

2010 Men and Women's LDR Athlete Development Program

The goal of the Athlete Development Program (ADP) is to assist in the development of the next generation of GREAT American distance runners. The ADP has been a vital part of USATF since 1993. It is a program, which enables Men's and Women's LDR Committees to work collaboratively to provide emerging elite athletes the ability to experience competition at the national level. The ADP provides the athlete with \$150 travel stipend, shared room for two nights, ground transportation, meals and waived entry to selected USA championship races.

Eligibility –

In order for the athletes to be eligible, they must:

- (1) Have a 2010 USATF membership.
- (2) Be a U.S. citizen between the ages of **18-29** post scholastic.
- (3) Have met one of the following times on a certified course (*Please note that the age and time standards have been tightened from previous years*):

	<u>Women</u>	<u>Men</u>
1Mile	4:48.50 or Better	4:11 or Better
5 km	17:50	14:32
10 km	35:15	30:00
15 km	54:27	47:03
10 Mile	58:45	50:45
Half Marathon	1:18:30	1:07:45
Marathon	2:51:00	2:24:00

Athlete's personal information

Name _____

Address _____

Phone _____ Email _____

Date of Birth _____

LIST WHICH CHAMPIONSHIP RACE YOU ARE APPLYING FOR: *Eligible for up to two funded races per year.*

List up to 3 races in the last 12 months. Include name of race, date, distance and time.

1. _____

2. _____

3. _____

2010 USA Championship events

Note deadline dates

Championship	Host Event	Location	Date	ADP Entries	Application Deadline
USA 15 km	Gate River Run	Jacksonville, FL	3/13/10	5	2/13/10
USA 25 km	Fifth Third River Bank Run	Grand Rapids, MI	5/8/10	6	4/1/10
USA 1 Mile	Medtronic TC 1 Mile	Minneapolis MN	5/13/10	3	4/13/10
USA Men's 10 Mile	Crim Festival of Races	Flint, MI	8/21/10	6	7/21/10
USA 5 km	CVS Caremark Downtown 5K	Providence, RI	9/19/10	3	8/19/10
		Contact: Charlie Breagy		c.breagy@att.net	
USA Women's 10 Mile	Medtronic TC 10 Mile	Minneapolis, MN	10/3/10	3	8/3/10
USA Men's Marathon	Medtronic Twin Cities Marathon	Minneapolis, MN	10/3/10	3	8/3/10
USA Women's 10km	Tufts Health Plan 10 K for Women	Boston, MA	10/11/10	6 0	9/11/10
2011 Events					
USA Half Marathon	Aramco Houston Half Marathon	Houston, TX	1/30/11	5	12/3/10

Send WLDR Information to:
Linda Barnhart
lindabarnhart@cox.net
18505 Van Camp Dr.
Omaha, Ne 68130

Send MLDR Information to:
Brian Jones
brian.ejones@yahoo.com
P.O. Box 8692
Canton, Ohio 4471