



USATF™

LONG DISTANCE RUNNING

**DIVISION REPORTS
December 2022 EDITION**

Upcoming Events:

Jan 21 USATF Cross Country Championship (Richmond, VA)

From the Desk of the Chair, Mike Scott

USATF announced that the USA Olympic Team Trials – Marathon were awarded to Orlando, FL and will be contested on Saturday, February 3. As details become available, they will be posted at:

<http://bit.ly/3XsXyUv>

Team USA's won seven medals at the inaugural World Athletics World Mountain and Trail Running Championship on November 3-6 in Chiang Mai, Thailand.

- Allie McLaughlin won individual gold in the Uphill Mountain Running Race and led her teammates to team gold in that event.
- Adam Peterman won the 80K Trail race and led his teammates to team gold.
- Team USA won silver in the 40K Trail race.
- McLaughlin returned in the Up/Down Mountain race to claim individual bronze and led her teammates to team bronze.

Weini Kelati (15:16) and Abdihamid Nur (13:24) both broke course records to win individual titles at the USATF 5K Championships in NYC the day before the NYC Marathon.

Klaire Rhodes (3:52:33) and Brian Whitfield (3:04:28) won the titles at the USATF Marathon Trail Championships in Moab.

The USATF Marathon Championship is hosted by California International Marathon on December 4, while the USATF Club Cross Country Championship will be contested at San Francisco's Golden Gate Park on December 10.

We look forward to seeing you at the USATF Annual Meeting. Details and schedule: <http://bit.ly/3TXlcoZ>

Men's LDR Report

From Blake Boldon, MLDR Chair
None Submitted

Women's LDR Report

From Mickey Piscitelli, WLDR Chair

On November 8th it was announced by USATF and the USOPC that Orlando will play host to the 2024 U. S. Olympic Team Trials — Marathon.

It will be held on Saturday, February 3, 2024, and will be the selection event for the USATF Marathon Team at the Paris 2024 Olympics. The top three female and male place finishers in the Olympic Trials who have met qualifying performance standards will self-select for the 2024 USATF Olympic squad.

It will be the 11th time the women's marathon team has been selected in a Trials event.

We anticipate introducing president of Event Marketing & Management International (Track Shack Events) and past president of the USATF-Florida Association, Jon A. Hughes, and President & Chief Executive Officer of the Greater Orlando Sports Commission (GO Sports), Jason Siegel, to attendees at 3pm on Friday, 12/2 during our Men's/Women's LDR joint session In Salon 2.

We can all acknowledge that the Greater Orlando region is a world vacation destination. Now it will become known as the place that gave USA marathoners and their supporters a competition at the elite level that will be magical and unforgettable.

For qualification standards as well as a listing of the women who have already qualified for this prestigious event can be found at <http://bit.ly/3VDOJG3>

Just for fun.... How good are you at USA Olympic Team Trials – Marathon trivia?



**U.S. OLYMPIC
TEAM TRIALS
MARATHON**



**U.S. OLYMPIC
TEAM TRIALS
MARATHON**

1) How many times has this event been held in New York State? _____

2) Which Upstate New York city has hosted it twice?

(Feel free to change your answer to question #1 at this point)

3) At which event was prize money first introduced?

- A) 1968 Alamosa, Colorado
- B) 1972 Eugene, Oregon
- C) 1988 Jersey City, New Jersey
- D) 1992 Columbus, Ohio

4) This athlete took a brief leave from medical school to train for the Trials and won it despite vomiting repeatedly near the end of the race. Who was he?

Which runner, who finished in 3rd place that day, said of the winner, "This guy is the toughest human being on the face of the earth. I would have started crying and stopped."?

5) Who are the only 2 men to win 2 Olympic Marathon trials? _____

6) In what year and at what location did the top 4 men (for the first time) all run under 2:10?
_____ Who were they?

7) Where and when was the first USA Team Trials - Women's Marathon held? _____

8) Who, at the age of 20, is still the youngest woman to make a USA Olympic Marathon team?

This is the same woman who, four years later, came in 2nd in Columbia, after helping Janis Klecker (who eventually won the race) to her feet after Janis fell at mile 15.

9) What 37-year old pathologist from Alaska, who had done most of her training on a treadmill, was a total surprise when she won the Trials? (The US had only 1 team spot that year as she had achieved the "B" standard.)

10) What 39-year old woman upset Deena Kastor (Drossin then) to win the Trials in St. Louis and remains the oldest woman to make a USA Olympic Marathon team?

11) Which 3 American marathoners finished in the top 10 in the Rio Olympic games, the best overall showing in history? _____

12) At which USA Olympic Team Trials-Marathon did 5 women for the first time finish under 2:30?

In what year did this occur? _____

13) In which year did one race, for the first time, host the USA Olympic Trials Marathon for **both** men and women?

Send your answers to mpiscitelli2@verizon.net for scoring and earn bragging rights and honorable mention in next month's issue. Deadline: Sunday, 12/4 at 11:59pm EASTERN

We have just one race remaining in the USA Running Circuit! It is our USATF Marathon Road Championships, and it will be held on Sunday, December 4 - the same day

on which the Annual Meeting ends. It is tight at the top for the women with more than one tie right now!

Check the leaderboard at <https://bit.ly/3FADWr1>

\$100,000 Total USATF Running Circuit Top Five Prizes (per gender)

1st place: \$20,000

2nd place: \$15,000

3rd place: \$7,500

4th place: \$5,000

5th place: \$2,500

We hope to see you in Orlando at the Annual Meeting. Agendas for the various sessions will be posted soon in the document library. Our session minutes from 2021 have already been posted in the document library which can be found at: <https://www.usatf.org/events/2022/2022-usatf-annual-meeting/document-library>

The schedule for all sessions can be found at: <https://www.flipsnack.com/USATF/annual-meeting-public-schedule/full-view.html>

Masters LDR Report

From Perry Jenkins, MLDR Chair

USATF ANNUAL MEETING Dec 1 - 4, 2022

Hilton Orlando Lake Buena Vista, Orlando FL

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: <http://bit.ly/3TXlcoZ>

MASTERS LDR NATIONAL CHAMPIONSHIPS

Make plans to attend the kickoff event of the 2023 Grand Prix season, the **Club Cross Country Championships** in San Francisco, CA. There are already over 400 athletes registered for the Masters races, with the totals climbing daily. The Women's 6 Km race is at 9 AM, with 60+ Men following over 8 Km at 9:45 AM and 40+ Men over 10 Km at 10:45 AM. Don't miss out on the biggest Cross Country bash since 2015!

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

Event Details: <http://bit.ly/3fnUQPb>

Registration: <http://bit.ly/3h2DAPZ>

We will also be hosting the **Awards Ceremony of the 2022 Masters National Grand Prix on Saturday, December 10th, from 5:00 - 6 p.m. at the Hyatt Centric Fisherman's Wharf San Francisco. The Ceremony will be followed by a Reception and Open Bar. Be sure to be there.**

USATF Cross Country Championships—Richmond, VA—January 21, 2023

Make plans now to be at Pole Green Park in Richmond VA for Cross Country Nationals. Race in the morning for Masters honors, and stay to cheer on your favorite harriers vying for Junior and Open National Championships!

Event Details: <https://bit.ly/3zv5L0j>

Registration: <http://bit.ly/3tW26Wc>

USATF Masters 5 Km Championships - Atlanta, GA - February 25, 2023

Valentine's Day will have come and gone before you know it. You would love to be in Atlanta in late February for the Masters 5 km national championships! The race is centered around Atlanta's Olympic Centennial Park, with all its memories of the 1996 Olympics and the 2020 Olympic Marathon Trials! It is part of Atlanta's big marathon weekend bash with the Publix Atlanta Marathon and Half Marathon races that same weekend. Athletes who love the longer races can run the double, 5 Km on Saturday, and then the Marathon or Half on Sunday! Look for a discount code for the longer race in your registration confirmation email.

Event Details: <http://bit.ly/30GbaYF>

Registration: <http://bit.ly/3iefjai>

INTERNATIONAL CHAMPIONSHIPS

WMA Cross Country Championships - Bathurst, Australia -February 18-19

WMA recently announced that, for the first time ever, athletes are invited to compete in Masters races at the World Athletics Championships in Bathurst, Australia. Cross country runners aged 35 and older can enter individually but must then be approved by their respective national federations. They will compete across two days of competition with the Masters Teams Relay on Saturday February 18, 2023 and Masters Individual Championship races on Sunday February 19, 2023. Deadline for Entry is January 31, 2023. This event is **not** part of the 2023 Masters National Grand Prix. Details at:

<http://bit.ly/3OL4ysh>

WMA INDOOR CHAMPIONSHIPS - Torun, Poland - March 26-Apr 01

In addition to the Indoor Events, there are three non-stadia events of interest to Masters LDR, a Cross Country race, a 10 Km and a Half Marathon Road Race. Any athlete who competes in one or more of those non stadia events will have their best result (of the three) counted in the 2023 Masters National Grand Prix. Limited travel support is available to those who have a high probability of winning a medal. Details at:

<http://bit.ly/3XuNUkk>

Partnership to Support Team USATF Masters Athletes:

<http://bit.ly/3U1sqJ0>

2023 Masters National Grand Prix Schedule

2022

- **Dec 10 USATF Club Cross Country Championships San Francisco CA**

2023

- **Jan 21 USATF Cross Country Championships Richmond VA**
- **Feb 25 USATF Masters 5 Km Championships Atlanta GA**
- **Mar 26-Apr 01 WMA Indoors-Non-Stadia Events Torun, Poland**
- **Apr 02 USATF Masters 10 Mile Championships Sacramento CA**
- **Apr 16 USATF Masters Half Marathon Championships Syracuse NY**
- **Apr 30 USATF Masters 10 Km Championships Dedham MA**
- **Sep 17 USATF Masters 12 Km Championships Highlands NJ**
- **Oct/Nov TBD USATF Masters 5 Km Cross Country Championships**

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.

Other 2023 Events of Interest:

Feb 18-19 WMA Cross Country Championships
Bathurst Australia

Mar 10-12 USATF Masters Indoor TF Championships
Louisville KY

Jul 20-23 USATF Masters Outdoor TF
Championships Greensboro NC

CLUB AMBASSADOR ZOOM

Our last Club Ambassador Zoom Call was held on Thursday, November 10th. Ninety-nine people registered for the call. **Irene Herman** provided details about the upcoming Club Cross Championships in San Francisco; **Eric Heintz** did the same for the Masters 5 Km Championships in Atlanta on the 25th of February. There are 4 such calls each year. The next one is scheduled for Thursday, February 9th at 8 PM ET. Put it on your calendar!

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. **We encourage runners of every ability level to check out the program** at: <http://bit.ly/3U8Vu1S>

Mountain/Ultra/Trail (MUT) Report

From Meghan Canfield, Vice Chair

World Mountain Trail Running Championship results!

Team USA represented well the 2023 WMTRC early this month. US runner Allie McLaughlin won the Uphill Mountain Running race, with teammates Lauren Gregory placing 12th and Rachel Tomajczyk coming in 26th, sealing the Team Gold Medal! In the 80k Trail race,

Adam Peterman took the World title, and the teammates Eric LiPuma (7th), Jeff Colt (14th) and Adam Merry (53rd) earned the 2nd Team USA Gold!

A Team Silver medal in the 40k Trail race was earned by Kimber Mattox (7th), Ashley Brasovan (11th), Stevie Kremer (13th) Kristina Mascarenas (25th), and Michelle Merlis (57th).

Allie McLaughlin scored again with a Bronze medal finish in the up/down mountain race, leading US women to the Team USA Bronze.

Allie McLaughlin put together a great YouTube video of the experience:

<https://youtu.be/CSjrNwskUqU>

Full results are here:

<https://my.raceresult.com/225074/>

Announcement of USATF MUT Runners of the Year

<http://bit.ly/3APAwxz>

2023 WMTR Championship Team Selection Criteria set

The 2023 WMTRC are scheduled for the second weekend in June 6-10, 2023, in Innsbruck-Stubai, Austria. The selection criteria are posted here:

<https://trailrunner.com/trail-news/2023-world-mountain-trail-running-championships-u-s-team-selection/>

2023 USATF Championship Races set

2023 Breakneck Point Trail Marathon, which will be held on May 6, was awarded the Trail Marathon National Championship. This is a selection race for the 40k at the WMTR Championships in Austria.

2023 Moab Trail Half Marathon, which will be held on November 4, 2023, was awarded the Trail Half Marathon National Championship.

2023 Sunapee Scramble, which will be held April 29-30th will serve as two National Championships – the Uphill Challenge on the 29th, and the Up/Down Mountain race on the 30th. Both races are selection races for Team USA at the WMTR Championships in Austria.

Jackpot 100 Mile Course Short

Since the course was altered on race day from the original certified course, a remeasurement of the Jackpot 100-mile course was required to confirm the course distance. The

measurement (by two "A" measurers) came up short, invalidating potential records on the course.

The MUT council has confirmed that going forward, every awarded USATF National Championship event with a records-eligible course must be discussed and reviewed with the race director prior to the event, to ensure that no changes have been made to the certified course. It is suggested that a course certifier be on site for any road race in the event a course needs to change for the safety of the runners. This is particularly important for any event where records are sought.

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

None Submitted

USATF Annual Meeting

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

Details are posted:

<http://bit.ly/3TXlcoZ>