

Minutes
2010 USA Track & Field Annual Meeting
Virginia Beach, VA

Men's Long Distance Running
General Sessions
December 3-4, 2010

Attendees: The following individuals attended one or more of the sessions: Glenn Latimer (Chair), Dan Browne (Vice Chair), Mark Winitz (Secretary), Philip Greenwald (Treasurer), Andrew Allden, George Banker, Dwight Benning, Tom Bernhard, Darren Brown, Donald Dowling, Lyle Claussen, Alex Cuzzo, Russ Ebbets, Eric Fruth, Patrick Glover, Ricardo Gonzalez, Dennis Groll, David Halliday, Apryl Hampton, Edwin Hampton, Jack Hazen, Tom Hunt, Bob Larsen, Bob Latham, Ed Maher, Teddy Mitchell, Gary Morgan, Ed Neighbour, Frank Newton, Howard Nippert, Tania Pacev, Ronald Pate, Jim Peterson, Rick Recker, Bill Roe, Paul Sargent, Joe Sarver, Larry Smithee, Allan Steinfeld, Tomy Sitton, Phil Stewart, Sam Walker.

Guests: Larry Alserda, Eric Bindner, Andy Carr, Thomas Chorny, Jeff Darman, John Erikson, Jim Garcia, Robert Gary, Jim Gerweck, Paul Greer, Bob Hersh, John Honerkamp, Joe Jurczek, David Katz, Karen Krsak, Jonathan Marcus, Dave Oja, Roy Pirrung, Brendan Riley, Tracey Russell, Mike Scott, Dave Skelton, Ken Skinner, Scott Slade, Lloyd Stephenson, Antonio Vega, Joe Vigil.

SESSION 1 – DECEMBER 3

Note: The order of items in the agenda was adjusted to accommodate reports from Men's LDR (MLDR) representatives on other committees when these representatives were present in the MLDR meetings. These minutes present agenda items in the order that they were discussed.

The meeting was called to order by Chair Glenn Latimer at 10:00 a.m.

Rules Amendments Report: Phil Greenwald (MLDR representative on the Rules Committee) presented the 2010 proposed rules amendments that are pertinent to LDR for the committee's input. The following rules amendment items were discussed:

- Items 3 and 78 (alternate proposals to amend Rule 241 regarding medical and safety issues in road races.) After much discussion, item 78 was endorsed by the committee with the following further amendments:
 - for distances longer than 10K refreshment stations should be provided at least every 5K or more frequently if deemed necessary by the race committee
 - the words “duly authorized member of the race medical staff” should be used for clarity
- Item 6 (amending Rule 1 to allow new U.S. citizens to compete in LDR championships immediately upon acquiring citizenship). After much discussion, the committee recommend rejection of this amendment.

IAAF Report: Bob Hersh (IAAF Council VP, USATF Board member, and rep to IAAF) reported on IAAF matters that affect men's LDR.

Although the IAAF World Half Marathon Championship continues to be scrutinized by the IAAF (because of a lack of participation), the IAAF Council voted that, starting in 2014, it will move from October to March and be held every other year (in even numbered years). The event will be scheduled so it is not in direct conflict with major marathons as it was before when it was held in October. The IAAF World Cross Country Championships will be held in odd numbered years in March, beginning in 2011.

Starting in 2014, the World Marathon Cup, held in conjunction with the IAAF World Championships in Athletics, will discontinue a formal award of a "cup" to the winning men's and women's countries/teams in the marathon event. The "Cup" designation has returned little in additional publicity or advancement for the sport. Each country, however, will still be allowed to enter up to five men and five women in these marathons.

Mr. Hersh also discussed the 2012 Olympic Games marathon course in London. The marathon race will not go near the Olympic stadium. It will, instead, start in front of Buckingham palace and take in many of London's iconic sites. The qualifying period for the Olympic Games marathon begins on January 1, 2011 and ends in early July of 2012, and the marathon qualifying standards will be approved by the IAAF Council in April, 2011.

The Chair mentioned how the 2012 U.S. Olympic Marathon Trials course in Houston will replicate London's Olympic marathon course (2.2 miles and then three 8-mile loops). The 2011 USA Half Marathon Championships course in Houston will preview the Olympic Marathon Trials course.

Rules Amendments Report (Continued): Phil Greenwald discussed and sought input from MLDR on the following proposed rules amendments applicable to LDR which he felt might be debatable. The outcomes of these discussions are described below.

The committee voted in *favor* of::

- Item 8 (minor edits of language in Rule 3.3 which allows guests to compete in Association Championships on a non-scoring basis)
- Item 23 (regarding the authority and process of a Jury of Appeal in Rule 119.4)
- Item 84 (adding a new Rule 261.4 allowing U.S. records to be taken back if the athlete later admits using, prior to setting the record, a substance or technique that was prohibited at the time)

The committee voted *against*:

- Item 7 (amending USATF's regional zones for regional competitions in Rule 2)
- Item 14 (amending Rule 7 related to team scoring)
- Items 42 and 43 (amending Rule 165 to have races outside the stadium timed to 1/100th of a second and recorded to 1/10th of a second)

The committee *abstained* from making a recommendation on:

- Items 9 and 10 (two proposals amending Rule 4 regarding the eligibility of non-resident members of an Association to compete for teams in that Association)

The committee recessed at 11:53 a.m.

SESSION 2 – DECEMBER 3

The MLDR Committee reconvened at 2:03 p.m.

Committee Reports:

Mountain, Ultra, and Trail (MUT) Council: Howard Nippert and Roy Pirrung summarized the MUT Championships in 2010 and previewed the 2011 championship schedules and selection standards. At the 2010 IAU 100K World Championship held in Gibraltar on November 6, USA's Michael Wardian won the individual men's bronze medal, leading the USA men's squad to a silver medal. At the World 24-Hour Run Championships in France on May 13-14, Team USA medaled for the first time, securing the bronze medal position on the podium. Scott Jurek ran an American Record (266.677 km) at the event while placing second.

Records Committee: Andy Carr (USATF LDR Road Records Keeper) made the following recommendation regarding pending LDR records to the committee:

Approve – 12K All-Comers Record- Sammy Kitwara. 33:31 ('09 Bay to Breakers)

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

Coaches Advisory: Jack Hazen reported that after some negative reactions to the Coaches Registry earlier in the year, Coaches Advisory has concluded that the registry is beneficial, elevates the status of coaches, and is a deterrent mechanism for unethical coaches. He also said that the Chair of Coaches Advisory is working so this committee can have input into international event staff selections. Mr. Hazen said the following coaching staff announcements (pertinent to MLDR) were made for the 2011 IAAF World Championships in Athletics: Head Coach: Vin Lananna, Men's Distance Coach: Robert Gary. He also said that about 130 coaches attended a very successful Podium Education Project (PEP) High Performance Coaches Symposium on Wednesday in Virginia Beach.

Substance Abuse Education: Jim Peterson provided a brief oral and extensive written report. Mr. Peterson's written report is available on the USATF web site at:

http://www.usatf.org/events/2010/AnnualMeeting/library/2010_USATF_substance_abuse_report.pdf

Championships: Bob Latham (Championships Subcommittee Chair) received congratulations by committee members as a recipient of a 2010 USATF President’s Award for outstanding service. Mr. Latham provided a summary of the 2010 MLDR road championships in which a total of \$259,000 in prize money was awarded. In addition, he handed out a written report in which each of the ten 2010 championships are summarized, listed the first three U.S. finishers at each race and prize money awarded at each event.

Then, he presented the 2011 MLDR championship schedule which contains nine championships. There is no USA Men’s Marathon Championship in 2011 because the U.S. Olympic Marathon Trials will take place in Houston in January, 2012 (a decision that was made by a USATF site selection committee and USATF’s Board, and was announced last March). The 2011 championship schedule follows:

		<i>AADP Slots</i>
1/29/11	1/2 Marathon—Aramco Houston Half-Marathon, Houston, TX , \$29,750	5
3/12/11	15K—Gate River Run, Jacksonville, FL, \$26,500 (also awarded for 2012 and 2013)	3
5/12/11	Road Mile—Medtronic Twin Cities 1 Mile, Minneapolis, MN, \$10,000 (also awarded for 2012)	3
5/14/11	25K—Fifth Third River Bank Run, Grand Rapids, MI, \$15,600 (also awarded for 2012)	5
6/11/11	8K—Carmel, IN, \$20,000	TBD
7/4/11	10K—Peachtree, Atlanta, GA, \$30,000	0
9/5/11	20K—Stratton Faxon New Haven 20K, New Haven, CT, \$20,000	0
9/18/11	5K—CVS Caremark Downtown 5K, Providence, RI, \$15,000 (also awarded for 2012)	3-5
10/2/11	10 Miles—Medtronic Twin Cities 10 Mile, Minneapolis, MN, \$30,000 (also awarded for 2012)	3

Total prize money available in 2011 (to date): \$196,850

Committee Reports (Continued):

Athletes Advisory Committee: Dan Browne provided a report about several significant topics discussed in ACC:

- *Project 30:* New criteria have been established for the distribution of funding available to athletes via the High Performance Program (Project 30 grants designed to help athletes with high medal potential cover their training costs and living expenses).
- *Medical Support:* USATF has enhanced its medical support available to qualified athletes through its USATF/St. Vincent Sports Performance Elite Athlete Medical Support Program.
- *Sports Performance Workshops:* In 2011, a Sports Performance Workshop, organized by Robert Chapman (USATF Associate Director of Sports Medicine & Science), will offer functional movement screening, biomechanical analyses, sports psychology and nutritional support for distance runners who are designated as having viable medal potential in upcoming

World Championships and Olympic Games. The coaches of these athletes may also participate. This workshop is tentatively scheduled for May 1-2, 2011 in conjunction with the Payton Jordan Cardinal Invitational (April 30) at Stanford University.

IAAF Matters: David Katz (IAAF Technical Committee member) reported that he will be involved in rewriting IAAF rules related to road running and that he has been appointed as the surveyor for the 2012 Olympic marathon course in London.

At this point, agenda items that were previously delayed to accommodate the presentations by individuals with crowded meeting schedules were addressed.

Minutes from 2009: A motion was made and seconded to accept the minutes of the MLDR Committee from the 2009 USATF Annual Meeting. There was no discussion. The motion passed.

MLDR Primary Mission and Progress: The Chair briefly gave examples of the year's successes in U.S. men's long distance running. "We are doing the right things," and we're seeing broad-base improvements in U.S. men's depth charts at 5,000m, 10,000m, and marathon, he said. The floor was then opened for comments from the coaches that were present. The Chair's full report summarizing U.S. men's long distance running in 2010 is available online on page 96 of the *2010 Annual Meeting Reports* at:

www.usatf.org/events/2010/AnnualMeeting/library/'10%20Reports_Indy.pdf

USA Teams (MLDR) - 2010 Review: The Chair briefly reviewed the performances of Team USA men's teams at the 2010 IAAF World Cross Country Champs (9th place), IAAF World Half Marathon Champs (6th place), and Chiba International Ekiden (5th-joint M/W team). He also mentioned Team USA LDR competitions for men in 2011. (See the MLDR Executive Committee minutes of 2010-12-2 for more.)

Men's LDR Awards Report: Secretary Mark Winitz (who chairs the MLDR Awards Subcommittee) announced the winners of the 2010 annual awards bestowed by Men's LDR. (See the MLDR Executive Committee minutes of 2010-12-2 for details.)

Law and Legislation/Bylaws Amendments Report: Mark Winitz (MLDR's Law and Legislation Committee Representative) reported that, although 2010 is not an "L&L year" for major amendments to the USATF Governance Manual, various "housekeeping" and other items are being discussed in the Law and Legislation Committee. They include: (1) the addition of a Diversity and Leadership Development Committee to the organization, which was approved by the Board of Directors and now needs approval by the general membership, (2) refining language having to do with terms of board members and the approval and signing of contracts by the NGB, (3) regulations to bring USATF in compliance with the IAAF regarding agents, (4) various editorial and housekeeping amendments of regulations approved in 2009.

MLDR Operational Procedures: Mr. Winitz said that, due to time constraints, he has not had an opportunity to begin formal updating/rewriting of the committee's Operational Procedures

which have not been updated since 1997. Since then, significant changes in the operational structure of USATF as a whole have transpired, and these changes affect how MLDR relates and works with other committees, etc.

CEO Search Update: The Chair suggested that if people have questions about this process, they should attend the “coffee” session with the acting CEO and Board of Directors. The Chair has provided his input to the CEO search firm. The goal is to have a pool of candidates early in 2011.

Meet an Athlete Agent/Manager (non-agenda item): The Chair introduced Brendan Reilly who represents elite athletes through his firm, Boulder Wave (based in Boulder, CO). Mr. Reilly gave a short presentation, explaining that his firm manages athletes and also assists them with altitude training. Since starting the company in 1993, athletes either supported or represented by Boulder Wave won 10 of the 33 medals awarded in the women’s marathon at the Olympic Games and IAAF World Championships. Mr. Reilly said that with the recent successes of U.S. men such as Chris Solinsky, Matt Tegenkamp, and Antonio Vega, “there is a fairly sensational appetite overseas in road racing and long distance running to get U.S. runners into the races” and U.S. elite runners will be seeing more international opportunities.

The committee recessed at 3:11 p.m.

SESSION 3 – DECEMBER 4

The MLDR Committee reconvened at 2:05 p.m.

Cross Country: Tom Hunt and Paul Greer provided a brief report about the upcoming 2011 USA Cross Country Championships (February 5 in San Diego). Then, Mike Scott (Chair, USATF Cross Country Council) provided details about the upcoming 2010 USATF National Club Cross Country Championships (December 11, Charlotte, NC), 2011 North America, Central American, & Caribbean (NACAC) Cross Country Championships (February 19, Tobago), 2011 IAAF World Cross Country Championships (March 20, Spain). He also said that the Bupa Great Edinburgh Cross Country meet (January 8, 2011, Scotland) has invited a U.S. team to compete and he outlined team selection procedures. Mr. Scott also said that Spokane, WA has submitted bids for the 2012 and 2013 USA Cross Country Championships, and has been working with the IAAF in anticipation of a bid for the 2015 IAAF World Cross Country Championships. Mr. Scott also announced that the USA Cross Country Championships will be included in the USA Running Circuit in the future.

Bill Roe provided a few details about the 2011 USATF National Club Cross Country Championships (December 10, Seattle, WA).

USA Teams (MLDR) - 2010 Review (Continued): Bill Roe (Men’s Team Leader, 2010 IAAF World Half Marathon Championships in Nanning, China) provided a detailed report about that event.

Committee Reports (Continued):

Coaching Education: Tom Hunt reported that the Coaching Education program is being revised so that high school coaching curricula will be included in USATF Level 1 coaching certification workshops. The Coaching Education Committee has created an annual award, the “Joe Vigil Award, ” to recognize individuals who have provided superior service to the USATF coaching education program. In addition, Coaching Education is creating three or four volunteer “Regional Coordinator” positions who will support USATF Associations with their coaching education programs and endeavors.

Athletes Advisory Committee (Continued): Tom Chorny reported that there was some concern among AAC athletes about how Nike affiliation is a requirement for athletes who are otherwise eligible to receive Project 30 funding. Specifically at issue was an additional \$1M that Nike has provided for Project 30 athlete support beyond the baseline Project 30 funds provided by Nike via its sponsorship of the program. Extensive discussion followed. It was noted that John Capriotti (Nike’s Global Director of Athletics Sports Marketing) made a presentation in ACC, candidly explaining how high-profile athletes wearing Nike equipment relate to Nike’s business objectives.

Note: A description of Project 30 on the USATF web site states: Athletes without a pre-existing contract with a shoe company and athletes already affiliated with Nike are considered for the Project 30 program. Athletes under contract with other shoe companies are prevented by their contracts from signing with a competing company and therefore are not eligible for Project 30 funds.

Additional Informational Reports/Closing Items (not on agenda): Darren Brown described Team Rogue Elite, a non-profit training group for highly talented post-collegiate runners based in Austin, TX that was started in 2009. The team is currently supporting 12 athletes with housing, gear, health insurance, and assistance finding part-time jobs. The men on the team show promise (two have qualified for the 2012 Olympic Marathon Trials), however, Mr. Browne said that recruiting young, talented female athletes out of college has been more challenging. The team’s sponsors are Under Armour and RoquEquipment running store.

In a separate item, there was some discussion about USATF’s limiting the size of the field for the 2011 USA Half Marathon Championships in Houston. The Chair explained that the size of the field is limited to 150 athletes, a decision that he was not involved in, and that there is now a waiting list. The gentleman raising the question said that his athlete, who achieved the qualifying standard for entry, was promised a slot on the starting line, but later the athlete’s entry was turned down because the entry limit had been reached. He said that the 150 athlete limit was not communicated before then, and that he felt the athletes who did gain entry have an advantage over others because they will be able to familiarize themselves with the Marathon Trials course (which will be previewed at the half marathon championships). The Chair said he will discuss this with Jim Estes.

Chair Glenn Latimer adjourned the meeting at 2:58 p.m.

Respectfully submitted by:
Mark Winitz, Secretary