



Lorraine Gersitz
Mountain/Ultra/Trail Running Council
2505 Sunflower Street, Fullerton, CA 92835
(714)526-5340 bruceandlo@earthlink.net
<http://www.usatf.org/> Click on Mountain/Ultra/Trail

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USATF Mountain/Ultra/Trail Council Announces 2005 USA Championships and Selection Races

If you enjoy running off the beaten path or extending your limits, the Mountain/Ultra/Trail (MUT) Running Council of USATF invites you to participate in the 2005 MUT National Championships. The MUT championship races offer unique locales, beautiful scenery, and challenges beyond the typical road race for open and masters runners. From the Rocky Mountains, Mt. Rainier, and the San Francisco Headlands to Pennsylvania's rural roads, runners can explore new terrains and attempt new distances while competing in a National Championship race.

Offering national championships for mountain, ultra, and trail running reflects the growth of these running disciplines in the United States. MUT has been offering championship races in these disciplines since its inception in 1998. The 2005 championship schedule offers mountain, trail, and ultra races of varying distances and terrains. Join the fun and competition at one or more of these great events!

The following events have been selected by the MUT Council as the 2005 USA Championships for open and masters athletes.

2005 MUT Championships

Race Name	Date	Location	Contact Info
TEVA Spring Runoff USA Trail Championship	June 4, 2005	Vail, CO	Mike Ortiz 700 S. Frontage Rd E. Vail, CO 81657 970-279-2280 mortiz@vailrec.com http://www.vailrec.com
White River 50 USA 50 Mile Trail Championship	July 30, 2005 *also 2006	Crystal Mountain, WA	Scott McCoubrey FootZone Capitol Hill Seattle Running Co. Seattle, WA 98122 206-325-4800 searunco@aol.com http://www.whiteriver50.com/
Golden Headlands 50K USA 50K Trail Championship	August 27, 2005	Sausalito, CA	Peter Franks P.O. Box 26052 San Francisco, CA 94126 415-381-4363 peterfranks@attglobal.net www.headlands50k.org
Tussey Mountainback 50 Mile USA 50 Mile Road Championship	October 15, 2005	Boalsburg, PA	Mike Casper 103 E. Hamilton Ave State College, PA 16801 814-238-5918 mcc4@psu.edu http://www.nvrun.com/MTB50.html

In selecting national ultra championships, the MUT Council balances the quality of the event with the championship race experience it provides. Bids were analyzed on the following criteria:

- The race offers a quality venue, runner support, and can attract and accommodate a depth of field.
- The race does not conflict with other national ultra championships or the 100K World Challenge.
- The race offers incentives to competitive athletes such as accommodations or waived entry.
- The race offers prize money.
- The race offers open entry.

Participate in Championships - Runners of all ages are encouraged to participate in MUT championships. When you participate in a USATF championship race and win overall or in an age group, you win the title of USATF national champion, master's national champion, or age-group national champion. You receive a USATF national championship award. Team competition is offered at a national championship race, so your running club can vie for the title of national champion team.

More MUT Championship Races - Thanks to all race directors who submitted bids for 2005. Race directors, if you are interested in hosting a MUT championship in 2005 or beyond contact one of the MUT Council representative listed below. Athletes, encourage race directors of your favorite races to submit a championship bid. Detailed information is available on the MUT championship web page.

Ultra Championship Representative:

Nikki Kimball 406-222-3207 nikkikimball@yahoo.com

Mountain/Trail Championship Representative:

Richard Bolt 603-627-7213 or r_boltski@yahoo.com

2005 Selection Races - The MUT Council announces the following 2005 races will serve as selection races for the 2005 World Mountain Running Trophy:

Teva Spring Run Off Vail, CO, June 4, 2005

Top 2 men and top woman will be named to the 2005 Mountain Running Team.

Northfield Mountain Trail Race Northfield, NH, June 25, 2005

Top man and top woman will be named to the 2005 Mountain Running Team.

WORS Trail Race Merrimac, WI, July 16, 2005

Top man and top woman will be named to the 2005 Mountain Running Team.

Mount Cranmore Race Mt. Cranmore, NH, August 7, 2005

Top man will be named to the 2005 Mountain Running Team. Top woman will receive strong consideration.

Congratulations to the races selected as 2005 MUT Championships & Selection Races!

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