



### Upcoming Events:

May 11 USATF 25K Championships (Grand Rapids, MI)  
 May 19 USATF Masters 1 Mile Championships (Danville, CA)  
 Jul 7 USATF Vertical Mountain Running Championships (Lincoln, NH)  
 Jul 13 USATF Mountain Running Championships (Snowbird, UT)  
 Jul 13 USATF Women's 6K Championships (Canton, OH)  
 Jul 20 USATF 8K Championships (Kingsport, TN)

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

Hillary Bor (45:56) broke his own 10-mile American Record enroute to winning his third consecutive title at that distance at the USATF 10-Mile Championship hosted by the Cherry Blossom Run, while Emily Durgin won her first US championship with a 51:26 performance that narrowly missed Keira D'Amato's women's only AR by 3 seconds.

Adam Vadeboncoeur (6:37:53) and Neringa Kaulinaite (7:48:45) won the titles at the USATF 100K Road Championship hosted by Mad City.

Rachel McArthur (4:33) and Vincent Ciattei (3:57) came away with gold medals at the USATF 1 Mile Road Championships hosted by the Grand Blue Mile.

Joe Gray (30:44) and Stephanie Pezzullo (35:35) were the fastest of the day at the USATF Masters 10K Championship hosted by the James Joyce Ramble.

Congratulations to Dena Evans for winning the election to represent the LDR Division on the USATF Board! Dena brings a wealth of valuable experience to this role and I look forward to working with her! Dena introduces herself below with a Board Report.

### Men's LDR Report

From Blake Boldon, MLDR Chair

None submitted

### Women's LDR Report

From Mickey Piscitelli, WLDR Chair

The fourth stop on the USA Running Circuit was our 10 Mile National Road Championship hosted by the Credit Union Cherry Blossom 10 Mile Run on Sunday, April 7th.

1 <sup>st</sup> – Emily Durgin	51:26	\$10,000	15pts.
2 <sup>nd</sup> – Rachel Smith	51:40	\$5,000	12pts.
3 <sup>rd</sup> – Annie Frisbie	52:01	\$2,500	10pts.
4 <sup>th</sup> – Jacqueline Gaughan	54:02	\$1,000	7pts.
5 <sup>th</sup> – Elna Hayday	54:18	\$800	6pts.
6 <sup>th</sup> – Tristin Van Ord	54:31	\$600	5pts.
7 <sup>th</sup> – Molly Huddle	55:08	\$500	4pts.
8 <sup>th</sup> – Sydney Bowman	55:54	\$400	3pts.
9 <sup>th</sup> – Breanna Sieracki	57:04	\$300	2pts.
10 <sup>th</sup> – Stephanie Sherman	58:16	\$200	1pt.

The overall winner and setting a new course record of 51:14, was the defending champion, Sarah Chelangat of Uganda.

Chelangat led the race right from the start and never relinquished that position, but Emily Durgin had a great run. Durgin built her lead over the other American women while running with and then passing several international runners. Frisbie and Smith were in pursuit but could not close the gap to Durgin. Smith, our 15K national champion from one month prior, succeeded in pulling away from Frisbie but could not overtake Durgin.

Emily Durgin became a first-time national champion, crossing the line in 51:26. This was only 3 seconds off Keira D'Amato's record from the fall of 2020. Not only did Emily earn the \$10,000 American Champion purse, but also claimed \$3000 for being second overall, as well as \$750 for going sub 52 minutes. As mentioned in our April issue there was indeed some double/triple dipping in prize money. What a day for Emily Durgin!

When was the last time you went to a shopping mall and were able to catch a pole vault competition in progress? Well, if you live near Des Moines, Iowa, it happened on Monday, April 22! In fact, there was some T & F discipline every night of the that week! I love creativity!

On Tuesday, April 23, the Grand Blue Mile hosted our 2024 USATF 1 Mile Road National Championships.

The women went through the halfway point in 2:16. With fewer than 600 meters to go, Rachel McArthur, who was making her road mile debut, surged and clocked a 4:33. I must mention, the race finish line was at Grand Ave. and 13<sup>th</sup>, not where I had mentioned in last month's newsletter.

1 <sup>st</sup> - Rachel McArthur	4:33	\$5,000	15pts.
2 <sup>nd</sup> - Anna Camp Bennett	4:34	\$2,500	12pts.
3 <sup>rd</sup> - Michaela De Genero	4:35	\$1,500	10pts.
4 <sup>th</sup> - Alexina Teubel	4:35	\$1,250	7pts.
5 <sup>th</sup> - Angelina Ellis	4:36	\$1,000	6pts.
6 <sup>th</sup> - Anna Gibson	4:37	\$500	5pts.
7 <sup>th</sup> - Emma Grace Hurley	4:37	\$300	4pts.
8 <sup>th</sup> - Annie Frisbie	4:37	\$200	3pts.
9 <sup>th</sup> - Allie Wilson	4:40	\$150	2pts.
10 <sup>th</sup> - Melissa Tanaka	4:43	\$100	1pt.

With 5 USARC events completed, we currently have Emily Durgin and Rachel Smith tied for first place with 27 points each, Emma Grace Hurley with 22 points, and Annie Frisbie so close behind with 21 points.

The sixth stop on the USA Running Circuit is in downtown Grand Rapids, Michigan on Saturday, May 11<sup>th</sup>. It is hosted by the Amway River Bank Run which celebrates 47 years of road running. It has been the site of the USA 25K Open Road Championships since 1995 and runs concurrently with the 25K event.

The women will start at 8:19am with the men's start following at 8:30am.

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

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

Women's 25K American Record: 1:24:36; 2012

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 – [nchcos@gmail.com](mailto:nchcos@gmail.com).

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

[Click here](#) to view all 2024 USATF Running Circuit events.  
[View the current standings](#) of the 2024 USATF Running Circuit.

The next two circuit stops will be in July with the **6K in Canton, Ohio** and NEW THIS YEAR, the **8K in Kingsport Tennessee!**

Let us start with the **Women's 6K** as that takes place first on **Saturday, July 13<sup>th</sup>**. I want to share with you the invitation from Race Director Tina Ryee.

"We are pleased to announce that we will be hosting our fourth annual USATF 6K Road Championships Saturday,

July 13<sup>th</sup>. Last year was a success with a total of forty-five elite women while 400 women participated in the open race. We are confident that 2024 will be just as inspiring, as we anticipate a larger competitive field, offers generous prize purse, greet you with our midwestern hospitality, and celebrate sisterhood at our post-race celebration. Our closing elite window will be July 1. If our field reaches full capacity, we will close registration sooner. "

If you are interested in competing in the elite field, please contact Tina at [womens6kmfestival@gmail.com](mailto:womens6kmfestival@gmail.com)

One week later, on Saturday, July 20, the USATF 8K National Championship for BOTH men and women will be hosted by the Crazy 8s in Kingsport, Tennessee.

I want to share with you some words from Hank Brown of We Run Events, LLC/Crazy 8s.

"2024 will be the 35<sup>th</sup> year of the Crazy 8s 8K, and we have hosted many elite athletes, including a world record by Peter Githuka in 1996 and Asmae Legzhaoui in 2002. We hosted the USATF Men's 8K Championship in 2022 and 2023 and will host it again in 2024. We are excited to be able to add the Women's 8K Championship as well this year!

For Elite Athlete Questions, please contact Hank Brown at [hankelope@gmail.com](mailto:hankelope@gmail.com).

For more information on Crazy 8s, please visit the [host event home page](#).

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

From Perry Jenkins, MLDR Chair

### 2024 Masters National Grand Prix Schedule

#### 2023

- Dec 9 USATF Club Cross Country Championship.  
Tallahassee FL  
Hosted at *Apalachee Regional Park*

#### 2024

- Jan 20 USATF Cross Country Championships ,  
Richmond VA  
Hosted at *Pole Green Park*
- Feb 24 USATF Masters 5 Km Championships ,  
Atlanta GA  
Hosted at the *PUBLIX Atlanta Marathon Weekend*
- Apr 28 USATF Masters 10 Km Championships ,  
Dedham MA  
Hosted at the *James Joyce Ramble*
- May 19 USATF Masters 1 Mile Championships,  
Danville CA  
Hosted at the *Mile Of Truth*
- Aug 13-25 WMA Outdoor Championships\*,  
Gothenburg, Sweden
- Aug 24 USATF Masters 10 Mile Championships,  
Flint MI  
Hosted at the HAP Caresource *Crim Festival of Races*
- Sep 15 USATF Masters 12 Km Championships,  
Highlands NJ  
Hosted at the *By Hook Or By Crook Run*
- Oct 5 USATF Masters HM Championships\*\*  
Indianapolis IN

Hosted at the *Indy Half Marathon at Fort Ben*

- TBD USATF Masters 5 Km Cross Country Championships, TBD\*\*

#### Other Events of Interest

- Mar 21-24 USATF Masters Indoor Championship, Chicago IL
- Jul 17-21 USATF Masters Outdoor Championships, Sacramento, CA
- Dec 7 USATF Club Cross Country Championships, Tacoma, WA  
Hosted at *Chambers Bay Regional Park*

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

\*\*The Half Marathon Championships being in Indianapolis are contingent upon them receiving a fully executed contract from USATF. Bids are anticipated for the 5 Km Cross Country Championships.

Individuals and teams earn from 5 to 100 points at National Grand Prix events toward end-of-the-year awards; the top 5 events for each individual and each team are counted. The Grand Prix Awards Ceremony is planned for the afternoon of the Club Cross Country Championships on Dec 7, 2024.

#### **USADA WEBINAR**

A Webinar for Masters events will take place on **Tuesday, May 15th, 2024 at 6 PM Mountain Time** [5 PM Pacific; 7 PM Central; 8 PM Eastern]. Although it is designated for scheduling purposes as the 'Masters Outdoors' Webinar, it also covers drug testing for all USATF Masters LDR Championships.

See summary details below. You **must register in advance for the webinar** to join on the 15<sup>th</sup> of May.

#### **Masters Outdoors:**

**When: May 15, 2024 06:00 PM Mountain Time (US and Canada)**

**Topic: Masters Outdoor Webinar**

**Register in advance for this webinar:**

[https://usada-org.zoom.us/webinar/register/WN\\_I\\_yxgXz\\_RcqMc-Z\\_TOCcg](https://usada-org.zoom.us/webinar/register/WN_I_yxgXz_RcqMc-Z_TOCcg)

**After registering, you will receive a confirmation email containing information about joining the webinar.**

#### **CLUB AMBASSADOR ZOOM**

At the last Club Ambassador Zoom Call, over 100 participants registered. The next one is not yet scheduled but will likely be in late to mid July. That one will feature the 1 Mile Championships, hosted by the *Mile of Truth* in Danville, CA; the 10 Mile Championships, hosted by the 47<sup>th</sup> running of the Crim Fitness Foundation's *Crim 10 Miler*; and the 12 Km Championships hosted by USATF-New Jersey's *By Hook Or By Crook Race*. There will also be

information about the Non-Stadia portion of the August 2024 WMA Outdoor Championships in Gothenburg, Sweden. Please keep an eye out for the invitation.

#### **UPCOMING MASTERS LDR NATIONAL CHAMPIONSHIPS** **USATF 1 Mile Championships — Danville, CA – May 19, 2024**

[The race is on the USATF Events Calendar. Race information is posted at: 2024 USATF Masters 1 Mile Championships | USA Track & Field](#)  
[Registration is live through May 16<sup>th</sup> at midnight PT: Sport:80 | Investing in Sport \(sport80.com\)](#)

#### **USATF 10 Mile Championships — Flint, MI – Aug 24, 2024**

USATF's new registration system uses the USATF **CONNECT** membership platform. There is no Status of Entries page. To view the registrants, once you are on the registration page, click on the button titled, 'VIEW PUBLIC ENTRIES'. Once on the new page, you will see a symbol with 3 horizontal lines in the upper left of the screen underneath the Event Name [2024 USATF Masters 10 Km Championships, for example] and above the word, 'Name'. If you click on that, you arrive at the filtering system which allows you to look at all entries by gender and 5-year division or at just the team-affiliated entries by 10-year division.

#### **RETENTION OF MOVED ATHLETES**

The Masters LDR Committee maintains a list of Grandfathered and long-time Team members who have moved out of their association. Further information may be obtained by contacting Paul Carlin at [therunningprof@gmail.com](mailto:therunningprof@gmail.com). No requests for an athlete to be added to the 'Moved but Retained' list will be accepted in the two weeks prior to any upcoming Masters LDR National Championship. Hence no athletes may be added for the upcoming USATF Masters 1 Mile Championships after May 5<sup>th</sup>. Once that championship is over on May 19<sup>th</sup>, applications will be accepted again until August 10<sup>th</sup>, two weeks before the USATF Masters 10 Mile Championships hosted at the 47<sup>th</sup> running of the HAP Crim Fitness Center's Crim 10 Miler, in Flint, MI.

The list is now posted at: [USATF Masters LDR Retained & Grandfathered List by sarah.linehan - Flipsnack](#).

#### **PHIDIPIPES PROGRAM**

**Details:** <https://www.usatf.org/disciplines/road-running/phidippides-award>

**Application:** [Phidippides Award \(wufoo.com\)](#)

Applications for 2024 awards are now being accepted and will be accepted through January 31, 2025

The list of 2023 Award Winners can be found at:

[Phidippides Records by sarah.linehan - Flipsnack](#).

The 2024 awards go to Masters Athletes who maintain an active schedule of racing in the 2024 calendar year. 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 apply. Many have found the awards to be a strong motivator for an active lifestyle.

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

From Meghan Canfield, MUT Vice Chair

#### **100k National Championship**

Mad City 100k served as the 100k Championships and fielded the best men's USATF 100K Road National Championship to date, with seven men and three women running World Championship Team qualifying times. The top male and female received automatic entries to the IAU 100k World Championships to be held in Bengaluru, India, December 7<sup>th</sup> 2024.

#### **Qualifying Men:**

Adam Vadeboncoeur 6:37:53  
Ryan Miller 6:47:52  
Kris Brown 6:49:30  
John Judge 6:52:41  
Geoffrey Burns 6:59:08  
Brandon Taliseky 7:01:09  
Chikara Omine 7:05:13

#### **Qualifying Women:**

Neringa Kaulinaite 7:48:45  
Allison Mercer 7:55:03  
Jessa Victor 8:16:48

#### **Team Leaders for Challenge Stellina**

Richard Bolt and Carol Passerelli will be co-leaders for the Challenge Stellina Trail Championships that will take place August, 2024 in Italy.

#### **Trekking Poles at Championships**

MUT council has been discussing the potential for allowing masters athletes to use trekking poles in road and trail events. While most events have their own rules regarding the use of poles, USATF should have a policy, especially if there are records involved when using them in road events. This will be discussed further in the next meeting.

#### **New Age Group Records Approved**

M50-54 200 km 19:01:18 P Chad Lasater 52 TX IAU World Champs Taipei PRC 12/01/23

M50-54 24 hr 250785m P Chad Lasater 52 TX IAU World Champs Taipei PRC 12/01/23

F50-54 200 km 22:04:16 P Jian Springer 52 CA IAU World 24hr Champs Taipei PRC 12/01/23

#### **USATF Reimbursements**

Reimbursements for athletes competing at World Championships, as well as reimbursements for liaisons to USATF Championship races have continued to be paid at slower than a snail's pace. It has been determined to be an issue up the chain above Ryan Cash, and it is such a

problem that athletes are starting to actively not participating on the USATF teams because of payment issues. It was also noted that it is the number one complaint across all event groups.

### ***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 Board Report***

From Dena Evans, LDR Division Rep to USATF Board

Warm greetings to all members of the USATF LDR community. I'm grateful for the opportunity to serve this constituency on the board, and look forward to working alongside Mike and the committees on all the issues at hand this year.

On Tuesday, April 23, the board met for a meeting on zoom. The agenda was short, mostly consisting of a discussion on further clarification of Conflict of Interest issues. While nothing was definitively resolved, I'm hopeful that clarification of these issues at board level will help the hundreds of individuals trying their best to comply at the committee level.

Of note, at the end of the meeting, Max Siegel indicated that the national office has continued to engage with World Athletics to resolve their concerns about the U20 World Athletics Championships and seemed hopeful this might still be a possibility for our athletes. I followed up early this week to see if the hoped for progress had been made, and while not resolved, progress does seem to be continuing.

The next meeting is scheduled for the end of June in Eugene. I can be reached via email at [dena.evans@gmail.com](mailto:dena.evans@gmail.com), and further information about the USATF Board of Directors can be found here: <https://www.usatf.org/governance/board-of-directors>

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

From Andy Carr, USATF LDR Record Keeper

The following records were ratified by the LDR Individual Sport Executive Committees in the last month:  
Item #, \*=MUT event, Age Group, event, performance, Athlete, Age, Home state, Race, Race city, Race state/country, date, Exec Comm

16\* M50-54 200 km 19:01:18 Chad Lasater 52 TX IAU World Champs Taipei PRC 12/01/23 (MUT)  
19\* M50-54 24 hr 250785m Chad Lasater 52 TX IAU World Champs Taipei PRC 12/01/23 (MUT)

23 F70-74 5 km 21:27 Kathryn Martin 71 NY BAA 5km  
Boston MA 04/15/23 (Masters)  
26\* F50-54 200 km 22:04:16 Jian Springer 52 CA IAU  
World 24 hr Champs Taipei PRC 12/01/23 (MUT)  
27\* F40-44 100 mi 14:04:40 Ashley Paulson 42 UT Jackpot  
Henderson NV 02/17/24 (MUT)  
35\* M65-69 200000m 23:13:00 Larry Stephens 67 OR The  
Raven 24 Mt Pleasant SC 02/17/24 (T) (MUT)  
38\* M55-59 50 mi 6:53:19 Anthony Bruno 58 SC The  
Raven 24 Mt Pleasant SC 02/17/24 (T) (MUT)  
40\* M65-69 100 mi 16:38:13 Larry Stephens 67 OR The  
Raven 24 Mt Pleasant SC 02/17/24 (T) (MUT)  
42\* M65-69 24 hr 205513m Larry Stephens 67 OR The  
Raven 24 Mt Pleasant SC 02/17/24 (T) (MUT)

### ***Bill Roe Memorial Scholarship***

Bill Roe's family has announced that they are partnering with Western Washington University to create the Bill Roe WWU Endowment, a long-term fund offering financial support to in-need student-athletes participating in Track and Field and/or Cross Country.

Bill's family is matching all donations up to \$20,000.

Here's the link for more information and to donate:  
<http://www.vikingfunder.com/roe>