Championships in Tampere Finland. Please share the schedule for these last few events of 2022 with your teammates, other members of your running club, and anyone interested in Masters Long Distance Running:

- **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 of December 11th, 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

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

Information is available at the WMA Tampere website <https://wmatampere2022.com/>

The Team USATF website is at:

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

An athlete's finishing position among Team USATF Athletes in any one of these non-Stadia events, count toward Masters National Individual Grand Prix Awards

USATF entries 40+ for the WMA Non-Stadia Events in Tampere:

Cross Country (6 Km for 70+; 8 Km for 40-69) 34
10 Km Road Race 27
Half Marathon Road Race 28

USATF Masters 12 Km Championships – Highlands, NJ – September 18, 2022

Basic Information:

<https://www.usatf.org/events/2022/2022-usatf-masters-12-km-championships>

Registration: <https://www.usatf.org/events/2022/2022-usatf-masters-12-km-championships/registration-form>

USATF Masters 5 Km Cross Country Championships – Boulder, CO – October 22, 2022

Event Details: <https://www.usatf.org/events/2022/2022-usatf-masters-5-km-cross-country-championship>

PHIDIPPIDES PROGRAM

The program is accepting applications for 2022 awards. The awards go to Masters Athletes who maintain an active schedule of racing in the 2022 calendar year. The deadline to apply is January 31, 2023. There are no speed requirements; athletes running 12 minutes a mile and those running 5 minutes per mile earn the same number of points based on distance and age category. **Encourage runners of every ability level to check out the program** at: <https://www.usatf.org/disciplines/road-running/phidippides-award>.

Mountain/Ultra/Trail (MUT) Report

Upcoming USATF National Championships

Whiteface Mountain Trail Championships – July 2nd.

International Updates

2022 U18 Mountain Running Team

The 2022 U18 Mountain Running Team competed in Saluzzo, Italy on June 26th. Alyssa Sauro of Williamstown, WV, claimed the first place for the females, while teammates Rosie Mucharsky-O'Boyle (Denver, CO) was 18th, Milaina Almonte (Edwards, CO) was 20th and Victoria Rodriguez (Seven Valleys, PA) was 23rd. In the men's race, Porter Middaugh (Avon, CO) placed highest for the US in 4th, Benjamin Anderson (Highlands Ranch, CO) in 7th, Garrett Stickley (Winchester, VA) in 32nd, and William Wachter (Highlands Ranch, CO) in 37th.

IAU World 100k Championships

The USATF 100 Kilometer National Team will compete in the 2022 International Association of Ultrarunners (IAU) 100 Kilometer World Championships under the patronage of World Athletics on August 27, 2021, in Berlin/Bernau, Germany.

The six women running for Team USA are:

- Sarah Cummings, 33, Park City, UT
- Kalie Demerjian, 25, Trabuco Canyon, CA
- Anna Kacius, 29, San Francisco, CA
- Nicole Monette, 36, Oxford, MI
- Elizabeth Northern, 35, Fort Worth, TX
- Courtney Olsen, 34, Bellingham, WA

And the 6 Team USA men are:

- Zack Beavin, 27, Brookline, MA

- Kris Brown, 33, Missoula, MT
- Geoff Burns, 32, Colorado Springs, CO
- Craig Hunt, 32, Flagstaff, AZ
- Eric LiPuma, 29, Richmond, VT
- Rajpaul Pannu, 31, Denver, CO

WMRA Vertical Mountain Team spots earned

The Broken Arrow VK challenge was held in Olympic Valley, California, Friday June 22nd. The top man was Cam Smith (Crested Butte, CO) and top woman was Allie McLaughlin (Colorado Springs, CO), and the two runners earned spots on the U.S. Team competing at the World Mountain and Trail Running Championships Vertical Mountain race this November.

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](https://www.usatf.org) in the cross country section. Please send bids to Thom Hunt, coachhunt619@gmail.com.

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 on 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