

Reports from the Long Distance Running Division



Men's Long Distance Running
Women's Long Distance Running
Masters Long Distance Running
Cross Country Council
Mountain, Ultra & Trail (MUT) Council
Road Running Technical Council

Men's Long Distance Running

KEY POINTS

Update October 2005 to December 2005

As last year's USATF Men's LDR Annual Report was written in October 2005 in order to meet publication deadlines for the Annual Convention, here are a few highlights of Men's activities from October 2005 through to the end of 2005. (Web site links provided where possible.)

A. Team USA Events

IAAF World Half Marathon Championships – October 1, 2005, Edmonton, Canada

<http://www.usatf.org/events/2005/IAAFWorldHalfMarathonChampionships/>

6 th place team	United States - 3:11:38 -
	USA Team Leader: Allan Steinfeld
15 th	Ryan Shay 1:03:13
20 th	Jason Hartmann 1:03:32
30 th	Matt Downin 1:04:53
33 rd	Jason Lehmkuhle (1:04:58)
49 th	Mike Morgan (1:06:46)

North American Team Challenge 5k, Chula Vista, CA – October 23, 2005

<http://www.usatf.org/events/2005/NorthAmericann5kmTeamChallenge/2005>

2nd place team (joint men's and women's team) - USA Team Leader: Mark Coogan

4 th	Peter Julian	14:11
6 th	Ian Connor	14:19
7 th	Fernando Cabada	14:20

Chiba International Ekiden, Chiba, Japan – November 22, 2005

<http://www.usatf.org/events/2005/ChibaEkiden/>

3rd place team 1:59:08 (best ever result/fastest ever time) - USA Team Leader: Tomy Sitton

USA	Legs
Ryan Hall - 5 km -	13:22
Matt Gonzales - 10 km -	28:15
Ian Dobson - 5 km -	13:46
Brian Sell - 10 km -	28:28
Fernando Cabada - 5 km -	14:11
Josh Moen 7.195 km -	21:06

B. USA National Championships

2005 USA Men's 10 km Championship – Food World Senior Bowl 10k Mobile, AL – November 5, 2005

<http://www.usatf.org/events/2005/USA10kmChampionship-Men/>

A dominant display and new course record of 28:11 for Dathan Ritzenhein to become the USA National Champion.

2005 USATF National Club Cross Country Championships

November 19, 2005 Genesee Valley Park - Rochester, NY

<http://www.usatf.org/events/2005/USATFClubXCChampionships/>

An individual win for Matt Tegenkamp, and Team Scores of

1st	Hansons-Brooks D P	50 points
2nd	Asics Aggie R C	68 points
3rd	Team XO	121 points

C. Other

Two good performances at the ING New York City Marathon

<http://www.ingnycmarathon.org/results/index.php>

3rd	Meb Keflezighi	2:09:56
5th	Abdi Abdirahman	2:11:24

2005 NCAA Cross Country Championships

Terre Haute, IN – November 21, 2005

<http://www.indstate.edu/athletic/cross/championship/05results/05NCAAMenTeam.htm>

A dominant display by the University of Wisconsin to win with only 37 points

Summits – Las Vegas, December 2005 – High Performance Summit for coaches. Very useful information from Baylor University and others.

January 2006 to October 2006

With a continued emphasis on our stated goal of the reemergence and reenergizing of USA distance running, we have seen excellent progress in 2006. This report has been written prior to the major marathons at Chicago (October 22) and New York (November 5) where several leading USA Men are scheduled to perform, including: Brian Sell, Abdi Abdirahman, Luke Humphrey, Edwardo Torres, Clint Verran, and Jason Hartmann at The LaSalle Bank Chicago Marathon; and Meb Keflezighi, Dathan Ritzenhein, Peter Gilmore, Alan Culpepper, Matt Downin, Joe Driscoll, and Matt Gabrielson at the ING New York City Marathon.

A. Team USA Events

2006 NACAC Cross Country Championships 8k
March 11, 2006 United States Triathlon National Training Center - Clermont, Fla.

<http://www.usatf.org/events/2006/NACACXCChampionships/schedule.asp>

2 nd	Team	
3 rd	Max King	25:49
8 th	Eugene Dennis	26:21
9 th	Patrick Gildea	26:25
11 th	Patrick Tarpay	26:47

2006 IAAF World Cross Country Championships

April 1-2, 2006, Fukuoka, Japan

<http://www.usatf.org/events/2006/IAAFWorldXCChampionships/>

An outstanding run by Adam Goucher for 6th place in the 4k race.

12th Team Long Course 12k

43 rd	Ryan Hall	
51 st	Patrick Gildea	
55 th	Brandon Leslie	
57 th	Max King	
74 th	Jason Hartmann	
	Matt Gabrielson (DNF)	

5th Team Short Course 4k

6 th	Adam Goucher	
19 th	Ryan Hall	
27 th	Jorge Torres	
28 th	Dan Lincoln	
33 rd	Ian Dobson	
57 th	Luke Watson	

2006 IAAF World Road Running Championships

<http://www.usatf.org/events/2006/IAAFWorldRoadRunningChampionships/>

October 8, 2006 Debrecen, Hungary 6th place team. USA Team Leader: Mark Plaatjes
Ryan Hall set a new American 20 km record of 57:54.

11 th	Ryan Hall	57:54
30 th	Andrew Carlson	1:00:12
34 th	Max King	1:00:26
55 th	Joe Driscoll	1:02:11
72 nd	Fernando Cabada	1:03:52

Note

North American Team Challenge 5k, Chula Vista, CA – October 22, 2006

Event canceled by Elite Racing

2006 International Chiba Ekiden

<http://www.usatf.org/events/2006/ChibaEkiden/>

November 23, 2006, Chiba, Japan USA Team

Leaders: Bob Sevene, Sam Grotewold

Team – to be determined

B. USA National Championships

2006 USA Men's Half Marathon Championship

hosted by the Aramco Houston Half Marathon, January 15, 2006, Houston, Texas

<http://www.usatf.org/events/2006/USAHalfMarathonChampionship-Men/>

Emergence of young talent with excellent performances and multiple PRs

1 st	Brian Sell	1:02:39
2 nd	Jason Hartmann	1:03:07
3 rd	Max King	1:03:08
4 th	Brandon Leslie	1:03:10
5 th	Andrew Carlson	1:03:21
6 th	Matt Gabrielson	1:04:20
7 th	Kyle Baker	1:04:24
8 th	Peter Gilmore	1:04:32
9 th	Luke Humphrey	1:04:45
10 th	Teren Jameson	1:04:46

2006 USA Cross Country Championships and World Cross Country Team Trials presented by Gleukos

February 18-19, 2006, Van Cortlandt Park – New York City, N.Y. Very well-produced event by New York Road Runners.

Results - Open Men's 4 km

1 st	Adam Goucher	10:50
2 nd	Daniel Lincoln	10:52
3 rd	Ryan Hall	10:57
4 th	Jorge Torres	10:58
5 th	Ian Dobson	11:01
6 th	Luke Watson	11:09
7 th	Anthony Famiglietti	11:13
8 th	Patrick Tarpay	11:15
9 th	Ryan Bak	11:18
10 th	Charlie Gruber	11:20

Results - Open Men's 12 km

1 st	Ryan Hall	34:38
2 nd	Jorge Torres	35:05
3 rd	Max King	35:20
4 th	Dathan Ritzenhein	35:27
5 th	Jason Hartmann	35:39
6 th	Matthew Gabrielson	35:39
7 th	Brandon Leslie	35:42
8 th	Eugene Dennis	35:42
9 th	Patrick Gildea	35:45
10 th	Ryan Kirkpatrick	35:47

2006 USA 15 km Championships

hosted by the Gate River Run
March 11, 2006 Jacksonville, FL

1 st	Meb Keflezighi	CA	43:43
2 nd	Matt Gonzales	NM	44:09
3 rd	Abdi Abdirahman	AZ	44:09
4 th	Alan Culpepper	CO	44:13
5 th	James Carney	CA	44:26
6 th	Ryan Shay	MI	44:42
7 th	Matt Gabrielson	MN	45:29
8 th	Andrew Carlson	MN	45:35
9 th	Fasil Bizuneh	CA	45:45
10 th	Peter Gilmore	CA	46:03

2006 USA Men's 10 Mile Championship

hosted by the Papa John's 10 Miler - April 15,
2006, Louisville, KY

1 st	Abdi Abdirahman	48:23
2 nd	Andrew Carlson	48:51
3 rd	Jason Lehmkuhle	49:19
4 th	Matthew Lane	49:40
5 th	Peter Julian	49:44
6 th	Josh Simpson	49:51
7 th	Matt Levassur	49:58
8 th	Anthony Famiglietti	50:13
9 th	Clint Wells	50:25
10 th	Daniel Browne	50:33

2006 USA 25 km Championships

hosted by the Fifth Third River Bank Run - May
13, 2006, Grand Rapids, MI

A new American 25k Record by Fernando Cabada

1 st	Fernando Cabada	1:14:21	AR
2 nd	Mbarak Hussein	1:16:53	
3 rd	Fasil Bizuneh	1:17:06	
4 th	Josh Eberly	1:17:09	
5 th	Mike Morgan	1:17:16	
6 th	Kyle Baker	1:17:47	
7 th	Jacob Frey	1:17:48	

8 th	Justin Young	1:17:48
9 th	Nicholas Stanko	1:17:54
10 th	Steven Crane	1:18:15

2006 USATF National Club Marathon Relay Championships

Part of the Post-News Colorado Colfax Marathon
- May 21, 2006, Denver, CO

1 BOULDER EXPRESS "BX" -		
A	2:13:44	\$5,000
	Justin Young	32:02
	Chris England	15:16
	Sean Nesbitt	31:58
	John Supsic	14:59
	Clint Wells	39:30

2006 USATF National Club Marathon Relay Championships continued:

2 BOULDER RUNNING COMPANY/ADIDAS -		
A	2:14:23	\$4,000
	Art Seimers	31:52
	Paul Digrappa	15:44
	Greg Mitchel	31:49
	Michael Nicks	14:45
	Nelson Laux	40:16

3 ASICS AGGIE RUNNING CLUB

	2:16:32	\$3,000
	John Service	32:16
	Steven Springhorn	15:32
	Jeff Gardina	32:22
	Jak Kuehn	15:45
	Sergio Reyes	40:40

2006 AT&T USA Outdoor Track & Field Championships

June 21-25, 2006 - IU Michael A. Carroll Track &
Soccer Stadium - IUPUI, Indianapolis, IN

5000m - 4 people under 13:20

1 st	Bernard Lagat	13:14.32
2 nd	Matt Tegenkamp	13:15.00
3 rd	Dathan Ritzenhein	13:16.61
4 th	Adam Goucher	13:18.93
5 th	Sean Graham	13:35.62
6 th	Edward Moran	13:38.02
7 th	Andrew Carlson	13:40.06
8 th	Ryan Hall	13:40.55
9 th	Kyle King	13:41.83
10 th	Ian Dobson	13:43.08

10,000m - great depth

1 st	Jorge Torres	28:14.43
2 nd	Meb Keflezighi	28:18.74

National Officers, National Office Staff, Division and Committee Chairs

3 rd	Daniel Browne	28:19.32
4 th	Anthony Famiglietti	28:27.73
5 th	Jason Lehmkuhle	28:44.14
6 th	Brandon Leslie	28:50.12
7 th	Jason Hartmann	29:03.30
8 th	Fernando Cabada	29:06.96
9 th	Stuart Eagon	29:10.19
10 th	Fasil Bizuneh	29:11.91

2006 USA 20 km Championships
hosted by the New Alliance New Haven Road Race – September 4, 2006, New Haven, CT.

6 men 1:00:00 or better.

1 st	Ryan Hall	59:29
2 nd	Fernando Cabada	59:43
3 rd	Andrew Carlson	59:47
4 th	Joe Driscoll	59:54
5 th	Jason Lehmkuhle	59:55
6 th	Simon Sawe	1:00:00
7 th	Fasil Bizuneh	1:00:44
8 th	Ryan Shay	1:00:48
9 th	Chris Graff	1:01:15
10 th	Ryan Sheehan	1:01:30

2006 USA 5 km Championships
hosted by the CVS/pharmacy Downtown 5K -- September 17, 2006 Providence, RI

1 st	Anthony Famiglietti	13:50
2 nd	Fasil Bizuneh	13:55
3 rd	Ryan Shay	13:59
4 th	Rod Koborsi	14:00
5 th	Simon Sawe	14:07
6 th	Joshua Moen	14:08
7 th	Andrew Carlson	14:11
8 th	Max King	14:13
9 th	Ryan Sheehan	14:16
10 th	Patrick Tarp	14:19

2006 USA Marathon Championships
hosted by the Twin Cities Marathon – October 1, 2006, Minneapolis, MN

Team USA Spots available for 2007 Pan Am Games and IAAF World Championships in Osaka also eleven qualifiers for USA Olympic Trials Marathon.

1 st	Mbarak Hussein	2:13:52
2 nd	Simon Sawe	2:14:09
3 rd	Ryan Shay	2:14:58
4 th	Chris Lundstrom	2:17:34
5 th	Fasil Bizuneh	2:18:14
6 th	Chris Graff	2:18:18

102

7 th	Jason Lehmkuhle	2:19:03
8 th	Jacob Frey	2:20:09
9 th	Kyle Baker	2:21:02
10 th	Danny Mackey	2:21:40

Note - Event canceled by event organizers

2006 USA Men's 10 km Championship – Food World Senior Bowl 10k Mobile, AL – November 4, 2006

2007 USATF National Championships

<http://www.usatf.org/calendars/national.aspx?year=2007>

(Some events still to be arranged/contracted)

2007 USA National Team Opportunities

<http://www.usatf.org/calendars/teamUSA.aspx?year=2007>

2006 Key Activities and Achievements and Activities - MLDR

1) January – March

- Hansons sent athletes to Europe to gain experience – they ran in Hannut, Belgium in the Lotto Cross Cup XC
- Dathan Ritzenhein, Alan Webb, and Pete Julian also raced in European XC Meets.
- 15 young guys run under 8:00 for 3000m indoors in two indoor meets on the same weekend
- Visit by Glenn Latimer to the Big Sur Distance Project in Monterey, CA
- Olympic Trials Marathon – site visits completed, and then site selection recommendation completed 2/19/06. Contract negotiations started. Site Selection Process involved wide-ranging input from five constituencies with three members in each category: former USA Olympians, recent USA Olympians, Coaches, Media, and Event Directors. Elite athletes and coaches input was also sought, and the recommendation received 85% to 90% support.
- MLDR acted independently, but had good cooperation with Women's LDR related to meetings regarding the Olympic Trials Marathon
- NY XC - - Youth movement – talent going to World XC
- USA Distance Project debuts 2/20/06

2) April – June

- Boston Marathon, April 17, 2006 – five USA

Men in the Top ten

3 rd	Meb Keflezighi	2:09:56
4 th	Brian Sell	2:10:55
5 th	Alan Culpepper	2:11:02
7 th	Peter Gilmore	2:12:45
10 th	Clint Verran	2:14:12

3) June

Outdoor Nationals

- Two superb distance races at 5,000m and 10,000m
 - There is clearly a Youth Movement in Men's Long Distance Running with guys like Matt Tegenkamp, Ryan Hall, Ian Dobson, Matt Gonzales, Max King, Dathan Ritzenhein, et al, ready to take on established stars like Meb Keflezighi, Abdi Abdirahman, Jorge Torres, Adam Goucher, Bernard Lagat, and others.

4) - **Summit** - on-going series of summits led by Dr. Dave Martin – June 2006 in Indianapolis. High Performance Summit in Las Vegas, December 2006.

New summit planned for USA Cross Country World Trials in Boulder, February 2007, and then May of 2007 to prepare for Pan Am, Osaka WC, and Beijing.

5) July - October

- European track – highlights being:

5000m

12:59.22	Bernard Lagat (AZ)	Norwich Union London Grand Prix 7/28/06 London, England
13:04.90	Matthew Tegenkamp (WI)	DN Galan 7/25/06 Stockholm, Sweden
13:10.00	Adam Goucher (CO)	Heusden KBC Night of Athletics 7/22/06 Heusden, Belgium

10,000m (2 more men under 28:00 - 3 previously at Payton Jordan 4/30/06)

27:22.8	Abdi Abdirahman (AZ)	Hengelo 5/28/06 Hengelo, NED
27:34.72	Alan Webb (VA)	Payton Jordan Cardinal Invitate 10,000 4/30/06 Stanford, CA
27:35.65	Dathan Ritzenhein (CO)	Payton Jordan Cardinal Invite 10,000 4/30/06 Stanford, CA

27:37.74 Antony Famiglietti (NY) Payton Jordan Cardinal Invite 10,000 4/30/06 Stanford, CA

27:59.41 Adam Goucher (OR) Memorial Van Damme - 10,000 8/25/06 Brussels, Belgium

- USA Championships 20k, 5k and Marathon – see separate reports above.

6) October – November

Nine USA Men, eight of whom ran personal records, in the top twenty at The LaSalle Bank Chicago Marathon, including Abdi Abdirahman in 4th in a PR of 2:08:56 and Brian Sell in 6th in a PR of 2:10:47.

The Hansons group also had Clint Verran in 12th with 2:14:23, and a slew of runners in the 2:15's; with the first being Chad Johnson (2:15:03), Mike Morgan (Debut 2:15:11), Kyle O'Brien (2:15:13) and Luke Humphrey (2:15:22). Also in the 2:15s were Brandon Leslie in 17th in 2:15:22 and Jason Hartmann in 20th in 2:15:50, showing some returning to respectability for US men's marathon.

44 performances in Chicago qualified for the USA Men's Olympic Trials Marathon - 20 'A' Standard, and 24 'B' Standard - and 36 of these people were new qualifiers, making the number of OT qualifiers as of 10/22/06 at 122 people.

7) - **Olympic Trials Marathon** formally announced for New York in November 2007.

- significant because of the move to the "big arena," - live National NBC coverage start and finish; National TV show Saturday afternoon on NBC; - live streaming web cast; presentation value; preparation camps for elites. November 2006 and other camps.

8) **List of Olympic Trials Qualifiers to date**

86 people qualified to date as of 10/16/06 – regular updates at

<http://www.usatf.org/events/2008/OlympicTrials-Marathon-Men/entry/eligible.asp>

9) - **Chiba Ekiden** – yet to happen

10) USA Distance Project

Details at

<http://www.usatf.com/about/programs/USADistanceProject/>

Started this year with generous funding from New York Road Runners, Medtronic Twin Cities Marathon, and Chevron Houston Marathon as initial principal sponsors, to support developing USA elite distance runners.

11) Concept of Athlete Registry

An item for discussion at the Annual Convention in 2006 is the concept of an **ATHLETE REGISTRY** for all athletes wanting to earn money at road races in the USA. Glenn Latimer gave an interview to 'Running Stats' on this topic, excerpts of which are copied below, which covers the key issues and ideas.

<http://www.runningstats.com/Pages/931/Players.html>

It has to do with the professionalization of road running and ensuring that races can pay prize money within the rules, so open prize money needs to be clearly defined. Latimer says this isn't the reinvention of the wheel, that he and others were discussing this matter as far back as 1984: "You don't play on the PGA Tour unless you're a card-carrying member, and likewise, why do we allow people to come here to earn money unless they're approved professionals? It seems our approach is amateurish at best." However, a USATF Board discussion is underway to make U.S. racing more professional. "USATF is strongly pursuing the idea of a registration process for foreign athletes in order for them to compete in prize money races in the USA," explains Latimer. "This process would verify the athlete's ability to be eligible to earn money in the USA by having the appropriate P1 Visa and not a B1/B2 Visitor's Visa, which specifically precludes earning money per INS/IRS regulations. Such a registration process would greatly assist events in knowing which athletes were truly eligible to compete here...These foreign athletes would then have to prove that they are coming to the USA with the appropriate visa in order to earn money. The example would be if Mick Jagger comes to play in Madison Square Garden he doesn't come here on a Visitor's Visa. He comes here under at P1 visa, which is an artist or athlete of exceptional skill entitled by that visa to earn money in the United States...It would also 'professionalize' the process more, so that elite athlete coordinators were not faced with the last-minute invasion of foreign athletes into their events, who do not contribute to the event and usually are unable to interact with sponsors and the media." Latimer says that the registration and fees process would have an ancillary benefit. "About nine or ten months ago at the USATF Board meeting, USADA came and made a presentation. Travis Tygart explained that USADA

doesn't have the funding to do out-of-competition testing for athletes who aren't necessarily their responsibility. Their own federations should be doing this. But we know that some of these federations are not doing out-of-competition testing. So USADA does have a responsibility for the top American athletes in out-of-competition testing and would happily be responsible for the foreign athletes if the funding were available. And this ties in with the 1984 idea that you must belong to the professional organization in order to earn any form of prize money in the United States...If all athletes pay to be carded by having to belong to this professional organization, these are events that have to be sanctioned and certified by USATF. Then USATF would issue guidelines on approved athletes to compete. It's only open if you're approved. So, all athletes, including Americans, have to pay a fee to be registered to compete. As a hypothetical, if Americans pay \$30 to join USATF and the fee is established at \$100 to be registered, then they pay an additional \$70 and foreigners pay \$100. Then there would be an approved list. These funds would be used to maintain an up-to-date list of approved athletes for the use of events, and would also provide a fund to give USADA the ability to test more athletes both in and out of competition...These ideas are being presented at Road Race Management Conference in October to gain feedback from races. In addition, it would seem to make sense that USATF issues guidelines to prize money races regarding the awarding of prize money to foreign athletes, as it is complex, and most events will not understand the nuances of visas." Latimer again asserts the whole visa/registration process may help alleviate the last-minute arrival of athletes seeking only prize money.. "All elite athlete coordinators face a last-minute invasion of athletes who want to come to their event, who want to win prize money. The events and the elite athlete coordinators do not like this. Because there are demands for travel and hotel long after such budgets are spent, and the events feel that the athletes are there purely to take prize money rather than to contribute to the event. In the recent Jones-Plaatjes-Meyer interview they all spoke of the need for events and athletes to work together to promote the sport." Latimer apportions some of the blame for problematic last-minute entries on certain athletic agents. "There are some agents that are completely professional in their dealing with events, and there are others who seem to have no concern for the events." ...

12) Involvement of key players in the decision-making process

Changes were made to the MLDR Executive Committee during the year. We continued to

maintain our record of 50%+ athlete involvement on this committee by making several new additions to Men's LDR Executive Committee during the past year – those who have joined us include top young athletes Matt Tegenkamp, Max King, Matt Gonzales, Justin Young and Fasil Bizuneh, plus legendary coach Bob Sevene, and Tomy Sitton, team leader of the successful USA Men's Team at the Chiba Ekiden in 2005.

Stepping off this Committee with our grateful thanks for their service were Chris Fox, Rod DeHaven, Mark Coogan and Todd Williams, and Clint Wells. Basil Honikman has moved to an Ex-Officio position with this committee.

13) Cooperation

We have continued to work closely within the LDR Division, and there is excellent communication between Fred Finke, Elizabeth Phillips, Jim Estes and Glenn Latimer, as well as with Nancy Hobbs with MUT, and John Boyle, Masters. In particular Men's LDR and Women's LDR have worked together on several initiatives; e.g. Championships, team selection criteria, team preparation for major championships, and clinics/podium summits.

14) Other

- Regular communication on issues with coaches, Executive Committee, WLDR, etc, and athletes
- Presence by Chair and/or Vice Chair at National Championships events.
- Excellent rapport with elite and developing athletes. A lot of time spent soliciting their opinions on issues, and also talking regularly with the premier coaches.
- Fuller reports on MLDR National Championships, performances of Men's USA Teams at major international events and Selection Criteria for USA Teams will occur at the Annual Convention.
- Operated within budget.
- Attended all but one of the USATF Board of Directors' Meetings and Conference Calls.

15) USARC

Additionally, the 2006 USA Running Circuit (USARC) featured seven men's events and \$227,600 in prize money for US Men. <http://www.usatf.org/events/2006/USARunningCircuit/>

2006 USA Running Circuit Prize Money – Men

Jan. 15	USA Men's Half Marathon Championship	\$21,000
Mar. 11	USA 15 km Championships	\$23,500
Apr. 15	USA Men's 10 Mile Championship	\$26,500
May 13	USA 25 km Championships	\$10,600
Sep. 4	USA 20 km Championships	\$19,500
Sep. 17	USA 5 km Championships	\$15,000
Oct. 1	USA Marathon Championships	\$69,000
Nov. 4	USA Men's 10 km Championship	\$30,000
Subtotal:		\$215,100
USARC Grand Prix Bonus:		\$12,500
Total:		\$227,600

The first ten U.S. runners earn points at each USARC race (15 for first, 12 for second, 10 for third, 7, 6, 5, 4, 3, 2 and 1), with a final \$12,500 grand prix purse (\$6000, \$4000, and \$2500) for the top three men and women point scorers overall. Double points awarded for the marathon championship.

USARC Final Standings were:

1 st	Mbarak Hussein 42	\$6,000
2 nd	Fasil Bizuneh 40	\$4,000
3 rd	Ryan Shay 38	\$2,500
4 th	Andrew Carlson 35	
4 th	Simon Sawe 35	
6 th	Fernando Cabada 27	
7 th	Abdi Abdirahman 25	
8 th	Jason Lehmekuhle 24	
9 th	Anthony Famiglietti 18	
10 th	Brian Sell 15	
10 th	Meb Keflezighi 15	
10 th	Ryan Hall 15	

16) Link to MLDR Associations / Delegates and various committees.

<http://www.usatf.org/about/directory/info.asp?parent=Long+Distance+Running+Division&group=Men's+Long+Distance+Running+Committee>

- USATF Men's LDR Executive Committee - As of 10/16/06

- Chair: Glenn Latimer
- Vice Chair: Keith Dowling A
- Secretary: Mark Winitz
- Treasurer: Philip Greenwald
- Tomy Sitton
- David Coyne
- Creigh Kelley
- Allan Steinfeld
- David Martin PhD
- George Regan
- Bob Sevene
- Clint Verran A
- Ian Dobson A
- Fasil Bizuneh A
- Pete Julian A
- Justin Young A
- Matt Gonzales A
- Matt Tegenkamp A
- Matt Gabrielson A
- Dan Browne A
- Max King A

Ex-Officio: Basil Honikman

A = Athlete

Jim Estes, LDR Manager

Fred Finke, LDR Division Chair

Elizabeth Phillips, Women's LDR Chair

Team Selectors

John Tope, USA Team Selector

Bob Sevene, USA Team Selector

Keith Dowling, athlete, Vice-Chair, USA Team Selector

Glenn Latimer, Chair, USA Team Selector

Peter Julian, athlete, USA Team Selector

Staff Liaison: Jim Estes

Championships

Co-Chairs: Bob Latham, Scott Simmons

Staff Liaison: Jim Estes

17) Thanks

- To all those who have served at the Association level, and at the National Level.
- Thanks to all who helped in the Olympic Trials Marathon Site Selection Process.
- Brian Jones has spearheaded the AADP program and Bob Latham and Scott Simmons have served us well as Co-Chairs of Men's LDR Championships Events. Bob and Brian will present reports on their respective activities to MLDR delegates at the 2006 USATF Annual Convention.

- Thanks to all who have served on MLDR Executive Committee.
- Again, having Jim Estes in the USATF National Office has been a huge boost to LDR. It has seen improved communications and actions to the betterment of LDR.

Respectfully submitted,

Glenn Latimer

Interim Chair, USATF Men's LDR

Women's Long Distance Running

2006 proved to be an exciting year for the Women's Long Distance Running Committee. The early part of the year was spent reviewing the bids from cities hoping to host the 2008 Women's Olympic Marathon Team Trials. The WLDR Olympic Trials Site Selection Committee had 3 excellent bids in hand, Akron, Boston and Twin Cities. Each of the cities was experienced in the organization of a great city marathon. The following outlines some of the highlights of each bid.

AKRON

- * Great Community Support
- * Commitment for Funding
- * Course from suburbs to city and criterion loops
- * Race ends in the Stadium

BOSTON

- * Race to be held day before Boston on a criterion city course
- * Major Media Center
- * Experienced in hosting elite athlete field

TWIN CITIES

- * Special criterion course with finish in a beautiful park
- * Experienced in hosting National Marathon Championships and elite US athletes
- * Great spectator attendance for their existing marathon

The committee reviewed the survey completed by the athletes from the 2004 Olympic Trials and considering the responses and athletes' preference, the committee selected the Boston bid.

Boston will host the 2007 National Championship for women as part of the regular Boston Marathon event. The 2008 Olympic Trials will be held the day before the Boston Marathon with the start and finish at the traditional Boston finish. We expect a large and runner friendly crowd to cheer on the runners.

NATIONAL CHAMPIONSHIPS

2006 also provided a great series of Championship events in the USARC. Our event listing included:

<u>Distance</u>	<u>Location</u>	<u>Winner</u>	<u>Time</u>
15K	Jacksonville	Blake Russell	49:14
½ Mar.	Kansas City	Annie Bersagel	1:14:36
25K	Grand Rapids	Turena Johnson Lane	1:28:42
20K	New Haven	Marla Runyan	1:08:28
5K	Providence	Sara Hall	5:41
Marathon	Minneapolis	MarlaRunyan	2:32:17
10K	Boston	Katie McGregor	32:38

Marathon Day in Minneapolis was a perfect day for our athletes. 5 women set the USATF “A” standard and 10 women set the USATF “B” standard. Marla Runyan ran a great race to win. Mary Akor had a perfect race and set a personal best, followed by Zoila Gomez.

We had a great field of US Women for the 30th running for the Tufts 10K race for Women. Tufts Health Plan celebrated its 25th year of sponsorship for this race. This race has hosted the USATF National 10K Championship for women for 12 years.

USARC

With over \$180,000 offered to our women in our National Championships in 2006 we congratulate the winners of the series.

Marla Runyan	45 points	\$6000.00
Zoila Gomez	40 points	\$4000.00
Turena Johnson Lane	36 points	\$2500.00

2007 will see a new location for our ½ marathon championship. The event will be hosted by the Houston Half Marathon on January 14, 2007. With this new time frame plus the move of the marathon from Fall to Spring, the Championship calendar is spread throughout the year.

INTERNATIONAL COMPETITION

Yokohama Ekiden

The following team represented the US at the Ekiden in Yokohama, Japan.

Amy Yoder Begley	15:54
Anne Bersagel	33:16
Samia Akbar	19:45
Erika Aklufi	21:37
Michelle LeFleur	36:26
Stephanie Bylander	17:46

Beijing Ekiden

USATF – WLDR received an invitation to compete in the Beijing Ekiden scheduled for April, 2006. The committee tried but was unable to field a quality team because of a full schedule which included the World Indoor, The National Cross Country, The World Cross Country, Yokohama Ekiden, the outdoor season and upcoming Spring Marathons where runners were looking to set a qualifying time for the Olympic Trials in 2008.

London Marathon

Deena Kastor set a new American Record of 2:19:35 in the London Marathon.

IAAF World Road Running Championships

The following team represented the US at the IAAF World Road Running Championships in Hungary in October 2006. Our team came in 10th place.

Annie Bersagel	1:11:25
Ann Alyanak	1:11:48
Erin Nehus	1:11:51
Desiree Davila	1:11:56
Sonja Friend-Uhl	1:12:41

2006 Chiba Ekiden

At this writing our International Competition Committee is assembling a team to compete in the Chiba Ekiden on November 23, 2006.

AADP

Our AADP Program continues to offer developing athletes the opportunity to compete on a high level and interact with and learn from our elite women. At a recent race it was a pleasure to see how the elite women told about their experiences when they received AADP funding and how it encouraged them to continue to train and compete. The AADP athletes were excited with the experience and encouraged by the opportunity.

The addition of Jim Estes on staff of USATF has been a great help and support for our organization and a great help in moving projects along on a timely basis. Many thanks for his dedication and love of the sport.

Special thanks to the members of the WLDR Executive Committee and all of the Committee Chairs for their continued work and support for our athletes.

On a sad note, we lost a Champion for the Women's Long Distance Running Committee and our sport in general when Marja Bakker lost her long battle with cancer. Marja was the winner of the 2005 WLDR Contributor of the Year Award. She will be sadly missed.

Respectfully submitted,

Elizabeth Phillips, Chair

Masters Long Distance Running

Stepping into the shoes of icon and living legend, Norm Green, in early spring, I took the reins of the MLDR committee. After several terms as Chair, Norm decided that he wanted to devote more time to other things in life and as Vice Chairman I moved up. The transition was smooth. Our executive committee works effectively.

We hosted 5 national championships. Twin Cities Marathon and the Heritage Oaks 10K were our road races with both boasting true national level competition and three XC races (5K, 8K and 10K) under the watchful eye of Bill Quinslick, our rep to the Cross Country Council.

Don Lein, our Awards Chair, picked up on a temporary void left by the departure of the RRIC as main data source for race results, and has seen the fruits of his efforts appear in several *Running Times Magazine* articles that have ranked the top Masters.

The Masters Hall of Fame subcommittee, still managed by Green will see another induction class. Norm, in his roll other as MLDR championships statistician is looking into the

possibility of turning this interesting data into a publication.

Through the efforts of Lloyd Stephenson and David Katz we have submitted several rule changes regarding back numbers at championships and Mary Rosado has kept us up to snuff on L&L. Charles DesJardins represented US Masters at the NCCWMA non-stadia competitions at Guatemala where his experienced leadership was appreciated by the organizers.

Lorraine Gersitz, our rep to the Mountain/Ultra/Trail (MUT) Council, has kept us informed about a variety of championship races ranging from 50K to 24 Hrs

Our main thrust of effort was put forth in executive session at Twin Cities where we spent a full day establishing criteria for the collection and presentation of a national road race results ranking system. We feel the implementation of this will serve our strategic plan to give USATF a much more important role in the eyes of the mostly ambivalent road racing demographic, increase membership and races sanctioned and certified.

Representing masters I have now participated in five USATF Board meetings-three live and two via teleconferences. Learning and bringing information to the committee, I have found excitement generated among the members in several areas. First, is a vision that the raised membership fees will be a catalyst for improving the distance runner's benefit in being a member. Also a feeling that things are getting more under control with discussions of a special license for runners to win prize money and the possibility of more drug testing for masters--yes, they do. Last but certainly not least is a feeling that maybe all of the above will lead to a sponsorship package offer by some right-thinking company for a Masters' Road Race Circuit in the near future.

Looking ahead to 2007, we hope to add several distances to our championship slate, convince all major races to adhere to five year age groups for masters' awards and otherwise keeping the ship afloat.

Submitted by,
John Boyle, Masters LDR Chair

Mountain Ultra Trail Running (MUT) Council

The three disciplines of long distance running which comprise MUT attract runners of all ages and ability levels who enjoy the adventure and challenge inherent in mountain, ultra, and trail running and racing. Our 23-member (and growing) council has been busy coordinating championships, team selection, and travel to our world events including the IAU 100km World Cup and the WMRA World Mountain Running Trophy, and reviewing and responding to missives from the national office staff and LDR leadership. We have productive discussions through e-groups, phone conversations, and impromptu meetings during our various championship events. MUT has a recognition program for open and masters athletes representing mountain and ultra disciplines as well as a contributor of the year designation to round out our awards program. We have a solid group dedicated to our sport and look forward to continued growth, awareness, and promotion of our sport in 2007 and beyond. Associations are encouraged to add MUT disciplines to their LDR program and to consider hosting a trail, mountain, or ultra championship event. Contact the MUT chair or a member of the MUT Council for suggestions and support with starting a program in your association.

Trail and Mountain Running

We held our third trail 10Km championships at the Teva Mountain Games in Vail, CO on June 3. National trail champions were Laura Haefeli and Clint Wells. The trail marathon championships were held on October 15 in Brevard, NC at the Dupont Forest Trail Marathon with champions Ben Nephew and Ellen Miller. A mountain national championship was contested at Mount Washington (the third time hosting the Mountain Champs) which also hosted a Teva U.S. Mountain Running Team Selection Race. National Champions were Eric Blake and Nicole Hunt. The remaining team selection races were held at the Loon Mountain Race, on June 24 in Lincoln, NH and the Vail Mountain Trophy Race in Vail, CO on July 9.

The U.S. did not send a team to the NACAC Mountain Running Championships in Mexico, but hope to do so for the fourth NACAC Mountain Running Championships which are

planned for Cranmore, Canada in July or August 2007.

At the 22nd World Mountain Running Trophy on September 10 in Bursa, Turkey the Teva U.S. Mountain Running Team had its best-ever showing. Our senior men's team finished in fifth place, our senior women were gold medalists, and our junior men finished in eighth. With the races becoming more competitive every year, the results are even more impressive for our U.S. team. For the second year our junior team members created blogs at www.youthrunner.com that followed them from making the team, to the competition in Bursa, to their return trip to the U.S. The 23rd World Trophy will be held on an uphill/downhill course in Saillon, Switzerland during the weekend of September 15 and 16. The selection races for the 2007 team will be announced at the convention. The team staff for the 2007 event includes Rich Bolt as team leader, Ellen Miller as women's manager, and Dave Dunham as junior manager.

The mountain team established a relationship with USATF organization member ATRA (American Trail Running Association) in 2005 to seek sponsorships and fundraising to support and to promote the team. ATRA has secured financial and product support from title sponsor and official footwear Teva (a three-year agreement through 2007), SportHill as the official apparel sponsor, 180s as the equipment sponsor to provide gloves, and sunglasses to the team, and FuelBelt who signed a two year agreement in 2006 to provide hydration equipment and accessories. Additional sponsorships will be sought for 2007.

Ultrarunning

National Championships

Ultrarunning had another banner year with some new events hosting championships. The 2006 championships were:

- USA 100 Mile Trail (Rocky Raccoon 100) in Huntsville, TX on February 4 – Champions Connie Gardner and Andy Jones-Wilkins
- USA 50KM Road (Camusett Park 50Km) in Long Island, NY on March 5 – Champions Anne Lundblad and Jason Saitta
- USA 50 Mile Trail (White River 50) in Crystal Mountain, WA on July 29 – Champions Nikki Kimball and Mike Wolfe

- USA 50Km Trail (Headlands 50Km) in Sausalito, CA on August 26 – Champions Kami Semick and Bryan Dayton

MUT continues to promote its National Championship calendar by actively soliciting bids from race directors nationwide. Already in 2007 we have ultra championships at the 50Km distances for both Trail (Headlands 50Km) and Road (Camusett Park 50Km). Thanks to Paul Kirsch who begins his second year as chair of the program.

100Km Team

The USA Track & Field 100Km national team traveled to Seoul, South Korea to compete in this year's World Cup on Sunday, October 8. This year's U.S. team was composed of accomplished ultra athletes, and several rookies in World Cup competition. Team USA boasted four personal bests for women's top finisher Anne Lundblad (sixth place), Kami Semick (11th place), Nikki Kimball (14th place), and Julie Udchachon (16th place). Highlighting the event was Howard Nippert's fifth place finish which qualifies him for a spot on the 2007 team. Lundblad also qualified for the 2007 team, but announced her retirement from the 100Km competition after her finish this year.

The 2007 IAU 100K World Cup, under the Patronage of the IAAF, will be held in Winschoten, The Netherlands on September 8. To be considered for the USATF 100K team, runners must be current USATF members and meet qualifying standards. The selection criteria are published on the MUT website at: www.usatf.org/groups/MountainUltraTrail/. The criteria will be reviewed by the Ultra Task Force and any and all updates will appear at this link.

There is a not for profit fundraising arm for the 100Km team that was set up this year in Wisconsin. The Fund for National Ultra Running Teams, Inc., is accepting funds and the teams appreciate any and all support. The address is: PO Box 1807, Madison, WI 53701-1807.

Other MUT News

Roy Pirrung pulled double duty as both competitor and team manager at the fourth annual 24-Hour World Challenge in Taipei, Taiwan, in February. Held in a park within the heart of the city, spectators were abundant — as

were low flying aircraft — on the all-concrete one Kilometer loop. The three scoring members of the men's team, John Geesler, NY, Alex Swenson, WA, and Roy Pirrung, WI, averaged over 135 miles each to take home a fifth place team trophy. The women placed sixth with a 116-mile average for the top three, with Sandy Powell, VA, Pam Reed, AZ and Sue Olsen, MN scoring. All six members of the men's team and four members of the women's team had international experience and pushed through the heat of the day to move up in the team rankings. The Japanese men and Russian women were the team winners. The U.S. team is sponsored by the American Ultra Association (AUA).

Selection for the 24-hour IAU World Challenge, to be held in Drummondville, Quebec, Canada, will take place on November 18 in Dallas, TX at the Ultracentric 24-hour, serving as the national championship.

The IAU appointed a trails task force in 2005 to consider an international ultra trail championship event. The inaugural running of the IAU World Ultra Trail Championships will be held as part of the Sunmart 50 Mile Trail Race in Huntsville, TX on December 9. The IAU will meet concurrently with the WMRA in Monte Carlo, Monaco in January at the IAAF headquarters to discuss their respective disciplines.

Special appreciation is extended to our enthusiastic and very active MUT Council for their efforts to bring more visibility to our three running disciplines within USATF.

Submitted by:

Nancy Hobbs, Chair with input from the USATF Mountain Ultra Trail Running Council

Cross Country Council

We've had another exciting year of USA harrier action:

The 2005 USATF National Club Cross Country Championships were hosted by the Genesee Valley Harriers in Rochester, NY on November 19 and featured over 800 athletes and 103 scoring teams from across the United States vying for top honors, bragging rights as the nation's top cross

country team, and \$15,400 in prize money. Hanson's Brooks Distance Project (Rochester Hills, MI) reclaimed the open men's team title that they have now won for four of the last five years while See Jane Run (Santa Monica, CA) successfully defended their open women's team title; Matt Tegenkamp and Liz Woodworth took home the individual titles. Carmen Ayala-Troncoso and Pete Magill were fastest in their respective Masters races.

The New York Road Runners kicked off 2006 in February by hosting the USA Cross Country Championships/US World Cross Country Team Trials at historic Van Cortlandt Park in New York, NY. The event featured almost 600 athletes (not to mention another 1100 athletes participating in the two community runs) competing for national titles in eight championship races, 36 places on the Team USA Squad that would compete the following month at the IAAF World Championships, and a record-setting \$50,000 in prize money. Blake Russell and Carrie Tollefson took the 8km and 4km Open women's championships. Adam Goucher won his third Open 4km title – his first since 2000 – while Ryan Hall won his first Open 12km men's title. Saratoga (NY) native Nicole Blood won the junior women's crown on a late sprint, while Iowa State's Kiel Uhl won the junior men's title. Pat Fuller and Sara Krakoff were the first finishers in the Masters races, while Kathryn Martin and Fuller topped the age-graded standings.

The second edition of the North American Central American and Caribbean (NACAC) Cross Country Championships, hosted in early March at the USA National Training Center in Clermont, FL was a success thanks to the efforts of Fred Finke, Don DeNoon, and Jim Estes. The U.S. hosted 122 athletes representing fourteen countries – almost double the number of participants from 2005. Team USA took the team titles in three of the four divisions: junior women, junior men, and senior women, and claimed silver behind a strong Mexican team in the senior men. Individual medallists include Kauren Tarver (junior women's bronze), Landon Peacock (junior men's bronze), Rebecca Donaghue (bronze senior women), and Max King (bronze senior men).

Adam Goucher led Team USA in Fukuoka, Japan at the April 1-2 IAAF World Cross Country Championships, where he claimed sixth in the

senior men's 4km to lead his teammates to fifth in the team standings. Blake Russell doubled to lead the U.S. team in both the senior women's 8km (placing 11th) and 4km (18th); the senior women claimed fifth in both the 4km and 8km. Ryan Hall – running his second event after the weekend after claiming 19th in the 4km – placed 43rd in the 12km to lead Team USA to 12th in the team standings. Iona freshman McKayla Plank led the junior women's squad to eighth with her 32nd place effort, while Kiel Uhl finished 36th to lead the junior men to 12th.

Team USA's senior women's 4km team, consisting of Lauren Fleshman (top US finisher in 11th), Blake Russell, Shalane Flanagan, Shayne Culpepper, Amy Mortimer, and Missy Buttry, won the bronze medal at the March 19-20 in Saint Galmier, France; this is the first time since 1998 that the Team USA women had won a medal at this distance. Colleen De Reuck finished 13th individually in the senior women's 8km to lead Team USA to fifth in the long course. Lindsey Scherf claimed 18th in the junior women's race to lead her teammates to fourth in the team standings – the third consecutive year that the junior women have finished fourth. Jorge Torres led the US men with a 13th-place effort in the senior men's 4km, while the team finished 13th. The senior men's 12km squad also finished 13th and were led by Matt Withrow, who finished 60th. Galen Rupp placed 20th in the junior men's race to lead Team USA to seventh in the team standings.

USATF Long Island hosted the second annual USATF National Disability 5 km Cross Country Championships on October 2, 2005, at Sunken Meadow State Park, New York. Rolling Thunder Track Club, USATF Long Island, and the USATF Committee on Athletics for the Disabled (USATF COAD) collaborated to offer a competitive opportunity for athletes with disabilities. A total of 45 athletes took part.

Two hundred and twenty-eight athletes and 43 teams participated at the October 15 USA Masters 5km Cross Country Championships in Saratoga Springs, NY, competing for \$4170 in prize money. Brian Pope and Carmen Ayala-Troncoso recorded the fastest times of the day.

The 2006 USATF National Club Cross Country Championships are scheduled for Saturday, December 9 at San Francisco's Golden Gate Park,

site of the 1986 and 1989 USA Cross Country Championships. The Asics Aggie Running Club is organizing the championships, which we anticipate will draw record numbers of athletes and teams. We've already set a new record – the championships feature \$20,000 prize money purse going to USATF club teams participating in the event.

The National Office also assisted USATF Cross Country this year by helping procure a sponsorship from Gleukos Performance Beverages. Gleukos is the presenting sponsor of the USA Cross Country Championships and provided support that enabled the Championships to be televised in a same-day telecast.

A major highlight of 2006 is that our Open and Masters athletes will have contended for over \$74,000 in prize money funds at the USA Cross Country Championships, USATF National Club Cross Country Championships, and USA Masters Cross Country Championships. Seventy-four thousand dollars at least doubles the largest prize money purses in cross country history -- and one that we anticipate will continue to increase over the next couple years.

Our next major championship is the 2007 USA Cross Country Championships, which is scheduled February 10 in Boulder, Colorado. The 2007 IAAF World Cross Country Championships is scheduled for Mombassa, Kenya on March 24, while the US will again host the NACAC championships in Clermont, FL on March 3.

Michael Scott, Chair

Road Running Technical Council (RRTC)

Since taking office in January of 2006, the RRTC have continued to establish and maintain a credible technical basis for the sport of road running. This work falls into eight categories:

1. **Course Certification:** This is our principal point of contact with the road running community. RRTC supervises the [measurement and certification](#) of all road racing courses in the United States (There are also USATF-certified courses in thirteen foreign countries). USATF certification is the

runner's assurance that the course was measured accurately by uniform standards. Using our network of certifiers in every state, we certify about 100 new courses every month.

2. **Course List Maintenance:** RRTC maintains the [list of all USATF-certified courses](#) (currently about 17,000 courses). Updates are issued every two months and published in our newsletter [Measurement News and on the USATF web site](#). Athletes often use this list when deciding where to race. Anyone who asks may obtain up-to-date lists in either paper or electronic form. Individual course certificates and maps are also available [by sending \\$2.00 to the RRTC Course Registrar](#).

3. **Communications:** This is accomplished largely through our quarterly newsletter [Measurement News](#) which is typically 30-40 pages in length, containing correspondence from runners, certifiers, USATF and foreign officials, and others interested in course measurement. Input from readers helps us assess how well our procedures and practices are working. We also maintain frequent and constant communication with foreign measurers and organizations. This has resulted in the adoption of RRTC's measurement standards worldwide. And now that our [Measurement Procedures manual](#) is online, it is likely to further enhance road course measurement standards around the world. The web site <http://measure.infopop.cc/eve/ub> is an open area for all to express their ideas with RRTC and is proving to be very effective.

4. **Education and Technical Support:** RRTC sends representatives to various conferences and races, where we put on measurement seminars and educate groups of people about course certification procedures. We also meet with USATF, [AIMS](#) and [IAAF](#) officials, and respond to the needs of the runners. Recently, the RRTC Chairman traveled to Brazil and Japan, leading IAAF measurement seminars with the local Federations in both of those countries.

5. **Validation Program:** When an athlete sets a pending record in a road race, we check the course and timing. This is overseen by [RRTC's Validations Chairman](#), who interfaces with the USATF Road Running Information Center and our national network of measurers. When RRIC informs him of a potential record performance, the RRTC Validations Chairman contacts an expert measurer and the race

- director to arrange a validation. In addition to domestic validations, RRTC has helped determine whether records set on foreign courses were valid.
6. **Finish Lines:** RRTC's book [Road Race and Finish Line Management](#) has considerably improved the operation of finish lines at road races.
 7. **Special Projects:** RRTC has conducted many international seminars on course measurement and race timing. In 1996, our big project was [measurement of the Olympic Marathon and Race Walk](#) courses in Atlanta. This was a cooperative effort by 28 measurers from six countries. Another of our projects was to put our [Measurement Procedures manual](#) online, which is likely to have a large impact on course measurement.
 8. **Miscellaneous Problem-Solving:** We try to promote USATF/RRTC as a helping hand to road runners. As a result, people come to us with questions about USATF. We get these calls and letters all the time, and try to point people in the proper direction.

This year we have a new Vice Chair (Jim Gerweck) taking my old position and several new State Certifiers (Jane Parks, Tom LaBlonde, Matt Studholme, Justin Kuo, Jim Gilmer and Don Garrett). Jim Gerweck has passed Measurement News on to Kevin Lucas, who has produced three outstanding issues. Mike Wickiser is our new Measurement Workshop contact and has done one workshop in the State of NY with others in the planning stage.

Our main goal is to keep up the standards of RRTC and be certain runners have accurate course. We need more measurers and would like to have more workshops in the future.

Submitted by:

Gene Newman
Chair of RRTC