

LDR Update

LDR Recent Events

Since the September newsletter, we've seen the running of two LDR Grand Prix events, the Freihofer's Run for Women and the Adirondack Marathon Distance Festival Marathon and Half Marathon.

This was the 43rd running of Freihofer's and once again the event drew over 1,000 participants. In addition to USATF Individual and Team scoring, the event also has some unique categories, such as Sister/Sister and Mother/Daughter teams and teams composed of Grandmother/Mother/Daughter.

The Adirondack Distance Festival Marathon and Half Marathon celebrated their 25th year. Always luring participants to this event are the easily recognizable carved wooden bear awards, of which many are amongst our association's members! Results from this event should be scored soon.

Congrats to everyone who participated in either of these events!

LDR Events Coming Up

Just two events remain in this year's series. On Sunday, October 31, the Saratoga XC Classic will be held. Registration is now [open](#)! Don't miss out on the chance to race on this iconic course! And finally, we'll have another classic and historic event, the Stockade-athon 15K, on Sunday, November 14. You can register [here](#).

Looking Forward

As we look forward to 2022, we want to take a moment to pause and say thank you once again to all of our members and the events that helped make a series possible for 2021. We know it was unique. We know there were some bumps. But we did it. We evolved, we adapted, and we showed up. Thank you to everyone for showing us just how wonderful the running community is. Plans for the 2022 series will begin soon and we'll be looking for feedback, so stay tuned to your inboxes for information on how you can help us make 2022 even better!

In the meantime, if you have participated in any races in the series, we encourage you to take a moment to visit the [Series Scoring](#) page and verify that your information looks correct (races, name, etc.). Remember, you must have been a valid USATF member by the start of each race.

Track & Field / XC Update

The [Saratoga XC Classic](#) (SXCC) is scheduled for Sunday, October 31, 2021 at the Saratoga State Park. This 5k will also serve at the **Association's Open/Masters XC Championship**. We (finally!) have our Park permit! Registration is open until Thursday, October 28th at 10:00am EDT. There will be day-of registration between 8:30am – 9:30am. Race goes off at 10:00am!

The Spa Park XC course is iconic; it has been the site of numerous championship XC events over the years with many notable athletes having run it. Winding through the beautiful Saratoga Spa State Park, the course is challenging and breathtaking all at the same time. Anyone can, and should, run this course at least once in their running career! Don't let "XC" scare you; the course is very well maintained and suitable for runners of all ages and skill levels. There is a [video tour](#) of the course on the USATF event page. 2021 will be the 20th anniversary of this event; hope to see you there!

We are doing some cool giveaways again this year. For the first 150 entrants, you will have your choice of [various USATF and SXCC swag](#). We are **giving away \$150 and \$100** to the 1st and 2nd place age graded teams (Top 5 runners from a USATF club, any age/gender), and [Applewood Smoked Hams](#) will go to the Top Overall Male/Female and Top Age Graded Male/Female.

Please note that current USATF event protocols require a) proof of vaccination or b) a negative COVID PCR test within 7 days of the event. Currently, **rapid antigen tests are not acceptable due to Saratoga County** (and surrounding counties) exceeding the 5% daily positivity rate threshold at least once in the prior two weeks.

USATF Masters 5 km Cross Country Championship - On **October 17**, we return to Cross Country racing with the USATF Masters 5 km Cross Country Championship at the historic Franklin Park Course in Boston, MA on October 17. Championships have been contested on this turf for over a hundred years. Fall colors should be vibrant and it's always a good time to discover the Freedom Trail and other sites around Boston. [Click here for registration](#) and more event information.

USATF National Club Cross Country Championships and the USATF Masters National Grand Prix Ceremony
Finally, join your fellow masters runners at the largest Masters LDR event of the year -- the USATF National Club Cross Country Championships in Tallahassee, FL on December 11. This World Class course is arguably the best Cross Country course in the US. If you have never run this course, you are really missing something. We will also be hosting the awards ceremony for the 2020/2021 Masters Grand Prix and there will be a celebration that evening for the elite and masters athletes. The host hotel for masters runners is the Hotel Indigo. They have reserved 50 rooms for the USATF group at \$149. Secure your room now [here](#).

Youth Update

After consulting with several Association Youth club leaders, we have decided to not hold the 2021 Association JO XC Championship event. The primary reason for this decision is the challenge presented by [USATF COVID event protocol](#), which considers XC a "Moderate Risk" event, thus requiring all athletes/coaches/officials/admin/volunteers to either be vaccinated or provide a recent negative test in order to participate. We have witnessed this same protocol requirement at some of the recent marathons (Boston, Chicago) as well as the National USATF events mentioned in this newsletter.

Further, PCR testing is currently required due to [positivity rates](#) exceeding 5% in most local counties. In addition, some local Dept. of Health agencies (including Saratoga County) recommend PCR testing for our events. Given that many of

our youth athletes are not vaccine eligible, COVID testing is required. The cost and effort of the testing is more than most families are willing to deal with, and we are certainly sympathetic to that position.

We understand that many local high school, club and road races are carrying on without these requirements. Each event director makes their own arrangements and decisions as it relates to insurance, liability, and health considerations. USATF event directors have no choice but to follow [USATF event guidance](#), and while we often agree with the objections we frequently hear, we must adhere to it until the pandemic situation improves.

The [National JO XC Championship](#) is being held in Paris, KY on December 11, 2021. Like with the Outdoor JOs this year, there is no qualification process at the Association or Region level. Please contact youth@adirondack.usatf.org with any questions about this event or other youth-related USATF activities.

Event Sanctioning

A USATF sanction is an official designation issued by USATF, through a local Association, which approves and licenses the holding of a competitive track & field, long distance running or racewalking event in the United States. The sanction is also a contract, which evidences the event's commitment to follow national and international rules and regulations of the sport and to provide a safe environment for the participants and spectators. Once the event has satisfied the sanction requirements, the event's application for sanction is approved.

The benefits of sanctioning your event include increased prestige, liability insurance, sport accident insurance for athletes, calendar coverage, records and dispute resolutions. If you are interested in having your event USATF sanctioned, please contact John Pusateri, Sanctions Chair at sanctions@adirondack.usatf.org.

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