

CREDIT UNION CHERRY BLOSSOM TEN MILE RUN

APRIL 3, 2022

OFFICIAL PROGRAM

49TH RUNNING



Photo: Clay Shaw

200 meters from 2021 finish, women's winner Nell Rojas glances back at the runner-up, Olympian Jenny Simpson.



Photo: Bob Burgess

Edwin Kimutai ran mostly solo for the last five miles to the 2021 win.

2022 Outlook: in Evenly Matched Fields, Expect the Unexpected

by Mark Heinicke

In 2022, the “Runner’s Rite of Spring” has become a rite of passage for the Credit Union Cherry Blossom Ten Mile Run emerging from the shadows of COVID-19. In 2020, while the enormity of the pandemic dawned upon the country, the in-person race was cancelled on March 13, a scant three-plus weeks before race day. In 2021, the race was postponed until September—meaning the Cherry Blossom race had to be conducted without cherry trees in bloom.

Even then the resurgence of COVID’s Delta variant was threatening the conduct of mass participation events all over the globe. The race date got squeezed into a three-month long span in between the Delta and Omicron surges along with six other major races postponed from spring, such as the Boston Marathon and London Marathon. Those postponed races jostled for space on the calendar with the traditional fall crop that includes biggies like the Chicago Marathon, the New York City Marathon, and the BAA Half Marathon. The result was that races cannibalized each other of participants and elite runners, while wariness of COVID persisted.

Nevertheless, the cherry blossom-free 2021 race, recast as the “Runners

Delight of Fall,” attracted 5,888 finishers in the 10 Mile and 1,677 in the 5K. In 2022, the race will again host the 17,000+ runners that were the norm in the 10 Mile up through 2019.

The stature of the 2021 race as the U.S. 10 Mile Championships drew a bevy of elite U.S. runners to closely-fought contests. Winner Nell Rojas, whose career is built



Photo: MarathonFoto

Nicholas Kosimbei en route to Georgia state half marathon record 1:00:36.

around marathons, surprised the women’s field by driving a five-strong leaders group hard for nine miles and unleashing a decisive kick in the last 400 meters, followed closely by Olympic 1500-meter medalist Jenny Simpson, running in her first major road race longer than a mile. The first seven women all broke 53 minutes. On the men’s side, Biya Simbassa broke a three-race long jinx of runner-up finishes in spring and summer to take the U.S. title in 46:18, with Augustus Maiyo five seconds back. The international race was won by Edwin Kimutai in 45:45 going solo for the last five miles.

In 2022, the race offers a potential grand total of \$92,500 if all time incentives and World and American bonuses were to be paid out. The lion’s share is \$69,000 in guaranteed prize money, of which \$65,000 includes \$40,000 for the international field and \$25,000 for the U.S. field. The remaining \$4,000 of guaranteed money includes awards for local teams (\$1,000), and for participants in the RRCA’s Road Scholar-RunPro program (\$3,000). For greater detail on distribution of prize money, see the prize page on the Cherry Blossom website: <https://www.cherryblossom.org/pre-race/elites-seeded/prize-money/>.

The 2022 race marks the 21st year of title sponsorship by the Credit Union Miracle Day. More than \$10 million has been raised for the Children’s Miracle Network Hospi-

tals. In 2021, \$180,000 was raised. The 2022 amount will be announced on race morning.

Men’s international field: battle of the half-marathoners

If the most recent fast half marathon time points to who’s likely to win the 2022 Cherry Blossom Ten Mile, then it points to a newcomer to American roads, Kenyan Nicholas Kosimbei. The 25-year-old posted a 1:00:36 on February 7 of this year on a hilly course in Atlanta. Kosimbei did it the hard way, running solo the last four miles in the rain, leaving his closest competitor two minutes adrift at the finish. It was his first road race in the U.S., and just happened to be the fastest half marathon ever in Georgia, earning him a \$2,500 bonus. After the race, Kosimbei disclosed his motivation for driving himself hard far out in front: he aimed to set the Georgia state record, and he did it by more than three minutes. Before shining in the U.S., Kosimbei placed 4th in the 2018 Lisbon Marathon in his lifetime best 1:00:21 and ran an identical time for 10th place in 2019.

Kosimbei won’t be running solo on April 3rd if compatriots Wilfred Kim-

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itei (37) and Shadrack Kimining (26) have anything to say about it.

Kimining's fifth place in this year's Aramco Half Marathon in Houston on January 16 (1:00:53), and third in the Guadalajara Half this year (1:01:33) indicate he's ready to rock come April 3rd. Two years ago he took third at the 2020 Aramco with a PB 59:27, and in the last three years he has posted half marathon times of 59:32, 59:40, 59:51, 1:01:35, 1:01:37, and 1:00:53. Kimitei, while nine years Kimining's senior, actually bested Kimining at this year's Aramco by two places and nine seconds, and he owns a PB of 59:40 in the 2018 RAK Half Marathon. In November of last year, he finished 11th in the highly competitive Lisbon Half Marathon in 1:00:03.

Kimining, Kimitei and Kosimbei are accustomed to cruising through ten miles plus another 3.1 miles at a 4:35 pace, mean-



Shadrack Kimining does battle with Jemal Yimer and Marc Scott at the 2021 Antrim Coast Half Marathon

ing that running under 47 minutes should be a lock for all three. That's par for the course at Cherry Blossom, since there has been only one Cherry Blossom race since 2013 where the men's *third place finisher* failed to crack 47 minutes.

Hot on the tail of the three road veterans named above could be the youngest man in the field, 21-year-old Charles Wanjiku. Wanjiku boasts a 1:01:23 half-marathon best, winning in Tachikawa, Japan, on October 23rd of last year. Wanjiku has spent a lot of time on the track in Japan, setting his 10,000m PB 27:19 in Yokohama 2021—another win—and 5000m PB 13:26 in 2020, also in Yokohama.

The 47-minute threshold means that Futsum Zienasellassie (29) will have his work cut out for him to stay with the leaders. His 10 mile best is 47:01 in last year's Broad Street Run in Philadelphia (5th), and he ran 47:08 in the 2019 Cherry Blossom (6th). His half marathon PB of 1:01:21 at last year's American Half Marathon Championships shows he *can* better that pace, and 43:29 (6th place) at this year's Gate River Run 15K in early March promises likewise. He's the most likely American to take home the \$5,000 prize for top American.

Kenyan Stephen Sambu (33), who has

lain low for two pandemic years, could be back in the thick of things as he was in the 2019 Cherry Blossom when he finished 5th in 47:06 with Zienasellassie two ticks behind him. He scorched the roads through 2019: runner-up in the Falmouth 7 Mile (32:29), and top seven in six other major races, including 7th in the Aramco Half Marathon in his PB 1:00:41. In 2017 he won the Falmouth 7 Mile in 32:14 for the fourth consecutive time—never done before nor since. He finished just seven seconds off the course record in the 2018 Pittsburgh 10 Miler, placing second in 46:56. If Sambu recovers his 2019 form, he could be matching Zienasellassie stride for stride at Cherry Blossom. If he could recover his 2014 form, when he won outright in 45:29, Sunday's race would put on an entirely different look (Sambu also won in 2015, timed in 43:20 on a course shortened by a traffic accident).

Libyan Mohamed Hrezi (30) is another candidate for beating the 47-minute threshold at Cherry Blossom, having finished 7th in 2018 with a 46:58 PB. He placed third in last year's Philadelphia Distance Run in 1:03:26

A fat \$25,000 in dedicated prize money lures fast American runners

Reid Buchanan (29) could readily challenge Zienasellassie for the top American spot, worth \$5,000. At The Ten meet on March 6, Buchanan tore through 10,000m in 27:52, 0.3 seconds behind Lawi Lalang. He was busy in 2021: 4th in the USATF Golden Games in Sacramento 5000m (13:32), 9th in the U.S. Olympic Trials 10,000m (28:04), and 7th in the U.S. 20K Championships in New Haven. In his debut



Diego Estrada plans a comeback in 2022 after two down years from COVID-19.

marathon in December 2020, Buchanan scored his personal marathon best 2:11:38 in The Marathon Project. His half marathon best of 1:01:45 came in the 2020 Aramco Half.

Seven seconds behind Reid Buchanan in the 2020 Aramco Half Marathon (PB 1:01:52), Brogan Austin has not performed on a level with Buchanan subsequently. A 1:03:26 in the September 2021 Philadelphia Distance Run half marathon was his most promising result in the last six months. In May 2021 he ran 1:15:37 for 25K in the U.S. Championships River Bank Run, good for 7th place. His marathon best of 2:12:38 came from his win in the 2018 USA Championships at the California International Marathon.

Zienasellassie, Buchanan, and Austin may lead the American field on paper, but they will have their hands full taking on other Americans Diego Estrada, Joel



Britain's Stephanie Twell finishing 8th in the 2019 Cherry Blossom Ten Mile in 53:10

Reichow, and Lawi Lalang.

Diego Estrada (32) is coming off a two-year slump coinciding with COVID—in fact, he caught COVID himself and spent five weeks recovering. He was also, he says, overtraining. Cherry Blossom will be his second major race in 2022 (he ran a PB 45:08 in this year's Gate River 15K), and his plan for now is to “drop the mileage and race my way into shape. Just enjoy racing, that's what it's all about for the competition and the atmosphere these events bring.” A look back to 2019 shows him running the kind of times that put him on a level with Zienasellassie and Buchanan: 4th at 10,000m in the Payton Jordan Invitational (27:58), his marathon best 2:11:55 in Chicago, and 8th in the U.S. Distance Classic 5000m (13:38).

Joel Reichow (28) brings a slim road portfolio to this year's Cherry Blossom Ten Mile, where last year he came in 8th place (5th American) in a time of 47:36 in the U.S. 10 Mile Championships. Reichow placed 13th in last year's Mortgage Network U.S. Half Marathon Championships in 1:03:38 (Hardeeville SC). Last month he timed 45:51 in the Gate River Run 15K. Reichow's best at the half marathon came in Houston in January 2020: 1:02:38

Lawi Lalang (30) rounds out the top American seeds coming into this year's Cherry Blossom Ten Mile Run. He started this season with a bang, winning the 2022 All-America City 10K (29:16), and posting a 27:52 for 15th place at The Ten on March 6, two places ahead of Reid Buchanan. Lalang had a packed 2021: 6th in Philadelphia's Broad Street Run 10 Mile in 47:11; 6th in the USATF 25K Championships River Bank Run in 1:15:37; and 10th in the Mortgage Network U.S. Half Marathon Championships in 1:02:49—his personal best. In 2019 he won the USATF Distance Classic 5000m in 13:26 and finished 6th in the Payton Jordan Invitational 10,000m (28:04).

2022 Women's Elite Field: expect a crowd at the front . . . again

Last year's Cherry Blossom Ten Mile elite women's race found a tight bunch of five women coming into the last half mile when Nell Rojas splintered the group with a surge that took her to the win in 52:13. Yet Rojas was only 13 seconds ahead of the last of that

group. Could we have a repeat in 2022?

Given the depth of the field, the top places in the 2022 scramble could depend more on who is having a good or bad day than on background.

Stephanie Twell (32) of Great Britain is the only non-American in the top seeds in 2022. Based on her long distance chops through 2020, she'll be closely watched. She was 8th in the 2020 Aramco Half Marathon in a PB 1:08:55, 2nd in the 2019 Vitality Big Half (1:11:33), and set her marathon best of 2:26:40—tops among likely Cherry Blossom contenders—in Frankfurt in 2019. She won the 10,000m in the 2019 “Night of the 10,000 PBs”/European Cup in 31:09. Also in 2019 she finished 8th in the Cherry Blossom 10 Mile in 53:10, and in 2018 was runner-up in the Great South Run 10 Mile in 55:16. Questions about her readiness for Cherry Blossom arose when she lagged behind Sarah Pagano by almost four minutes and Elaina Tabb by two minutes in the NYC Half Marathon on March 20.

Sarah Pagano (30) may have the most momentum coming into this year's Cherry Blossom. She kicked off the season with a 49:51 PB in the U.S. 15K Championships Gate River Run in March, good for 4th place, improving on her 50:36 in 2021, and beating both last year's Cherry Blossom winner Nell Rojas and last year's 5th-place Annie Frisbie. Pagano sizzled in 2021: runner-up in the Las Vegas Gold Half Marathon with a 1:09:41 PB—just 21 seconds behind Olympic marathon bronze medalist Molly Seidel and six seconds ahead of Emily Durgin, Pagano also placed 5th in the Philadelphia Distance Run Half Marathon, and 8th in the Chicago Marathon. In this year's NYC Half Marathon on March 20 she outdid rivals Elaina Tabb by 1:05, and Stephanie Twell by almost four minutes.

Asked about what's in her sights at Cherry Blossom, Pagano is mostly non-committal, but after her impressive 2021 and solid showing at Gate River a few weeks ago, she says “there's more I want to show on race day.”

Sarah Pagano might be looking over her shoulder in the closing miles of this year's Cherry Blossom Ten Mile at Carrie Verdon

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Sarah Pagano's 49:51 personal best in the 2022 Gate River Run improved on last year's performance by 45 seconds, showing she's ready to rock in the Cherry Blossom Ten Mile.

Photo: Kevin Morris/KeMeFoto

Race Information

Event Director's Greeting

Welcome back to the "Runners Rite of Spring" – actually in the spring time -- for the 49th running of the Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk. What a journey it has been getting here – two virtual runs and an out-of-season in-person edition last fall – but we made it!

It will be uplifting as our full-size field gathers on the Washington Monument Grounds for a celebration of the human spirit as the over-two-year pandemic wanes. However as we savor the beauty of spring in our Nation's Capital and our own freedom, I hope everyone will reflect for a moment on the carnage and suffering being inflicted on the citizens of Ukraine and send our hopes for their ultimate freedom.

It is perhaps fitting at a time when the international community is united together in opposition to the Russian attack on Ukraine that we are returning to our open international competition format after hosting the USATF Men's and Women's National Championships last fall. Running aficionados will get to see in person some of the world's outstanding athletes filling our streets with speed and grace. We encourage all of our participants to soak up their presence on one of the out-and-back sections of the course. May they inspire you to a personal best time.

I would, on behalf of myself, Deputy Director Becky Lambros, the Cherry Blossom Inc. Board of Directors, the 90 member organizing committee and our 1,700 volunteers, would like to welcome

everyone to the 49th running of the Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk.

Of course, we could not stage this event without the generous support of our sponsors, headlined by Credit Union Miracle Day, a collective of credit unions and business partners serving the credit union industry. Credit Union Miracle Day has served as the title sponsor since 2002.

We take great pride that the event serves another cause as well – helping sick children receive medical care through the Children's Miracle Network Hospitals. Since the Credit Unions became the title sponsor, the event has raised over \$10 million dollars for the Children's Miracle Network Hospitals. Our participants raised \$64,000 by taking advantage of an opportunity to make a donation at the time they registered. Thanks to all of you who responded.

We would be unable to conduct this event without the full cooperation of the National Park Service and the United States Park Police. We thank both organizations for the opportunity to stage the event on our Nation's front doorstep.

I want to call to everyone's attention that the 2023 event on April 2, 2023 will mark our 50th running and 50th anniversary (we did not count the 2020 Virtual Run as a physical running of the event) and we are planning to make it special. Stay tuned for details.

Sincerely,
Phil Stewart
Event Director

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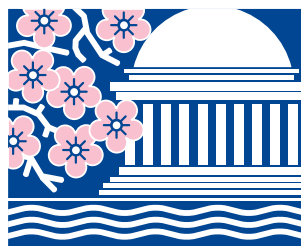
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Together our Voices are Strong

Thanks for Making a Difference with Us!

The Credit Union Cherry Blossom Ten Mile Run effectively showcases credit unions' core belief that doing good in and for our communities improves the financial well-being of the people we serve.

A very special THANK YOU to all the runners who generously donated over \$63,000 to Children's Miracle Network Hospitals when registering for the Run this year! Your contributions are helping us raise funds so that millions of kids across the U.S. can have access to advanced and affordable healthcare through CMN Hospitals.



**Over 5,000
runners
in this year's
race are
members of a
credit union.**

Since becoming the title sponsor in 2002,
credit union sponsorship of this race has raised

over \$10 Million
for Children's Miracle Network Hospitals



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Race Information

Key Race Information Leading up to the Race and on Race Day

Registrants are strongly encouraged to click ALL of the links below for important information about the weekend and race day, including important medical and logistical information. This information appears on the event website and on the App as well. *Of particular note are changes in the bag check system and the masking policy.*

1. **COVID-19 Restrictions:** [Click for more information](#)
2. **Bike Lanes:** Since last Fall's race, the National Park Service and Washington, DC Government have installed bike lanes on 15th St. and East Basin Dr. Navigating these lanes will require caution on everyone's part. [Click here for details](#)
3. **Bag Check.** We welcome UPS back as our official bag check provider. Ten milers should look for 21 UPS trucks lined up on the Lincoln Memorial side of the Washington Monument Grounds. 5K Run-Walk participants will find their trucks near the 5K Staging Area. Ten milers who *switch the 5K race on race day* and are running the 5K with a 10 mile bib number will need to check your bag with the 10 mile UPS trucks since the trucks will be organized by bib number. [Click for more Information](#)
4. **Staging area and course maps for all events.** The 10 Mile and 5K are back on the popular to Memorial Bridge courses. [Click for more Information](#)
5. Bib Look-up - In this document (above) or check the [Confirmation List](#).
6. Getting to the Expo at National Building Museum and Expo details. [Click for more Information](#)
7. Details about the Health and Fitness Expo and Packet Pick-up Presented by Wegmans-up. [Click for more Information](#)
8. Clinics. Our clinics will return with the 2023 event.
9. Registration for the Kids Run remains open. [Click here](#) for all Kids Run details..
10. Weekend Schedule and Information. [Click for more Information](#)
11. Getting to the race site. [Click for more Information](#)
12. Details about lining up for the start and our wave start. [Click for more Information](#)
13. Running the race. All about Porta-johns, fluids, your MyLaps Bib Tag, and other important race information. [Click for more Information](#)
14. Important Medical Information. [Click for more Information](#)
15. Running with a Credit Union Cherry Blossom Pace Group. [Click for more Information](#)
16. Leaving the race site. [Click for more Information](#)
17. Results: During and after the race via the text messages, social media, on the website and in our results book. [Click for more Information](#)
18. Tourist information. [Click for more Information](#)



Solving Running's Diversity Problem: An Institutional Approach

by Kim Van Acker

It's hard not to notice being one of a few, or sometimes the *only* person who looks like you at a race. It's happened to me on many occasions while toeing the line, even in the greater D.C. area (District of Columbia, the Maryland suburbs and northern Virginia) where the population is among the most diverse in the country. The long distance running community in the U.S. has become gradually more inclusive. But the reality is that while Americans of color have begun to thrive in the distance running world, the numbers are not proportionate. Greats of the past century like ultramarathon pioneer Ted Corbitt and marathoner Marilyn Bevens (2:49:56 in the 1979 Boston Marathon) shaped a Black distance-running tradition which is expanding into the 21st Century, but with painful slowness. One of the standard-bearers of that tradition is Samia Akbar, whose 2:34:14 in the 2006 New York City Marathon made her the fastest known U.S.-born Black marathoner. Still, as Akbar herself noted in a 2020 interview in *Fast Women* newsletter:

To this day, why is 2:34 the fastest marathon for a Black woman born in the U.S.? I feel like the time should be faster and we should have progressed by now. I do feel like it's only a matter of time [before that time comes down], but it bothers me. It's not just Black runners, there's not a lot of diversity across the board. The white women who occupy that space are awesome and deserving, but I definitely think it's something to note and keep talking about, thinking about, and questioning, because it has not changed, which is problematic and sad.

At the time, Akbar commented on the weight of cultural and economic barriers to Black runners of all levels of ability.

What's to be done? Jean Arthur has some ideas about that. An avid runner and lawyer by training, Jean has been part of the Credit Union Cherry Blossom Ten Mile Run organization for more than 20 years. She has served on the organizing committee and is a VP on the Cherry Blossom board. She has been instrumental in organizing one of the most critical aspects of a road race: the water stops.

While recognizing the plight of Black runners feeling isolated, Jean Arthur herself declares "Maybe I'm an anomaly, but I've never hesitated to sign up for a race. I don't want to be the only black person running, but if that happens, it is what it is."

Not everyone is comfortable with this notion. Not everyone is as strong-willed as Jean Arthur. Pushing our boundaries as individuals can go only so far when there are widespread cultural, economic, and institutional barriers to inclusion.

Starting with the cultural barrier, Jean Arthur points out that in the Black community in particular, running distances more than once around a school track does not easily fit into a milieu where the sports heroes are typically standouts in basketball or football. The

For young people in the inner city, the institutional barriers start with public schools that are strapped for cash. If team sports like basketball, football, and soccer eat up physical resources and teachers don't have a lot of time to devote to extras like coaching small groups in marginal sports, kids with distance running ability don't have a welcoming space in which to participate.

What's to be done to make progress in the personal, cultural, economic, and institutional aspects of running in a highly diverse community such as, for example, the District of Columbia?

One part of the answer with a far-reaching impact is to have a city-wide program such as *Teens Run DC*, where the purpose is to make running part of a larger project to, in the words of its program director Alee Wade-Bureau, "*empower youth to envision and work toward the achievement of personal goals through a distance running, mentoring, and social-emotional learning program.*"

Teens Run DC approaches running from the perspective of developing life skills in general, using running as a vehicle that can promote maturity, discipline, and social development while being absorbing and fun. The majority of its students are Black/African-American and Latinx. The organization receives significant support from the Credit Union Cherry Blossom organization in the form of registration codes for students and volunteers (removing a large financial burden) and free running apparel and shoes.

Teens Run DC: a combination of school-based and community-based programs

Let's hear *Teens Run DC's* Program Director Alee Wade-Bureau describe how the organization pursues its goals (italics added by the editor):

TRDC offers school-based programs and a community-based program, both of which are free to students. We also offer free registration for DC races (mostly 5Ks) for our students and volunteers. These races are fundamental in our program because our students have something for which to train and but mostly because they get to witness and become a part of the much larger running community in DC.

In our school-based programs, we offer two programs twice a week- our in-school lunch club and after-school run club. Our in-school lunch club is based on social-emotional learning competencies and teaches skills to students through activities, games, and discussions. Our after-school run club is a mix of social-emotional learning (SEL) and running- it is similar in structure to a gym class with a running and SEL focus.

Our community based program, TRDC Community Run Club, is hosted on Saturdays at a local park in DC. All students are welcome to join in the DMV area.

In both our programs, we work with our students to give them the skills and support they need to thrive. They become a part of our large community. *They understand how goals are easier to achieve when they have someone who cheers for them, motivates them, and helps them navigate obstacles and struggles.*

Running is a great skill for many reasons. For one, running gets easier with practice. When students run their first mile with TRDC, they may struggle or walk for large portions of it. Once they attend more run club sessions and put more time into running, they may begin to walk less as running becomes easier for them. *This can be said about many personal goals they may have.* Perhaps they'd like to improve their grade in math; to do so, they may start doing additional math assignments, begin focusing more on their current math assignments, or study more for their quizzes and exams.

Running does not require as much equipment as other sports. All they need is a place to run (a field, a gym, a park, or a sidewalk nearby), workout gear, and running shoes. TRDC provides gear and shoes to our students, thanks to donations from local and national organizations.

Running and fitness [combine to be] a lifelong skill. Our students can take what they've learned from TRDC as they grow older to stay healthy and active.

A lot of what we do is to (1) remove barriers to participation; and (2) create a welcoming community. We remove barriers to participation in running and racing by our free programs and our free race registration; *there are many costs involved with youth sports, and we remove that pressure completely from parents, guardians, and schools. We also remove barriers of participation by providing the necessary gear (shoes, apparel, etc) to our students as well as providing transportation to practices and races with our coaches, staff members, or teachers at the school sites.*

Our welcoming, fun, caring community and supportive coaches, staff, and volunteers encourage our students to join TRDC initially and continue participating. Students learn how easier it is to run a mile with a run buddy by their side, cheering them on. They make connections with volunteers who can provide guidance and support to them on their runs and in life.

Teens Run DC exemplifies the importance of institutions because it is an institution with a city-wide reach that enhances the personal, cultural, and economic dimensions of running. As Program Director Alee Wade-Bureau says: "We are more than just a running program; we have a holistic approach to growth and strive to give our students the skills they need to excel in and out of running!"

— Kim Van Acker is a Black educator and runner living in Northern Virginia



Photo: Fast Women Newsletter

Samia Akbar in the 2008 Olympic Trials. Akbar commented at length on the situation of the African-American runner in America in the pages of *Fast Women* Newsletter.

visible heroes in the track world are sprinters and hurdlers, not distance runners. Says Arthur, young Black kids "see their idols on the field and court, so running is not always a realistic goal. There is a myth that Black kids can't run long distances." They don't see elite African runners dominating the sport at 5000 meters on up—it's not on TV more than once or twice a year, and it's not down the street at the basketball court in the inner city where the fast-twitch kids are making the winning moves.

The economic barriers can be expressed simply as a matter of dollars and cents, starting with the most basic item: running shoes. According to "RUNNING SHOES GURU" online, the "best cheap running shoes" are found in the \$50-\$90 range: <https://www.runningshoesguru.com/guide/best-cheap-running-shoes/>. If you want shoes that are going to last through 50-mile weeks for a year or two, you will probably have to move up to \$100 or more. Entry fees for large road races start at \$50. That can be a non-starter for an inner city kid whose parents are often have to choose between paying for healthy foods or paying for the electric bill.



Photo: Clay Shaw

In 2021, Carrie Verdon (right) eased up a moment to cool off at the 6-mile water table, just as the front group she was running with surged. 1500-meter Olympian Jenny Simpson used her quickness to jump across the break, but Verdon was left to spend the next four miles running alone. She still managed to finish just 42 seconds behind winner Nell Rojas. Verdon vows not to let her attention lapse in 2022.

(28), last year's 7th place (and 5th American). Or vice-versa. Verdon finished 7th in 2021 with 52:51 after a four-mile stint of running alone following a surprise surge by the leaders at the 6-mile water stop. Even so, Verdon almost caught the lead group and finished only 38 seconds behind winner Nell Rojas. Verdon gapped Pagano by 1:20 in the 2021 Chicago Marathon, placing 7th in 2:31:51 to 8th-place Pagano in 2:33:11. Hardly to be outdone in half marathons, Verdon set her PB of 1:10:11 at the 2021 Valley O.NE Half Marathon in Valley, NE, on April 24. Verdon's versatility was again on display in the 2021 USATF National Club Cross Country Championships 6K, where in the last kilometer she closed fast on winner Natosha Rogers and lost by . . . 4.6 seconds in 19:46.6.

Verdon has been focusing on track work over the winter and says she is very fit and enthusiastic to take on, in her words, "this awesome field."

Two years younger than Verdon, Paige Stoner (26) has posted a faster marathon time than Verdon or Pagano: 2:28:43, which was good for 7th place in The Marathon Project in Chandler, AZ in December 2020. She ran 50:48 for 11th place in the 2021 U.S. Championships 15K in Gate River, 12 seconds behind Pagano. This year's 31:23 10,000m she ran on March 6 in The Ten in San Juan Capistrano, CA attests to her fitness. Possessing a versatility similar to Carrie Verdon's, she excelled at the 3000m steeplechase on three occasions in 2018 and 2020—taking third place in the 2018 NCAA Division I Championships in 9:46.98.

If sheer speed counts in the closing minutes of a 10 mile, two-time Olympian Kim Conley's talent could launch her to a win on April 3rd. Conley comes into this year's Cherry Blossom as the oldest of the top contenders at age 36 with a decade-plus-long resume of blazing performances on the track. She may no longer be able to equal the sub-4:30 indoor mile times that won at

both the 2014 and 2016 Millrose Games. But in 2021 she burned through 10,000 meters in 31:41 in The Ten meet, 5000m in 15:18 for 8th in the Sound Running Invite, and 15:53 for 8th in the USA 5K Championships Abbott Dash to the Finish Line. Lest Conley be considered a middle distance specialist, it should be noted that she won the 2015 Aramco Houston Half Marathon in 1:09:44, putting a minute between herself and Sara Hall.

Candidates for the front women's group just kept on coming in 2022. Elaina Tabb's 2:30:33 debut in the 2021 Boston Marathon, good for 12th place, topped Susanna Sullivan by almost three minutes and Paige Stoner by five. In 2020, Tabb scored third in the 2020 Michigan Pro Half Marathon in 1:11:02, and she recorded her 1:10:44 best at the half marathon in the 2019 Aramco Houston Half Marathon. A year later she notched 1:11:04 at Houston, making her about as consistent in the half marathon as Kimining is among the men. At 10 miles, she racked up a 5th place in the 2018 Medtronic Twin Cities U.S. 10 Mile Championships in 54:44.

Susanna Sullivan (31) has run the Cherry Blossom 10 Mile more times than the rest of the 2022 contenders put together, and four of them were in the top eight among Americans. Beginning in 2014, Sullivan placed 8th (4th U.S.) in 2014, 11th (5th U.S.) in 2015, 10th (3rd U.S.) in 2017, and 12th (8th U.S.) in 2021. Her fastest time was 54:31 in 2014, and her second-fastest 54:37 in 2021. Her PB at 10 miles was achieved in another Washington race, using parts of the Cherry Blossom course, in the November 2020 Up Dawg Ten Miler, a pandemic-dodging micro-event where Sullivan placed 4th in 54:22. In 2021, Sullivan ran her half marathon PB of 1:10:50 at the Trials of Miles Project 13.1 in Cottage, NY, and 1:11:58 in the Mortgage Network U.S. Half Marathon Championships in Hardeeville, SC. Both times are consistent with the 54-55-minute range that has been her standard for 10 miles since 2014, fast enough to pull in some U.S. prize money this year. Sullivan's marathon PB is 2:33:27 set in the 2020 The Marathon Project in Chandler, AZ. Also in 2021, Sullivan ran 33:02 for 8th place in Atlanta's Peachtree Road Race, and placed 9th in the Falmouth Road Race 7 Mile in 38:28.

Taylor Tuttle's 51:26 for 15K (10th place) at the 2022 Gate River Run 15K indicates that the 25-year-old is far from the sub-54-minutes for 10 mile range required to hang with the female leaders in this year's Cherry Blossom. But then, a 10 mile race is far from Tuttle's comfort zone at all: 1500m and the mile have been her strength beginning at the University of Colorado, with a foray into 5000m yielding a lackluster 16:30 in 2016. Then came 10th place at the U.S. 15K Championships at Gate River, and Tuttle is now established on the road racing scene with a shot at top 10 among the U.S. women in Cherry Blossom 10 Mile and at least \$200 in U.S. prize money.

Julia Griffey (29) is another marathon standout who could go with the American

frontrunners on April 3rd. Her best time is 2:29:58 achieved in the 2020 The Marathon Project, but her best placement was first in the 2019 Medtronic Twin Cities Marathon in 2:31:29. She was 10th in the 2020 U.S. Olympic Team Trials, running 2:30:43. The Aramco Houston Half Marathon is a January favorite of Griffey's: 21st place in 2019 in 1:13:47, 28th place in 1:11:04 in 2020, and 16th place in 1:12:16 in 2022. Her fitness level this spring is a question mark: 52:59 for 15K at Gate River on March 5 and 1:12:16 in the Aramco Half suggest she is not near her peak.

Lexi Zeis returns to Cherry Blossom, having placed 13th (5th U.S.) in 2019 in a time of 54:45. She set a half marathon PR of 1:11:31 at the 2020 Aramco Houston Half Marathon, and later in 2020 ran her marathon best 2:32:40 in The Marathon Project in Chandler, AZ.

Katja Goldring (31) ran two marathon PBs in 2021: 2:31:30 for 2nd place in Grandma's Marathon in June, and 2:30:14 in the California International Marathon in December, placing 4th. Goldring also placed 9th in the 2016 U.S. Olympic Trials Marathon in 2:35:21, and 20th in the 2020 The Marathon Project (2:33:29).

Molly Bookmyer joins the race with credentials of a 1:11:58 PB in the 2021 Trials of Miles Project 13.1 half marathon and

2:33:19 best in the 2022 Houston Marathon. Bookmyer was 6th in the 2021 Valley O.NE Half Marathon in a time of 1:12:39.

Bridget Belyeu (33) rounds out the elite field in 2022, having placed 4th in the 2019 Medtronic 10 Mile in 53:47, and she turned in a half marathon time of 1:12:27, good for third place in the 2020 Rock 'n' Roll Arizona. Belyeu also scored a 19th place in 2:34:25 at the 2019 Boston Marathon.

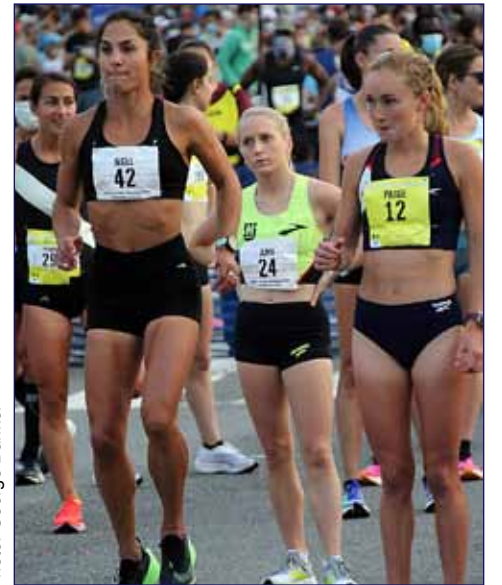
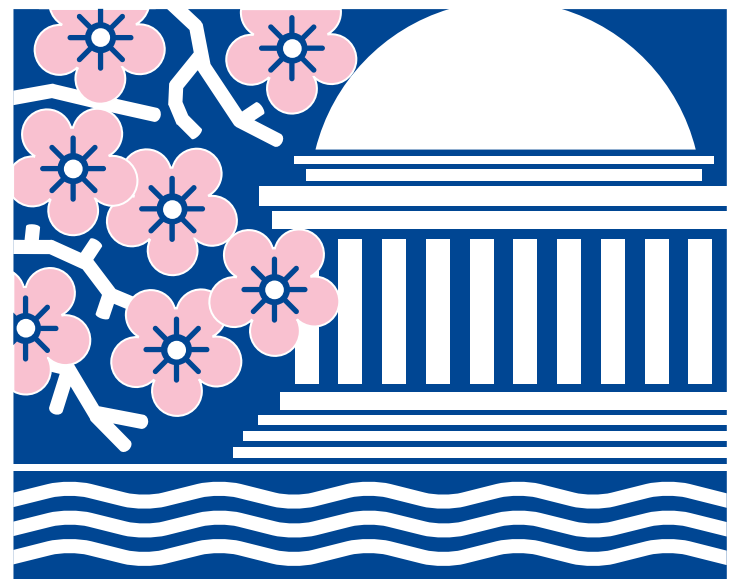


Photo: George Banker

At the 2021 start, Paige Stoner (#12) contemplates eventual winner Nell Rojas revving up.

CREDIT UNION



CHERRY BLOSSOM

T E N M I L E R U N

Elite Men Bios

2022 Credit Union Cherry Blossom Ten Mile - Elite Men (3/27/22)

#03

Kimining, Shadrack (26)

DOB: 2/19/96

Residence:

Citizen of: KEN

Lifetime PRs: - / - / 59:27/hmar

Career: 3rd, '21 Antrim Coast Half Marathon (1:00:32); 3rd, '20th Aramco Half-Marathon (59:27 PB); 8th, '20 AirTel Delhi Half-Marathon (59:51); 2nd, '19 Cardiff University Cardiff Half Marathon (59:32 PB); 5th, '19 Medio Maratón Valencia Trinidad Alfonso EDP Half Marathon (59:40); 3rd, '18 Yangzhou Jianzhen International Half Marathon (1:01:35); 5th, '17 Mattoni Karlovy Vary Half Marathon (1:01:37); 1st, '16 Cardiff University Cardiff Half Marathon (1:00:53).

2022 Times: 5th, '22 Aramco Half Marathon (1:00:53); 3rd, '22 Medio Maratón Internacional Electrolit Guadalajara Half-Marathon (1:01:33).

#05

Kimetei, Wilfred (37)

DOB: 3/11/85

Residence:

Citizen of: KEN

Lifetime PRs: 28:02/ - / 59:40/hmar

Career: 2nd, '19 Ottawa 10k Canadian Championships (28:16); 6th, '18 RAK Half Marathon (59:40 PB); 1st, '17 Mattoni Karlovy Vary Half Marathon (1:00:54 PB/CR); 4th, '17 Mattoni Ustif Half Marathon (1:00:12 PB); 1st, '16 First Lady's Half-Marathon (1:00:38); 1st, '16 Parelloop 10k (28:02).

2022 Times: 3rd, '22 Aramco Half Marathon (1:00:44).

#07

Kosimbei, Nicholas (25)

DOB: 10/1/96

Residence:

Citizen of: KEN

Lifetime PRs: 27:52/ - / 1:00:21/hmar

Career: 4th, '18 Meia-Maratona Internacional de Lisboa EDP Half Marathon (1:00:21); 1st, '18 Gifu Seiryu Half Marathon (1:01:12); 7th, '16 Prefontaine Classic 10,000m (27:03 PB).

#09

Sambu, Stephen (33)

DOB: 7/7/88

Residence:

Citizen of: KEN

Lifetime PRs: 27:25/ - / 1:00:41/hmar

Career: 6th, '19 Lilac Bloomsday Run 12k (35:23); 3rd, '19 B.A.A. 10k (28:11); 7th, '19 AJC Peachtree 10k (28:38); 4th, '19 Boilermaker 15k (44:13); 4th, '19 Quad-City Bix 7 Mile (33:05); 2nd, '19 New Balance Falmouth Road Race 7 Mile (32:29); 7th, '19 TCS New York City Marathon (2:11:11); 7th, Aramco Half Marathon (1:00:41 PB); 6th, '18 UAE Healthy Kidney 10k (29:08); 3rd, '18 B.A.A. 10k (28:36); 2nd, '18 TD Beach to Beacon 10k (28:27); 4th, '18 New Balance Falmouth Road Race 7 Mile (28:51); 2nd, '18 EQT Pittsburgh 10 Miler (46:56); 3rd, '17 World's Best 10k (28:34); 1st, '17 Bank of America Shamrock Shuffle 8k (22:47); 3rd, '17 UAE Healthy Kidney 10k (28:31); 2nd, '17 B.A.A. 5k (13:22); 4th, '17 TD Beach to Beacon 10k (28:16); 1st, '17 New Balance Falmouth 7 Mile Road Race (32:14); 5th, '17 Bank of America Chicago Marathon (2:11:07 PB).

Past Credit Union Cherry Blossom Top 10 Finishes: 5th, '19 (9.96 miles corrected time for 10 miles) (46:55/47:06).

#11

Estrada, Diego (32)

DOB: 12/19/89

Residence: Flagstaff, AZ

Citizen of: USA

Lifetime PRs: - / 2:11:54/ 1:00:51/hmar

Career: 4th, '19 Payton Jordan Invitational 10,000m (27:58); 8th, '19 USATF Distance Classic 5000m (13:38); 10th, '19 Faxon Law New Haven Road Race 20k (USA Championships) (1:01:29); 19th Chicago Marathon (2:11:54 PB); 2nd, '17 Bank of America Shamrock Shuffle 8k (23:06); 9th, '17 Bolder BOULDER 10k (29:59); 6th, '17 Wharf to Wharf 6 Mile (27:48); 16th, '17 Bank of America Chicago Marathon (2:15:19); 5th, '16 B.A.A. 5k (13:54); 3rd, '16 Bolder BOULDER 10k (29:41); 6th, '16 Laxon Law New Haven Road Race (USA Men's and Women's 20k Championships) (59:44); 1st, '15 USA Half Marathon Championships (1:00:51 DB); 6th, '15 Carlsbad 5000 (13:56); 1st, '15 Mt. SAC Relays 5000m (13:31.64); 9th, '15 Prefontaine Classic 10,000m (27:31 PB); 15th, '15 USA Outdoor Championships Men's 5000m (14:07.51); 8th, '15 USA Outdoor Championships Men's 10,000m (28:36.06); 10th, '15 CVS Health Downtown 5k (U.S. 5-K Championships for Men and Women) (14:22); 7th, '15 US National Road Racing Championships (34:46).

2022 Times: 17th, Gate River Run 15k (45:08 PB).

#17

Zienasellassie, Futsum (29)

DOB: 12/16/92

Residence: Indianapolis, IN

Citizen of: USA

Lifetime PRs: - / - / 47:01/10 miles

Career: 1st, '21 Great Cow Harbor 10k (29:53); 5th, '21 Blue Cross Broad Street Run 10 Mile (47:01); 2nd, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:14:28 DB); 5th, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:01:21 PB); 14th, '20th Aramco Half-Marathon (1:01:44 PB); 5th, '19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:03:55); 1st, '19 Great Cow Harbor 10k (29:36); 1st, '19 Monterey Bay Half Marathon (1:02:33 PB/CR); 11th, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships) (1:03:04); 8th, '18 Medtronic Twin Cities USA 10 Mile Championships (47:28); 5th, '17 Cow Harbor 10k (29:54); 2nd, '17 Monterey Bay Half Marathon (1:04:02 DB).

2022 Times: 6th, Gate River Run 15k (43:29 PB).

Past Credit Union Cherry Blossom Top 10 Finishes: 6th (2nd US), '19 Credit Union Cherry Blossom 10 Mile (9.96 miles corrected time for 10 miles) (46:57/47:08).

#19

Wanjiku, Charles (21)

DOB: 5/16/00

Residence:

Citizen of: KEN

Lifetime PRs: 29:45/ - / 1:01:23/hmar

#21

Buchanan, Reid (29)

DOB: 2/3/93

Residence: San Diego, CA

Citizen of: USA

Team: On/Mammoth TC

Lifetime PRs: - / 2:11:38/ 1:01:45/hmar

Career: 4th, '21 USATF Golden Games and Distance Open at Mt. SAC 5000m (13:32); 9th, '21 USA Olympic Trials 10,000m (28:04); 7th, '21 Faxon New Haven Road Race 20k Championships (1:00:24); 16th, '20 Houston Half (1:01:45); 13th, '20 The Marathon Project (2:11:38 DB); 3rd, '19 Carlsbad 5000 (13:56); 5th, '19 Payton Jordan Invitational 10,000m (27:59 PB); 8th, '19 Bolder BOULDER 10k (29:46); 4th, '18 Crescent City Classic 10k (28:57 PB); 12th, Lilac Bloomsday Run 12k (35:35); 7th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (29:08); 12th, '17 Lilac Bloomsday Run 12k (36:03); 5th, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships) (33:29).

#23

Austin, Brogan (30)

DOB: 10/5/91

Residence: West Des Moines, IA

Citizen of: USA

Team: New Balance

Lifetime PRs: - / 2:12:38/ 1:01:52/hmar

Career: 7th, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:15:37 DB); 1st, '19 Road to Gold 8 Mile (38:07); 6th, '19 United Airlines NYC Half (1:02:41); 4th, '19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:03:39); 2nd, '18 Dam to Dam 20k (1:03:07); 1st, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:12:38 PB); 8th, '16 EQT Pittsburgh 10 Miler (49:03 PB).

2022 Times: 52nd, Gate River Run 15k (49:50).

#29

Reichow, Joel (28)

DOB: 7/24/93

Residence: St. Paul, MN

Citizen of: USA

Team: Minnesota Distance Elite

Lifetime PRs: - / 2:15:45/ 1:02:38/hmar

Career: 13th, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:03:38).

2022 Times: 26th, Gate River Run 15k (45:51).

Past Credit Union Cherry Blossom Top 10 Finishes: 8th, '21 (47:36).

#31

Lalang, Lawi (30)

DOB: 6/15/91

Residence: Colorado Springs, CO

Citizen of: USA

Lifetime PRs: - / - / 1:02:49/hmar

Career: 6th, '21 USATF Golden Games and Distance Open at Mt. SAC 5000m (14:05); 6th, '21 Blue Cross Broad Street Run 10 Mile (47:11); 6th, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:15:37 DB); 10th, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:02:49 PB); 6th, '19 Payton Jordan Invitational 10,000m (28:04); 1st, '19 USATF Distance Classic 5000m (13:26); 1st, '19 Army Ten-Miler (48:38); 8th, '16 Carlsbad 5000 (13:58); 6th, '16 Quad-City Times Bix 7 (33:38); 6th, '16 Applied Materials Silicon Valley Turkey Trot/Elite 5k (13:44); 1st, '15 Carlsbad 5000 (13:32); 7th, '15 Prefontaine Classic 5000m (13:17).

2022 Times: 1st, '22 All-America City 10k (29:16).

Elite Women Bios

2022 Credit Union Cherry Blossom - Elite Women (3/27/22)

#06

Twell, Stephanie (32)

DOB: 8/17/89

Residence:

Citizen of: GBR

Lifetime PRs: - / - / 31:08:13/10,000mPRs in last three years: - / - / -

Career: 7th, '21 USATF Golden Games and Distance Open at Mt. SAC 5000m (15:37); 8th, '20th Aramco Half-Marathon (1:08:55 PB); 2nd, 19 Vitality Big Half (1:11:33 PB); 4th, '19 Simplyhealth Great Manchester Run 10k (32:41); 1st, '19 Vitality London 10,000m British 10k Championships (31:55 PB); 1st, '19 Night of the 10,000 PB's/European Cup 10,000m (31:09 PB); 8th, '19 Mainova Frankfurt Marathon (2:26:40 PB); 2nd, '18 Simplyhealth Great South Run 10 Miles (55:16); 7th, '18 Maratón Valencia Trinidad Alfonso edp (2:30:14 DB).

Past Credit Union Cherry Blossom Top 10 Finishes: 8th, '19 Credit Union Cherry Blossom 10 Mile (9.96 miles corrected time for 10 miles) (52:58/53:10).

#10

Pagano, Sarah (30)

DOB: 7/21/91

Residence: Brighton, MA

Citizen of: USA

Team: Adidas

Lifetime PRs: - / - / 1:09:41/hmarPRs in last three years: - / - / -

Career: 2nd, '21 Las Vegas Gold Half-Marathon (1:09:41 PB); 9th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (50:36 PB); 5th, '21 Philadelphia Distance Run Half-Marathon (1:12:35); 8th, '21 Bank of America Chicago Marathon (2:33:11 DB); 9th, '19 Payton Jordan Invitational 10,000m (31:52 PB); 5th, '18 Crescent City Classic 10k (33:06); 1st, '15 Freihofer's Run for Women 5k (15:48); 5th, '18 USATF Outdoor Track & Field Championships 10,000m (32:14); 8th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (33:31); 6th, '18 Manchester Road Race 4.748 mile (25:09); 1st, '17 NYRR Midnight Run 4 Mile (21:06 PB); 5th, '17 USA Cross Country Championships and World Cross Selection Trials 10k (35:44); 6th, '17 B.A.A. 5k (15:46 PB); 2nd, '17 Atlanta Journal Constitution Peachtree Road Race 10k (USA 10k Championships)(33:01); 3rd, '17 Monterey Bay Half Marathon (1:13:19); 4th, '17 Applied Materials Silicon Valley Turkey Trot/Elite 5k (16:04); 9th, '16 B.A.A. 5k (16:05); 4th, '16 CVS Health Downtown 5k (U.S. 5k Championships) (15:55); 1st, '16 Half-Marathon on Monterey Bay (1:13:05); 2nd, '16 Manchester Road Race 4.748 Mile (24:19).

2022: 4th, Gate River Run 15k (49:51 PB).

#14

Conley, Kim (36)

DOB: 3/14/86

Residence: West Sacramento, CA

Citizen of: USA

Team: New Balance Norcal

Lifetime PRs: - / - / 31:35:88/10,000mPRs in last three years: - / - / -

Career: 6th, '21 The Ten (31:41); 8th, '21 Sound Running Invite 5000m (15:18); 8th, '21 Abbott Dash to the Finish Line 5k (USATF 5k Championships)(15:53); 7th, '20 Gate River Run 15k (50:34 PB); 4th, '19 B.A.A. 5k (15:36); 2nd, '19 Applied Materials Silicon Valley Turkey Trot/Elite 5k (15:44); 9th, '18 New Balance Falmouth Road Race 7 Mile (33:58); 4th, '18 Abbott Dash to the Finish Line 5k (USA 5k Championships for Men and Women (16:01); 10th, '17 Gate River Run 15k (USATF Championships) (51:30); 1st, '17 Bank of America Shamrock Shuffle 8k (25:43); 12th, '17 Prefontaine Classic 5000m (15:15); 13th, '16 Prefontaine Classic 5000m (15:11); 3rd, '16 USA Olympic Trials 5000m (15:10.62).

#16

Verdon, Carrie (28)

DOB: 3/8/94

Residence:

Citizen of: USA

Team: Tracksmith

Lifetime PRs: - / 2:31:51/ 1:10:11/hmarPRs in last three years: - / - / -

Career: 2nd, '21 Valley O.NE Half Marathon (1:10:11 PB); 7th, '21 Bank of America Chicago Marathon (2:31:51 DB); 8th, '20 Michigan Pro Half-Marathon (1:13:11 PB).

Past Credit Union Cherry Blossom Top 10 Finishes: 7th (5th US), '21 Credit Union Cherry Blossom 10-Mile (USATF 10 mile Championships) (52:51).

#18

Stoner, Paige (26)

DOB: 1/31/96

Residence: Charlottesville, VA

Citizen of: USA

Team: Reebok Boston TC

Lifetime PRs: - / 2:28:43/ 31:22:55/10000mPRs in last three years: - / - / -

Career: 11th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (50:48); 8th, '15 Gate River Run 15k (50:36 PB); 4th, '20 Michigan Pro Half-Marathon (1:11:53); 7th, '20 The Marathon Project (2:28:43 DB); 7th, '19 Abbott Dash to the Finish Line 5k (USA 5k Championships) (15:55); 8th, '19 Manchester Road Race 4.748 (25:11).

#20

Tabb, Elaina (30)

DOB: 12/17/91

Residence: Brighton, MA

Citizen of: USA

Team: BAA

Lifetime PRs: - / - / 1:10:44/hmarPRs in last three years: - / - / -

Career: 12th, '21 Boston Marathon (2:30:33 DB); 3rd, '20 Michigan Pro Half-Marathon (1:11:02); 5th, '19 B.A.A. 5k (15:38 PB); 11th, '19 Payton Jordan Invitational 10,000m (31:56 PB); 1st, '19 Freihofer's Run for Women 5k (16:04); 4th, '19 EQT Pittsburgh 10 Miler (55:30); 10th, '18 New Balance Falmouth Road Race 7 Mile (34:06); 5th, '18 Medtronic Twin Cities USA 10 Mile Championships (54:44); 5th, '18 Manchester Road Race 4.748 mile (25:08); 6th, '17 USA Cross Country Championships and World Cross Selection Trials 10k (36:19); 11th, '17 Gate River Run 15k (USATF Championships) (51:49); 8th, '17 B.A.A. 5k (15:59 PB); 3rd, '17 Tufts Health Plan 10k for Women (34:03); 15th, '16 Utica Boilermaker 15k (53:16 PB); 10th, '16 TD Beach to Beacon 10k (33:50); 8th, '16 New Balance Falmouth Road Race 7 Mile (38:45);.

#22

Sullivan, Susanna (31)

DOB: 5/13/90

Residence: Reston, VA

Citizen of: USA

Lifetime PRs: 33:02/ 2:33:27/ 1:10:50/hmarPRs in last three years: - / - / -

Career: 1st, '21 Project 13.1 (1:10:50 PB); 8th, '21 AJC Peachtree Road Race 10-K (33:02); 9th, '21 Asics Falmouth Road Race 7 Mile (38:28); 9th, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:11:58); 4th, '20 Up Dawg Ten-Miler (54:22 PB); 19th, '20 The Marathon Project (2:33:27 PB); 9th, '17 Atlanta Journal Constitution Peachtree Road Race 10k (USA 10k Championships)(34:04); 2nd, '15 Ukrop's Monument Avenue 10k (33:56); 2nd, '14 Ukrop's Monument Avenue 10K (33:42).

Past Credit Union Cherry Blossom Top 10 Finishes: 12th (8th US), '21 CUCB 10-Mile (USATF 10 mile Championships) (54:37); 10th (3rd US), '17 (56:12); 5th US, '15 (55:06); 8th (4th US), '14 (54:31).

#24

Tuttle, Tayler

Residence: Boulder, CO

Citizen of: USA

Lifetime PRs: - / - / 51:26/15kPRs in last three years: - / - / -

2022: 10th, '22 Gate River Run 15-K (51:26 PB).

#26

Griffey, Julia (29)

DOB: 7/29/92

Residence:

Citizen of: USA

Lifetime PRs: - / 2:29:58/ 1:11:04/hmarPRs in last three years: - / - / -

2022: 15th, Gate River Run 15k (52:59).

#28

Zeis, Lexi

Residence:

Citizen of: USA

Team: Roots Running Project

Lifetime PRs: - / 2:32:40/ 1:11:31PRs in last three years: - / - / -

Career: 12th, '20 Michigan Pro Half-Marathon (1:14:19); 16th, '20 The Marathon Project (2:32:40 DB); 15th, '19 Gate River Run 15k (53:50); 14th, '19 Lilac Bloomsday Run 12k (42:57); 6th, '19 Amway River Bank Run 25k ((U.S. 25k Open Championships)(1:28:37 PB); 3rd, '19 Garry Bjorklund Half-Marathon (1:12:43 PB); 5th, '19 EQT Pittsburgh 10 Miler (56:54); 7th, '18 EQT Pittsburgh 10 Miler (56:05).

Past Credit Union Cherry Blossom Top 10 Finishes: 13th (5th US), '19 Credit Union Cherry Blossom 10 Mile (9.96 miles corrected time for 10 miles) (54:32/54:45).

#30

Bookmyer, Molly

Residence: Columbus, OH

Citizen of: USA

Lifetime PRs: - / 2:33:19/ 1:11:58/hmarPRs in last three years: - / - / -

Career: 2nd, '21 Project 13.1 (1:11:58 PB); 3rd, '19 Amway River Bank Run 25k ((U.S. 25k Open Championships)(1:27:28 PB); 19th, '19 AJC Peachtree 10k (34:16).

#32

Goldring, Katja (31)

DOB: 8/11/90

Residence: Flagstaff, AZ

Citizen of: USA

Lifetime PRs: - / - / - PRs in last three years: - / - / -

Career: 2nd, '21 Grandma's Marathon (2:31:30 PB); 4th, '21 California International Marathon (2:30:14 PB); 20th, '20 The Marathon Project (2:33:29 PB); 9th, '16 Women's USA Olympic Trials Marathon (2:35:21 PB); 8th, Peachtree Road Race 10k (34:06).

#34

Belyeu, Bridget (33)

DOB: 1/1/88

Residence: Newman, GA

Citizen of: USA

Lifetime PRs: - / - / - PRs in last three years: - / - / -

Career: 15th, '21 AJC Peachtree Road Race 10-K (35:18); 4th, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (53:47).