



Nominations open for 2005 USATF Mountain Runners of the Year

The Mountain/Ultra/Trail running (MUT) council of long distance running will select the 2005 USATF Mountain Runners of the year based on nominations received from interested athletes, coaches, and administrators involved in the sport. The following is the selection criteria for the 2005 USATF Mountain Runners of the Year:

- 1) Nominated athlete must show top results in US mountain/trail competitions for 2005 (November 1, 2004 through October 31, 2005) - this will include mountain races (these may be on paved/gravel surfaces as long as there is significant elevation loss or gain) and trail races of varying lengths below the ultra distance. (There is a separate category to nominate USATF ultra runners of the year)
- 2) The nomination window includes the period: **Nov 1, 2004 through Oct 31, 2005.**
- 3) Show top results in international competitions for 2005
- 4) Be an ambassador for the sport - athlete promotes and supports mountain running
- 5) Results from Teva US Mountain Running Team Selection races to be considered - in 2005 these included Teva Spring RunOff (also the NACAC Mountain Running Championships and 10k USA Trail Champs), Northfield Mountain Race, Teva Devil's Race, Mt. Cranmore
- 6) Be a USATF member for 2005 - athlete **MUST** have a current USATF membership
- 7) To be considered for the masters category, athlete must be a minimum of 40 years of age.

To nominate an athlete, send **BY NOVEMBER 1, 2005**, the following information to trlrunner@aol.com and rbolt@emersonecologics.com. You can also fax a nomination to Nancy at (719) 573-4408:

Nominated athlete's name, age or birth date (if you know it), athlete contact information, brief bio, reason for nomination in 2005.

Nominations received by **November 1** will be considered in the selection process. After all nominations are compiled, the MUT council will vote (**by November 15**) for the mountain runner of the year from nominations received. The USATF Mountain Runners of the Year will be announced at the annual convention in Jacksonville, FL on Friday, December 2. Should you have any questions about the procedure, please contact: Nancy Hobbs at trlrunner@aol.com or Richard Bolt at rbolt@emersonecologics.com.

We also will accept nominations for contributor of the year for mountain, ultra, trail. Past Contributor of the Year recipients have been: American Ultra Running Association, Teva, and North Texas Trail Runners

History of the USATF Mountain Runner of the Year Award: In 1999, USATF for the first time recognized two athletes as USATF Mountain Runners of the Year. Colorado residents Danelle Ballengee, Dillon, and Matt Carpenter, Manitou Springs received their awards at the annual convention in Los Angeles. In 2000 USATF Mountain Runner of the year honors were presented to Dave Dunham, MA and Cindy O'Neill, CO in Albuquerque, NM. In 2001 Eric Morse, VT and Kari DiStefano, CO received the honor at the Mobile, Alabama USATF Convention. In 2002 masters runner of the year was introduced with Craig Fram and Kari DiStefano sharing the honors with Paul Low and Anita Ortiz garnering the open awards in Kansas City, KS. In 2003 Paul Low and Anita Ortiz were again named mountain runners of the year with Kari DiStefano and Bernie Boettcher earning masters mountain runners of the year awards in Greensboro, SC. At last year's convention in Portland, OR Paul Low and Laura Haefeli earned mountain runner of the year honors while Anita Ortiz and Andy Ames were masters mountain runners of the year.