



**USATF™**

## LONG DISTANCE RUNNING

**DIVISION REPORTS**  
**January 2023 EDITION**

### **Upcoming Events:**

Jan 21 USATF Cross Country Championship (Richmond, VA)

Feb 25 USATF Masters 5K Championship (Atlanta, GA)

### **From the Desk of the Chair, Mike Scott**

Happy New Year! December is always a hectic month for USATF LDR, with the Annual Meeting and USATF Club Cross Country Championships as well as the USATF Marathon Championships for 2022.

The LDR community enjoyed gathering in Orlando for the first fully in-person USATF Annual Meeting since December of 2019 for productive meetings about the future of our sport.

Paige Stoner (2:26:02) and Futsum Zeinasellassie (2:11:01) won the titles at the USATF Marathon Championships hosted by California International Marathon. Thirty-five men and thirty-four women qualified for the Olympic Marathon Trials, while an additional five men and nine women improved their qualifying marks for the Trials.

Cole Hocker and Bethany Hasz won the titles at the USATF Club Cross Country Championships contested on a ¾-mile loop course that was quickly devised after the City of San Francisco closed Golden Gate Park following a huge tree falling near the start line of the traditional course.

Meriah Earle (Masters Women), Nat Larsen (Masters Men's 60+), and Sergio Reyes (Masters Men's 40+) were the fastest of the day in the Masters championships, while Joannie Siegler (Masters Women), Jacob Nur (Masters Men's 60+), and Peter Hammer (Masters Men's 40+) were the top age-graded finishers.

Richmond hosts the USA Cross Country Championships on January 21, which serves as the selection races for the World Athletics Cross Country Championships hosted by Australia in February. A link to the selection procedures may be found below in the Cross Country Council section; pay special attention to selection procedures and deadlines for the cross country relay event.

### **Men's LDR Report**

From Blake Boldon, MLDR Chair

None Submitted

### **Women's LDR Report**

From Mickey Piscitelli, WLDR Chair

It was the morning of Sunday, December 4<sup>th</sup>, and the closing session of the USATF Annual Meeting was a wrap. Most attendees were on their way to MCO to catch their flight. I spent the time watching the live results come rolling in from the California International Marathon which was hosting our last USARC event for 2022 – the National Marathon Road Championships. The clock, specifically 2:37:00, was my focus...how many would get in under that mark?

You may or may not know that CIM is hosted by the Sacramento Running Association whose tagline is "Inspiring Achievement Step by Step."

The Sacramento Running Association (SRA) is a community-based non-profit that promotes the sport of running in the greater Sacramento area. The SRA spends over \$1 million annually to manage events and programs to benefit local runners of all ages and abilities, but on this day, they were welcoming runners from throughout the United States.

Women's LDR liaison and National Championships Chair, Darren DeReuck, texted me, "It is a perfect morning for racing." I couldn't stop smiling as the expected rain had stayed away.

Paige Stoner (in her 3<sup>rd</sup> ever marathon) and Lauren Hurley (in her marathon debut) broke away from the field past the 10-kilometer mark. Stoner edged past Hurley at 30 kilometers and pulled away over the final stretches of the race.

Stoner, a graduate of Syracuse University, shattered the women's course record by 51 seconds – winning in a time of 2 hours, 26 minutes, and 2 seconds. This result puts her in the 10<sup>th</sup> position on the current list of Women's OT Qualifiers for our 2024 Olympic Team Trials – Women's Marathon which is set for Saturday, February 3, 2024, in Orlando Florida.

Hurley finished in second place in a time of 2:27:41, and Elaina Tabb took third in 2:28:04.

Here are the top 10 women from the 2022 USATF Marathon Road National Championships

Finishers	Time	Prize \$	USARC Points
Paige Stoner	2:26:02	\$20,000	30
Lauren Hurley (Goss)	2:27:41	\$10,000	24
Elaina Tabb	2:28:04	\$7,000	20
Bria Wetsch	2:28:35	\$3,000	14
Katja Goldring	2:29:01	\$1,500	12
Kate Sanborn	2:29:19	\$1000	10
Maegan Krifchin	2:29:21	\$ 800	8
Gabriella Rooker	2:29:44	\$ 700	6

Neely Gracey	2:30:29	\$ 600	4
Julia Griffey	2:30:35	\$ 400	2

As you know, this was the first time that net time (chip time) was used for USA Olympic Team Trials - Women's Marathon qualifications. This change turned out to be very important to two women at this race. Caroline Williams ran a gun time of 2:37:01 but a chip time of 2:36:57 ---she qualified via chip time Polina Hodnette ran a gun time of 2:37:02 but a chip time of 2:36:54--- she qualified via chip time

More good news! There were 9 finishers at CIM who improved their previous OTQ marks.

Now that the circuit races comprised of 11 National Championships have been completed, we can announce the overall top 5 winners and their respective USARC prize purses.

Top 5 Overall	Points earned	Prize Money
Emily Sisson	55.5	\$17,500
		(\$20,000 + \$15,000) divided by 2 = \$17,500
Keira D'Amato	55.5	\$17,500
		(\$20,000 + \$15,000) divided by 2 = \$17,500
Nell Rojas	43.5	\$6,250
		(\$7,500 + \$5,000) divided by 2 = \$6,250
Annie Frisbie	43.5	\$6,250
		(\$7,500 + \$5,000) divided by 2 = \$6,250
Aliphine Tuliamuk	41.5	\$2,500

Congratulations to all the women who competed in one or more of our National Championships in 2022 and earned points. You are listed in the final standings at <https://bit.ly/3FADWr1> There are 69 of you!

Let's not forget that the 2022 Valencia Marathon was also held on 12/4/22. Our OTQ list grew by 1 with new qualifier Jennifer Bergman's gun time of 2:31:39 and Jane Barekis ran a gun time of 2:30:04 to improve on her previous OTQ time by 3 minutes and 22 seconds!

Currently, we have 96 women qualifiers. For qualification standards as well as a listing of the women who have already qualified for this prestigious event can be found at <https://bit.ly/3VDOJG3>



Drum roll please.... the winner is: **Larry Kimball** Runner -Up / Most Honorable Mention goes to **Phil Stewart** who was thisclose to Larry by missing only question #10.

Congratulations! Nice job to all who played!

**Here are the answers:**

1) How many times has this event been held in New York State? **3**

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

**Buffalo**

(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? **Bob Kempainen**

Which runner, who finished in 3<sup>rd</sup> 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.?"

**Keith Brantley**

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

**Frank Shorter (tied) & Galen Rupp**

6) In what year and at what location did the top 4 men (for the first time) all run under 2:10? **2012 Houston, Texas**

Who were they? **Meb Keflezighi, Ryan Hall, Abdi Abdirahman, and Dathan Ritzenhein**

7) Where and when was the first USA Team Trials - Women's Marathon held? **Olympia, Washington 1984**

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

**Cathy O' Brien**

This is the same woman who, four years later, came in 2<sup>nd</sup> 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.)

**Christine Clark**

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?

**Colleen DeReuck**

11) Which 3 American marathoners finished in the top 10 in the Rio Olympic games, the best overall showing in history? **Amy Cragg, Des Linden, Shalane Flanagan**

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

**Houston.** In what year did this occur? **2012**

13) In which year did one race, for the first time, host the USA Olympic Trials Marathon for **both** men and women? **2012**

\*There were 9 women under 2:30 in Atlanta 2020  
How many we will have in Orlando 2024?

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The qualification system for athletics competition at the Paris 2024 Olympic Games, to be held August 2-11, 2024, has been published.

There will be a dual pathway of qualification, with 50% of athletes qualifying through entry standards and the remaining 50% qualifying through World Rankings. The entry standard for the women's marathon is 2:26:50.

The athletics program will include a total of 1810 athletes (905 woman/ 905 men) and will be composed of 23 women's events and 23 men's events as well as two mixed events – the 4x400m mixed relay and the 35km mixed team race walk.

For the 10,000m, combined events, race walks and relays, the qualification period runs from 31 December 31, 2022, to June 30, 2024. For the marathon, the qualification window is from 1 November 1, 2022, to April 30, 2024. For all other events, the qualification period runs from July 1, 2023, to June 30, 2024.

For the marathon, any athlete ranked higher than the 65th athlete on the filtered Quota Place "Road to Paris" list on January 30, 2024, will be considered qualified. After January 30, 2024, the remaining 20% of the quota will be determined by the same dual pathway qualification criteria outlined above, without displacing the athletes qualified per January 30, 2024. Any national Olympic committee may choose to reallocate a quota place to an unqualified athlete, provided the athlete in the qualification window has achieved at least a 2:11:30 (men) or 2:29:30 (women) performance.

The window for women attempting to qualify for our OTM via the half marathon (1:12:00) opens on January 1, 2023. I am very optimistic that we will see more athletes added to the list of qualifiers before this month is over.  
I wish you all a Healthy and Happy New Year!

### ***Masters LDR Report***

From Perry Jenkins, MLDR Chair

### **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
- May/Jun TBD USATF Masters 1 Mile Championships, Rochester, NY
- Sep 17 USATF Masters 12 Km Championships Highlands NJ
- Oct 7 USATF Masters 5 Km Cross Country Championships, Boca Raton, FL

\*The best result from the XC, 10 Km Road or Half Marathon Road race will be counted toward the Individual Grand Prix.

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. The Awards Ceremony is expected to be at the Club Cross Country Championships in Tallahassee FL on Dec 9, 2023.

### **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 |

### **MASTERS LDR NATIONAL CHAMPIONSHIPS**

Make plans to attend the second event of the 2023 Grand Prix season, the **USATF Cross Country Championships** at Pole Green Park in Richmond, VA. The Masters Women's 6 Km race is at 10:30 AM, with the Masters Men's 8 km race at 11:30 AM. Stay to cheer on your favorite U20 Women 6 km 12:30 pm, U20 Men 8 km 1:15 pm, Open Women 10 km 2 pm, Open Men 10 km 2:50 pm.

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

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>

## CLUB AMBASSADOR ZOOM

Our last Club Ambassador Zoom Call was held on Thursday, November 10<sup>th</sup>. Ninety-nine people registered for the call.

**The next one is scheduled for Thursday, February 9<sup>th</sup> at 8 PM ET.** Put it on your calendar! Join in to learn about the winter/spring races for this year. Hear final details from the *Atlanta Track Club's Eric Heintz*, on the Masters 5 Km Championships in Atlanta. **Danielle Domenichelli** of the *Sacramento Running Association* will provide details on this year's edition of the USATF Masters 10 Mile Championships in Sacramento CA on April 2<sup>nd</sup>. **Rick Streeter** will address the USATF Masters Half Marathon Championships to be hosted by the *Syracuse Half Marathon* on April 16<sup>th</sup>. There will also be a report on the 10 Km Championships in Dedham MA, to be held on April 30<sup>th</sup>.

## USATF ANNUAL MEETING

Dec 1 – 4, 2022

**Perry Jenkins**, who was serving as Interim Chair since May was elected Chair to serve out the term of **Bill Quinlisk**, deceased. **Mary Rosado** was elected to the position of Vice Chair, serving out Jenkins's term. Both offices will be up for election at the 2024 Annual Meeting.

## 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>

MASTERS RACES AT THE 2022 CLUB CROSS COUNTRY CHAMPIONSHIPS San Francisco, CA. Dec 10, 2022. These races will be bragged about for a long time. The wind howled, the rain came down in buckets, a full-size tree was toppled, almost wiping out one of the Club tents in the starting area. The Women's 6 km Race at 10 AM went off as scheduled as did the Men's 60+ 8 Km race at 10:45 Am. Toward the end of the M60+ race, the tree toppled as winds gusted to over 40 mph, and the City of San Francisco wanted to close Golden Gate Park to protect lives. USATF negotiated a 45-minute delay and a change of venue. Rather than run the races over the planned Cross Country course, the Men's 40+ 10 Km Race, the Open Women's 10 Km race and the Open Men's 10 Km races would be run on the 1200 meter oval Track inside the Polo Field Stadium. No trees would fall on the competitors then! The races were 7.75 laps or about 9.3 Km.  
Main Results: Teams.

Women 40+ 1. *San Diego Track Club* 2. *Team Red Lizard* 3. *The Janes Elite*

Women 50+ 1. *Club Northwest* 2. *Garden State Track Club* 3. *Sirius Athletics*

Women 60+ 1. *Club Northwest* 2. *Impala Racing Team* 3. *Liberty Athletic Club*

Women 70+ 1. *Team Red Lizard* 2. *Impala Racing Team* 3. *Lake Merritt Joggers & Striders*

Men 40+ 1. *Indiana Elite Athletic Club* 2. *West Valley Track Club* 3. *Team Run Flagstaff*

Men 50+ 1. *West Valley Track Club* 2. *Garden State Track Club* 3. *Boulder Road Runners*

Men 60+ 1. *Twin Cities Running Company* 2. *SRA Elite* 3. *Club Northwest*

Men 70+ 1. *Jamul Toads* 2. *Club Northwest* 3. *River City Rebels*

Men 80+ 1. *Florida Track Club West* 2. *San Diego Striders* 3. *Atlanta Track Club*

Individual Overall:

Women 1. **Meriah Earle** 2. **Maggie Shearer** 3. **Megan Heuer**

Men 60+ 1. **Nat Larson** 2. **Steve Schmidt** 3. **Jacob Nur**

Men 40+ 1. **Sergio Reyes** 2. **Joshua McAdams** 3. **Malcolm Richards**

Individual Age Grading:

Women 1. **Joannie Siegler** 2. **Jeanette Groesz** 3. **Fiona Bayly**

Men 60+ 1. **Jacob Nur** 2. **Steve Schmidt** 3. **Nat Larson**

Men 40+ 1. **Peter Hammer** 2. **Jaime Heilpern** 3. **David White**



Individual Age Division Champions:

Women 40-44: **Meriah Earle** 45-49 **Maggie Shearer** 50-54 **Chris Lundy** 55-59 **Fiona Bayly** 60-64 **Mary Cass** 65-69 **Joannie Siegler** 70-74 **Jeanette Groesz** 75-79 **Deborah Bliss** 80-84 **Edda Stickle**

Men 40-44 **Sergio Reyes** 45-49 **Peter Gilmore** 50-54 **Jaime Heilpern** 55-59 **Peter Hammer** 60-64 **Nat Larson** 65-69 **Jacob Nur** 70-74 **Robert Qualls** 75-79 **Gary Ostwald** 80-84 **James Callaway** 85-89 **Adrian Craven**

### **Mountain/Ultra/Trail (MUT) Report**

From Meghan Canfield, Vice Chair

### **Additional 2023 USATF Championship Race bid accepted**

Aravaipa Running, and event company based in Phoenix, Arizona, has recently purchased the Jackpot Ultra and have put in a bid to host the USATF 100 Mile National Championship, March 3<sup>rd</sup>. Jamil Coury, owner and CEO of Aravaipa has been informed of the requirements of course measuring and certification, pre-race verification, and the preference for having a level A measurer on site during the race. This process will hopefully avoid any of the mishaps that occurred with the inadvertently short course in 2022. The council approved the bid for 2023 and 2024 pending course certification and approval from the National Office.

### **2023 WMTR Championship Team Leader and staff selected**

Richard Bolt has been selected as Team Leader for the 2023 WMTR Championships in Austria in June. This team will consist of 44 athletes selected by this [criteria](#) and will be announced accordingly. Team staff are Anita Ortiz, Jason Bryant, Tom Hooper, Carol Passarelli, and Paul Kirsch. We are checking to see if we can send at least one medical professional, funded by the National Office.

### **2023 U18 WMTR Championship Team Leader and staff selected**

Paul Kirsch and Morgan Arritolla were selected as team leaders for the U18 World Championships to take place May 27<sup>th</sup> in Annecy, France. The team will be announced by April 10<sup>th</sup>. The selection criteria can be found [here](#).

### **Records presented by Andy Carr and approved by the council on 12/27/2022**

The following American and age group Road Record was set at Jackpot Ultras 2022

Camille Herron (Open and 40-44)  
12 hour – 151111m (93.89 miles)

The following American age group road records were set at 6 Days in the Dome in 2022

Marissa Lizak (40-44)  
200 km in 19:26:41  
24 hour - 244456m (151.9 miles)

Ella Lombardi (45-49)  
144 hour - 700215m (435 miles)

Joe Fejes (55-59)  
144 hour – 807520 (501 mile)

Steve Troxel (60-64)  
144 hours – 728582 (452.7 miles)

Eugene Bruckert (85-89)  
144 hour 313950 (195 miles)

The following American and age group track records were set at Desert Solstice 2022

Camille Herron (open and age group 40-44)  
100k 7:35:50  
50 mile 5:57:46  
100 mile 13:02:16

Marissa Lizak (40-44)  
200k 18:40:54  
24 hour 252281m (156.76 miles)

Jian Springer (50-54)  
200k 20:47:37  
100 mile 15:52:56  
12 hour 125185m (77.78 miles)  
24 hour 225617m (140.19 miles)

Camille Herron (40-44 and open)  
12 hour – 147599m (91.7 miles)

Olivier LeBlond (50-54)  
200k 18:25:59

### **IAU 50k World Championships Canceled**

The 2023 IAU 50k World Championships that were slated for Port Elizabeth, South Africa, have been canceled due to constraints within the Athletics South Africa and the LOC. The IAU is confident that they will still be able to put on this event in 2023 and are receptive to new bids. An announcement either way will be made early February 2023.

### **Cross Country Report**

From Thom Hunt, Cross Country Council Chair

### **Masters 5k Cross Country Championships**

Boulder hosted the 2022 championship on Saturday, October 22. Overall winners were Ann Kirkpatrick on the ladies side. Her time of 19:21 led 98 masters women across the line. On the men's side the overall winner was Chris Gomez of Team Run Flagstaff. He finished ahead of 178 men with his time of 16:35. Overall results can be found at the USATF website:

<https://bit.ly/3X1bLr2>

### **2022 USATF Club Championships**

The 2022 championships were held in San Francisco's Golden Gate Park on Saturday, December 10. Wet, rainy conditions not only dominated the competition but re-shaped the whole event. During the Men's 60+ 8k race a

major limb from one of the giant sequoia's broke off and fell near to the start line. Because of this, Golden Gate park was closed due to the dangerous conditions. Fortunately, the LOC, USATF and officials were able to work out a solution with the park to continue the competition on the racetrack surrounding the polo field. While far from being a perfect cross country course, it was a far better alternative than canceling the championships.

Race winners were:

Masters Women: Meriah Earle, San Diego Track Club  
60+ Masters Men: Nat Larson, Greater Springfield Harriers  
40+ Masters Men: Sergio Reyes, HOKA Aggie Running Club  
Open Women: Bethany Hasz, Boston Athletic Association  
Open Men: Cole Hocker, Oregon Track Club

Full results may be found on the USATF website at:

<https://bit.ly/3GyV1lh>

### **2023 USA Cross Country Championships**

The 2023 USA Cross Country Championships are upcoming in Richmond, VA on Saturday, January 21. All meet and registration information may be found on the USATF website.

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

The 2023 Championships will be the selection race for the United States national team for the World Athletics Cross Country Championships to be held in Bathurst, Australia on Saturday, February 2023. Teams being selected will be the Women's Under 20 6k, Men's Under 20 8k, Senior Women's 10k, and Senior Men's 10k. These teams are self selected from the results of the 2023 USA Championships.. In addition, a Co-ed Mixed Relay (2 women and 2 men) running one lap, approximately 2k, each will compete. This team will be selected based on 2022 track performances. Nominations should be sent to Kimberly Sims ([kimberly.sims@usatf.org](mailto:kimberly.sims@usatf.org)) by Saturday, January 21.

Full selection procedures may be found here:

<http://bit.ly/3ia4Dtm>

### ***Road Running Technical Council Report***

From David Katz, RRTC Chair

None Submitted

### ***USATF LDR Records Report***

2022 Pending LDR Records Report:

<https://bit.ly/3vwkDZN>

2022 LDR Records Ratification Report:

<https://bit.ly/3Gxxsti>