



USATF™

LONG DISTANCE RUNNING

DIVISION REPORTS October 2022 EDITION

Upcoming Events:

- Oct 2 USATF 10 Mile Championship (Minneapolis, MN)
- Oct 22 USATF Masters 5K Cross Country Championship (Boulder, CO)
- Nov 5 USATF 5K Championship (New York, NY)
- Nov 5 USATF Marathon Trail Championship (Moab, UT)
- Dec 4 USATF Marathon Championship (Sacramento, CA)
- Dec 10 USATF Club Cross Country Championships (San Francisco)
- Jan 21 USATF Cross Country Championship (Richmond, VA)

From the Desk of the Chair, Mike Scott

September opened with Keira D'Amato (1:04:29) edging Emily Sisson (1:04:35) for the win at the USATF 20K Championship in New Haven as both finished well under the previous event record of 1:05:11 set by Colleen De Reuck in 1998. Conner Mantz led most of the race to win the men's championship.

Both Stephanie Bruce (31:53) and Biya Simbassa (28:13) set new course records while winning the USATF 10K Championship hosted by the Cow Harbor 10K.

Riley Cook (38:20) and Kristen Prendergast (46:07) were fastest of the day at the USATF Masters 12K Championship in Highlands, NJ. Top aged grade performances were 67-year old Nora Cary (54:05, 93.55%) and 67-year old Rick Becker (46:34, 90.48%).

Garrett Heath (1:13:44) and Anna Dalton (1:30:17) ran away to win the USATF Half Marathon Trail Championship hosted by the Birkie Trail Run.

October features the USATF 10-Mile Championship on October 2 and the USATF Masters 5K Cross Country Championship on October 22.

Men's LDR Report

From Blake Boldon, MLDR Chair

None Submitted

Women's LDR Report

From Mickey Piscitelli, WLDR Chair

At our September 2022 Committee Meeting via Zoom video teleconferencing, we voted to ratify the following records:

- W Open 20 km 1:04:28 W* Keira D'Amato 37 Mortgage Network Hardeeville SC 12/05/21
- W Open 30 km 1:40:14 W* Sara Hall 39 World Champs (split) Eugene OR 07/18/22
- All-comers 15km 46:04 Vicoty Chepngeno 28 Aramco Houston (split) Houston TX 01/16/22
- All-comers 20km 1:01:45 Vicoty Chepngeno 28 Aramco Houston (split) Houston TX 01/16/22
- All-comers 25km 1:22:04 W* Gotytom Gebreslase 27 World Champs (split) Eugene OR 07/18/22
- All-comers 30km 1:38:08 W* Judith Korir 26 World Champs (split) Eugene OR 07/18/22
- All-comers Half Mar 1:05:03 Vicoty Chepngeno 28 Aramco Houston TX 01/16/22
- All-comers Marathon 2:18:11 W* Gotytom Gebreslase 27 World Champs Eugene OR 07/18/22
- W Open Half Mar 1:07:15 Sara Hall 39 Aramco Houston TX 01/16/22
- W Open Marathon 2:19:12 Keira D'Amato 37 Chevron Houston TX 1/16/22

W* indicates Women-only event

All-comers indicates All-Comers Record or "Best" (non-U.S. citizen in U.S. race, must be faster than U.S. citizen mark)

Everyone's eyes were on Keira D'Amato and Emily Sisson at the start line of the **2022 USATF 20K Road National Championships** presented by Toyota and hosted by the **Faxon Law New Haven Race** on Sep. 5 in New Haven, Ct. Despite the oppressive humidity, the two women separated from the pack and the battle was on! They hit 3 miles together at 15:31. They then traded leads until Mile 8 where Keira began to pull away. Both women were in the thick of marathon training with Keira preparing to race in Berlin later in the month and Emily racing Chicago in October. In the end just 6 seconds separated the two with Keira breaking the course record set by Erika Kemp in 2021.

Women's Top 10 Results from the 20K Road Champs

1	Keira D'Amato	1:04:29	\$9000	22.5 USARC pts. + CR* \$1000
2	Emily Sisson	1:04:35	\$4000	1
3	Nell Rojas	1:07:02	\$2000	15
4	Annie Frisbie	1:07:17	\$1200	10.5
5	Erika Kemp	1:07:44	\$1000	9
6	Sarah Pagano	1:07:49	\$600	7.5
7	Elaina Tabb	1:07:57	\$500	6
8	Tristin Van Ord	1:08:20	\$400	4.5
9	Dakotah Lindwurm	1:08:29	\$200	3
10	Maggie Montoya	1:08:36	\$100	1.5

Friday, September 17 dawned cool and comfortable on the North Shore of Long Island.

It was the fifth time that Stephanie Bruce would toe the line at **The Great Cow Harbor 10K**, but it was the very first time in its 45 year history that it was hosting the **USATF 10K Road National Championships** presented by Toyota.

With her experience on the course Stephanie took it out conservatively and stayed that way for the first half of the race. Just before the 5K prime, there was a pack of four – Nell Rojas, Annie Frisbie, Edna Kurgat, and Stephanie. Rojas put in a little surge to take the prime, but Bruce remained unruffled. It was between miles 4 and 5 that Bruce made her move. She knew the course and she knew it was time to go. Go she did. When she hit that last mile (downhill) no one could catch her. They put their heart into it, though, and the pack of 3 that she'd left behind all broke Erika Kemp's previous course record.

Women's Top 10 Results from the 10K Road Champs 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	Stephanie Bruce	31:52	\$7500	15	USARC pts. +CR*\$2500
2	Nell Rojas	31:56	\$4,000	12	
3	Annie Frisbie	31:58	\$2,500	10	
4	Ednah Kurgat	32:03	\$1,500	7	
5	Emma Hurley	32:49	\$1,000	6	
6	Amy Davis	32:52	\$600	5	
7	Molly Grabill	32:54	\$500	4	
8	Erika Kemp	32:59	\$400	3	
9	Carrie Verdon	33:05	\$300	2	
10	Anne-Marie Blaney	33:21	\$200	1	

A Course Record Bonus of \$2,500 was awarded to Stephanie Bruce
Stephanie's time of 31:52 broke the previous record set by Erika Kemp (32:18) in 2021.

A 5 KM Leader Bonus of \$500 was awarded to Nell Rojas. Chip time was used to determine the 5KM leader. It was also the case that the 5K leader needed to finish in the top 15 of their gender to realize that bonus.

Next Up: **2022 USATF 10 Mile Road Championships** presented by Toyota and hosted by the **Medtronic Twin Cities 10 Mile** – Sunday 10/2/2022

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	\$12,000
2	\$10,000
3	\$7,000
4	\$4,000
5	\$3,000

6	\$2,000
7	\$1000
8	\$750
9	\$500
10	\$250

A \$10,000 equalizer bonus is awarded to the first athlete, man or woman, to cross the finish line. Women receive a head start based on recent performances of the field.

For Elite Athlete Questions, please contact Jim Estes at EstesJimA@gmail.com.

For more information on the Medtronic TC 10 Mile, please visit the [host event home page](#).

Our penultimate event in this year's USA Running Circuit is the **2022 5K Road National Championships** presented by Toyota and hosted by the **Abbott Dash to the Finish Line 5K** in NYC on **Saturday, November 5th**.

Start: Men at 8:30 AM and Women at 8:35 AM

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.

AWARDS & PRIZE MONEY (PER GENDER)

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

For Elite Athlete Questions, please contact Sam Grotewold – samg@nyrr.com.

For more information on the Abbott Dash to the Finish Line 5K, please visit the host event home page at <https://www.nyrr.org/races/abbottdashtothefinishline5k>

View the current standings of the 2022 USATF Running Circuit at https://usatfrunningcircuit.runnerspace.com/gprofile.php?do=title&title_id=357&mgroup_id=30069

2024 USA Olympic Team Trials – Women's Marathon
The top 4 American women finishers at the Berlin Marathon held on Sunday, Sept. 25 posted times faster than 2:37:00 thereby qualified to run in the 2024 USA Olympic Team Trials – Women's Marathon.
Congratulations to these fast women!

Keira D'Amato 6th woman 2:21:48*
Andrea Pomaranski 23rd woman 2:33:10**
Kaitlyn Peale 25th woman 2:35:40
Erin Gregoire 27th woman 2:36:21

+ Keira had already qualified with her American Record performance of 2:19:12 at Chevron Houston marathon on 1/16/22

**Andrea had already qualified with her performance of 2:33:38 at Chevron Houston Marathon on 1/16/22, but bettered that time by 28 seconds in Berlin

Masters LDR Report

From Perry Jenkins, MLDR Chair

2022 Masters LDR Schedule – Join Us for the final event on our 2022 Schedule, and make plans to attend the kickoff event of the 2023 Grand Prix season, the Club Cross Country Championships in San Francisco. That is also the site for the Awards Ceremony of the 2022 Masters Grand Prix!

2022

- Oct 22 USATF Masters 5 Km XC Championships Boulder CO

2023

- Dec 10 USATF Club Cross Country Championships San Francisco CA

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 for 2022 may be viewed at:

[Masters National Grand Prix | USA Track & Field \(usatf.org\)](https://www.usatf.org/programs/masters/masters-national-grand-prix)

UPCOMING 2022 EVENTS

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-championship/registration-formorg/events/2022/2022-usatf-masters-5-km-cross-country-championship>

USATF Club Cross Country Championships—San Francisco, CA – December 10, 2022

Event Details: [2022 USATF National Club Cross Country Championships | USA Track & Field](https://www.usatf.org/events/2022/2022-usatf-national-club-cross-country-championships)

Registration: <https://www.usatf.org/events/2022/2022-usatf-national-club-cross-country-championships/masters-registration-form>

USATF ANNUAL MEETING, Dec 1 – 4 2022

Day 1

USATF Masters LDR Executive Committee, Dec 1 10 AM – 12 Noon

Day 2

USATF Masters LDR General Session 1, Dec 2 10 – 11:30 AM

Day 3

USATF Masters LDR General Session 2, Dec 3 9 AM– 10 AM

USATF Masters LDR/Masters TF Joint Session, Dec 3 1:30 – 2:30 PM

For details, please see:

<https://www.usatf.org/events/2022/2022-usatf-annual-meeting>

2023 MASTERS NATIONAL GRAND PRIX SCHEDULE* 2022

12/10 USATF National Club Cross Country Championships, San Francisco CA

2023

01/21 USATF Cross Country Championships, Richmond VA

02/25 USATF Masters 5 Km Championships, Atlanta Marathon Atlanta GA

04/02 USATF Masters 10 Mile Championships, Sactown Ten Sacramento CA

04/30 USATF Masters 10 Km Championships, James Joyce Ramble Dedham MA

May/June TBD USATF Masters 1 Mile Championships, Rochester Mile Rochester NY

09/17 USATF Masters 12 Km Championships, By Hook Or By Crook Highlands NJ

Oct/Nov TBD USATF Masters 5 Km Cross Country Championships, Site TBD

*Additional Events Anticipated-Please Check Future Newsletters for Updates

The Rules governing the 2023 Club and Individual Grand Prix Championships are TBD, but expected to be essentially similar to those governing 2022, posted at: <https://www.usatf.org/programs/masters/masters-ldr/masters-national-grand-prix>

Other 2023 Events of Interest:

03/10-12 USATF Masters Indoor Championship, Louisville KY

03/26-04/01 WMA Indoor Championships, Torun, Poland

07/20-23 USATF Masters Outdoor Championships, Greensboro NC

2023 Masters National Grand Prix Awards Ceremony expected to be at the USATF Club Cross Country Championships in December 2023, yet to be determined.

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>.

NATIONAL CHAMPIONSHIP RECAP

Thrilling Races Under Challenging Conditions at the Masters 12 Km Championships

Congratulations to the Masters Athletes who earned Individual and Team Medals at the 2022 USATF Masters National 12 Km Championships on the By Hook Or By Crook course at Highlands, NJ on September 18, 2022. A record number of athletes were entered, 326, and a record number finished, 299. Weather conditions were challenging, with temperatures rising to the upper 70's by the end of the race, with humidity and double-digit winds. Two athletes who suffered from dehydration were taken after the race to a nearby hospital for observation. All athletes are currently reported to be in good health. Many others dialed back their pace over the final 2 miles to compensate. Despite the challenges, the competition was outstanding, and races highly contested.

OVERALL NATIONAL CHAMPIONSHIPS

Men Riley Cook took it out hard from the start. Benjamin Bruce and Jesse Davis stayed with him as long as they could but Cook took the win in 38:20. It was his second Masters LDR win in as many tries; he added this to the Gold Medal he won at the Masters Ten Mile Championship in Sacramento.

Women Kristen Prendergast started out conservatively and moved up gradually through the field. She passed Fiona Bayly in Mile 6, and Sara Giroto and Abby Dean in the last mile to claim the Championship in 46:07. This was Prendergast's first Masters LDR National Championship. AGE-GRADE NATIONAL CHAMPIONSHIPS These awards identify the best performance for one's age across all age divisions.

Women The top age grade was achieved by Nora Cary, whose 54:05 at age 67, graded at 93.55%. Fiona Bayly and Suzanne La Burt followed at 90.83 and 90.62 respectively. Men In an extremely close contest, Rick Becker achieved the top score of 90.48% on a 46:34 at age 67. He was followed by Nat Larson and Brian Crowley at 90.44 and 90.41 respectively.

AGE DIVISION NATIONAL CHAMPIONSHIPS

Men 40-44 Cook 45-49 David Angell 41:00 50-54 Mark Andrews 41:26 55-59 Crowley 42:23 60-64 Larson 43:33 65-69 Becker 70-74 Robert Qualls 49:53 75-79 Dave Glass 53:29 80-84 George Gilder 1:15:05 85-89 Adrian Craven 1:50:30

Women 40-44 Prendergast 45-49 Giroto 46:51 50-54 Dean 46:44 55-59 Bayly 47:39 60-64 Doreen McCoubrie 51:35 65-69 Cary 70-74 Suzanne Ray 1:03:17 75-79 Cheryl Kohut 1:07:33 80-84 Sandra Folzer 1:24:25 85-89 Joyce Hodges-Hite 2:03:21

TEAM NATIONAL CHAMPIONSHIPS

Women 40+ Shore Athletic Club *NJ* 50+ Janes Elite Racing *So Cal* 60+ Greater Philadelphia Track Club *PA* 70+ Team Red Lizard *OR*

Men 40+ Indiana Athletic Elite *IN* 50+ West Valley Track Club *Nor Cal* 60+ Shore AC *NJ* 70+ Greater Philadelphia TC *PA* 80+ Clifton Road Runners *NJ*

Mountain/Ultra/Trail (MUT) Report WMRA Team Announcement

There were several great candidates to fill the 40 spots for the 4 events to be held in Thailand this November. The teams are as follows:

Vertical Mountain Running Team:

Lauren Gregory
Allie McLaughlin
Grayson Murphy
Joseph Gray
Cameron Smith
Dan Curts

40k Trail Running Team:

Michelle Merlis
Kristina Mascarenas
Stevie Kremer
Kimber Mattox
Ashley Brasovan
Max King
Jonathan Aziz
Noah Williams
Joseph DeMoor
Zach Miller

80k Trail Running Team

Jennifer Lichter
Brittany Charboneau
Addie Bracey
Kaytlyn Gerbin
Leah Yingling
David Sinclair
Eric LiPuma
Adam Peterman
Adam Merry
Jeff Colt

U20 Mountain Running Team

Samantha Blair
Oakley Olson
Willow Lott
Christian Groendyk
Ignatius Fitzgerald
Michael Maiorano
Dalton Kaines

Mountain Running Team

Grayson Murphy
Rachel Tomajczyk
Corey Dowe
Tabor Hemming
Eli Hemming
Andy Wacker
Joseph Gray
Morgan Elliott

Team leaders are Richard Bolt, Paul Kirsch, Ellen Miller, Jason Bryant, and Carol Passarelli

RECORDS:

Andy Carr had an updated report for records – six to vote to ratify. Those are as follows:

M40-44 50 km 2:57:36 Fernando Cabada 40 CO Mad City (split)

F60-64 100 km 10:30:43 Meghan Canfield 61 OR Mad City

F60-64 50 mi 7:26:28 Meghan Canfield 61 OR Mad City

M85-89 50 mi 23:18:20 Eugene Bruckert 85 IL Cornbelt 24h

M85-89 24 hr 83140m Eugene Bruckert 86 IL Cornbelt 24hr

F50-54 50000m 4:15:44 Jessica Stanford 53 UT Cornbelt 24hr Eldridge

Andy Carr, chair of the records committee, had a report on a record that was ratified by the IAU. Photo records show that the cones were not placed in the proper places, so that should not have been a ratified record. The president of the IAU overrode the IAU records committee recommendation that it not be ratified. Andy is going to reach out to David Katz for advice on how to approach this issue with the IAU, as one of our own athletes ran course record times there as well, but USATF cannot ratify a record if the course is not properly set up.

Cross Country Report

From Thom Hunt, Cross Country Council Chair

None Submitted

Road Running Technical Council Report

From David Katz, RRTC Chair

None Submitted

USATF LDR Records Report

Women's LDR ratified several LDR records; check that section for details.

USATF Annual Meeting

The USATF Annual Meeting is scheduled for December 1-4 in Orlando, FL.

Details will be posted:

<https://www.usatf.org/events/2022/2022-usatf-annual-meeting>