

LDR-Cross Country
2016 Annual Meeting - Orlando, FL
Suzie Pierce, Eagle, NE

Let me first state that this was my first time entering the LDR-Cross Country world since my joining USATF. I have spent my time in this organization working, officiating, and coaching in the youth world. After officiating in a youth national championship in Albuquerque, NM, I decided to try to learn more about the cross country community and subsequently, the LDR community at the national convention. What I learned is just how VAST the adult running community really is: cross country, MUT, road races, and marathons and that one person alone cannot cover it all at this convention. I don't think two people could cover it all. That being said, here is what I learned in the cross country meetings I attended:

Individually, Garrett Heath and Amy Van Alstine each won gold at the 2015 December National Club Cross Country Championships at Golden Gate Park in San Francisco. Team titles were won by Hoka One One Northern Arizona Elite for the open men's team championships, and the Boston Athletic Association the open women's team title. Master performances include: Kevin Castille (M40+), Rick Becker (M60+), and Sonja Friend-Uhl claiming victory in their respective races, while Castille (91.52%), Becker (90.77%), and Kathryn Martin (95.64%) were tops on Age Grading. In the fifth BUPA Great Edinburgh Cross Country International Challenge held in Edinburgh, UK, Garrett Heath from Winona MN upset Great Britain's Mo Farah to win the senior men's race. Amy Van Alstine from Flagstaff, AZ placed sixth in the senior women's race. Philip Roacha, Pasadena CA and Katie Rainsberger, Colorado Springs, CO each finished fifth in their respective junior races. The United States team, Team USA, (232 points) finished third behind the hosts Team GB (125 points) and Team Europe (197 points).

USA Cross Country Championships were held at the Rivers Edge Golf Course in Bend, Oregon. Craig Lutz, a former University of Texas harrier bested fifty-eight other competitors to win his first national title. Mattie Suver, Colorado Springs, CO outran 45 other competitors to win the Open Women's race. Thomas Pollard and Melissa Berry won their respective junior races. Grace Padilla and Jacques Sallberg were fastest of the day in the Masters races, with Jo Anne Rowland and Rick Becker taking wins in the Age Graded competition. *(Side note, these races are contested with shockingly*

few competitors, 30 in young men, 14 in young women. Masters men 81 total. Masters women 16 total athletes. Shockingly very few)

APA Pan American Championships in Caraballeda, Venezuela

Team USA won gold Senior Women (10 km)

Top American finisher: Allison Morgan 1st Place

Team USA won gold Senior Men (10km)

Top American finisher: Don Cowart 1st Place

Team USA won gold in the Junior Men (8 km)

The highest American finisher was Thomas Pollard 2nd

Tallahassee, Florida will host both the November 6 USA Masters 5km Cross Country Championships and the December 10 USATF National Club Cross Country Championships.

Team USA will compete at the Great Edinburgh International Cross Country on January 7.

The USA Cross Country Championships return to Bend, OR on February 4. Athletes will select themselves at the Bend race to represent Team USA at the March 26 IAAF World Cross Country Championships in Kampala, Uganda. (Travel to Uganda at this time is worrisome.)

The Masters Grand Prix schedule was made available:

2017 USATF National Masters Grand Prix



USATF Masters Championships

Feb 4	USA XC Championships	Bend, OR
Mar 18	TowneBank Shamrock 8k*	Virginia Beach, VA
Apr 30	James Joyce 10k Ramble*	Dedham, MA
Jun 4	Rock 'n' Roll San Diego Half Marathon**	San Diego, CA
Aug 25	HealthPlus Crim Michigan Mile*	Flint, MI
Oct 1	Syracuse Festival of Races 5k*	Syracuse, NY
Oct 28	Tulsa Federal Credit Union Run 15k	Tulsa, OK
TBD	USA Masters 5k XC Championships	TBD
Dec 9	USA National Club XC Championships	Lexington, KY

* Verbal commitment; bid not yet completed
** Bid not yet submitted