



**USATF Mountain Ultra Trail Running Council
2009 Meeting Minutes – Westin Hotel, Indianapolis, IN
Friday, December 4, 12-12:50PM**

Meeting called to order at 12:03PM

Introductions and attendance

Nancy Hobbs, Dave Dunham, Roy Pirrung, Max King, Howard Nippert, Tania Pacev, Marleean Atwood, Richard Bolt, Paul Kirsch, Joe Jurczyk, Andy Carr, Doris Heritage, Brian Hoover, Jason Bryant, Chris Crowder, Susan Weeks, Carl Grossbard, Ron Craig, Will Graustein, Joe Prusaitis, Joyce Prusaitis, Ken Robichaud, Sam Rush, Alex Quozzo, Charlie Hilton, Bill Roe, Rick Recker, Rick Tuers, Larry Alsera, Dave Gwyn

Nancy **reviewed the agenda** and discussed the order of business noting that items may not fall in precise order. If guests attend the meeting they are introduced and can make a brief presentation to the group about their particular discipline. The longest item of the meeting, the presentation and review of bids, would be scheduled for tomorrow morning's session. A special thanks to all of the race directors who put on championships and selection races in the past and those bidding this year.

Review and approval of minutes from '08 meeting (RENO)

Motion to approve the minutes from the 2008 Mountain Ultra Trail Meetings (held in Reno, NV) was made by Roy Pirrung, second by Doris Heritage with unanimous approval.

Andy Carr reported on records. Presently ultra track and road records are approved by men's, women's, or master's LDR committees. The Mountain Ultra Trail Running Council (MUT) does not have the authority to approve records in our discipline (certified race courses at the ultra distance). Roy and Andy are working on the language to make this happen next year which is a Rules year (alternating every other year with Law and Legislation). Andy noted that half of the records he is currently addressing are ultra records. The recommended records were distributed at the meeting for review. Many are being deferred for various reasons. Roy's 60-64 100k & 24 hr marks will be approved along with age group records in the 100k for Kami Semick (F40-44) & Meghan Arbogast (F45-49), along with 12 hr marks by Debra Horn (F50-54) and 24 hr marks by Leo Lightner (M80-84) and Jeannie McDaniel (F60-64) Starting last year a five year time limit was set to receive records paperwork to have a record as pending, now they will be listed as unvalidatable. Josh Cox's Men's 50km record will be accepted as will the Women's 200,000 m record by Jamie Donaldson. Andy reviewed the list mentioning each record by number and whether it will be deferred or accepted. Paul Kirsch asked who the onus was on to get the paperwork in. Andy replied that the race was responsible for submitting paperwork. Nancy asked which distances were considered as "record worthy" as it related to our council. Andy replied all above 10,000m on track and above the marathon on the road. Roy motioned that we recommend approval to the appropriate committees of the records as presented. Doris seconded and the group approved.

Finances – budget for 2010 -- Nancy spoke about the revised budget process. The line items for specific committees are no longer how the budget is broken out. The revenue has gone from \$16million to \$21 million. We have requested funding for our teams. Mountain and 100km team funding should be clearer tomorrow and Nancy will report on the amounts at that time. The mountain team and the 24 Hours Team have never gotten funding from USATF and the 100km has not in more than 10 years. Our budget for the committee operations is separate and appears to be the same for next year. The budget for the liaisons will remain the same through the LDR programs

category. The 24 hour team and the NACAC Mountain Running Team will not get funding in 2010 from USATF but will get uniforms from USATF. All US athletes will now be in the same official uniforms. Tania asked about the funding for the 24 hours team and Nancy spoke of some potential ways that will be looked into for funding for all teams next year and in the future since the allotted amount for even the “funded” teams will most likely not cover the entire expenses that the teams incur. Nancy noted that the IAAF provides some funding for the 100km, 24 Hours, and mountain teams based on GDP of the country, year prior race results, and distance traveled to event venue. The IAAF also provides some funding for the IAAF 50k road challenge (new in 2009) and 50m trail challenge (3rd annual in 2009). Any updates on IAAF funding will be presented at meetings with the IAAF at the annual IAU and WMRA meetings in Monaco in January 23-25. Nancy noted that the IAAF has scaled back on funding some programs due to the current economy although the IAU and WMRA budgeted amounts remain in tact for 2010.

Runners of the Year

At the breakfast tomorrow the Runner of the Year and Contributor of the Year awards will be presented. Nancy read the names of the winners including Mountain Open: Joe Gray and Brandy Erholtz; Mountain Masters: Dave Dunham and Laura Haefeli; Ultra Open: Ted Corbitt Memorial Award Ultra Runner of the Year – Michael Wardian; Ruth Anderson Ultra Runner of the Year: Kami Semick; Masters Ultrarunners of the Year: Roy Pirrung and Anita Ortiz. Contributor of the Year: Paul Kirsch. Congratulations to all of our recipients, Nancy will mail out the awards to those not present.

Richard Bolt spoke on the highlights of the **2009 mountain running season**. There were two selection races. The NACAC and US Mountain Running Championships were held at Mt Cranmore in New Hampshire where the top three men and top woman were selected to the team while the top two men and top two women at the Cheyenne Canon Mountain Race in Colorado Springs. The remaining two athletes for the senior team were selected as at-large berths. We had our first junior runner qualify for the open team, and he was the top US finisher at the World Mountain Running Championships (13th overall). This was the first year that the World Championship title was given (in the past it was the World Trophy). Richard presented the team and individual results and noted that although the medal count may not have reflected it, the caliber of athletes has increased. The US team had some of the best percentage behind the winners ever recorded (closest to the winner). As an example, the senior women had 4 of the top 5 best finishes ever. The World Championship will be held on September 5 in Kamnik, Slovenia.

Nancy spoke about the **World Masters Mountain Running Championship**. They will be keeping the minimum age at 35 according to the WMA. Bill Roe mentioned the rules will be different for Stadia and non-Stadia event and suggested that this be addressed. The event has no qualifying criteria (beyond the master’s age requirement) as it is an open competition, the 2010 will be in Poland on August 28. Details to follow at www.wmra.info.

The 6th annual **NACAC Mountain Running Championships** (USA hosted in 2004 and 2005, Mexico hosted in 2006 and 2008, Canada hosted in 2007) were held at Cranmore with both men and women’s USA Teams earning gold medals. The 2010 event will be in Canada 2010 while Mexico will host in 2011. Jason spoke on how well the Mexican group hosted the NACACs in 2008. Nancy noted that there was an edict from IAAF to work on these regional championships, we are trying to develop them.

National Team Report – 100 km

Howard spoke on the championship held in Belgium. The women won the gold medal with four women in the top 7 including and overall win by Kami Semick. The men were led by Mike

Wardian in 6th place. Tania added that Kami also won the IAU world 50k held in Gibraltar later in the year and that the depth of US women is among the best we've ever had. Tania also mentioned some other outstanding Ultra performances.

Roy spoke on the **24 hour team** and mentioned a new record in the 200km that was recently set. The selection process has been announced and posted for the 2010 team. The IAU 24 Hour World Challenge will be held in Brive-la-Gaillarde, France May 13-14, 2010.

The **IAU Trail Challenge** was held in Sierre Chevalier, France in July 2009 and Howard provided a recap and stated that athlete selection will be posted for 2010 when the date and venue are announced (in January following the IAU meetings). This was the third annual IAU Trail Challenge. Sierre Chevalier was approximately 68km event.

IAU 50km Road Challenge was held in Gibraltar. Howard provided an overview of the October event which was a first time event and a trial to prepare Gibraltar organizers for hosting the IAU 100km World Cup in November 2010. The event took place but there are concerns with the course and logistics which were shared by the athletes and sent to the IAU president Dirk Strumane for review.

Nancy presented a **list of races that will be bidding to host championships** to be reviewed at tomorrow's meeting. This may be a precedent setting year in that only one race is bidding to host a Mountain team selection race and new trail distance championships will be considered. Times for the meetings tomorrow were given.

Motion to recess until tomorrow by Chris Crowder and seconded by Sam Rush.

Saturday, December 5, 9 – 11:50 a.m.

Introductions and Sign in

Called to order at 9:05

(additional meeting attendees on Saturday to Friday's list above) Tim Yanacheck, Roger Oregon, Charlie Helton, Jeffereis DeWese, Carolyn Greigs, Marla Emde, Bob Latham, Mickey Piscatelli, Ann Heaslett, Norm Green, Susan Boyce, Chris Frye, Jim Murphy, Jim Garcia, Eric Braschwitz, Michael Roth, Virginia Brophy-Achman, Kent Hoffman, John Little, Ed Stuffle, George Ragan

Nancy gave a quick overview of how we would **consider the bids** – in order of the event date in the calendar year – which would follow the list of those events already awarded 2010 USA Championships status. Each of the Championships has both an open and masters division.

2010 Championships already awarded

USA 50km Road – March 7 – Long Island, NY (also a 25km non-championships) – **Liaison – Howard Nippert**. Race Director Carl Grossbard spoke about the 2010 championship, gave a quick overview of the course and the athletes. There were 91 finishers in the 50km in 2009. Carl noted that he has not brought a bid for next year but plans to bid for 2011 & 2012 at next year's convention. Question from the floor about the 25km asking if there was any trouble staging the two race distances simultaneously. There was not as the field spreads out over the lap-style course. Question from the floor regarding the distance from the airport and transportation to the race site. Carl said that three local airports and transportation would be available for elite athletes provided by the event.

Virginia Brophy-Achman, Women's LDR Chairperson, noted how exciting it was to hear about our funding improvements.

USA 100km Road – April 10 – Madison, WI – Mad River 100km – **Liaison - Lin Gentling** (also 50km solo and relay). Tim spoke about this fourth annual event. The race will be held over a 10km loop, and there will also be a 50km race – solo and relay – an addition to the championship to introduce athletes to the ultra distance and provide some additional revenue for the event. The 100km is held to build a US team for the IAU World Cup. Question from the floor regarding moving the date due to potentially cold weather and Tim noted that the race would conflict with other area race dates and was positioned well for the selection of athletes to the 100km team.

USA 50 Mile Trail – July 31 – Crystal Mountain, White River, WA – **Liaison – Roy Pirrung or Dave Dunham**

USA 50 Mile Road – October 16 – Tussey Mountain, Boalsburg, PA - **Lin Gentling**

USA Marathon Trail – November 6 – Ashland, OR – **Liaison – Nancy Hobbs**

Second year of a two year bid. Richard Bolt spoke about the 2009 event. Rich noted that Ashland is a great destination for trail running. Rogue Valley Runners are a very active club in the area. Race site is located in the city with easy access to the trails. The event doubled the number of finishers from 2008 and included competitors from 16 states.

Bids to be presented

Bids for the 10km trail championship from Spokane Regional Sports Commission and Continental Divide. The **Spokane group spoke first.** Mountain Gear donated water bottles and ski hats which were distributed to meeting attendees. The organizers are a non-profit group that puts on multiple events and have been involved with USATF events in the past including the National Cross Country Championships. Venue is located 7 miles from downtown, with ample parking, room for vendor exhibits. Challenging course with 200' climb in the early part of the two-loop course with rolling terrain featuring, single and double track trails. Overall vertical gain 800' for the two loops of the course with about 3 miles per loop. Airport is seven miles from downtown, ample lodging near the course. Homestays will be available for elite athletes. Secured two major sponsors and hope to get more once the bid is secured. Anticipating 400-600 competitors between the open (non-championship) event and the championships. Total prize package \$5,500. Question from the floor on why they would not combine the open and championship events. Nancy spoke to why typically USATF suggests that is kept separate in order to focus on the USATF aspects of the event. Question from the floor on it being open and masters which it is. Comment from the floor on combining events and preference for them being combined which the organizers would certainly address. The women and men are slated to run separately for the championships. Additional note that there is camping within the park. A question was raised as to the expectations for the race field and in particular whether they would be disappointed with a smaller turnout. They do expect 400-600 based on the support in the running community of other area events (ie: Spokane River Run – 50km, 25km, 10 km which attracts 800 and Bloomsday Road Race with upwards of 50,000). Question from the floor about the percentage of money in the budget that will be allocated for prize money. Although the prize money is about equal to other bids the entire budget is much higher (\$27,000) compared to other races. The organizers didn't consider the percentage when creating the budget, and were rather looking at putting on a great event and having people come back the following year. Note from the floor that elite runners often choose and travel to races based on the prize structure.

Jack Wickens from the USATF Board of Directors was introduced and presented with a thank you card from the Mountain Ultra Trail Running Council (all those in attendance at the meeting

signed this card) regarding the new funding. Nancy noted that the 100km team will receive \$12,500 and the mountain team will receive \$12,500 according to Jim Estes.

Jason Bryant presented North Carolina's Continental Divide Trail Race bid which hosted the US 10km Trail Championships in 2009. He highlighted how involved the local association was in the event. He noted that his event is much smaller. Laurel Springs is a small Post Office box town. The course is on the Eastern Continental Divide. The race course runs on both sides of the divide, and is very technical. The elevation change was 1,600'. Proceeds from the race go back to the community (the local high school). The aim is to also get locals involved in trail racing and develop trail running throughout the state. The elite housing was all in a bunkhouse that was located right on the site. There are other cabins available and there is also a lodge. There are small cities nearby for additional housing. Team championship was also a major focus of the race and Jason hopes to develop this further. Jason read a letter from one of the teams that traveled from Pennsylvania. Multiple options to view this spectator-friendly course since it is a cloverleaf design. The race received a lot of positive feedback from runners. The president of the association spoke of Jason's ability to put on a great event on and how he has been able to move MUT forward in the area. Jason noted that the race course is approximately 2 hours from the race venue. There were 25 states represented with approximately 100 finishers. The total prize money package is \$5000.

Nancy stated that the **voting procedure would be by secret ballot**. During the time of the vote Paul mentioned that there are many distances for championships that could be considered at the sub-ultra distance and that we've received bids from all over the country. Paul spoke with the bidders about also considering for 2010 another race distance if they did not receive the nod to host the 10km distance. The Continental Divide Race was awarded the bid for the 2010 championship. Motion by Paul to destroy the ballots, second by Roy. Ballots destroyed. Spokane was asked if they would be interested in doing the event as a 15km and they said yes and they would be willing to do this for 2010 and 2011 (their original 10km bid covered both 2010 and 2011). Nancy had spoken to Jim Estes on Thursday at the LDR Division meeting about expanding our portfolio of championship event distances at the sub-marathon distance since we already expected a half marathon championship bid and Jim said to consider adding event distances that we would be comfortable with as a council.

Paul Kirsch made a motion to **amend the bid from Spokane to a 15km for 2010 and 2011**, second by Roy. Paul noted that whatever alteration of the course was needed by organizers to accommodate the revised distance would be acceptable. The bid was accepted unanimously. Liaisons **Dave Dunham** for the 10km and **Nancy Hobbs** for the 15km.

USA Mountain – June 19 – Mt. Washington – Bid to host selection race for Mountain Team 2010 This bid was presented by Paul Kirsch as a bid for both the US championship and as a selection race for the US. This will be the third time the event will be the National championship. This will be the 50th running of the race and the prize money has been increased by \$13,000. The % grade is very similar to the grade on the World course. Paul is the president of the WMM (local club) that provides home stays for elite athletes. The awards ceremony will also be increased and hope to have the governor present. Question from the floor regarding the lottery. Lottery begins on March 1. USATF athletes should enter the lottery and check lottery by-pass. Ken commented on course support by multiple clubs and how the event is professionally timed (he has run it 14 times). Mt Washington has been supportive of mountain running both regionally and nationally. Howard asked about mass start for the field. Roy asked about transport down, Paul noted that you have carpools set up to transport down. Four aid stations on the course. Nancy spoke about how the US team has been selected in the past. This year we are looking at changes, more than 20 athletes were canvassed on how the selection would be done and most felt that one selection race would be

something they would be interested in. Proposal to select the top 6 USATF men and top 4 USATF women to cross the line would be selected to the team and if any decided not to accept their spot on the team, we'd move down the list. Ken asked about the use of alternates. Nancy and Dave noted that we would work down the list in order of finish. Roy moved that we select Mt Washington as the championship and selection race, Richard seconded and it was accepted unanimously. The junior team will be selected by resumes. **Liaison – Richard Bolt**

USA ½ Marathon – June 12 – Bend, OR

Richard Bolt presented on behalf of the Bend visitors board. This organization has also presented a bid for 50km. There 50km bid information will also apply to the half marathon. This is an existing race called the footzone dirty half. They have 600-700 finishers and now added a second race due to local demand. They have committed an event director to assist the race director. Total prize money will be a minimum of \$3,000, break-down not yet determined. Race location about 3m outside of town, with 100' of K of trails, the course is a single (at 4,000 to 5,000 elevation). Motion to accept the bid pending the paperwork Dave Dunham, 2nd by Roy. Accepted unanimously. **Liaison – Paul Kirsch**

USA 100 Mile Trail – July 31 – Cleveland, OH

Joe Jurczyk, presented the bid for burning river 100m. Point to point race through Cleveland metro parks into other parks. 75% dirt trail and 25% road and tow path. The race has approximately 175 finishers. 21 aid stations with 300+ volunteers. Showcase the trails of NE Ohio, brought together various park systems that might not normally work together. Offering \$10,000 in prize money pending National championship status, not set breakdown. Homestays are offered but not currently offering travel. 10,000' of elevation gain. Tania P asked about 100m expected finishing time, concern about runners finishing in the dark. Jim Garcia asked about trail conditions over the final 30 miles that might be dangerous, noted that there will be ridge running. Joe noted that there will be 10m of glowsticks along the course and it is marked quite well. Howard mentioned that standards are in place for course marking and safety runners and that the rules must be accepted if they are to be the championships. Joe noted differing standards by each of the parks they work with. Paul noted that the race will work closely with the liaison to ensure that these standards are in place. Jim asked about transport to the start which will be provided by a bus. Roy asked about entry limits. Limit is 250, but only had 175 finishers and the 250 is self imposed. Jim Garcia motioned to accept, Roy seconded. The motion was carried unanimously. **Liaison -- Howard Nippert**

USA 50km Trail – September 25– Bend, OR

Bolt distributed information on the Bend race. Footzone puts on many races including the previously mentioned ½ marathon. Noted that this is a great location for trail running and was selected by numerous magazines. The RD has worked on various National caliber events. Total prize package of \$3,000 which is approximately 40% of the budget. Jim Garcia asked about where the prize money was coming from Rich noted that it was from the visitors bureau. Single track 50km loop at 6,000' up to 7,000', no big climb or descent but at higher altitude. Jim asked about how it fit in the schedule and Nancy went over the schedule. Nancy noted we have not had a championship at 50k on trails in a couple of years. Dave moved Roy seconded, accepted by all. **Liaison – Richard Bolt**

Bids for 2011

USA Mountain Championship bid, June 26, 2011 – Paul Kirsch presented a bid from the 24th Mt. Cranmore event which has been a championship in the past and also hosted a NACAC championship. The course has been modified in order to closely fit the World course. The event takes place in North Conway, NH, and the Mountain works closely in order to provide the optimum

course. Combination of service road and ski trails. This year it was a two-lap course over approximately 5.5km per lap with 1,200' elevation change per lap. It is also part of the New England USATF Mountain Series. Total prize money will be \$2,000 and there will be some travel reimbursements for elite athletes. Entries are kept as low as possible (\$17 pre race and \$23 race day). Homestays are provided (more than 30 in 2009). Positive feedback included how the Cranmore race served as a great preparation for the World Championship. Motion by Jim Garcia to approve it as the USA Mountain Championship and serve as a team selection race, second by Dave Dunham. Unanimously accepted. Liaison to be named.

2011 bid from Tussey Mountainback to host the 50 Mile Road Championships. The race is the championship for this distance in 2010 and hosted in prior years as well. According to Paul Kirsch who read from the bid form, the organizers are hoping to extend the championships for 2011. The course is 74% gravel and 26% road with 11 aid stations. The event will offer \$4,000 in prize money (a 20% increase over 2010). It is a USATF certified 50 mile race course. Howard noted that he makes this comment every year, and would do so again this year. He does not consider this a road due to the large amount of gravel surface. He has looked into alternative locations/events but has yet to find another to bid. Howard recommends that we don't accept this bid in hopes that we get a "road" specific race course as a bidder next year. He noted that nothing is wrong with the race organization or management and he likes the event. Dave Dunham motioned to have the bid tabled and Roy seconded. One abstention and one opposed, motion passed. Bid tabled to 2010 convention.

Championship Team Competition and medals update. There was discussion to encourage and/or suggest for bidders of championship to include a team division with their event bid. The championships in the past were required by USATF Championship Rules to have team competition, they now have the option to not have team championships. Nancy would like us as a council to recommend that races include a team category in the championships. If the event has team competition the medals would be ordered after the race for distribution to the winning teams. Paul Kirsch added that at Cranmore and Mt Washington are fully behind having team competition at their events. Dave made a motion and Roy seconded that we as a group encourage events that bid to include a team category with their championship event bid. Accepted unanimously.

2010 National Team Staff and Athlete Selection

a) US Mountain Running Team (Slovenia, September 5, 2010)

Ellen Miller submitted a resume to manage the women's team. Paul Kirsch submitted a resume to manage the junior team. Junior candidates must send in their resumes/applications for the junior team by July 15 to Paul Kirsch for an announcement of the team not later than August 1. Information will be posted at the USATF website, the ATRA website (www.trailrunner.com) and at the team website at www.usmrt.com. Richard Bolt submitted a resume to serve as team leader. Roy made a motion to accept the team staff and Sam Rush seconded. Richard Bolt acknowledged the efforts of Dave Dunham who managed the junior team for the past three years, bringing the team from participants to medal winners.

b) 100km (Gibraltar, November 8, 2010)

Lin Gentling submitted an application for team leader. Lin has managed the team for 15 year. Lion Caldwell applied as team doctor he has been the team physician for 14 years. Assistant team leader had two applications, one from Tim Yanacheck and one from Mike Spinnler. Nancy asked for a motion that we accept Lin and Lion in the aforementioned positions and then move on to consider the assistant team leader applicants separately. Motion by Roy, and seconded by Dave. Motion carried unanimously. Nancy asked Tim to speak to the group about his interest in the position and for Howard to speak on Mike's behalf. Tim spoke about his support of the team in the past as a

volunteer and that he has also run many ultra distance events including the 100km. He noted that if he were selected his wife Ann Heaslett (a former 100km team member) would also attend as an unpaid volunteer. Tim noted that Mike is also highly qualified. Howard stated that it was very difficult to speak on Mike's behalf as he felt that it would be like picking between two of his brothers for his best man. Howard stated that both Mike and Tim would be a great addition to the team staff. He noted that either choice would be great. Jim Garcia asked about Mike's resume. Howard said that Mike has been the assistant team leader the past three years. Ballots were handed out to voting members. The vote was tallied and Nancy announced that Tim Yanacheck would serve as assistant team leader. Roy motioned to destroy the ballots and Dave seconded.

Motion to recess until 2:00, by Roy, second by Richard, unanimous approval

Saturday, December 5, 2-3:50p.m.

Nancy **called the meeting to order** at 2:08.

c) **24 Hours** (Brive, France) – staff and team

Nancy discussed the changes within USATF as they relate to the national teams with all of the selection and management returning to USATF. For several years the American Ultra Running Association (AUA) has selected and managed the 24 Hours Team. There were no staff applications announced in advance of the meeting for the 24 Hours Team and there was discussion on a deadline of January 1 to apply for the following three staff positions: team doctor, team manager for the men and team manager for the women. There is full uniform support but no funding for the team nor team staff. Nancy will post the application with her and Roy as contacts.

d) **NACAC Mountain Championships** (Canada – July 10 or 17 fly into Calgary and will be in Canadian Rockies) - staff and team

Dave has expressed interest in being the manager to this team. Hoping to send a full team but lack of funding may prove difficult for athletes to travel to the event. The spots will be offered to the top finishers at the Worlds 2009 then others if they do not accept. IAAF has asked us to develop these championships despite the issues of no funding. Mexico has expressed interest in hosting the 2011 NACAC Mountain Running Championships.

Nancy reviewed the **sponsorship program for the mountain team 2009** and thanked each and every sponsor for their support and commitment to the team and the mountain running program. The sponsorships were all coordinated by the American Trail Running Association (ATRA). More than \$20,500 in cash and another \$2,337 in donations (thank you to Mt. Cranmore, Robin Smith, VAC Winter Uphill, Northfield Mountain Race – earmarked \$350 specifically for the juniors – with product sponsors estimated at \$32,175. Cash sponsors included Teva (who also provided product for the team and paid for all of the uniform screenprinting) was the title sponsor for eight years; Windermere Real Estate of Teton Valley for three years; Fleet Feet Sports Boulder for three years; Wicked Fast Sports Nutrition for three years, OrthoLite Insoles for two years. Product sponsors in 2009 included: SportHill, ground bags and duffels, KinEsys Performance Sunscreen, CWX Conditioning Wear, Tech 4o Watches, ALCiS pain relief cream, Costa Del Mar Sunglasses, FuelBelt hydration.

Howard spoke about the **100km team support** including a very generous donation from the JFK 50 Miler, a very popular and successful race that Mike Spinnler organizes, that donated \$5,000. Tim Yanacheck formed a 501 (c) 3 organization to accept donations for the team several years ago.

24 hour team has been managed by the AUA, but will now be part of the USATF family. The drawback is that there is no funding designated by USATF for the team, uniforms will be provided. Roy talked about prior funds that had been raised and how the team did not wear USATF official uniforms due to sponsor conflicts. He mentioned that the AUA didn't raise any sponsorship for the 2009 Team. Roy is looking into possible grants which do not conflict with USATF sponsors.

Open Forum Discussion

Joe Jurczyk came forward to speak about the **North Coast 24 hour run**, the first event was held this year. The course is located two miles from downtown Cleveland. There were 117 entrants, the winner ran just over 150m and the women's winner ran 136 miles. This is a .9 mile loop course with one aid station per loop. Members of the current US team are offered free entry and home stays. They are offering \$20,000 in a combination of prize money and stipends. The stipends would be an inducement to run at the World 24. Race will be Sept 18/19. The race is champion chip timed with a back-up system in place to record all runners through each loop. The website is updated instantly. The course is certified and records eligible. Four age group records were set last year. Course is flat and fast all asphalt. Nancy asked about runners stopping and then starting again later. Runners can enter and exit the course when they wish (must re-enter where they exited). Joe spoke about how the race ends with all runners stopping at the 24 time limit. Course is certified at 16 other segments on the loop so that they can get down to the exact distance each will run. Nancy spoke about the "headphone" issue, talking about safety issues and international rules. USATF rules do not allow runners in the championship division to wear headphones. This was discussed at some length with consideration of the event being "boring". Joe noted how a 24 hour is a great entry into ultra's because you are not required to do a certain distance.

Trail awards. It was discussed that we add a "series" component to award a trail runner of the year. Winner from the different trail champs – 10km, 15km, ½ marathon, marathon, 50km, 50 mile, 100 mile. Jason Bryant brought forward the idea of possibly having a trail series and possibly have a trail runner of the year. Paul noted that we were actually talking about a sub-ultra series. The hope would be that we make a proposal on a point system and present this before the end of the year. We would hope to have this in place so that there is cross participation. Richard noted that we would like to work on this and forward our proposal to the council later this year. Dave Gwyn encouraged us to use the same language (Grand Prix) for this series. Ken Robichaud spoke of the "Grand Tree series" in New England a trail series. Joe asked for clarification on where and when the events are. Jason noted how this is very similar to the road championship.

Roy spoke on **tabling the decision for the 24 hours bid**. In fairness to all parties who submitted bids to host the 24 Hours Championships to the AUA for championships consideration as opposed to USATF (which has been done in the past) Roy would like to allow the bidders two weeks to come forward with a bid. Tania talked about the North Coast 24 event that had been held earlier this year. The competition was deep and featured international athletes.

Nancy spoke about the **SWOT analysis** that had been requested by Darlene Hickman. All committees were asked to complete this, and we are not sure what will happen with the analysis. If there is further information Nancy will inform us.

Nancy went through the **sports committees' representatives for 2010-2011** and council members presented offered to serve as liaisons to the various committees.

Howard spoke about the **standards for selecting the teams for the 100km and world trail challenge** and now we need to set up similar standards that will be used to select athletes to the **24 hour championship and the 50km championship**. The standards will be needed to be set prior to

the teams being selected. The AUA selection material are available and Howard feels time is too short to change those but we need to have the criteria for the 50km set ASAP. Roy and Nancy will be in Monaco in January and hope to get the date of the 24 hour event and if there will be a 50km (and also when/where the IAU trail championship will be).

Howard brought up the issue of the “**safety runner.**” Similar to the headphone debate there has been a long running debate about having “pacers.” Guidelines were created which will be submitted to the rules committee. Howard read the proposed rules. Races over 100km were the focus of this with the Race Director decide if or where the safety runner would be allowed. This rule was used at the 100km trail race last year with no problems. Roy asked if we had any idea of what % of runners used this but Howard did not have an answer to this. Question on communication and direction given, Howard noted they could not lead and must stay 5 meters back a distance that communications was difficult. Joyce P noted that there was a fine line between the designated safety runner and pacer. Howard talked about the origin of the rules and how ultra running is different from racing on a track. Question from the floor on how many safety runners would be allowed for each runner, Howard noted that there was no limit but only one would be allowed at any one time. Nancy asked Joe where in his 100m race they are allowed, to which the reply was approximately 60 miles and over the age of 65 is allowed for the entire course. Ken R spoke about how other events use rabbits and he doesn’t see anything wrong with a support/safety person, and he thinks this is a great start. Jason asked is a USATF liaison was on the games committee. Howard noted that RD’s tend to use the liaisons for many questions.

Question about a guidelines for **course markings.** Nancy noted that the information is included in the bid forms. Howard spoke about various guidelines (not rules) that have been added to the bid.

Joe brought up the possibility of **hosting a World championship,** he would like to explore the idea of hosting a 24 hour championship. Nancy spoke about how the bids are submitted to the IAU for the 24 Hours event. Nancy will communicate the U.S. interest (Spokane) in possibly bidding to host at mountain running championship. Joe and Roy will work together to find out more information on the 24 Hours bid process.

Ken made a requested that we come up with a list of **certification questions** to include on the USATF Officials Certification for LDR Officials. Officials should have the knowledge of how the rules in MUT may differ from other disciplines within USATF. This would ensure the safety and competitive value at our events.

Howard noted that the safety runner rule will be submitted next year to become part of the official **rule book** and Dave noted that the team scoring rule should also be submitted at that time.

Council has designated Lin Gentling as the USATF delegate to the **IAU Congress Meeting** in Gibraltar. Richard Bolt was designated the USATF delegate for the **WMRA Congress Meeting** in Slovenia.

Roy had a question regarding **disabled athletes,** specifically do they have there own set of records. The athlete had questions about making the team and what restrictions there are for certain disabled athletes. Carl will look into this matter and report back.

Motion to adjourn and seconded, unanimous. Adjourned at 3:54 p.m.
Thanks to Dave Dunham for taking the meeting minutes.