

Minutes
2009 USA Track & Field Annual Meeting
Indianapolis, Indiana

Men's Long Distance Running
General Sessions
December 4-5, 2009

Attendees: The following individuals attended one or more of the MLDR sessions: Glenn Latimer (Chair), Dan Browne (Vice Chair), Philip Greenwald (Treasurer), Andrew Allden, Larry Alserda, George Banker, Tom Bernhard, Lyle Claussen, Alex Cuzzo, Mark Driscoll, Fred Finke, Eric Fruth, Mitchell Garner, Jim Garcia, Patrick Glover, Patricia Goodwin, Will Graustein, Dolores Green, Barrett Hopper, Kent Hoffmeyer, Brian Hoover, David Katz, Max King, Thom Hunt, Bob Larsen, Bob Latham, Jon Little, Brian Mastel, Ed Neighbour, Jim Peterson, Greg Roth, Scott Simmons, Allan Steinfeld, Tomy Sitton, Phil Stewart, Eduardo Torres.

Guests: Richmond Brown, Cecil Burch, Andy Carr, Don Chapin, Jeff Darman, John Erikson, Jack Hazen, Jim Gerweck, Paul Greer, Bob Hersh, Herbert Jefferson, Devon Martin, Dave Nielsen, Howard Nippert, Jim Norvill, Dave Oja, Elizabeth Phillips, Roy Pirrung, Joe Prusaitis, Joyce Prusaitis, Pete Riegel, Bill Roe, Sam Rush, Tracey Russell, Joe Sarver, Cheryl Sunman, Joe Vigil, Susan Weeks, Jack Wickens.

SESSION 1 – DECEMBER 4

The meeting was called to order by Chair Glenn Latimer at 3:10 p.m.

The Chair introduced the Men's Long Distance Running (MLDR) Executive Committee members, MLDR Championships Subcommittee, and MLDR team selectors. He mentioned that Brian Mastel would substitute as Secretary during the meetings since Secretary Mark Winitz was absent with a head cold.

Minutes from 2008: A motion was made and seconded to accept the minutes of the MLDR Committee from the 2008 USATF Annual Meeting. There was no discussion. The motion passed.

Agenda: The MLDR agenda for the 2009 USATF Annual Meeting was accepted without amendments.

MLDR Primary Mission and Progress: The Chair described the committee's primary mission: raising the standard of MLDR. Briefly, MLDR's vision is being realized. The depth charts for U.S. men on the roads and track are faster and deeper amidst a worldwide upswing in quality performances. U.S. distance training centers around the country are leading this resurgence. The Chair briefly gave examples of the year's successes before opening the floor to comments. The Chair's full report summarizing U.S. men's long distance running in 2009 is available online at:

www.usatf.org/about/committees/LongDistanceRunning/MensLDR/

USA Teams (MLDR) - 2009 Review:

IAAF World Half Championships (Birmingham, England): The Chair, who served as the Team Manager, reported that Dathan Ritzenhein ran brilliantly for third place individually as the men's team finished fourth.

Chiba International Ekiden (Japan): Bob Latham (Team Manager) handed out statistics and briefly reviewed the race. There were 15 teams representing 13 nations. The U.S. team (combined men's/women's squad) finished fifth, over two minutes faster than in '08. This was an outstanding performance by a team with relatively little international experience. (See the MLDR Executive Committee minutes of 2009-12-2 for more details about these competitions.)

USATF Organizational Restructuring Update and Law and Legislation Report: With Mark Winitz (MLDR Law and Legislation representative) absent, the Chair gave this report. The Bylaws amendments package passed last year has been refined with further restructuring proposals. The LDR Division supports the changes which include a number of checks and balances for the organization.

2012 U.S. Olympic Marathon Trials Selection Process – Update: The Chair reported that with more than two years to go, more than 40 athletes have already achieved the men's sub-2:19:00 qualifying standard for the 2012 Trials. He expects 120 to 130 will qualify. He briefly reviewed the '08 Trials race. The following organizing groups are interested in bidding for the 2012 men's or women's Trials (the day before their respective popular marathons): Houston Marathon (January, 2012), Boston (April, 2012), New York (November, 2011). An extensive question and answer period followed regarding philosophy of selection standards, timeline for announcement of the 2012 Trials, USOC restrictions on sponsor branding for the Trials, etc. (See the MLDR Executive Committee minutes of 2009-12-2 for further details.)

Men's LDR Awards Report: The Chair announced the winners of the annual awards bestowed by Men's LDR. (See the MLDR Executive Committee minutes of 2009-12-2 for details.)

Rules Amendments Report: Phil Greenwald (MLDR representative on the Rules Committee) reported on several open rules items relevant to LDR that were tabled in 2008 plus IAAF conformance rules.

The committee voted in favor of the following rules amendments items as proposed with no revisions or stipulations:

- Item 1 (removes Rule 2.5 that allows resident aliens to compete in Regional Championships)
- Item 5 (adds new rule 264.5 that allows removal of a U.S. record by an athlete who later admits doping at a time prior to setting record)
- Item 17 (adds rule: Road Race Referee shall, wherever practicable, give a warning prior to disqualification)

- Item 24 (amends Rule 144.3(i) and (j). Prohibits use of any technology or appliance that provides an unfair advantage which would not have been obtainable using equipment complying with the Rules.)

^a Item 26 (amends Rule 146.3 so the first instance of a protest may be made *orally* to the Referee or Chief Official of the event)

- Item 40 (amends Rule 165.10(a) which concerns synchronization of the start signal with the timing device)

- Items 73 and 75 (adds new Rule 232.7 and amends Rule 242.5: In races which include a large number of competitors, a five-minute, three-minute and one-minute warning before the start of the race should be given.)

- Item 81 (amends Rule 265.5(c) regarding course verification/validation in the case of records)

The committee recommended stipulations on the following rules amendments items:

- Item 11 (amends masters classifications preceding Rule 1 to age 35 and over for events held entirely within the stadium and 40 and over for events not held entirely within the stadium). The committee recommended to align the masters classification by discipline: 40 and over for LDR and 35 and over for track & field and race walking.

- Item 28 (amends Rule 146.8 regarding appeals of decisions made by the Referee). The committee favored the amendment for now, but recommends that the rule be re-written next year (rules year) so it (1) clarifies the exact time that race results are made *official* and (2) takes into consideration the unique nature of LDR events where results are often amended days after the event to correct inaccuracies, omissions, etc.

- Item 74 (amends Rule 241 regarding the safety of competitors and refreshment stations to comply with IAAF rules). The committee recommended that the amendment to Rule 241.1 be tabled until 2010 to clarify unspecific language regarding safety, or obtain feedback from the USATF Sports Medicine & Science Committee. The committee recommended friendly amendments to language in amended Rule 242.2(d) as follows: *The organizers may allow selected athletes to provide their own refreshments at official refreshment stations. In USA Open Championships, the top athletes, as determined by the Games Committee and Chair designee, shall be permitted to do so.*

Budget: Phil Greenwald (Treasurer) distributed copies of the MLDR Committee budget including 2009 actuals to date and a proposed budget for 2010. He briefly reported that the budget process has changed from prior years, and that he did not yet know the Budget Committee's (now a Committee of the Board) allocation for MLDR in 2010. No further discussion regarding budget.

IAAF Matters: Bob Hersh (IAAF Council VP, USATF Board member, and rep to IAAF) reported on the 2009 IAAF World Half Marathon Championship. The event is under scrutiny because it never has been a great success because it has attracted relatively few of the world's top half marathoners and marathoners. Plus, financial constraints come into play. 39 member federations out of 213 participated in 2009. A recommendation was submitted by the IAAF Road Running Commission (supported by Mr. Hersh) to the IAAF Competition Commission to move the event from October to March (out of the international fall marathon window and into the Spring pre-marathon window) and hold it every other year (even years starting in 2012). The Competition Commission rejected the recommendation for the World Half Marathon but discussion will continue and a final decision may be made in March. Mr. Hersh stated that the IAAF World Cross Country Championships (currently held in March every year) "are going to" every other year (odd-numbered years) starting in 2011. Discussion followed.

David Katz reported that the 2010 IAAF World Half Marathon Championships will take place in Nanning, China. The Chair reported that James Li will not be able to serve as USATF's Men's Team Manager for this event because of a schedule conflict, and he will be replaced.

Committee Reports: Deferred to a subsequent session.

The committee recessed at 11:59 a.m.

SESSION 2 – DECEMBER 4

The MLDR Committee reconvened at 2:04 p.m.

MLDR Committee Operational Procedures - Amendments: The Chair briefly reviewed the amendment to the procedures passed by the committee at the 2008 Annual Meeting which changed the term of the MLDR Chair to four years. The Chair moved to assign Mark Winitz to review the entire MLDR Operational Procedures (which were last reviewed over 10 years ago), document and suggest further amendments, present them to the MLDR Executive Committee for approval and subsequent presentation to the entire MLDR Committee at the 2010 Annual Meeting. Motion passed.

Cross Country: Paul Greer provided a report on the 2008 and 2009 USA Cross Country Championships, USATF Club Cross Country Champs, NACAC Cross Country Champs, IAAF World Cross Country Championships, National Disability Cross Country Championships, and previewed upcoming championships.

Committee Reports: *Athletes Advisory Committee:* Dan Browne provided a report on several presentations that were made to the Athletes Advisory Committee:

(1) *The St. Vincent Sports Performance of Indianapolis Elite Athlete Medical Support Program:* A partnership with USATF provides additional medical assistance to qualified, injured elite athletes. This program complements other USATF and USOC insurance and medical support programs for elite athletes.

(2) *Athletes for Hope Program*: Matches athletes with charity organizations in their geographic area—for athletes who have an interest in doing charitable work.

(3) *High Performance Plan/Project 30*: Benita Fitzgerald Mosley (USATF Chief of Sport Performance) presented strategies to Athletes Advisory for reaching the goal of 30 Team USA track and field medals at the 2012 Olympic Games. Strategies include USATF funding for “training centers of excellence” such as Mammoth Lakes. Duffy Mahoney (USATF Director of High Performance Programs) spoke about plans for more top-level competitions in the U.S.

(4) *Elite Athlete Career Mentoring Program*: A program created by the USATF Foundation assists elite athletes with making career transitions away from professional athletics to post-competitive life by matching athletes with career mentors.

In response to a question from Phil Stewart regarding athletes’ awareness and involvement in restructuring, Glenn Latimer reported that he attended the most recent Law and Legislation Committee meeting. Athletes attended the meeting in force and it appears that the athletes are now behind the plan after assurances that athletes will have input on the selection of coaches and team leaders for the Olympic Games, IAAF World Outdoor Championships in Athletics, and Pan American Games. Further questions followed which Mr. Browne and the Chair answered.

International Team Selection Criteria: The Chair reported that selection information is posted on the USATF website:

www.usatf.org/calendars/teamUSA.aspx

He briefly summarized the selection criteria for various Team USA events (NACAC, World Cross Country, World Half Marathon).

Committee Reports (Continued): *Records Committee*: Andy Carr (USATF LDR Road Records Keeper) made the following recommendations regarding pending LDR records to the committee:

Approve - 20km-Dathan Ritzenhein, 56:48 ('09 IAAF Half Marathon Champs-split); 30km-Ryan Hall, 1:28:38 ('08 London Marathon-split), 50km-Josh Cox, 2:47:17 ('09 PF Chang's, AZ)

Deny - 25km-Ryan Hall, 1:13:47a (London Marathon split, not record standard)

Differ - 20km-Meb Keflezighi, 57:52 ('09 Rock 'n' Roll Half, San Jose-split), 12km All Comers-Sammy Kitwara, 33:31 ('09 Bay to Breakers), Marathon All Comers-2:05:41, Sammy Wanjiru ('09 Chicago)

A motion was made to accept the recommendations as stated. No discussion. Motion passed.

Substance Abuse Education: Jim Peterson provided a comprehensive oral and written report touching upon WADA's new list of banned substances, athletes' “whereabouts” rules, the potential misuse by athletes of new gene therapy techniques, penalties served by principles in the

BALCO case, the WADA biological passport program, the dangers of various performance-enhancing drugs, and resources available to coaches and athletes. He also mentioned that there were no U.S. positive tests at the 2009 IAAF World Championships in Athletics (Berlin), that seven Russian athletes have been banned for manipulating drug samples, and that pharmaceutical company GlaxoSmithKline is donating funds to support drug testing at the 2012 Olympic Games. There was some additional discussion regarding the lengths of bans, and other topics.

MLDR Championships/USA Road Circuit Report: Bob Latham reported that the 2009 men’s championship circuit was a success with the largest total prize purse (\$351,850) ever in a non-Olympic year, and he described each race. He presented the details of the 2010 championship circuit and beyond, including Association Athlete Development Program (AADP) slots available at each race for U.S. men.

The following MLDR Championships were approved:

			<i>AADP Slots</i>
1/17/10	1/2 Marathon—Aramco Houston Half-Marathon, Houston, TX	\$29,750	5
	(previously awarded for 2009, 2010, 2011)		
3/13/10	15K—Gate River Run, Jacksonville, FL	\$26,500	3
	(previously awarded for 2009, 2010, 2011)		
5/8/10	25K—Fifth Third River Bank Run, Grand Rapids, MI	\$15,600	5
	(2010, 2011, 2012)		
5/13/10	Road Mile—Medtronic Twin Cities 1 Mile. Minneapolis, MN,	\$10,000	3
	(previously awarded for 2009, 2010, 2011, 2012)		
7/4/10	10K—Peachtree, Atlanta, GA	\$30,000	0
7/24/10	7 Miles—Quad-City Times Bix, Davenport, IA	\$22,500	0
8/28/10	10 Miles—Crim Festival of Races, Flint, MI	\$17,200	6
9/6/10	20K—Stratton Faxon New Haven 20K, New Haven, CT	\$17,200	0
	(2010, 2011)		
9/19/10	5K—CVS Caremark Downtown 5K, Providence, RI	\$15,000	3-5
	(2010, 2011, 2012)		
10/3/10	Marathon—Medtronic Twin Cities Marathon, Minneapolis. MN	\$72,500	3

Total prize money available in 2010 (to date): \$259,050

Action Item: The MLDR Championships Subcommittee Co-Chairs (Bob Latham and Scott Simmons) will confirm all 2010 and beyond MLDR Championships with Jim Estes (USATF LDR Programs Director). The MLDR Executive Committee will review and approve any additional Championships to the calendar above in January or February 2010.

Committee Reports (Continued):

Mountain, Ultra, and Trail (MUT) Council: Howard Nippert summarized the MUT Championships in 2009 and previewed the 2010 championship schedules and selection standards. At the 2009 100K IAU World Cup held in Belgium on June 19, USA’s Michael Wardian placed 6th overall. At the inaugural IAU World 50K Championship held on the island

of Gibraltar on October 31, Wardian placed third. Mr. Nippert also reported on USA women's team performances. Roy Pirrung added additional information about the 2010 schedule.

Coaches Advisory: Jack Hazen briefly discussed restructuring of the Coaches Advisory Committee as former Chair Terry Crawford has assumed the newly created Director of Coaching position in the USATF national office. Most of the changes are to the committee's Executive Committee, which was expanded. LDR is well represented on the committee with Skip Stolley (Distance Events Chair), Bob Larson (professional coaches rep), and Jack Hazen (NAIA rep).

Associations: Barrett Hopper briefly discussed the business-related concepts and strategies that the Association Committee is working to develop among USATF Associations. Areas include communications within associations including web sites, and standardization of grievance and race sanction procedures. There is a movement to train more people in road race measurement/certification and get more courses USATF certified. There is a plan to audit associations annually on a checklist of compliance items.

The committee recessed at 3:38 p.m.

SESSION 3 – DECEMBER 5

The MLDR Committee reconvened at 2:08 p.m.

Committee Reports (Continued):

Organizational Services Committee: Bill Roe briefly discussed site selection for future USATF Annual Meetings. Sites have been selected through 2014. Several organizations have requested USATF membership, which do not fall into USATF's definition as national non-profit, member-oriented sports organizations. So, Organizational Services and USATF's Board are examining the viability of a new category: affiliated organizations. These organizations would not have voting rights, but they would be able to attend Annual Meetings.

International Competitions/U.S. Men's Team Leader Selection: Fred Finke (LDR Division Chair) reported the selection of the following team managers:

Greg McMillan - 2010 International Chiba Ekiden, Chiba, Japan

Bill Roe - 2010 IAAF World Half Marathon Championships, China

(Mr. Roe replaces James Li, who was previously selected but cannot go because of a cross country season conflict.)

Rules Amendments Report (Follow-up): Phil Greenwald briefly reported back on rules amendments discussed during Session 1 as follows:

- Item 11: The Rules Committee adopted MLDR's recommendation to align the masters classification by discipline: 40 and over for LDR and 35 and over for track & field and race walking.

- Item 74 (amends Rule 241 regarding the safety of competitors and refreshment stations to comply with IAAF rules). Tabled until 2010; planned rewrite of entire section with legal consultation. Rule remains the same without change for 2010.

Budget (Follow-up): Phil Greenwald reported that the proposed MLDR committee budget for FY 2010 is \$19,000—the same allocation as for 2009. (This budget item was eventually approved by the general assembly as part of the budget package.)

Association Athlete Development Program (AADP): The Chair reported that Fred Finke and himself met with Women's LDR to discuss AADP. They agreed on two changes of note to the program, which must be approved by the USATF Board: (1) Stricter standards for athletes to be eligible for AADP support. The proposed new men's standard is 30:30 for 10K or an equivalent time at another distance. Age limitations are now 19 to 29. (2) Name change of program to ADP (Athlete Development Program). These proposed changes are designed to give young athletes with demonstrated talent and true developmental potential a chance to receive assistance to get to national LDR Championships.

USATF Distance Summits Report: Bob Larsen briefly reported on a two-day summit in (Colorado Springs) which prepped U.S. marathon team athletes about the conditions they would face at the IAAF World Championships in Berlin. Similar summits were offered in 2004 and 2008 before the Olympic Games. Dr. David Martin did a fine job of bringing in experts to educate both athletes and coaches.

USA Teams (MLDR) - 2009 Review (Continued): Bob Larsen reviewed the men's marathon race at the IAAF World Championships in Berlin, and commented on U.S. men's team performances and his philosophy regarding motivating athletes to achieve success in this specific race.

Chair Glenn Latimer adjourned the meeting at 2:54 p.m.

Respectfully submitted by:

Mark Winitz, Secretary

(with kind assistance by Brian Mastel, Acting Secretary during Annual Meeting)