

USATF ANNUAL MEETING 2015

Houston, Texas

Men's Long Distance Running (MLDR) Committee

Annual Committee Report for MLDR USATF - Florida Association

USATF 2015 Championships*

Race	Location	Date	Prize Purse
Houston Half Marathon	Houston, TX	January 18	\$ 41,500
Gate River 15K	Jacksonville, FL	March 14	\$ 26,500
Los Angeles Marathon	Los Angeles, CA	March 15	\$ 75,000
Fifth Third 25K	Grand Rapids, MI	May 9	\$ 15,100
Minnesota Road Mile	Minneapolis, MN	May 15	\$ 12,500
New Haven 20K	New Haven, CT	September 7	\$ 21,500
CVS Providence 5K	Providence, RI	September 19	\$ 19,050
Twin Cities 10 Mile	Minneapolis/St. Paul, MN	October 4	\$ 40,500
2015 .US National 12K	Alexandria, VA	November 15	\$ 50,000

There were nine (9) USATF MLDR Championships totaling up to \$301,650+ in prize monies

Congratulations

to our

2015 USATF MLDR Award Winners

Robert E. DeCelle Award ----- *Outstanding Male Athlete*----- Jared Wright
H. Browning Ross Award ----- *National Level Contributor*----- Steve & Carolyn Mather
Scott Hamilton Award ----- *Association Level Contributor*----- Don Kardong (Inland NW Assoc.)
Allan Steinfeld Award ----- *Road Race Organization Contributor*----- John Tope

2015 USATF MLDR Annual Meeting: Talking Points

Substance Abuse

- U.S. Anti-Doping Agency (USADA): The use of Performance Enhancing Drugs (PEDs) is higher than Type 1 Diabetes & HIV prevalence rates. Most PED users are not 'athletes'.
- World Anti-Doping Agency (WADA) is urging world's governments to criminalize trafficking in PEDs.
- WADA and Chinese government have entered into an agreement to better control the sale and distribution of PEDs.
- Dietary supplements remain unregulated.
- "Fitness Supplements" were pulled from US military base exchanges on 10/27/2014.

Sports Science

- "Cryotherapy" (NOT regulated) - cold therapy from ice baths to sub-zero nitrogen gas.
- Studies show that athletes feel refreshed but there is no real repair to muscle damage.
- Full body immersion as used by LeBron James and a number of other very high profile athletes; DO NOT DO THIS ALONE. There was an incident in which someone used this method when no one was around; only to be found frozen to death hours later.
- Recent concerns regarding concussions (particularly in football), could likely increase turnouts for cross-country and track/field/ thereby, widening the talent pool.
- Leeds University study found that while caffeine does not lead to improved performance, it does lead to feelings of well-being which may lead to improved performance.
- A Cleveland Clinic study found that individuals who only mentally rehearsed a weight lifting regimen actually realized a 35% increase in strength.
- Scottish study using the "Placebo Effect" on 6 athletes (*versus an actual injection of EPO*), all of whom ran huge PRs.

Respectfully submitted: _____

McLin Anderson ~ MLDR, USATF-Florida

Date: 12/8/2015