

# Credit Union **Cherry Blossom**

## Official 2024 Media Guide



Hillary Bor enjoys two triumphs: winner of American 10 Mile Championships, and new holder of men's American 10 Mile Record 46:11. He earned \$59,000 (including bonus) in prize money.

### Contents

[Welcome Letters](#)  
[Event Timetable](#)  
[Race Day Media Information](#)  
[Ten Mile Run Background](#)  
[5K Walk Background](#)  
[Kids Run](#)  
[Course Maps](#)  
[Event Sponsors](#)  
[Honorary Race Chairs](#)  
[PRRO Circuit Information](#)  
[Prize Money Structure](#)  
[Prize Money History](#)  
[Bonus Payment History](#)

[Elite Men Athlete Bios](#)  
[Elite Women Athlete Bios](#)  
[Open and Age Group Records](#)  
[All-Time Champions](#)  
[Past Winners' Notable Accomplishments](#)  
[Returning Age Group Champions](#)  
[Capitol Hill Competition](#)  
[Past USATF 10 Mile Championships](#)  
[Environmental & Social Sustainability](#)  
[Social Media Race Ambassadors](#)  
[Charity Donations](#)  
[Donations to Children's Miracle Hospitals](#)  
[2023 Elite Athlete Results](#)

[2023 Age Group Results](#)  
[2023 Team Results](#)  
[Interesting 2023 Race Statistics](#)  
[Interesting Runner Data](#)  
[Evolution of the 10 Mile Course](#)  
[Event Participant Statistics](#)  
[Race Director History](#)  
[Title Sponsor History](#)  
[The Runner's Rite of Spring®](#)  
[Les Kinion & Hall of Fame Awards](#)  
[Road Runners Club of America](#)  
[Press Releases for Current Year's Race](#)

# Welcome Letters



We are thrilled to be in our 22nd year as title sponsors of the Credit Union Cherry Blossom 10 Mile & 5K! This is an amazing running event and credit unions nationwide have enthusiastically united to be a part of it.

The impact of our long-standing partnership is remarkable. Since becoming the title sponsors in 2002, we have donated over **\$11 million to Children's Miracle Network Hospitals**, locally and across the country, which treat 10 million children annually. This amount includes generous donations from runners and credit union members, employees, volunteers and business partners.

While our philanthropic achievements are notable, what's really impressive is that credit unions help consumers reach their financial dreams faster. They have the scale, services and cutting edge products needed for consumers and their families to succeed. By returning earnings back to their customers through higher rates on savings accounts and lower rates on loans, credit unions not only save their members an average of \$184 a year, they are also the best financial partners for life.

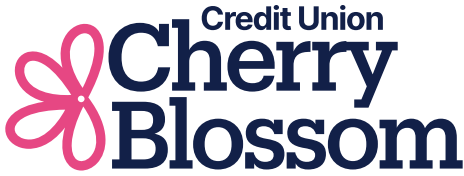
Credit Unions are proud to be part of this event's family. It's obvious when you see the hundreds of credit union employees who volunteer on race weekend at packet pickup, water stops, corrals, and other stations and to the more than 9,000 credit union members running this year's race.

Thank you for supporting our efforts to make a difference in the lives of children and their families. Now it's time to enjoy the Race!

A handwritten signature in blue ink that reads "John Bratsakis". The signature is fluid and cursive, with a long horizontal stroke at the end.

John Bratsakis  
Chair of Credit Union Miracle Day  
President/CEO of MD|DC Credit Union Association

# Welcome Letters



What does an event do on the rebound year after its 50<sup>th</sup> anniversary? We knew 2023 would be a tough act to follow and we were scrambling a bit until Stumpy saved us. We first learned about Stumpy last fall when local artist Jessica Pascual submitted designs in our annual t-shirt contest featuring Stumpy. I had never heard of Stumpy at the time, but I knew instantly that Stumpy needed to become our 2024 (and beyond) mascot. What I

didn't know – and didn't learn until after we had printed 25,000 t-shirts and ordered 15,000 medals – was that Stumpy's days were numbered, ironically, because of a seawall restoration project that the National Park Service was undertaking to ensure the continued beauty of the trees around the Tidal Basin for another few generations. Yes, it is sad that Stumpy is going to have to be removed for the project, but we felt we could make our emphasis a Celebration of Stumpy's Life and that's what it has become. There is a little of Stumpy in all of us – trying to reach higher, dealing with our limitations and being resilient.

We pleased to be hosting – for the second year in a row – the USATF Men's and Women's 10 Mile Championships. It will be exciting to see so many top Americans mixing it up with our traditional international field. I would not be surprised to see Americans as the overall winners this year.

We take great pride that the event serves a most worthy cause as well — helping children receive World Class medical care through the Children's Miracle Network Hospitals. Since the Credit Unions became the title sponsor, the event has raised over \$11 million dollars for the Children's Miracle Network Hospitals. We will be announcing our 2024 fundraising total at the start of each race on Saturday and Sunday morning. Stay tuned for some impressive numbers and thank you to the runners and credit unions who made this possible.

I would, on behalf of myself, Deputy Director Becky Lambros, the Cherry Blossom Inc. Board of Directors, the 90 member organizing committee and our 2,000 volunteers like to welcome everyone to the 51<sup>st</sup> running of the Credit Union Cherry Blossom 10 Mile and 5K for our Year of Stumpy.

We are deeply indebted to 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 which has served as the title sponsor since 2002.

We would be unable to conduct these events without the full cooperation of the National Park Service, the United States Park Police and the District of Columbia Government, especially the Mayor's Special Events Task Group.

Sincerely,  
Phil Stewart  
Event Director

# Event Timetable

**March 20 — April 14, 2024**

Anytime, everywhere: Credit Union Cherry Blossom Virtual Run. Registration closes April 9, see [CherryBlossom.org](http://CherryBlossom.org) for details.

**Friday, April 5  
National Building Museum**

**2:00 P.M. — 8:00 P.M.**  
Health and Fitness Expo Presented by Wegmans  
(Packet pickup for 10 Mile, 5K and Kids' Run closes at 7:45 P.M.)

**Saturday, April 6  
Freedom Plaza**

**7:00 A.M. — 8:45 A.M.**  
5K race bib and t-shirt pickup

**9:00 A.M. — 9:15 A.M.**  
Opening Ceremonies for Credit Union Cherry Blossom 5K presented by Asics

**9:30 A.M. — 10:45 A.M.**  
Kids Run presented by Warner Brothers Discovery Packet Pickup

**9:15 A.M. — 10:30 A.M.**  
Red, White and Blue Waves start at 9:15, 9:19 and 9:25 respectively  
Starting line closes at 9:40  
5K course closes at 10:30

**11:00 A.M. — 1:00 P.M.**  
Kids Run presented by Warner Brothers Discovery

**10:15 A.M.**  
5K Awards Ceremony

**Saturday, April 1  
National Building Museum**

**9:00 A.M. — 5:00 P.M.**  
Health and Fitness Expo Presented by Wegmans  
(Packet pickup for 10 Mile closes at 4:45 P.M.)

**11:00 A.M. — 3:30 P.M.**  
Speakers Program in National Building Museum Auditorium

**Sunday, April 7  
Washington Monument Grounds**

**6:00 A.M.**  
Bike Valet opens

**6:15 A.M.**  
Bag Check opens

**7:00 A.M.**  
Deadline for check in at media tent for anyone seeking press truck access — first come, first served

**7:13 A.M.**  
Presentation of the colors by the Navy Ceremonial Guard and singing of the National Anthem by Washington Choral Arts Society

**7:18 A.M.**  
Advance start for elite and seeded women

**7:20 A.M.**  
Credit Union Miracle Day check presentation at start line

**7:28 A.M.**  
Wheelchair and Duo Racer start

**7:30 A.M.**  
10 Mile start for elite international and U.S. men as well as the first of five mass start waves, four more of which will depart every 3-4 minutes thereafter

**7:55 A.M.**  
Final wave of 10 Mile starts

**8:00 A.M.**  
Starting line closed; no late starters allowed

**8:09 A.M.**  
Expected arrival time of female winner

**8:15 A.M.**  
Expected arrival time of male winner

**9:10 A.M.**  
10 Mile course closes at 5-mile mark for entrants moving slower than 14-minutes-per-mile pace

**10:00 A.M.**  
Random Awards begin at stage

**10:15 A.M.**  
Formal awards ceremony begins (age group and team awards are not given out on race day)

**10:18 A.M.**  
10 Mile course closes — all runners must exit the 10 mile course — access to finish line will be sealed at 15<sup>th</sup> and Independence Ave., S.W.

**10:20 A.M.**  
10 Mile finish line closes

**8:00 P.M.**  
Results posted at [www.CherryBlossom.org](http://www.CherryBlossom.org)

**Sunday, April 7**  
Online registration closes for Credit Union Cherry Blossom Virtual Run, results will be accepted through April 14.

# Race Day Media Information

**K**rysten Loflin is the media coordinator for the 2024 Credit Union Cherry Blossom 10 Mile, 5K and Kids Run. Please contact Kristen at [kloflin@CherryBlossom.org](mailto:kloflin@CherryBlossom.org) or (229) 886-9360 to request media credentials for the 5K Run or Kids Run, to be held on Saturday, April 6, and/or the 10 Mile on Sunday, April 7. There will not be a press truck preceding the Kids Run or the 5K. There will be separate trucks leading the men's and women's 10-mile races. Space on these trucks is extremely limited, so contact Kristen to ensure seating. TV crews should also call in advance to secure parking for trucks on either race morning.

There will be limited space at the finish for photographers. Please be respectful of race officials and volunteers as they try to keep the area clear and safe for all involved.

Leigh Philibosian is the media contact for all credit union related race activities. Please contact Leigh at [lphilibosian@mddccua.org](mailto:lphilibosian@mddccua.org) or 443-325-0768 for more information about the credit union title sponsorship benefitting Children's Miracle Network Hospitals across the United States.

One final note: The event's website features a comprehensive results database, searchable by name and/or age group for the 10 mile race dating back to 1973, and for the 5K Run dating back to 2006, when the 5K was upgraded from an untimed run to a fully-timed and scored event: <http://www.cballtimeresults.org>



Photo: Team Mallet

Women's National 10-Mile Championship winner Sara Hall enjoys a chat with race announcer Creigh Kelley.



Photo: Team Mallet

Men's National 10-Mile Championship winner and American Record holder Hillary Bor gets congratulations from announcer and experienced road racer Creigh Kelley.

# 10 Mile Run Background



For runners in Washington since 1973, the true beginning of spring is marked not by a date on the calendar but by the running of the Credit Union Cherry Blossom 10 Mile Run, also known as *The Runner's Rite of Spring*.® (See the Runner's Rite of Spring section toward the end of this guide for a synopsis of every one of the 50 10 Mile runs.) Elite competitors have used the race as a final competitive tune-up for the Boston Marathon two weeks later. Bill Rodgers, Greg Meyer, and Lisa Larsen Weidenbach all went on to win Boston after their victories here.

For lesser mortals, Cherry Blossom typically means a chance to doff the warm-up suits, turtlenecks, caps and gloves of winter and join other runners in a celebration of the season. Here in Washington, the race has been as fixed a rite of spring as the Easter Egg Roll at the White House or the lighting of the Japanese lanterns on the Tidal Basin — at least until Covid-19 came along and caused the cancelation of the 2020 in-person race, and the postponement of the 2021 race to a one-time-only post-Labor Day race date of September 12.

Things returned more or less to normal in 2022, with the race returning to its usual early April slot on the road racing calendar. Last year, the 50<sup>th</sup> Anniversary was well celebrated by tens of thousands of runners and saw the American 10-mile record get broken by Hillary Bor with a time of 46:11. Once again, the 10 mile lottery was robust for 2024 with entrants numbers similar to 2023.

The staging area for the 10 Mile is on the Washington Monument Grounds, and the course passes in sight of all of the major Washington, DC Memorials. While there have been numerous iterations of the 10 Mile course over the years, one element has been constant—*The Runner's Rite of Spring* has always been the only truly elite running race to be held in the Nation's Capital.

The event serves as a fundraiser for the Children's Miracle Network Hospitals, a consortium of 170 premier children's hospitals across the United States. About one-third of the funds raised support Washington, DC's own Children's National Medical Center. To date, over \$11 million, including \$450,000 in 2023, has been raised for Children's Miracle Network Hospitals across the United States. The event also funds two \$5,000 Road Runners Club of America "Roads Scholar" grants designed to support up-and-coming U.S. distance running talent.

Credit Union Miracle Day, Inc., a consortium of credit unions and credit union suppliers, is the title sponsor of the Credit Union Cherry Blossom 10 Mile, 5K and Kids' Run. Presenting sponsors include ASICS, Bellsant, REI, Warner Bros. Discovery, and Wegmans; supporting sponsors include CO-OP Solutions, PSCU, TruStage, Outside, Potomac River Running, Gatorade Endurance, Suburban Solutions Moving, United Lifestyle Brands and The Westin Washington DC Downtown hotel

The Credit Union Cherry Blossom Run is committed to environmental and social responsibility. The event believes in inclusion, respect, and tolerance. These beliefs guide our actions in conducting our events. The Credit Union Cherry Blossom Run has been awarded Gold Level Inspire Certification from the Council for Responsible Sport since 2017 in recognition of its legacy of certified responsible performance as well as its commitment to mentor other events interested in becoming more sustainable ([www.councilforresponsiblesport.org](http://www.councilforresponsiblesport.org)).



# 5K Background



**F**rom day-one, there has always been an alternative to the 10 Mile. With families traveling to Washington DC for the race and/or the National Cherry Blossom Festival, dad or mom could run the 10 Mile, and the rest of the family could enter a two-mile fun run and collect commemorative patches as well. Sometime between 1973 and 2006, the two-mile fun run grew to 3K and then 5K, and in 2006 the 5K Run-Walk was upgraded from an untimed fun run to a fully-timed and scored event, though it always played a secondary role to the 10 Mile.

In a major change for its 50<sup>th</sup> anniversary celebration, CUCB organizers have reimagined and renamed the 5K as a standalone event, which returns in 2024. The 5K presented by Asics will stage on Freedom Plaza and traverse the route of Presidential Inaugurations down Pennsylvania Avenue before crossing the National Mall in the shadow of the Capitol Building and returning by the same route.

All 5K participants receive the same amenities as 10 Mile runners, including an official race shirt, their overall times and places in the event, and post-race food and drink. All runners will be scored on net times. Runners were once again allowed to register for both the 10 Mile and 5K — dubbed the “Double Blossom” by race organizers. Some 2400 runners will pursue recognition as Double Blossom runners this year.

For both the 5K and Double Blossom, the top-five men and women and top-three non-binary runners will receive awards, as will the first place finishers in the push rim and hand-crank wheelchair races.



Photo: Team Maillet

*Johan Fagerberg won the 2023 5K in 15:03.*



Photo: Clay Shaw

*Casey Greenwalt, age 27, won the 2023 5K women’s win in 18:12.*

# Kids Run



The Credit Union Cherry Blossom Kids Run in 2016 on the grounds of the Washington Monument. In 2024, we are happy to bring the Kids Run back to Freedom Plaza on Saturday, April 6. In 2017, the Kids Run moved to a new day — Saturday — and location at the National Building Museum. This 1/2 mile fun run for kids ages 5-10 will see the first wave of 5-year olds take off at 9:30 a.m. on Saturday, April 6, at the corner of 5<sup>th</sup> Street and F Street NW.

The Kids Run presented by Warner Brothers Discovery, like the Credit Union Cherry Blossom Ten Mile and 5K presented by Asics helps increase race weekend focus on the charity for which credit unions and runners fundraise year-round — Children’s Miracle Network Hospitals (CMN), including Children’s National in Washington, D.C. Since credit unions became the title sponsor of Credit Union Cherry Blossom Run in 2002, over \$11 million has been donated to CMN Hospitals.

Packet pick-up for registered Kids Run participants will take place on Friday, April 5 at the National Building Museum between 2:00 P.M. and 7:45 P.M. and Saturday, April 6 between 9:30 A.M. and 10:45 A.M. at Freedom Plaza.

Registration is limited to 500, and is closed for 2024. No times or places will be kept, but all finishers will receive a medal.

The Kids Run will be run in single-age heats, beginning with the five-year-olds. The race is on an out-and-back course and is closely monitored by sentries, but parents are allowed to run with their children.

Photo: George Banker



Photo: Bob Burgess



The Credit Union Cherry Blossom 1/2 Mile Kids’ Run starts and finishes at Freedom Plaza.

Photo: George Banker



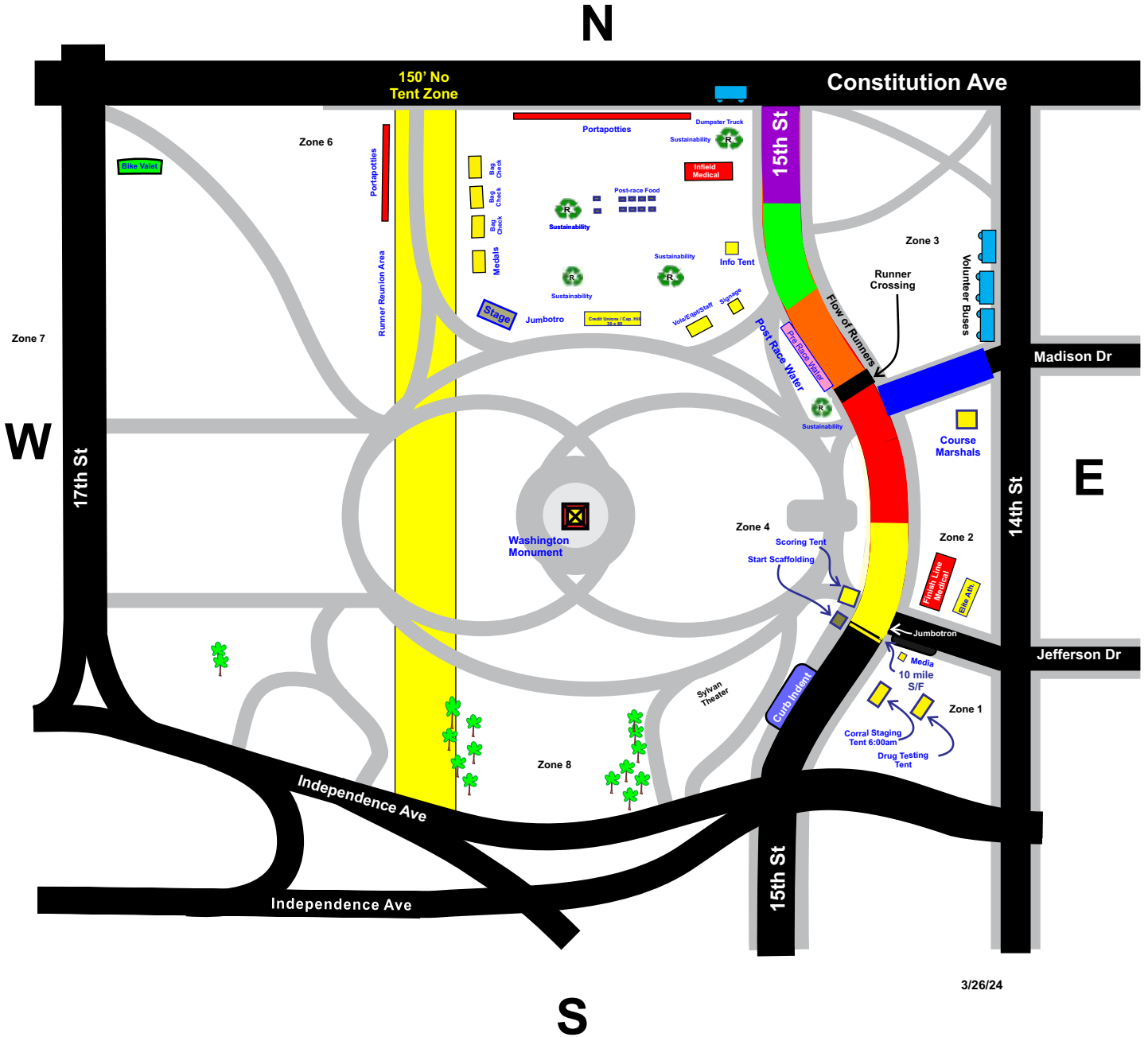
Photo: George Banker



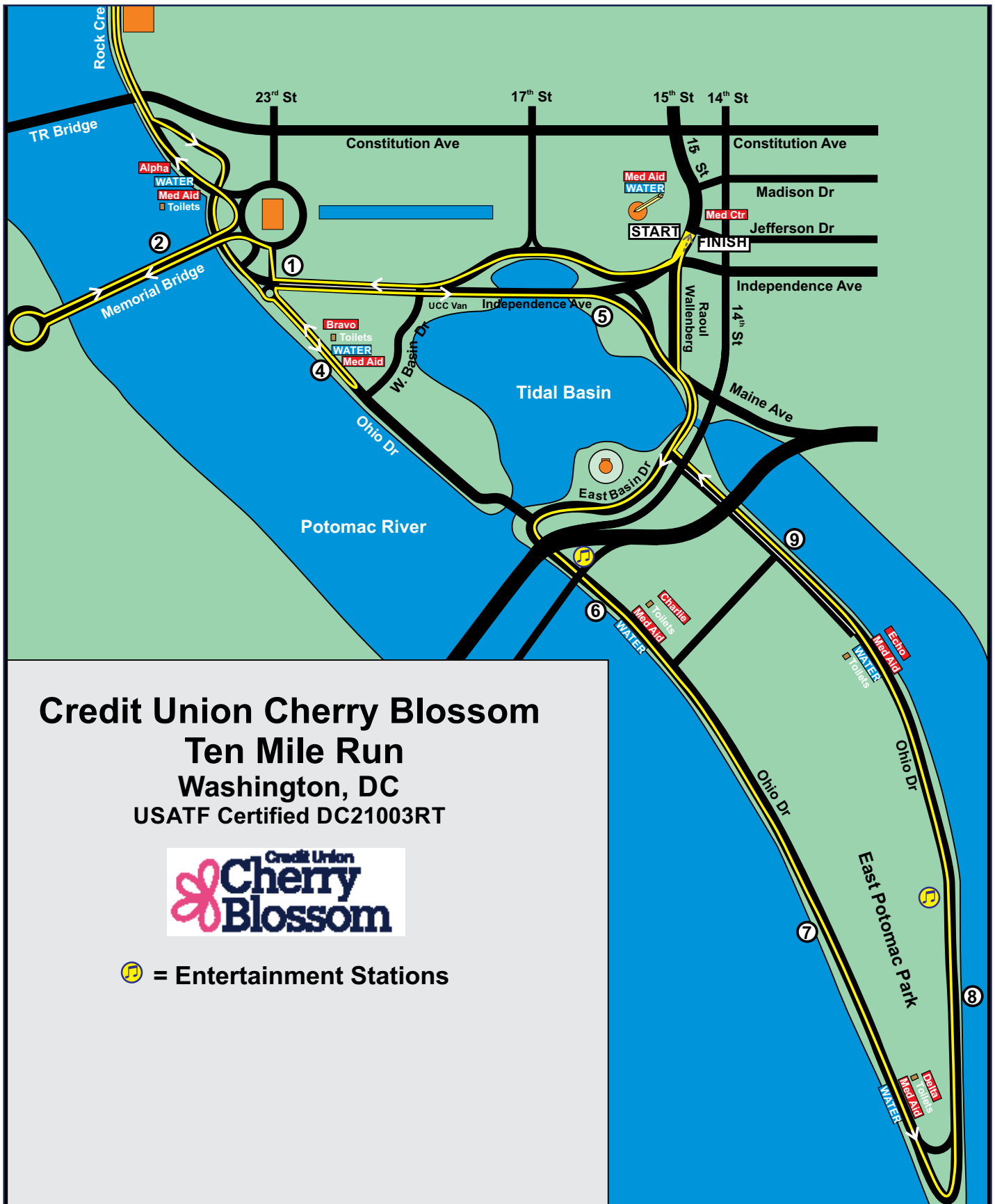


# Course Maps

## Credit Union Cherry Blossom 10 Mile Staging Area

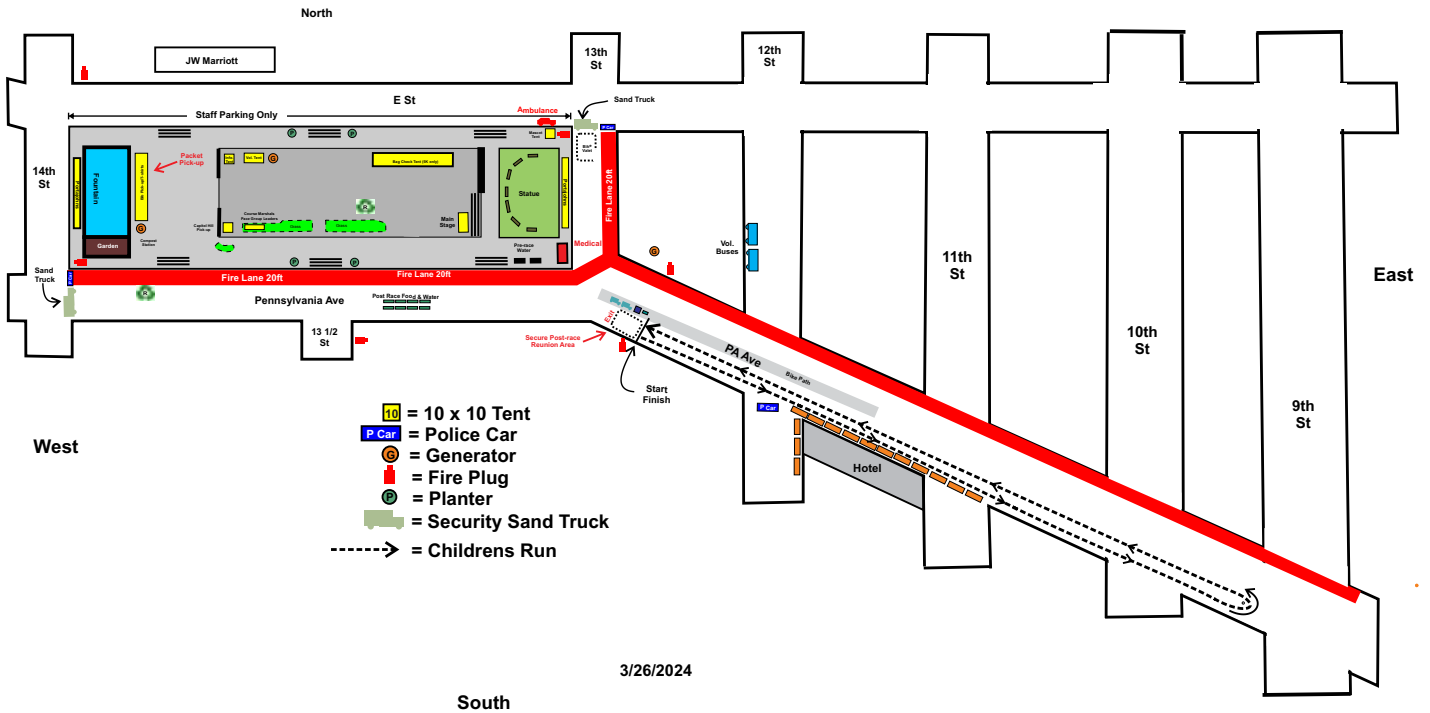


# Course Maps

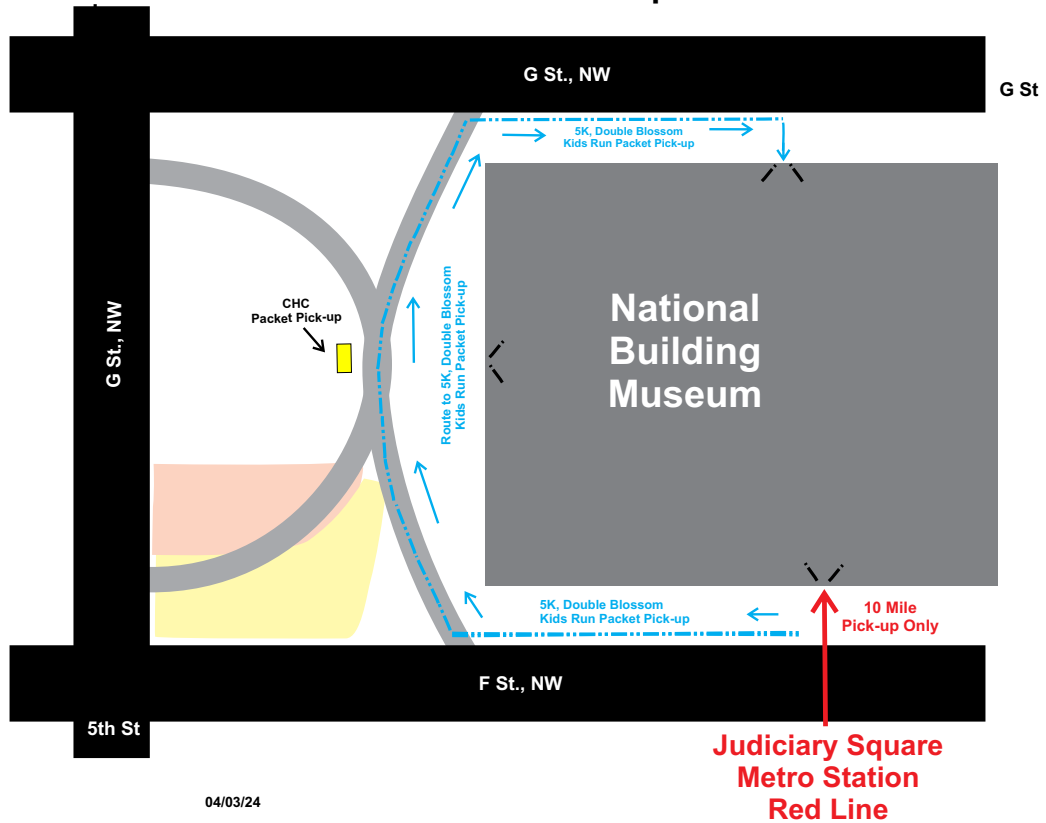


# Course Maps

## Credit Union Cherry Blossom Kids Run - Freedom Plaza Staging and Start/Finish Areas



## Routes to Packet Pick-up for All Events

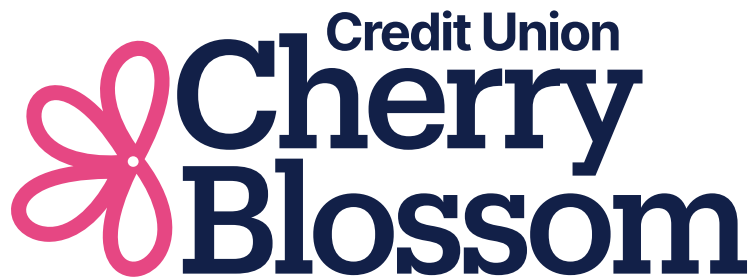


# Course Maps



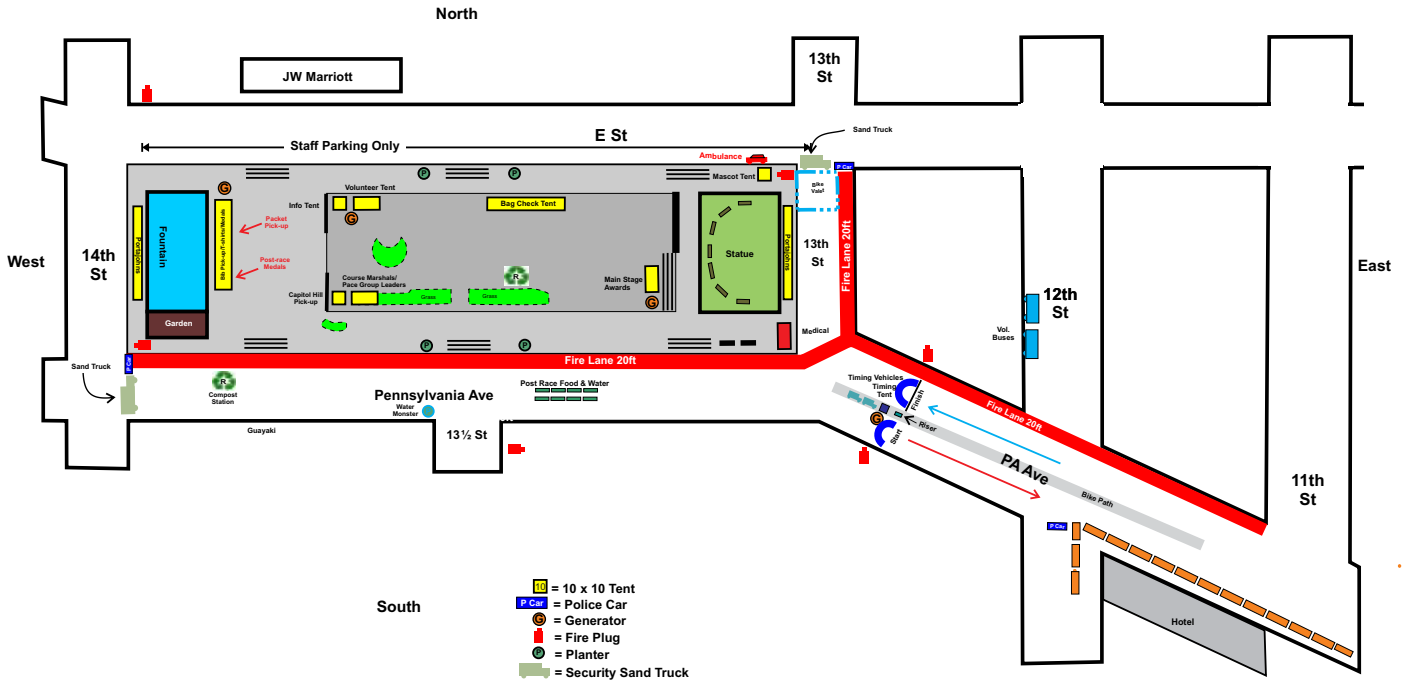
CUCB Expo - Apr 05, 2024  
 National Building Museum - Ground Floor Plan  
 2024 Flow Map

Powered by iAllseated

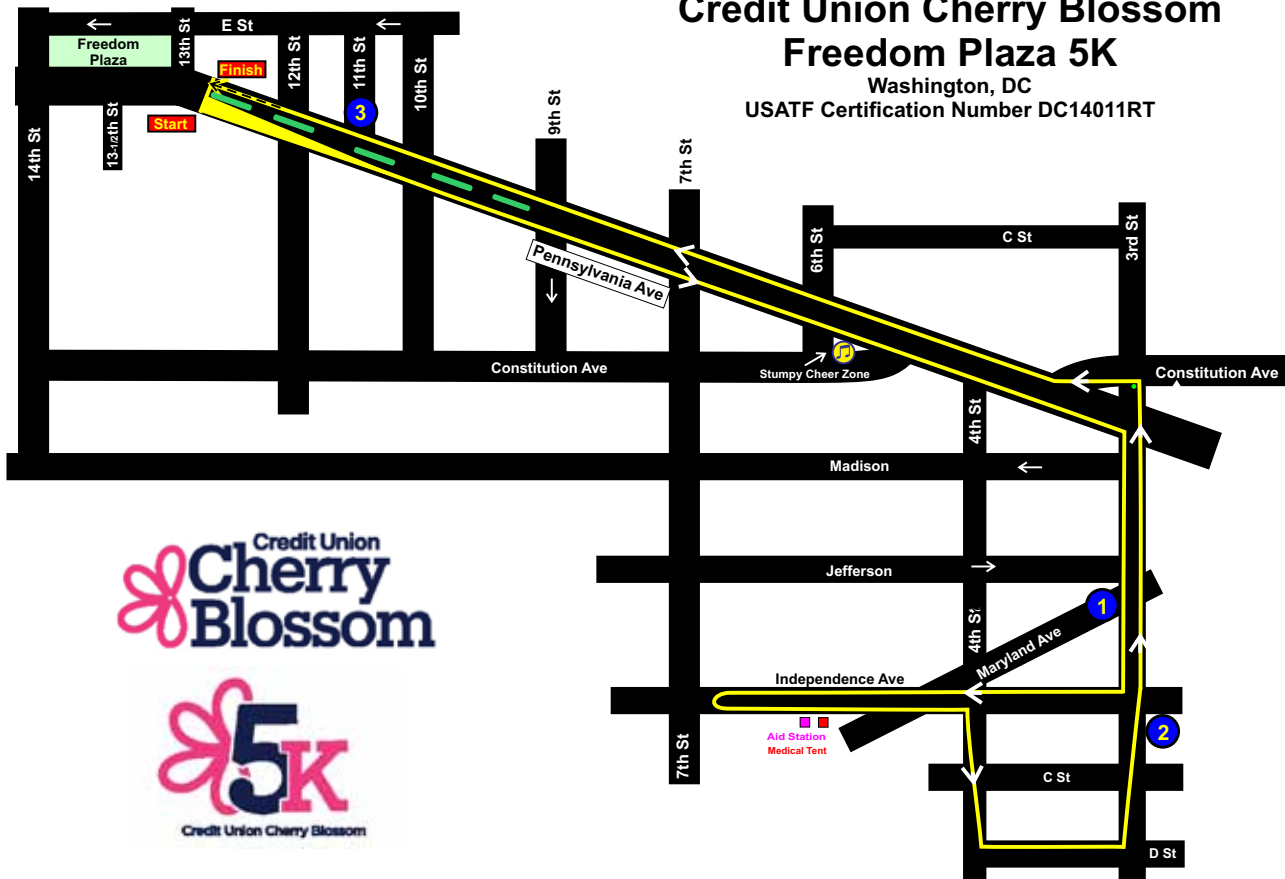


# Course Maps

## Credit Union Cherry Blossom 5K - Freedom Plaza Staging and Start/Finish Areas



## Credit Union Cherry Blossom Freedom Plaza 5K Washington, DC USATF Certification Number DC14011RT



# Event Sponsors



Credit Union Miracle Day (CUMD) is a consortium of over 100 credit unions, credit union suppliers, and credit union supporters from across the country. CUMD serves as the title sponsor of the Credit Union Cherry Blossom Ten Mile benefitting Children's Miracle Network Hospitals, an affiliation of children's hospitals throughout the country that treat millions of children each year. To date, over \$11 million has been donated to the Children's Miracle Network Hospitals since credit unions became the title sponsors of the event in 2002.

Each year, the Credit Union Cherry Blossom Ten Mile Run in Washington, D.C. brings together credit unions from across the country with a shared vision of fund raising and helping children – and driving awareness of the “credit union difference.” Not only will credit unions work together this year to support the Credit Union Cherry Blossom Ten Mile Run, but they will continue to work even harder to reach and support their own communities.

Presenting sponsors include ASICS, BellSant, REI, Warner Bros. Discovery, and Wegmans; supporting sponsors include CO-OP Solutions, PSCU, TruStage, Outside, Potomac River Running, Gatorade Endurance, Suburban Solutions Moving, United Lifestyle Brands and The Westin Washington DC Downtown hotel.

## Presenting Sponsors



## Supporting Sponsors



# Honorary Race Chairs

## **Alabama**

Rep. Barry Moore (2nd)  
Rep. Mike Rogers (3rd)  
Rep. Terri Sewell (7th)

## **Alaska**

Rep. Mary Sattler Peltola (At Large)

## **American Samoa**

Rep. Amata Radewagen (At Large)

## **Arizona**

Sen. Kyrsten Sinema  
Rep. Raul Grijalva (7th)

## **Arkansas**

Sen. John Boozman  
Rep. French Hill (2nd)

## **California**

Sen. Alex Padilla  
Rep. Doug LaMalfa (1st)  
Rep. Doris Matsui (7th)  
Rep. Mark DeSaulnier (10th)  
Rep. Speaker Emerita Nancy Pelosi (11th)  
Rep. Barbara Lee (12th)  
Rep. Anna Eshoo (16th)  
Rep. Zoe Lofgren (18th)  
Rep. Jimmy Panetta (19th)  
Rep. Jim Costa (21st)  
Rep. David Valadao (22nd)  
Rep. Salud Carbajal (24th)  
Rep. Raul Ruiz (25th)  
Rep. Julia Brownley (26th)  
Rep. Tony Cardenas (29th)  
Rep. Adam Schiff (30th)  
Rep. Brad Sherman (32nd)  
Rep. Pete Aguilar (33rd)  
Rep. Norma Torres (35th)  
Rep. Sydney Kamlager-Dove (37th)  
Rep. Mark Takano (39th)  
Rep. Young Kim (40th)  
Rep. Ken Calvert (41st)  
Rep. Robert Garcia (42nd)  
Rep. Maxine Waters (43rd)  
Rep. Nannette Barragan (44th)  
Rep. Katie Porter (47th)  
Rep. Darrell Issa (48th)  
Rep. Scott Peters (50th)  
Rep. Juan Vargas (52nd)

## **Colorado**

Sen. Michael Bennet  
Sen. John Hickenlooper  
Rep. Diana DeGette (1st)

## **Connecticut**

Sen. Richard Blumenthal  
Sen. Christopher Murphy  
Rep. Rosa DeLauro (3rd)  
Rep. Jahana Hayes (5th)

## **Delaware**

Sen. Thomas Carper

## **District of Columbia**

Rep. Eleanor Holmes Norton (At Large)

## **Florida**

Rep. Neal Dunn (2nd)  
Rep. Aaron Bean (4th)  
Rep. John Rutherford (5th)  
Rep. Cory Mills (7th)  
Rep. Gus Bilirakis (12th)  
Rep. Greg Steube (17th)  
Rep. Byron Donalds (19th)  
Rep. Sheila Cherfilus-McCormick (20th)  
Rep. Brian Mast (21st)  
Rep. Lois Frankel (22nd)  
Rep. Frederica Wilson (24th)  
Rep. Debbie Wasserman Schultz (25th)

## **Georgia**

Sen. Rev. Raphael Warnock  
Rep. Buddy Carter (1st)  
Rep. Sanford Bishop (2nd)  
Rep. Drew Ferguson (3rd)  
Rep. Nikema Williams (5th)  
Rep. Lucy McBath (7th)

## **Guam**

Rep. James Moylan (At Large)

## **Hawaii**

Sen. Mazie Hirono  
Rep. Ed Case (1st)  
Rep. Jill Tokuda (2nd)

## **Idaho**

Sen. Mike Crapo  
Sen. Jim Risch  
Rep. Mike Simpson (2nd)

## **Illinois**

Sen. Tammy Duckworth  
Rep. Jonathan L. Jackson (1st)  
Rep. Delia Ramirez (3rd)  
Rep. Mike Quigley (5th)  
Rep. Danny Davis (7th)  
Rep. Brad Schneider (10th)  
Rep. Nikki Budzinski (13th)  
Rep. Mary Miller (15th)

Rep. Eric Sorensen (17th)

## **Indiana**

Sen. Mike Braun  
Rep. Greg Pence (6th)

## **Iowa**

Sen. Chuck Grassley  
Rep. Mariannette Miller-Meeks (1st)

## **Kansas**

Sen. Jerry Moran

## **Kentucky**

Rep. Brett Guthrie (2nd)  
Rep. Hal Rogers (5th)

## **Louisiana**

Sen. John Kennedy  
Rep. Troy Carter Sr. (2nd)  
Speaker of the House Rep. Mike Johnson (4th)

## **Maine**

Sen. Angus King

## **Maryland**

Sen. Ben Cardin  
Sen. Chris Van Hollen  
Rep. C.A. Dutch Ruppersberger (2nd)  
Rep. John Sarbanes (3rd)  
Rep. Glenn Ivey (4th)  
Rep. David Trone (6th)  
Rep. Kweisi Mfume (7th)  
Rep. Jamie Raskin (8th)

## **Massachusetts**

Sen. Ed Markey  
Sen. Elizabeth Warren  
Rep. Richard Neal (1st)  
Rep. Jim McGovern (2nd)  
Rep. Lori Trahan (3rd)  
Rep. Seth Moulton (6th)  
Rep. Stephen Lynch (8th)

## **Michigan**

Sen. Gary C. Peters  
Rep. Jack Bergman (1st)  
Rep. Shri Thanedar (3rd)  
Rep. Bill Huizenga (4th)  
Rep. Debbie Dingell (6th)  
Rep. Lisa McClain (9th)  
Rep. John James (10th)  
Rep. Rashida Tlaib (12th)

## **Minnesota**

Rep. Angie Craig (2nd)  
Rep. Betty McCollum (4th)  
Rep. Pete Stauber (8th)

# Honorary Race Chairs

## Mississippi

Sen. Roger Wicker  
Sen. Cindy Hyde-Smith  
Rep. Bennie Thompson (2nd)  
Rep. Mike Ezell (4th)

## Missouri

Rep. Blaine Luetkmeeyer (3rd)  
Rep. Emanuel Cleaver (5th)

## Montana

Sen. Steve Daines

## Nevada

Rep. Susie Lee (3rd)  
Rep. Steven Horsford (4th)

## New Hampshire

Sen. Jeanne Shaheen  
Rep. Chris Pappas (1st)  
New Jersey  
Rep. Andy Kim (3rd)  
Rep. Chris Smith (4th)  
Rep. Josh Gottheimer (5th)  
Rep. Tom Kean, Jr. (7th)  
Rep. Donald Payne, Jr. (10th)  
Rep. Bonnie Watson Coleman (12th)

## New Mexico

Sen. Martin Heinrich

## New York

Sen. Kirsten Gillibrand  
Sen. Charles E. Schumer  
Rep. Andrew Garbarino (2nd)  
Rep. Gregory Meeks (5th)  
Rep. Nydia M Velazquez (7th)  
Democratic Leader Rep. Hakeem Jeffries (8th)  
Rep. Yvette Clarke (9th)  
Rep. Jerry Nadler (12th)  
Rep. Adriano Espaillat (13th)  
Rep. Paul Tonko (20th)  
Rep. Nick Langworthy (23rd)  
Rep. Brian Higgins (26th)

## North Carolina

Sen. Thom Tillis  
Rep. Greg Murphy, MD (3rd)  
Rep. Richard Hudson (9th)  
Rep. Patrick McHenry (10th)

## Ohio

Sen. Sherrod Brown  
Rep. Joyce Beatty (3rd)  
Rep. Robert Latta (5th)  
Rep. Max Miller (7th)  
Rep. Marcy Kaptur (9th)  
Rep. Mike Turner (10th)  
Rep. Troy Balderson (12th)

## Oklahoma

Rep. Tom Cole (4th)  
Rep. Stephanie Bice (5th)

## Oregon

Sen. Ron Wyden  
Rep. Earl Blumenauer (3rd)  
Rep. Val Hoyle (4th)  
Rep. Lori Chavez-DeRemer (5th)  
Pennsylvania  
Sen. Bob Casey  
Sen. John Fetterman  
Rep. Brian Fitzpatrick (1st)  
Rep. Brendan Boyle (2nd)  
Rep. Mary Gay Scanlon (5th)  
Rep. Chrissy Houlahan (6th)  
Rep. Susan Wild (7th)  
Rep. John Joyce, MD (13th)  
Rep. Glenn "GT" Thompson (15th)  
Rep. Mike Kelly (16th)  
Rep. Chris Deluzio (17th)

## Rhode Island

Sen. Jacky Reed  
Rep. Gabe Amo (1st)

## South Carolina

Rep. Nancy Mace (1st)  
Rep. Jeff Duncan (3rd)  
Rep. William Timmons (4th)

## South Dakota

Sen. Mike Rounds

## Tennessee

Sen. Marsha Blackburn  
Rep. Tim Burchett (2nd)  
Rep. Scott DesJarlais (4th)  
Rep. John Rose (6th)

## Texas

Rep. Keith Self (3rd)  
Rep. Al Green (9th)  
Rep. Michael McCaul (10th)  
Rep. August Pfluger (11th)  
Rep. Kay Granger (12th)  
Rep. Randy Weber (14th)  
Rep. Veronica Escobar (16th)  
Rep. Sheila Jackson Lee (18th)  
Rep. Beth Van Duyne (24th)  
Rep. Henry Cuellar (28th)  
Rep. Sylvia Garcia (29th)  
Rep. Jasmine Crockett (30th)  
Rep. Marc Veasey (33rd)  
Rep. Lloyd Doggett (37th)

## Virginia

Sen. Mark Warner  
Rep. Bobby Scott (3rd)  
Rep. Jennifer McClellan (4th)  
Rep. Ben Cline (6th)  
Rep. Abigail Spanberger (7th)  
Rep. Don Beyer (8th)  
Rep. Gerry Connolly (11th)

## Vermont

Sen. Bernie Sanders  
Sen. Peter Welch

## Washington

Rep. Suzan DelBene (1st)  
Rep. Rick Larsen (2nd)  
Rep. Pramila Jayapal (7th)

## West Virginia

Sen. Joe Manchin III  
Sen. Shelley Moore Capito  
Rep. Alex Mooney (2nd)

## Wisconsin

Sen. Tammy Baldwin  
Rep. Gwen Moore (4th)  
Rep. Tom Tiffany (7th)  
Rep. Mark Pocan (13th)

## Wyoming

Sen. John Barrasso  
Sen. Cynthia Lummis





# PRRO Circuit Information



## PRRO Circuit 2023-24 Summary

Overall 2023-24 Circuit events will award more than \$350,000 in prize money; Lilac Bloomsday 12K to host 27th PRRO Championship on Sunday, May 5, 2024 in Spokane, WA

The **PRRO Circuit** showcases world class competition at four of *America's Classic Road Races™*, the **Credit Union Cherry Blossom 10 Mile** in Washington, DC, the **Lilac Bloomsday Run 12K** in Spokane, WA, the **Boilermaker 15K** in Utica, NY and the **Quad-City Times Bix 7** in Davenport, IA. Current Circuit prize money totals more than \$350,000 in guaranteed prize money overall, including \$147,100 in U.S.-only money. The PRRO Circuit, a nationwide series of premier non-marathon road racing events, is organized and promoted by the Professional Road Running Organization (PRRO), an alliance of race directors.

The **27th PRRO Championship** presented by *Lilac Bloomsday Run 12K* will be contested on Sunday, May 5. The 48<sup>th</sup> edition will offer \$81,000 in prize money with \$20,000 U.S. prize money. At the PRRO Championship, 2023-24 PRRO Circuit event winners are eligible to compete for the **\$15,000 PRRO Super Bonus**, which is awarded to the PRRO Championship winner (bonus split if an eligible male and female win the PRRO titles). Also, at Bloomsday 2024, if Circuit winners finish in places 2-10, they each would take home the \$1500 **PRRO Event Champion's Bonus**. NOTE: If the male or female winner of the PRRO Championship has not won any of the events on that year's circuit, he or she will be awarded \$2500 as the PRRO Circuit champion.

In 2023, the 50th Credit Union Cherry Blossom 10 Mile hosted the **26<sup>th</sup> PRRO Championship**, winning titles were **Tsegay Kidanu** of Ethiopia and **Sarah Chelangat** of Uganda in 46 minutes, 8 seconds and 52:04, respectively.

Schedule and PRRO Super Bonus event qualifiers below:

### PRRO CIRCUIT EVENTS 2023-24

**Lilac Bloomsday Run 12K**, May 7, 2023, Spokane, WA

\$81,000 in prize money (\$20,000 U.S. prize money)

**WINNERS: Jemal Yimer\***, Ethiopia, 33:58 and **Yeshi Kalayu\***, Ethiopia, 38:49

**Boilermaker 15K**, July 9, 2023, Utica, NY

\$65,100 in prize money (\$14,500 U.S. prize money)

**WINNERS: Jemal Yimer\***, Ethiopia, 42:06 and **Jesca Chelangat\***, Kenya, 47:33, course records

# PRRO Circuit Information

[Quad-City Times Bix 7](#), July 29, 2023, Davenport, IA

\$50,000 in USA Championship prize money

**WINNERS: Biya Simbassa\*, USA, 32:35 and Kellyn Taylor\*, USA, 36:33**

[Credit Union Cherry Blossom 10 Mile](#), April 7, 2024, Washington, DC

\$86,000 in prize money (\$42,600 USA Championship and RRCA prize money) plus performance bonuses

## THE 27<sup>th</sup> PRRO CHAMPIONSHIP

[Lilac Bloomsday Run 12K](#), May 5, 2024, Spokane, WA

\$80,600 in prize money (\$20,000 U.S. prize money)

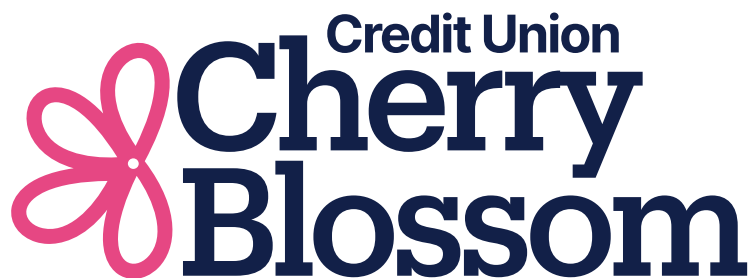
*\*Qualified to compete for the \$15,000 PRRO Super Bonus at the 2024 PRRO Championship.*

To-date, PRRO Circuit events have produced 17 world and 18 U.S. road records, awarded more than \$8.2 million in prize money and seen more than 2.6 million runners cross their finish lines. In addition, since 1996, the PRRO Championship race has paid out more than \$2.1 million including \$183,500 in PRRO Championship bonus money.

## PRRO Championship and Circuit Year

The PRRO Circuit, launched in 1995, starts and finishes the Circuit Year at the same event that will also host the season-ending PRRO Championship race. The reigning titlists of the PRRO Championship and the event winners on the current Circuit are eligible to compete for the [PRRO Super Bonus](#) at the PRRO Championship.

Visit [PRRO.org](https://prro.org) for more information, including its history and past champions, as well as how to join the PRRO Circuit.



# Prize Money Structure

**W**hen Nike became title sponsor in 1984, \$13,400 in prize money was offered for the first time, paid equally to the top-seven men and women. A complete history of the evolution of prize money and record bonuses is detailed in the race history section of this guide. The total amount of prize money paid since 1984 surpassed the \$1 million mark in 2017. (See prize money history)

This year's race will offer \$74,600 in guaranteed prize money, with \$32,000 paid to the top ten men and women in the International field, \$42,600 to the top ten American men and women (double dipping allowed for the Americans) and \$6,000 in RRCA RunPro Development Awards. The bonus payouts will be in addition to \$71,000 in guaranteed prize money, with \$40,000 paid to the top ten men and women in the international field, \$25,000 to the top ten American men and women (double dipping allowed for the Americans), and \$6,000 in RRCA RunPro Development Awards (see <https://www.rrca.org> for more information on this special prize purse). (\*Because World Athletics does not keep official world records for ten miles, the time standards race organizers will use are those world best maintained by the Association of Road Racing Statisticians.)

**2024 International Prize Structure**

Place	Men	Women
1st	\$6000	\$6000
2nd	\$3000	\$3000
3rd	\$2000	\$2000
4th	\$1500	\$1500
5th	\$1000	\$1000
6th	\$600	\$600
7th	\$500	\$500
8th	\$400	\$400
9th	\$300	\$300
10th	\$200	\$200

**2024 U.S. Prize Structure**

Place	Men	Women
1st	\$10,000	\$10,000
2nd	\$5000	\$5000
3rd	\$2500	\$2500
4th	\$1000	\$1000
5th	\$800	\$800
6th	\$600	\$600
7th	\$500	\$500
8th	\$400	\$400
9th	\$300	\$300
10th	\$200	\$200

# Prize Money History

**W**ith the advent of Nike as title sponsor in 1984, \$13,400 in prize money was offered for the first time, paid equally to the top-seven men and women. In 1985, the total purse was increased to \$16,500, with equal allocation between men and women—a policy that remains in place today. From 1987—2008, the top-12 finishing places earned prize money; in 2009, the race went back to paying top-ten finishers only. In 2016, the Credit Union Cherry Blossom 10 Mile achieved the milestone of having distributed over \$1 million in prize money since 1984

The 2013 race also served as the USA 10 Mile Championship for women, and an additional \$14,400 was added to the prize purse to reward the top-ten American women finishers\*. In 2014, the Credit Union Cherry Blossom 10 Mile Run served as both men's and women's USA 10 Mile Championships, and a total of \$28,800 was set aside for the top-ten American men and women finishers.

In 2019 a separate prize purse of \$1,500, \$1,000, \$500 for the top three men and women eligible to compete for the RRCA Roads Scholar RunPro Alumni Challenge was added. See RRCA.

In 2021, both the men's and women's USATF 10 Mile Championships were held in conjunction with the Credit Union Cherry Blossom Ten Mile. A total of \$26,000 was paid to the top-10 American men and women finishers. And, yes, American runners placing in the overall top-ten were able to “double-dip” and collect both international and “American Development prize money.

Without USATF Championship races in 2022, prize money for Americans totaled \$25,000, with an additional \$40,000 in the international purse. See the table below for the breakdown.

The USATF 10 Mile Championships were once again hosted by the Credit Union Cherry Blossom 10 Mile in 2023. Along with a prize money totaling \$63,000, athletes also had the chance to receive bonuses. \$50,000 for world best and/or American Records, plus \$3,500 in time bonuses for the first two men or women to break 46:00 or 52:00 respectively. The event first introduced bonuses for records set in 2007. The tables below document the event's prize money and record bonus history. To limit the size of the tables, separate columns for men and women have been eliminated; given the fact that equal prize money has been paid to men and women since 1984, payment for place figures represent money paid to men or women (*\*except for 2013 as noted above and in the table below*).

**Credit Union Cherry Blossom Prize Money History**

	International Purse	American Purse
<b>2023 Total Purse</b>	\$40,000	\$63,000 plus bonuses
<b>First</b>	\$8,000	\$5,000
<b>Second</b>	\$4,000	\$2,500
<b>Third</b>	\$2,000	\$1,500
<b>Fourth</b>	\$1,500	\$1,000
<b>Fifth</b>	\$1,000	\$800
<b>Sixth</b>	\$900	\$600
<b>Seventh</b>	\$800	\$400
<b>Eighth</b>	\$700	\$300
<b>Ninth</b>	\$600	\$200
<b>Tenth</b>	\$500	\$200
<b>2022 Total Purse</b>	\$40,000	\$25,000
<b>First</b>	\$8,000	\$5,000
<b>Second</b>	\$4,000	\$2,500
<b>Third</b>	\$2,000	\$1,500
<b>Fourth</b>	\$1,500	\$1,000
<b>Fifth</b>	\$1,000	\$800
<b>Sixth</b>	\$900	\$600
<b>Seventh</b>	\$800	\$400
<b>Eighth</b>	\$700	\$300
<b>Ninth</b>	\$600	\$200
<b>Tenth</b>	\$500	\$200

# Prize Money History

	International Purse	American Purse
<b>2021 Total Purse</b>	\$23,500	\$26,000
First	\$5,000	\$5,000
Second	\$2,500	\$2,500
Third	\$1000	\$1,000
Fourth	\$750	\$900
Fifth	\$500	\$800
Sixth	\$450	\$700
Seventh	\$400	\$600
Eighth	\$350	\$500
Ninth	\$300	\$500
Tenth	\$250	\$500
<b>2015-2019 Total Purse</b>	\$40,000	\$25,000
First	\$8,000	\$5,000
Second	\$4,000	\$2,500
Third	\$2,000	\$1,500
Fourth	\$1,500	\$1,000
Fifth	\$1,000	\$800
Sixth	\$900	\$600
Seventh	\$800	\$400
Eighth	\$700	\$300
Ninth	\$600	\$200
Tenth	\$500	\$200
<b>2014 Total Purse</b>	\$41,000	\$28,800
First	\$8,000	\$5,000
Second	\$4,500	\$2,500
Third	\$2,000	\$2,000
Fourth	\$1,500	\$1,500
Fifth	\$1,000	\$1,000
Sixth	\$900	\$800
Seventh	\$800	\$600
Eighth	\$700	\$500
Ninth	\$600	\$300
Tenth	\$500	\$200
<b>2013 Total Purse</b>	\$41,000	\$14,400
First	\$8,000	\$5,000
Second	\$4,000	\$2,500
Third	\$2,000	\$2,000

# Prize Money History

	International Purse	American Purse
Fourth	\$1,500	\$1,500
Fifth	\$1,000	\$1,000
Sixth	\$900	\$800
Seventh	\$800	\$600
Eighth	\$700	\$500
Ninth	\$600	\$300
Tenth	\$500	\$200

From 2009-2012, total prize money stayed constant at \$39,000, broken down as follows:

2009-2012	International Purse
Total Purse	\$39,000
First	\$7,500
Second	\$4,000
Third	\$2,000
Fourth	\$1,500
Fifth	\$1,000
Sixth	\$900
Seventh	\$800
Eighth	\$700
Ninth	\$600
Tenth	\$500

From 1984-2008, total prize money grew consistently from \$13,400 to 32,500:

1984-2008	Total Purse
2008	\$32,500
2007	\$32,000
2006	\$31,500
2005	\$31,000
2004	\$30,200
2003	\$29,500
2002	\$29,000
2001	\$28,500
2000	\$28,000

# Prize Money History

1984-2008	Total Purse
2008	\$32,500
2007	\$32,000
2006	\$31,500
2005	\$31,000
2004	\$30,200
2003	\$29,500
2002	\$29,000
2001	\$28,500
2000	\$28,000
1999	\$27,500
1998	\$27,000
1997	\$26,000
1996	\$26,000
1995	\$23,500
1994	\$23,000
1993	\$22,500
1992	\$22,000
1991	\$21,500
1990	\$21,000
1989	\$20,000
1988	\$19,500
1987	\$19,500
1986	\$18,700
1985	\$16,500
1984	\$13,400



Photo: Bob Burgess

*At 12 minutes after professional women's start, the open race begins with professional and other seeded men in front*

# Bonus Payment History

A schedule of record bonus payments was first introduced in 2007, with \$750 on offer to the first two men to run under 46:00 and the first two women to run under 52:00. In 2013 the sub-46:00 and sub-52:00 bonus payment schedule was changed to pay \$1,000 to the first man or woman to achieve their respective benchmarks, and \$750 to the second man or woman to do so.

In 2015, race organizers were forced to re-route the course between four and six miles due to an accident on the course that occurred about an hour prior to the start of the elite women’s race. The exact distance was measured as 9.39 miles after the race – making it just a fraction over 15K. Nevertheless, race organizers decided to pay bonuses based on projected times, as shown in the table below.

In 2019, post-race analysis of the course revealed that the turn-around point in West Potomac Park had been misplaced, resulting in a course-as-run that was 240 feet short of 10 miles. Nevertheless, race organizers paid the first two men and women the time bonuses for running faster than 46:00 and 52:00 respectively.

## Credit Union Cherry Blossom Open Time Bonus Payments

	Sub-46:00 Bonus	Sub-52:00 Bonus
<b>2022</b>		
Nicholas Kosimbei (45:15)	\$1,000	
Wilfred Kimiti (45:43)	\$750	
<b>2021</b>		
Edwin Kimutai (45:45)	\$1,000	
<b>2019</b>		
Jemal Yimer (45:36*)	\$1,000	



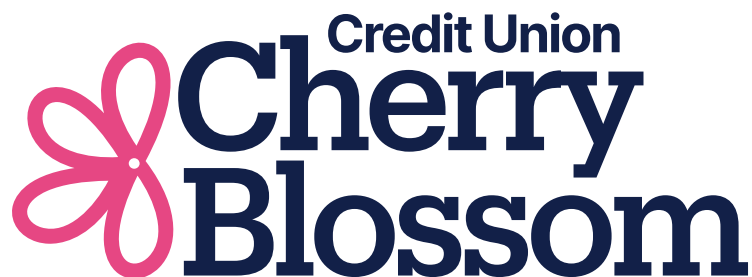
Photo: Bob Burgess

Nicholas Kosimbei tied the course record of 45:15 set by fellow Kenyan Alan Kiprono a decade earlier in 2012.



# Bonus Payment History

Josphat Tanui (45:38*)	\$750	
Rosemary Wanjiru (50:42*)		\$1,000
Gotytom Gebreslase (50:47*)		\$750
<b>2015</b>		
Mary Wacera (51:45*)		\$1,000
Cynthia Jeretich Limo (51:46*)		\$750
<b>2014</b>		
Stephen Sambu (45:29)	\$1,000	
Daniel Salel (45:29)	\$750	
<b>2012</b>		
Allan Kiprono (45:15)	\$750	
<b>2011</b>		
Lelisa Desisa (45:36)	\$750	
Allan Kiprono (45:41)	\$750	
<b>2010</b>		
Stephen Tum (45:53)	\$750	
Lilisa Desisa (45:44)	\$750	
Lineth Chepkurui (51:51)		\$750
<b>2009</b>		
Ridouane Harroufi (45:56)	\$750	
Feyisa Liesa (45:58)	\$750	
<b>2008</b>		
Tebya Erkesso (51:44)		\$750



# Bonus Payment History

When the Credit Union Cherry Blossom Run first hosted the USA 10 Mile Championships for women in 2013, an American Record bonus of \$2,500 was offered. In 2014, when both men’s and women’s USA 10 Mile Championships were hosted, the \$2,500 American Record bonus was offered to both men and women.

## Credit Union Cherry Blossom American Record Bonus Payments

	American Record Bonus Payments
<b>2019</b>	
Stanley Kebenei (46:00*)	\$10,000
<b>2014</b>	
Janet Bawcom (52:12)	\$2500
<b>2013</b>	
Janet Bawcom (53:28)	\$2500

In 2015 race organizers introduced a \$10,000 American Record bonus (fastest time beating the U.S. men’s 10-mile record of 46:13 or the U.S. women’s-only record of 52:12), to be split equally if both records are broken. In 2017, race organizers added an additional \$10,000 to the American record bonus pool, doing away with the split bonus if both men’s and women’s records were broken in the same race.

\*In 2019, Stanley Kebenei crossed the finish line in 46:00, apparently breaking Greg Meyer’s long-standing American record of 46:13. Unfortunately, post-race analysis revealed that a set of misplaced traffic cones at the turn-around in West Potomac Park resulted in the course-as-run being 240 feet short of 10 miles. Race organizers paid Kebenei the \$10,000 bonus, even though his effort would go unrecognized as a new American record.

For the 50<sup>th</sup> Anniversary, race organizers are providing a \$50,000\* shared bonus available for any World or American record times set at this year’s Runner’s Rite of Spring®.

If World Best times and American Records for men and women are set by the winners at the event (i.e. four records set), the \$50,000 record bonus would be split into four \$12,500 shares. If only one World or American record is set for either men or women, the athlete setting the record would get the full \$50,000. If an American sets an American record and no other World or American records are set, he or she would receive the entire \$50,000 as well. Currently, the times to beat are as follows:

Haile Gebreselassie’s (ETH) World Athletics Best of 44:24, run at the Tilburg 10 Mile in Tilburg, Netherlands, September 4, 2005; Keira D’Amato’s World Athletics Best in a women’s only race of 51:23, run at the UpDawg 10 Mile in Washington, DC, November 24, 2020;

Greg Meyer’s American Record of 46:13, run at the Cherry Blossom Ten Mile in Washington, DC, March 27, 1983; and Keira D’Amato’s previously listed World Best 51:23, which is also the American Record for a women’s only race.



Photo: Bob Burgess

Credit Union Cherry Blossom race committee member Keira D’Amato setting the American and World Record of 51:23 at the November 2020 Up Dawg Ten Miler

# Elite Men Athlete Bios

## 2024 Male Athletes by Bib Number

*Click on Name for Racing Bio*

- #5 [Shadrack Kimining](#) | Citizen of Kenya, DOB 2/10/1996
- #7 [Raymond Magut](#) | Citizen of Kenya, DOB 5/7/1996
- #9 [Wesley Kiptoo](#) | Citizen of Kenya, DOB 5/19/1996
- #13 [Hillary Bor](#) | Citizen of USA, DOB 11/22/1989
- #15 [Sam Chelanga](#) | Citizen of USA, DOB 2/23/1985
- #17 [Biya Simbassa](#) | Citizen of USA, DOB 6/30/1993
- #21 [Shadrack Kipchirchir](#) | Citizen of USA, DOB 2/22/1989
- #23 [Andrew Colley](#) | Citizen of USA, DOB 4/1/1991
- #25 [Nathan Martin](#) | Citizen of USA, DOB 12/18/1989
- #27 [Josh Izewski](#) | Citizen of USA, DOB 4/29/1990
- #29 [Teshome Mekonen](#) | Citizen of USA, DOB 8/5/1995
- #31 [Jacob Thomson](#) | Citizen of USA, DOB 11/29/1994
- #37 [Daniel Mesfun](#) | Citizen of USA, DOB 1/1/1998
- #39 [Kevin Lewis](#) | Citizen of USA, DOB 7/10/1993
- #41 [Ben Kendell](#) | Citizen of USA, DOB 6/30/1996
- #43 [JP Flavin](#) | Citizen of USA, DOB 7/31/1998
- #45 [Cody Baele](#) | Citizen of USA, DOB 9/18/1995
- #47 [Alex Norstrom](#) | Citizen of USA, DOB 5/29/1996
- #49 [Alec Sandusky](#) | Citizen of USA, DOB 9/23/1997
- #53 [Joseph Minor](#) | Citizen of USA, DOB 6/16/2000
- #55 [Clint McKelvey](#) | Citizen of USA, DOB 3/11/1992
- #57 [Zachary Holden](#) | Citizen of USA, DOB 10/7/1999
- #59 [Adam Walker](#) | Citizen of USA, DOB 10/13/1999
- #61 [Mike Wardian](#) | Citizen of USA, DOB 4/12/1974

# Elite Women Athlete Bios

## 2024 Female Athletes by Bib Number

*Click on Name for Racing Bio*

- #2 [Sarah Chelangat](#) | Citizen of Kenya, DOB 6/5/2001
- #6 [Rachel Smith](#) | Citizen of USA, DOB 7/18/1991
- #8 [Esther Chebet](#) | Citizen of Uganda, DOB 9/10/1997
- #10 [Molly Huddle](#) | Citizen of USA, DOB 8/31/1984
- #12 [Emily Durgin](#) | Citizen of USA
- #14 [Tegest Ayalew](#) | Citizen of Ethiopia, DOB 10/27/2001
- #16 [Kasanesh Baze](#) | Citizen of Ethiopia, DOB 10/23/1999
- #18 [Sarah Naibei](#) | Citizen of Kenya, DOB 3/12/1999
- #20 [Annie Frisbie](#) | Citizen of USA, DOB 12/31/1996
- #24 [Tristin Van Ord](#) | Citizen of USA, DOB 10/3/1994
- #30 [Rosie Edwards](#) | Citizen of GBR, DOB 8/20/1998
- #32 [Sydney Bowman](#) | Citizen of USA, DOB 9/27/1991
- #34 [Catherine Syokau Mwanzau](#) | Citizen of Kenya, DOB 8/20/1999
- #36 [Breanna Sieracki](#) | Citizen of USA, DOB 8/5/1995
- #38 [Jacqueline Gaughan](#) | Citizen of USA, DOB 10/27/1999
- #40 [Stephanie Sherman](#) | Citizen of USA, DOB 11/4/1997
- #44 [Deena Kastor](#) | Citizen of USA, DOB 2/14/1971
- #46 [Tsehay Desalegn](#) | Citizen of Ethiopia, DOB 10/28/1991
- #48 [Elena Hayday](#) | Citizen of USA, DOB 11/1/1999

# Open and Age Group Records

Over the years, numerous 10-mile records have been set at the Credit Union Cherry Blossom 10 Mile Run — a total of 10 World records and 10 American records. None has lasted as long as the 46:13 time Greg Meyer ran in 1983. Back then it was an American and World Record. In 2023, race organizers saw the American Record get broken by Hillary Bor with a time of 46:11.

Prior to the 2014 race, which served as both the USA Men's and Women's 10 Mile Championships, Meyer said: "While it's an honor to hold an American Record, it's time someone else owned it! My gosh, it's older than most of the Americans competing! I can't wait to see someone break it!"

When Stanley Kebenei crossed the finish line in 2019 in 46:00, Meyer and race organizers thought the men's American record had finally fallen. Unfortunately, post-race analysis revealed that the turn-around point in West Potomac Park had been misplaced, resulting in a course-as-run that was 240 feet short of the full 10 miles, thus negating Kebenei's apparent American record. The women's winner, Kenyan Rosemary Wanjiru, was also a victim of the short course, which kept her time of 50:42 from being recognized as the fastest all-comers time in a women's only race.

Despite the shortened route taken by the runners, race organizers paid Kebenei \$10,000 for posting a time faster than Meyer's American record of 46:13. Race organizers also paid \$1,000 and \$750 respectively to the first two men and women who ran faster than 46:00 and 52:00 minutes: race winners Jemal Yimer (45:36) and Rosemary Wanjiru (50:42), and second place finishers Josphat Tanui (45:38) and Gotytom Gebreslase (50:47). There was no bonus offered for a U.S. all-comers record.

Take a look at the progression of various 10-mile records that have been set at Cherry Blossom since the inaugural race in 1973.

Year	Elite Men	World Record	American Record	Event Record
1973	Sam Bair			51:22
1974	Jack Mahurin			50:50
1976	Carl Hatfield			49:09
1978	Bill Rodgers			48:57
1979	Bill Rodgers			48:00
1980	Bill Rodgers			47:09
1983	Greg Meyer	46:13	46:13	46:13
1994	William Sigei			46:01
1995	Ismael Kirui	45:38		45:38
2011	Lelisa Desisa			45:36
2012	Allan Kiprono			45:15
2022	Nicholas Kosimbei			45:15
2023	Hillary Bor		46:11	

Year	Elite Women	World Record (mixed race)	World Record (single sex*)	American Record (mixed race)	American Record (single sex*)	Event Record
1973	Kathrine Switzer					71:19
1974	Carol Fridley					62:41
1975	Julie Shea					59:55
1976	Julie Shea	57:04		57:04		57:04
1977	Julie Shea	56:08		56:08		56:08
1979	Aileen O'Connor			56:02		56:02
1980	Anne Sullivan			55:34		55:34
1983	Eleanor Simonsick					54:46
1985	Lisa Weidenbach					53:30

# Open and Age Group Records

Year	Elite Women	World Record (mixed race)	World Record (single sex*)	American Record (mixed race)	American Record (single sex*)	Event Record
1986	Rosa Mota	53:09				53:09
1987	Lisa Martin	52:23				52:23
1989	Lisa Weidenbach			52:34		
1991	Jill Hunter					51:57
1995	Rose Cheruiyot	51:39				51:39
1998	Colleen De Reuck	51:16				51:16
2006	Lydia Grogoryeva		52:11			52:11
2006	Turena Johnson				55:42	
2007	Teyba Erkesso		51:44			51:44
2009	Sally Meyerhoff				54:38	
2013	Janet Bawcom				53:28	
2014	Janet Bawcom				52:12	

\*In 2006, record keeping standards were changed to recognize the difference between women running with men in a mixed race, and women running in an all-women's race. Cherry Blossom race organizers implemented a 10-minute advanced start for women that year, and all subsequent women's World and American records have been set under this format.

While countless age group records have been set at the Credit Union Cherry Blossom 10 Mile Run over the years, the tables below list current age group event records for men and women.

## Credit Union Cherry Blossom Age Group Records

	Age Group Men	Time	Age	Year
40-44	Steve Jones	48:26	40	1996
45-49	Bill Rodgers	52:22	49	1997
50-54	Norm Green	52:53	50	1983
55-59	Jim O'Neill	54:25	56	1994
60-64	Norm Green	57:48	60	1993
65-69	Ken Youngers	1:02:43	65	2022
70-74	Charles Rose	1:06:35	70	2003
75-79	Ed Benham	1:12:13	76	1984
80-84	Ed Benham	1:13:23	81	1989
85-89	George Yannakakis	1:44:08	85	2017
90-94	George Yannakakis	2:33:04	90	2022

# Open and Age Group Records



Photo: George Banker

*George Yannakakis from Towson, MD is all smiles after setting the American 90-95 age group record in his 29th Cherry Blossom Ten Mile*

	Age Group Women	Time	Age	Year
40-44	Priscilla Welch	53:51	42	1987
45-49	Priscilla Welch	56:33	46	1991
50-54	Perry Shoemaker	1:00:37	51	2023
55-59	Joan Samuelson	1:03:55	59	2017
60-64	Joan Samuelson	1:07:56	60	2018
65-69	Jennifer Macdonell	1:12:31	65	2022
70-74	Hedy Marque	1:22:58	73	1991
75-79	Hedy Marque	1:25:40	75	1993
80-84	Hedy Marque	1:31:24	80	1998
85-89	Hedy Marque	1:57:38	87	2005
90-94	Ruth Rothfarb	3:27:30	91	1993

# All-Time Champions

## Ten Mile Run

The cool, windy morning did not slow down the fast field as spectators saw the American 10-mile record get broke by Hillary Bor in 46:11, who placed second overall behind winner Tsegay Kidanu with a time of 46:08.

Last year, men's winner Nicholas Kosimbei tied the course record of 45:15 set by fellow Kenyan Alan Kiprono a decade earlier in 2012. It was Kosimbei's first time running here in Washington, DC. Susanna Sullivan, a fifth-grade teacher from Reston, VA, had run the Credit Union Cherry Blossom Ten Mile (CUCB) six times before, with her eighth place finish in 2014 being her previous best. Sullivan's time today was 52:32, beating her personal best for 10 miles of 54:22 by nearly two minutes.

\*On a picture-perfect day in 2019, with Washington DC's cherry trees in full bloom, defending champion Jemal Yimer, from Ethiopia, won the men's race in a time of 45:36. Kenyan Rosemary Wanjiru won the women's race in 50:42. Unfortunately the full impact of their very fast times was negated by the fact that the course-as-run ended up being 240 feet short of the full 10 miles, due to a misplaced set of traffic cones at the turn-around in West Potomac Park.

\*\*In 2016, weather conditions for the event were less than ideal, with temperatures in the mid-30s and winds gusting up to 40 miles per hour during the race, thus slowing all runners' times considerably. For the first time in 10 years, the elite women started with the men, and surely benefited from running in the larger pack.

\*\*\*In 2015, race organizers were forced to re-route the course between four and six miles due to an accident on the course that occurred about an hour prior to the start of the elite women's race. The exact distance was measured as 9.39 miles after the race – making it just a fraction over 15K. The times listed in the table below for 2015 represent projected 10-mile finish times; Stephen Sambu ran 43:20 for 9.39 miles, while Mary Wacera ran 48:35.

Year	Male Winner	Time	Female Winner	Time
2023	Tsegay Kidanu	46:08	Sarah Chelangat	52:04
2022	Nicholas Kosimbei	45:15	Susanna Sullivan	52:32
2021	Edwin Kimutai	45:45	Nell Rojas	52:13
*2019	Jemal Yimer	45:36	Rosemary Wanjiru	50:42
2018	Jemal Yimer	46:17	Buze Diriba	53:45
2017	Stanley Kebenei	46:36	Hiwot Gebrekidan	53:37
**2016	Sam Chelanga	48:26	Veronica Nyaruai Wanjiru	53:12
***2015	Stephen Sambu – Kenya	43:20	Mary Wacera – Kenya	51:45
2014	Stephen Sambu – Kenya	45:29	Mamitu Daska – Ethiopia	52:05
2013	Daniel Salel– Kenya	46:06	Caroline Rotich – Kenya	52:46
2012	Allan Kiprono – Kenya	45:15	Julliah Tenega – Kenya	54:02
2011	Lelisa Desisa – Ethiopia	45:36	Julliah Tenega – Kenya	54:02
2010	Stephen Tum – Kenya	45:43	Lineth Chepkurui – Kenya	51:51
2009	Ridouane Harroufi – Morocco	45:46	Lineth Chepkurui – Kenya	53:32
2008	Ridouane Harroufi	46:14	Lineth Chepkurui – Kenya	54:21
2007	Tadesse Tola – Ethiopia	46:01	Tebya Erkesso – Ethiopia	51:44
2006	Gilbert Okari – Kenya	47:24	Lidiya Grigoryeva – Russia	52:11
2005	John Korir – Kenya	46:53	Nuta Olaru – Romania	52:00
2004	Nelson Kiplagat – Kenya	48:12	Isabella Ochichi – Kenya	52:06
2003	John Korir – Kenya	46:55	Olga Romanova – Russia	53:42
2002	Reuben Cheruiyot – Kenya	47:13	Luminita Talpos – Romania	52:50
2001	John Korir – Kenya	46:12	Elana Meyer – South Africa	52:15
2000	Reuben Cheruiyot – Kenya	46:07	Teresa Wanjiku – Kenya	55:50
1999	Worku Bikila – Ethiopia	46:59	Jane Omoro – Kenya	53:37
1998	Simon Rono – Kenya	45:51	Colleen De Reuck – South Africa	51:16
1997	Peter Githuka – Kenya	46:29	Valentina Yegorova – Russia	54:28
1996	Lazarus Nyakeraka – Kenya	46:37	Joan Nesbit – USA	53:25
1995	Ismael Kirui – Kenya	45:38	Rose Cheruiyot – Kenya	51:39
1994	William Sigei – Kenya	46:01	Helen Chepngeno – Kenya	54:05



# All-Time Champions

Year	Male Winner	Time	Female Winner	Time
1993	William Sigei – Kenya	46:29	Judi St. Hilaire – USA	52:27
1992	Richard Chelimo – Kenya	47:06	Albina Galliamova – Russia	53:44
1991	Carl Thackery – Great Britain	46:25	Jill Hunter – Great Britain	51:57
1990	Chris Fox – USA	47:06	Lisa Weidenbach – USA	53:28
1989	Brian Sheriff – Zimbabwe	46:43	Lisa Weidenbach – USA	52:34
1988	J.P. Ndaysenga – Belgium	47:33	Anne Audain – New Zealand	52:36
1987	Jon Sinclair – USA	46:48	Lisa Martin – Australia	52:23
1986	Thom Hunt – USA	46:15	Rosa Mota – Portugal	53:09
1985	Simeon Kigen – Kenya	46:24	Lisa Weidenbach – USA	53:30
1984	Simeon Kigen – Kenya	47:25	Rosa Mota – Portugal	54:16
1983	Greg Meyer – USA	46:13	Eleanor Simonsick – USA	54:46
1982	Terry Baker – USA	49:29	Eleanor Simonsick – USA	58:16
1981	Bill Rodgers – USA	47:17	Laurie Binder – USA	56:44
1980	Bill Rodgers	47:09	Anne Sullivan – USA	55:34
1979	Bill Rodgers – USA	48:00	Aileen O'Connor – USA	56:02
1978	Bill Rodgers – USA	48:57	Jenifer White – USA	56:35
1977	Dan Rincon – USA	49:44	Julie Shea – USA	56:08
1976	Carl Hatfield – USA	49:09	Julie Shea – USA	57:04
1975	Carl Hatfield – USA	51:47	Julie Shea – USA	59:55
1974	Jack Mahurin – USA	50:50	Carol Fridley – USA	1:02:41
1973	Sam Bair – USA	51:22	Kathrine Switzer – USA	1:11:19

## 5K Run

While the idea of having a “fun run” traces all the way back to the first event in 1973, when the fun run was two miles long, it wasn't until 2006 that the 5K Run-Walk was upgraded from an untimed run to a fully timed and scored event.

Year	Male Winner	Time	Female Winner	Time
2023	Johan Fagerberg	15:03	Casey Greenwalt	18:12
2022	Evan Fallor	16:05	Christina Burbach	21:08
2021	Rob Halliday	18:38	Jocelyn Kelley	19:49
2019	Jose Donato	18:24	Madeline Hanley	21:08
2018	Logan Yu	16:05	Hibah Abuhamdich	20:24
2017	Iber Gonzales Vidals	17:58	Lisa Gallagher	21:15
2016	Sylvain Clarenne (30)	18:31	Melanie Nakagawa (35)	22:47
2015	Dylan Eddinger (18)– Bally, PA	17:02	Ashley Kollme (32)– Washington, DC	18:29
2014	Nathan Davis (13) – Frederick, MD	17:58	Jessica McGuire (33) – Arlington, VA	20:34
2013	Nathan Davis (12) – Frederick, MD	17:22	Maggie Brill (36) – Pottstown, PA	19:43
2012	Barry Fischer (27) – Washington, DC	17:27	Win Persina (52) – Washington, DC	20:36
2011	Luke Holman (27) – McLean, VA	17:07	Nilda Cruz-Acevedo (47) – Laurel, MD	19:07
2010	Mitchell Lango (26) – Washington, DC	18:32	Britton Miller (30) – Arlington, VA	19:03
2009	Eric Sonnenschein (35) – Washington, DC	19:17	Marjorie Censer (26) – Arlington, VA	21:05
2008	Guy Cipolla (30) – Elmendorf AFB, AK	18:00	Erin Burlovich (27) – Chevy Chase, MD	21:34
2007	Daniel Bennett (36) – Dunkirk, MD	18:37	Erin Burlovich (26) – Chevy Chase, MD	20:42
2006	Michael Stanton-Geddes (24) – Washington, DC	17:54	Mary Margaret Peter (15) – Virginia Beach, VA	21:48

# Past Winners' Notable Accomplishments

Over the years, a victory at the Credit Union Cherry Blossom Run has proven to be a stepping stone to success at the Boston Marathon shortly thereafter. And some Cherry Blossom victors have gone on to Olympic success in the same year. The table below lists Cherry Blossom winners who have distinguished themselves at the Boston Marathon and/or Olympic Games.

## Boston Marathon Champions

Name	Country	Won Cherry Blossom	Won Boston
<b>Men</b>			
Bill Rodgers	USA	'78, '79, '80, '81	'75, '78, '79, '80
Greg Meyer	USA	'83	'83
Lelisa Desisa	ETH	'11	'13, '15
Name	Country	Won Cherry Blossom	Won Boston
<b>Women</b>			
Rosa Mota	POR	'84, '86	'87, '88, '90
Lisa Weidenbach	USA	'85, '89, '90	'85
Lidiya Grigoreyeva	RUS	'06	'07
Teyba Erkesso	ETH	'07	'10
Caroline Rotich	KEN	'13	'15

## Olympic Medalist

Name	Country	Won Cherry Blossom	Medal	Event
Rosa Mota	POR	'84	3rd, '84; 1st, '88	Marathon
Richard Chelimo	KEN	'92	2nd, '92	10,000m
Lisa Martin	AUS	'97	2nd, '88	Marathon
Elana Meyer	RSA	'01	2nd, '92	10,000
Isabella Ochichi	KEN	'04	2nd, '04	5,000m



It's hard to compete with Bill Rodgers' four Cherry Blossom and four Boston Marathon wins, but Rosa Mota's three Boston wins and two Olympic medals may take the prize.

# Returning Age Group Champions

2024 Age Group	Age in 2023	First Name	Last Name	Hometown
Men U20	17	Beatrice	Wermuth	Winter Park, FL
Men 25-29	26	Nicholas	Kosimbei	Kenya
Men 35-39	39	Chris	Sloane	Reston, VA
Men 40-44	44	Bradley	Klapper	Washington, DC
Men 45-49	45	Brock	Butler	West Chester, PA
Men 50-54	54	Peter	Ziegler	Tucson, AZ
Men 55-59	59	Akintunde	Morakinyo	Columbia, MD
Men 60-64	64	Scott	Brown	Ashburn, VA
Men 65-69	69	Marvin	Pace	McLean, VA
Men 70-74	70	Alan	Pemberton	Silver Spring, MD
Men 75-79	76	Ben	Harvie	Kemah, TX
Men 80-84	80	Harold	Rosen	Potomac, MD
Men 90+	91	George	Yannakakis	Towson, MD
Women U20	17	E.	McNichols	Alexandria, VA
Women 20-24	23	Elena	Hayday	Bethesda, MD
Women 25-29	29	Carrie	Verdon	Boulder, CO
Women 30-34	32	Susanna	Sullivan	Reston, VA
Women 40-44	43	Adrienne	Gasheen	Aldie, VA
Women 45-49	49	Cecile	Durant-Thompson	Glen Mills, PA
Women 50-54	51	Perry	Shoemaker	Vienna, VA
Women 55-59	57	Shannon	Smith	Washington, DC
Women 60-64	61	Cindy	Conant	Kensington, MD
Women 65-69	66	Jennifer	Macdonell	Ottawa, ON
Women 70-74	70	Lee	Catella	Oneonta, NY
Women 75-79	78	Pat	Welch	Vienna, VA
Women 80-84	81	Wilma	King	Chantilly, VA



# Capitol Hill Competition

The Capitol Hill Competition at the Credit Union Cherry Blossom Ten Mile started in 2002 and is organized for Members of Congress and their staff, who compete against each other within the broader Credit Union Cherry Blossom race. The Capitol Hill Competition is made possible by the support of the Congressional Federal Credit Union, the United States Senate Federal Credit Union, and America's Credit Unions. This year there will be a total of 113 teams, with 50 teams from the Senate, 24 from the House of Representatives, and 3 representing federal agencies.

Display Name/Team Name	Employing Office
Budget Recovery	Congressional Budget Office
Model Runners	Congressional Budget Office
Run Models Not Miles	Congressional Budget Office
Team CAO	Chief Administrative Officer
603-RUN-NERS	Rep. Annie Kuster
Carperdiem	Rep. Shri Thanedar
Chukar Cherry Blossoms	Rep. Gluesenkamp Perez
Dean Team	Rep. Madeleine Dean
Foster Than You	Rep. Bill Foster
Fox Trotters	Rep. Ami Bera
Going Going Gonzales	Rep. Tony Gonzales
Grit & Grace	Rep. Jim Himes



Photo: Brian Kapur

*The Congressional Cup goes every year to the fastest team on the U.S. House and Senate sides combined. In 2022, the cup went to the team of Delaware Senator Chris Coons. They ran under the name of "It's Good to be First," a play on Delaware's motto as the first U.S. state.*

# Capitol Hill Competition

Display Name/Team Name	Employing Office
HoulaTeam	Rep. Chrissy Houlahan
Josie and the Charlie Cats	Rep. Mike Quigley
Motion To Run for it	Rep. Ro Khanna
Rayburn Runners	Rep. Troy Balderson
Reclaiming Our Time	House Financial Services Committee
Red Rock Running Club	Rep. Susie Lee
Rolling Blackouts	Rep. Ken Calvert
Run Forest(er) Run!	House Committee on Natural Resources
Sprinting Saguaros	Rep. Raul Grijalva
Team Bonamici	Rep. Suzanne Bonamici
Team BWC	Rep. Bonnie Watson Coleman
The Gavel Masters	Rep. Steve Womack
The Lloyd Joggetts	Rep. Lloyd Doggett
TriadAthletes	Rep. Kathy Manning
Wile E Coyote & the RailRunner	Rep. Stansbury
America's Schatz Talent	Sen. Brian Schatz
Best Virginia	Senate Energy Committee
Bookin it with Booker	Sen. Cory Booker
Cardin Cruisers	Sen. Ben Cardin
Casablanca	Senate Budget Committee
Country Roadsters	Sen. Joe Manchin III
Cow Crown	Sen. Angus King
Cruz Control	Sen. Ted Cruz
DAINESger Zone	Sen. Steve Daines
Difi's Desert Tortoises	Sen. Dianne Feinstein
Fighthouse	Sen. Sheldon Whitehouse
Fueled by Tuna Melts	Sen. Mark Warner
Green Hot Chile Peppers	Sen. Martin Heinrich
Heinrich Maneuver	Sen. Martin Heinrich
HERE COMES THE BLUME!!!!	Sen. Richard Blumenthal
Hirono HiRunnerz	Sen. Mazie K. Hirono
Hit Me With Your Best Schatz	Sen. Brian Schatz
Hoosier Hustle	Sen. Mike Braun
It's Good To Be First (State)	Sen. Chris Coons
Joggers for James	Sen. James Lankford
Jon's Joggers	Sen. Jon Tester
King's Mustache Milers	Sen. Angus King
Last Best Pace	Sen. Jon Tester
Marcothon	Sen. Marco Rubio
Markey On Your Left	Sen. Edward J. Markey
Merkley Milers	Sen. Jeff Merkley

# Capitol Hill Competition

Display Name/Team Name	Employing Office
Motor City Marathoners	Sen. Gary Peters
Murphy's Lawmakers	Sen. Chris Murphy
OmniRuns	Senate Appropriations Committee
On Your Markey!	Sen. Edward J. Markey
Peak Blume	Sen. Richard Blumenthal
Racing Cowboys	Sen. Cynthia Lummis
Ready Set Dirigo!	Sen. Susan Collins
Ready Set Dirigo!!	Sen. Susan Collins
Ready Set Dirigo!!!	Sen. Susan Collins
Reed's Rangers	Sen. Jack Reed
Space Racers	Sen. Mark Kelly
Speedy Padillas	Sen. Alex Padilla
Team Baldwin	Sen. Tammy Baldwin
Team Durbin	Sen. Richard Durbin
Team Sinema	Sen. Kyrsten Sinema
The Burger Kings	Sen. Angus King
Tillis Track Club	Sen. Thom Tillis
U Can Run But U Cant HydeSmith	Sen. Cindy Hyde-Smith
Van Hooligans	Sen. Chris Van Hollen
Van Hooligans II	Sen. Chris Van Hollen
Vermonters	Sen. Peter Welch
West Coasters	Sen. Alex Padilla
Yes We Kaine	Sen. Tim Kaine
You just got Welch'd	Sen. Peter Welch



Congressional Federal Credit Union supports the Capitol Hill Competition

# Capitol Hill Results

The Capitol Hill Competition at the Credit Union Cherry Blossom Ten Mile started in 2002 and is organized for Members of Congress and their staffs, who compete against each other within the broader Credit Union Cherry Blossom race. It is sponsored by the Congressional Federal Credit Union and the United States Senate Federal Credit Union, with support from the Credit Union National Association and the National Association of Federally-insured Credit Unions.

Out of the 29 Capitol Hill teams that competed in 2022, “It’s Good to be First” prevailed among Senate teams in a time of 3:37:58, and Legitimate Winning DisCourse, was the fastest House team in 3:54:50.

The table below lists the winning Senate and House of Representatives teams since 2002 (times listed represent the sum total of the three fastest times among as many as 11 team members):

## Winning Senate and House Teams

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
<b>2023</b>			
Last Best Place/Senator Jon Tester	3:32:32	Red Rock Running Club/ Representative Susie Lee	3:29:58
<b>2022</b>			
It’s Good to be First (State)/ Senator Chris Coons	3:37:58	Legitimate Winning DisCourse/ Representative Mike Levin	3:54:50
<b>2021</b>			
Merkeley Milers/Senator Jeff Merkeley	3:54:26	Live Laugh Larson/Representative John Larson	4:40:53
<b>2019</b>			
Bourne to Run Senate Intelligence Committee	3:33:18	Red White and Blumenauer Representative Earl Blumenauer	3:52:21
<b>2018</b>			
Heinrich Maneuver Senator Martin Heinrich	3:21:18	Model Runners Congressional Budget Office	3:00:34
<b>2017</b>			
All the Kings Men Senator Angus King	3:21:35	Red, White and Blumenauer Representative Earl Blumenauer	3:18:15
<b>2016</b>			
Carper Diem Senator Tom Carper	3:21:21	Red, White and Blumenauer Representative Earl Blumenauer	3:18:43
<b>2015</b>			
Carper Diem Senator Tom Carper	3:13:58	Red, White and Blumenauer Representative Earl Blumenauer	3:06:42
<b>2014</b>			
Minnesota Nice and Fast Senator Amy Klobuchar	3:23:46	White Cheddar Shredders Representative Peter Welch	3:23:50
<b>2013</b>			
Foreign Relaytions Senate Energy Committee	3:30:03	Red, White and Blumenauer Representative Earl Blumenauer	3:18:24

# Capitol Hill Results

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
<b>2012</b>			
Too Extreme for Colorado Senator Michael Bennet	3:21:14	Red, White and Blumenauer Representative Earl Blumenauer	3:31:38
<b>2011</b>			
Running Back Home Again Senator Richard Lugar	3:35:36	Red, White and Blumenauer Representative Earl Blumenauer	3:46:23
<b>2010</b>			
Team Frenzi Senator Michael Enzi	3:39:32	Stark Running Mad Representative Peter Stark	3:42:56
<b>2009</b>			
Run Io-way With Me Senate Agriculture Committee	3:54:01	Markey's Glacial Pacers Representative Edward Markey	3:31:15
<b>2008</b>			
Ken's Salad Bar Senator Ken Salazar	3:26:43	Red, White and Blumenauer Representative Earl Blumenauer	3:43:03
<b>2007</b>			
Crapo Couch Potatoes Senator Mike Crapo	3:25:03	Project Blue Hen Representative Mike Castle	3:46:46
<b>2006</b>			
Crapo Couch Potatoes Senator Mike Crapo	3:30:37	Green Milers Representative Mark Green	3:15:48
<b>2005</b>			
Team Frenzi Senator Michael Enzi	3:49:51	Green Milers Representative Mark Green	3:25:15
<b>2004</b>			
Couch Potatoes Senator Mike Crapo	3:07:28	The Green Monsters Representative Mark Green	3:51:37
<b>2003</b>			
Murray's Milers Senator Patty Murray	3:40:37	Team Ryan Representative Tim Ryan	3:49:52
<b>2002</b>			
Murray's Milers Senator Patty Murray	3:28:34	Dancing Homers	3:57:26



# Past USATF 10 Mile Championships

For the second year in a row, the Credit Union Cherry Blossom hosted the men's and women's USATF 10 Mile Championships in 2023. This was the fourth time one or more of the USATF 10 Mile Championships have been hosted by Credit Union Cherry Blossom race organizers: the women's championships were part of the 2013 event, while Cherry Blossom hosted both the men's and women's championships in 2014.

The 2023 USATF 10 Mile Championships was highlighted by Hillary Bor's record setting time of 46:11. By setting the American 10 Mile Record, Bor took home a \$50,000 bonus in addition to his winnings as the first place American. The prize purse totaled \$63,000 for both men and women and offered possible time bonuses if a man ran sub-46:00 and a woman ran sub-52:00 as well as the additional \$50,000 for a world and/or American record. American runners who placed in the top-10 overall were also eligible to receive both open and American-only prize money.

The 2021 USATF 10 Mile Championships Presented by Toyota were held in conjunction with the one-time-only fall running of the Credit Union Cherry Blossom Ten Mile. The prize pool for the 2021 USATF 10 Mile Championships totaled \$26,000 for men and women, while also offering an additional \$10,000 bonus if a man or woman broke the American Records of sub-45:54 or sub-51:23 respectively. One other bonus for victory in the 2021 USATF 10 Mile Championships — the top American man and woman each earned a spot on Team USA for the 2022 World Athletics Half Marathon Championships, to be held in Yangzhou, China, on November 13, 2022.

When the Credit Union Cherry Blossom Ten Mile hosted both the men's and women's USATF 10 Mile Championships in 2014, Janet Bawcom set an American women's-only record of 52:12 — a time which Cherry Blossom race committee member Keira D'Amato lowered to 51:23 in November 2020 in an elite-only, women's-only pop-up event called the Up Dawg Ten Mile in DC's Anacostia Park.

While the Credit Union Cherry Blossom Ten Mile has offered a prize purse for elite runners of all nationalities since 1984, the 2013 USATF Women's 10 Mile Championships marked the first time race organizers introduced a separate prize purse of \$14,400 for American women. When the Men's 10 Mile championships were added to the slate in 2014, so, too, was an additional \$14,400 for the American men's prize purse.

Participants in the Women's Championships started 12 minutes before the men so performances would be eligible for ratification as women's-only records.

2023 USATF 10 Mile Championships

Place among Americans	Men	Time	Women	Time
1	Hillary Bor	46:11	Sara Hall	52:37
2	Abbabiya Simbassa	47:09	Nell Rojas	52:38
3	Jacob Thomson	47:27	Emma Hurley	52:41
4	Matthew McClintock	47:30	Molly Grabill	52:42
5	John Dressel	47:32	Amber Zimmerman	53:05
6	Emmanuel Bor	48:14	Susanna Sullivan	53:25
7	Colin Bennie	48:18	Carrie Verdon	53:35
8	Joel Reichow	48:53	Jessa Hanson	53:47
9	Tyler Jermann	49:19	Jeralyn Poe	54:41
10	Blaise Ferro	50:33	Breanna Sieracki	55:52

2021 USATF 10 Mile Championships

Place among Americans	Men	Time	Women	Time
1	Abbabiya Simbassa	46:18	Nell Roja	52:13
2	Augustus Maiyo	46:23	Jenny Simpson	52:16
3	Reed Fischer	46:59	Annie Frisbie	52:26
4	Frank Lara	47:13	Sara Hall	52:43
5	Shadrack Biwott	47:35	Carrie Verdon	52:51
6	Joel Reichow	47:36	Diane Nukuri	53:23
7	Elkanah Kibet	47:39	Amy Davis	54:23
8	Chris Derrick	47:42	Susanna Sullivan	54:37
9	John Raneri	47:43	Bria Wetsch	54:38
10	Noah Drodody	47:47	Madeline Alm	54:41

# Past USATF 10 Mile Championships

## 2014 USATF 10 Mile Championships

Place among Americans	Men	Time	Women	Time
1	Christo Landry	46:41	Janet Bawcom	52:12
2	Girma Mecheso	47:21	Sara Hall	52:54
3	Mo Trafefh	47:27	Frances Koons	54:30
4	Ben Bruce	47:33	Susanna Sullivan	54:31
5	Tim Young	47:45	Brianne Nelson	54:33
6	Matt Tegenkamp	47:57	Jen Rhines	54:38
7	Joseph Gray	48:04	Heather Cappello	54:40
8	Tyler McCandless	48:21	Meghan Peyton	54:42
9	Ian Burrell	48:42	Sara Slattery	55:14
10	Lucas Meyer	48:45	Blake Russell	55:26

## 2013 USATF Women's 10 Mile Championships

Place	Name	Time
1	Janet Bawcom	53:28
2	Brianne Nelson	54:01
3	Sarah Crouch	54:15
4	Kellyn Johnson	54:19
5	Jen Rhines	54:54
6	Katie DiCamillo	55:19
7	Heather Cappello	55:31
8	Ladia Albertson Junk	55:32
9	Stephanie Pezzullo	56:13
10	Clara Grandt	56:40



Photo: Karen Mitchell

Abbabiya (Biya) Simbassa exults in his first U.S. National Championships win in 2021. His time of 46:18 was the third fastest ever in the event by an American.

# Environmental & Social Sustainability

The Credit Union Cherry Blossom has a long history of reducing its environmental footprint and expanding its positive social impacts.

Race organizers first identified Children’s National Medical Center as the race’s charitable beneficiary in the mid-1990s, and the focus on raising money for Children’s Miracle Network Hospitals continues to this day. They also work with under-represented groups and non-profit organizations, such as Teens Run DC (<http://www.teen-srundc.org/>), to reduce barriers to participation in the event.

Since 2011, race organizers have been working with the Council For Responsible Sport (<http://www.council-forresponsiblesport.org>) to quantify the results of their environmental and social efforts through the Council’s certification program. Following three consecutive biennial certifications by the group—Silver in 2011 and 2013, Gold in 2015—in 2017, the Credit Union Cherry Blossom Run was invited to participate in a new program called *Inspire*. The Council’s Inspire events represent the pinnacle of achievement and stand as an example and inspiration to others.

Inspire event status is awarded by invitation to events that have achieved multiple certifications from the Council, with the intention of recognizing the legacy that sporting events committed to sustainability and thoughtful resource management provide to their audiences and communities. Inspire certified events are required to provide important sustainability metrics and are expected to share their story with fellow event organizers. Inspire event organizers are also asked to mentor other Council-affiliated events on aspects of their responsible sport program.

Sustainability highlights from the 2015 Credit Union Cherry Blossom Run can be found here: ([http://cherryblossom.org/images/2016/2015\\_Sustainability\\_Report\\_web.pdf](http://cherryblossom.org/images/2016/2015_Sustainability_Report_web.pdf)).



Photo: Team Mailer

*The Credit Union Cherry Blossom Ten Mile Run has achieved Gold Level Inspire status by the Council for Responsible Sport*

# Social Media Race Ambassadors

The Credit Union Cherry Blossom Social Media team is responsible for keeping the event's runners, volunteers, sponsors and supporters informed and engaged throughout the year on Facebook, Twitter, Instagram and TikTok.

The social media team is led by **Sarah Beth Hensley House, Kristen Byers, Jina Freiberg and Nicholas Brown.** Part of the social media promotion of the race involves our race ambassador program. It's an opportunity for everyday runners to share their experiences with the thousands of followers on Credit Union Cherry Blossom's social media channels. These goodwill ambassadors receive a race entry as well as gear from sponsors like ASICS, they participate in training programs and more, in exchange for the ambassadors sharing their experiences on their social media platforms. In 2024, we selected four new race ambassadors: **Yasmin Boakye, James Poch, Mahogany Blank and Allison Tuttle.**

Be sure to follow CUCB on Facebook, Twitter and Instagram to get the latest information about the race and see posts and updates from the race ambassadors!

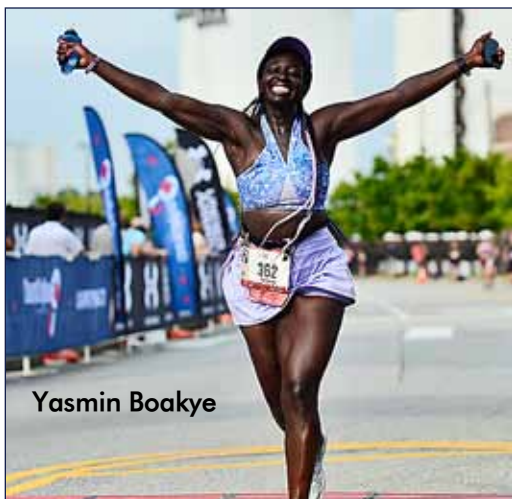
Facebook: <https://www.facebook.com/CreditUnionCherryBlossom>

Twitter: <https://twitter.com/CUCB>

Instagram: <https://www.instagram.com/cucb/>

TikTok: [cucbindc](https://www.tiktok.com/@cucbindc)

Hashtag: #CUCB2023



# Charity Donations

Each year, the Credit Union Cherry Blossom Ten Mile in Washington, D.C. brings together credit unions from across the country with a shared vision of fundraising and helping children. One very effective fundraising program is the Charity Race Entry program.

With a field limit of 17,000 established by the National Park Service and selected by lottery, not everyone who wants to run is accepted through the lottery process. So, each year a limited number of Charity Race Entrants gain entry by raising a minimum of \$500 for the Children’s Miracle Network Hospitals.

In 2023, participants were given the opportunity to make donations directly to the Children’s Miracle Network Hospitals when entering the race. In 2023, Charity Donations totaled \$450,000 with more that \$190,000 coming from race entry donations.

The event also funds two \$5,000 Road Runners Club of America “Roads Scholar” grants designed to support up-and-coming U.S. distance running talent (<http://www.rrca.org/programs/roads-scholars/>).



Photo: Karen Mitchell

Once again, the Cherry Blossom 10 Mile comes through for the Children’s Miracle Network Hospitals.

# Donations to Children's Miracle Hospitals

**C**redit Union Miracle Day, Inc. has been the organization behind the title sponsorship of the Credit Union Cherry Blossom Ten Mile since 2002. Dedicated to fundraising to benefit Children's Miracle Network Hospitals, the fundraising effort has generated over \$11 million dollars as of the 2023 race.



The largest big check donation to Children's Miracle Hospitals was \$858,684 in 2010



# 2023 Elite Athlete Results

## OPEN AWARD WINNERS

1	Sarah Chelangat,21,UGA	00:52:04	\$8,000	1	Tsegay Kidanu,21,ETH	00:46:08	\$8,000
2	Sara Hall,39,Flagstaff,AZ	00:52:37	\$4,000	2	Hillary Bor,33,Colorado Springs,CO	00:46:11	\$4,000
3	Nell Rojas,35,Boulder,CO	00:52:38	\$2,000	3	Abbabiya Simbassa,29,Flagstaff,AZ	00:47:09	\$2,000
4	Emma Hurley,25,Roswell,GA	00:52:41	\$1,500	4	Charles Langat,26,KEN	00:47:25	\$1,500
5	Molly Grabill,30,Louisville,CO	00:52:42	\$1,000	5	Jacob Thomson,28,Louisville,KY	00:47:27	\$1,000
6	Amber Zimmerman,30,Philadelphia,PA	00:53:05	\$900	6	Matthew McClintock,29,Flagstaff,AZ	00:47:30	\$900
7	Susanna Sullivan,32,Reston,VA	00:53:25	\$800	7	John Dressel,25,Concord,MA	00:47:32	\$800
8	Carrie Verdon,29,Boulder,CO	00:53:35	\$700	8	Shadrack Kimining,27,KEN	00:47:46	\$700
9	Weynshet Weldetsadik,26,ETH	00:53:47	\$600	9	Emmanuel Bor,34,New York,NY	00:48:14	\$600
10	Jessa Hanson,24,Flagstaff,AZ	00:53:47	\$500	10	Colin Bennie,27,San Francisco,CA	00:48:18	\$500
11	Caroline Rotich,38,KEN	00:53:53		11	Tsegay Weldlibanos,27,ERI	00:48:23	
12	Anna Dibaba,23,ETH	00:54:31		12	Joel Reichow,29,White Bear Lake,MN	00:48:53	
13	Jeralyn Poe,25,Flagstaff,AZ	00:54:41		13	Cody Baele,27,Des Moines,IA	00:48:56	
14	Breanna Sieracki,27,Burnsville,MN	00:55:52		14	Zach Herriott,29,Washington,DC	00:48:57	
15	Bria Wetsch,34,Centennial,CO	00:56:01		15	Tyler Jermann,30,Saint Paul,MN	00:49:19	
16	Samantha Nadel,28,Arlington,VA	00:56:12		16	Samuel Lanternier,25,Boulder,CO	00:49:51	
17	Sophia King,26,Chesterfield,VA	00:56:12		17	Garret Lee,30,Denver,CO	00:49:52	
18	Elena Hayday,23,Bethesda,MD	00:56:15		18	Chase Weaverling,27,Boulder,CO	00:49:56	
19	Diane Nukuri,38,Flagstaff,AZ	00:57:18		19	Kevin McDonnell,33,Cherry Hill,NJ	00:50:30	
20	Kate Sanborn,25,Raleigh,NC	00:57:22		20	Blaise Ferro,25,Flagstaff,AZ	00:50:33	
21	Rachel McArthur,23,Bristow,VA	00:57:29		21	Patrick Hanley,27,Arlington,VA	00:50:43	
22	Theresa Hailey,34,Portland,OR	00:57:36		22	Adam Lafemina,28,Brambleton,VA	00:50:44	
23	Katie Watson,30,Longmont,CO	00:57:46		23	Max McNeill,29,Arlington,VA	00:50:46	
24	Maddie van Beek,31,Fargo,ND	00:58:09		24	Terry Tossman,26,Washington,DC	00:50:48	
25	Claire Benjamin,29,Louisville,CO	00:58:10		25	Craig Curley,34,Tucson,AZ	00:50:51	

## TOP 10 AMERICAN WOMEN

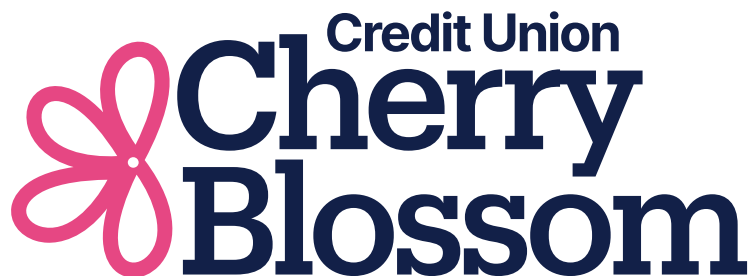
1	Sara Hall,39,Flagstaff,AZ	00:52:37	\$5,000
2	Nell Rojas,35,Boulder,CO	00:52:38	\$2,500
3	Emma Hurley,25,Roswell,GA	00:52:41	\$1,500
4	Molly Grabill,30,Louisville,CO	00:52:42	\$1,000
5	Amber Zimmerman,30,Philadelphia,PA	00:53:05	\$800
6	Susanna Sullivan,32,Reston,VA	00:53:25	\$600
7	Carrie Verdon,29,Boulder,CO	00:53:35	\$400
8	Jessa Hanson,24,Flagstaff,AZ	00:53:47	\$300
9	Jeralyn Poe,25,Flagstaff,AZ	00:54:41	\$200
10	Breanna Sieracki,27,Burnsville,MN	00:55:52	\$200

## TOP 10 AMERICAN MEN

1	Hillary Bor,33,Colorado Springs,CO	00:46:11	\$5,000
2	Abbabiya Simbassa,29,Flagstaff,AZ	00:47:09	\$2,500
3	Jacob Thomson,28,Louisville,KY	00:47:27	\$1,500
4	Matthew McClintock,29,Flagstaff,AZ	00:47:30	\$1,000
5	John Dressel,25,Concord,MA	00:47:32	\$800
6	Emmanuel Bor,34,New York,NY	00:48:14	\$600
7	Colin Bennie,27,San Francisco,CA	00:48:18	\$400
8	Joel Reichow,29,White Bear Lake,MN	00:48:53	\$300
9	Cody Baele,27,Des Moines,IA	00:48:56	\$200
10	Zach Herriott,29,Washington,DC	00:48:57	\$200

## TOP LOCAL FINISHERS

1	Susanna Sullivan,32,Reston,VA	00:53:25	1	Zach Herriott,29,Washington,DC	00:48:57
---	-------------------------------	----------	---	--------------------------------	----------



# 2023 10M Age Group Results

## WOMEN

PI	Name, Age, Hometown	Official Time	Age Graded	PI	Name, Age, Hometown	Official Time	Age Graded
<b>AGES 01 to 19</b>				<b>AGES 50 to 54</b>			
1	Beatrice Wermuth, 17, Winter Park, FL	01:06:32	0.7634	1	Perry Shoemaker, 51, Vienna, VA	01:00:37	0.9263
2	Ainsley Edwards, 19, Winston Salem, NC	01:07:33	0.7322	2	Abby Dean, 51, Wilmington, DE	01:04:02	0.8768
3	Whitney Bruch, 14, Alexandria, VA	01:10:07	0.7661	3	Laura Zeilinger, 50, Washington, DC	01:07:55	0.8171
<b>AGES 20 to 24</b>				4	Hilary Cairns, 52, Washington, DC	01:08:08	0.8338
1	Sarah Chelangat, 21, UGA	00:52:04	0.9411	5	Amanda Marks, 54, Lafayette, CO	01:08:23	0.8510
2	Jessa Hanson, 24, Flagstaff, AZ	00:53:47	0.9111	<b>AGES 55 to 59</b>			
3	Anna Dibaba, 23, ETH	00:54:31	0.8988	1	Colleen de Reuck, 58, Boulder, CO	01:07:01	0.9127
4	Elena Hayday, 23, Bethesda, MD	00:56:15	0.8711	2	Julie McElroy, 56, Sleepy Hollow, NY	01:08:02	0.8766
5	Lauren White, 24, Washington, DC	00:56:39	0.8650	3	Alisa Harvey, 57, Manassas, VA	01:09:00	0.8753
<b>AGES 25 to 29</b>				4	Stephanie Apostol, 56, Cherry Hill, NJ	01:10:08	0.8504
1	Emma Hurley, 25, Roswell, GA	00:52:41	0.9301	5	Shannon Smith, 57, Washington, DC	01:11:33	0.8441
2	Carrie Verdon, 29, Boulder, CO	00:53:35	0.9146	<b>AGES 60 to 64</b>			
3	Weynshet Weldetsadik, 26, ETH	00:53:47	0.9111	1	Cindy Conant, 61, Kensington, MD	01:08:19	0.9310
4	Jeralyn Poe, 25, Flagstaff, AZ	00:54:41	0.8961	2	Wendy Locke, 61, Boonton, NJ	01:13:34	0.8646
5	Breanna Sieracki, 27, Burnsville, MN	00:55:52	0.8771	3	Michele Keane, 61, Atlanta, GA	01:15:42	0.8402
<b>AGES 30 to 34</b>				4	Laura Freix, 61, Centreville, VA	01:16:56	0.8267
1	Molly Grabill, 30, Louisville, CO	00:52:42	0.9304	5	Martha Merz, 60, Alexandria, VA	01:17:18	0.8121
2	Amber Zimmerman, 30, Philadelphia, PA	00:53:05	0.9237	<b>AGES 65 to 69</b>			
3	Susanna Sullivan, 32, Reston, VA	00:53:25	0.9205	1	Jennifer Macdonell, 66, Ottawa, ON	01:15:43	0.8998
4	Bria Wetsch, 34, Centennial, CO	00:56:01	0.8819	2	Lucy McCausland, 68, Rehoboth Beach, DE	01:17:02	0.9103
5	Theresa Hailey, 34, Portland, OR	00:57:36	0.8576	3	Amy Subar, 67, Potomac, MD	01:17:34	0.8910
<b>AGES 35 to 39</b>				4	Stacy Nigrelli, 68, Pittsburgh, PA	01:19:47	0.8789
1	Sara Hall, 39, Flagstaff, AZ	00:52:37	0.958	5	Deborah Schmidt, 65, Sylvania, OH	01:22:38	0.8129
2	Nell Rojas, 35, Boulder, CO	00:52:38	0.94159	<b>AGES 70 to 74</b>			
3	Caroline Rotich, 38, KEN	00:53:53	0.9313	1	Lee Catella, 70, Oneonta, NY	01:24:18	0.8569
4	Diane Nukuri, 38, Flagstaff, AZ	00:57:18	0.8757	2	Geri Clifford, 70, Rye, NH	01:25:37	0.8438
5	Mindy Mammen, 39, Woodbridge, VA	00:59:04	0.85409	3	Mary Kessler, 74, Harbeson, DE	01:27:41	0.8767
<b>AGES 40 to 44</b>				4	Mary Ann Roberts, 71, Washington, DC	01:33:49	0.7818
1	Adrienne Glasheen, 43, Aldie, VA	01:02:18	0.8313	5	Linda Jennings, 70, Tewksbury, MA	01:34:09	0.7673
2	Silvia Baage, 42, Reston, VA	01:03:40	0.8074	<b>AGES 75 to 79</b>			
3	Beverly Antunes, 40, Winchester, MA	01:05:23	0.7760	1	Judith Sitkin-Porzell, 76, Silver Spring, MD	01:47:54	0.7363
4	Martha Nelson, 41, Washington, DC	01:05:46	0.7763	2	Janet Marano, 75, Reston, VA	01:48:00	0.7235
5	Laura Rodriguez, 43, Norwalk, CT	01:07:09	0.7713	3	Pat Welch, 78, Vienna, VA	01:48:16	0.7618
<b>AGES 45 to 49</b>				4	Cheryl Kohut, 78, Cold Spring, NY	01:51:27	0.7400
1	Brennan Liming, 46, Cary, NC	01:02:13	0.8543	5	Betsey O'Neill, 75, Virginia Beach, VA	01:52:59	0.6916
2	Linda Spooner, 48, Sturbridge, MA	01:05:54	0.8231	<b>AGES 80 to 85</b>			
3	Melissa Rittenhouse, 46, Bethesda, MD	01:09:01	0.7701	1	Wilma King, 81, Chantilly, VA	02:09:23	0.6834
4	Cecile Daurat-Thompson, 49, Glen Mills, PA	01:09:25	0.7903				
5	Kara Quick, 47, West Chester, PA	01:09:47	0.7693				



# 2023 10M Age Group Results

## MEN

PI	Name, Age, Hometown	Official Time	Age Graded	PI	Name, Age, Hometown	Official Time	Age Graded
----	---------------------	---------------	------------	----	---------------------	---------------	------------

### AGES 01 to 19

1	Ryan Wahler, 18, Towson, MD	00:58:58	0.7425
2	Benjamin Waterman, 18, Bethesda, MD	00:59:20	0.7379
3	Will Borrevik, 18, Washington, DC	01:00:44	0.7209

### AGES 20 to 24

1	Tsegay Kidanu, 21, ETH	00:46:08	0.948
2	Zack Holden, 23, Washington, DC	00:50:54	0.8595
3	Mason Coppi, 24, Liverpool, NY	00:51:03	0.8570
4	Nick Romanow, 24, Washington, DC	00:51:120	0.85454
5	Matthew Young, 24, New York, NY	00:51:21	0.8520

### AGES 25 to 29

1	Abbabiya Simbassa, 29, Flagstaff, AZ	00:47:090	0.9279
2	Charles Langat, 26, KEN	00:47:25	0.9227
3	Jacob Thomson, 28, Louisville, KY	00:47:27	0.9220
4	Matthew McClintock, 29, Flagstaff, AZ	00:47:300	0.9211
5	John Dressel, 25, Concord, MA	00:47:32	0.9204

### AGES 30 to 34

1	Hillary Bor, 33, Colorado Springs, CO	00:46:11	0.9490
2	Emmanuel Bor, 34, New York, NY	00:48:14	0.9106
3	Tyler Jermann, 30, Saint Paul, MN	00:49:19	0.8871
4	Garret Lee, 30, Denver, CO	00:49:52	0.8773
5	Kevin McDonnell, 33, Cherry Hill, NJ	00:50:30	0.8679

### AGES 35 to 39

1	Brian Fuller, 36, Mechanicsburg, PA	00:52:05	0.8488
2	Paul Thistle, 35, Rockville, MD	00:52:15	0.8430
3	Steven Mance, 38, Washington, DC	00:52:31	0.8500
4	Brian Flynn, 39, Ashland, VA	00:52:49	0.8503
5	Chris Sloane, 39, Reston, VA	00:52:52	0.8495

### AGES 40 to 44

1	Marty McCormick, 42, Arlington, VA	00:54:21	0.8453
2	Peter James, 40, Alexandria, VA	00:56:10	0.8052
3	Carlos Renjifo, 40, Fulton, MD	00:56:15	0.8040
4	Bradley Klapper, 44, Washington, DC	00:56:51	0.8214
5	Charles Stern, 41, Silver Spring, MD	00:57:37	0.7910

### AGES 45 to 49

1	Brock Butler, 45, West Chester, PA	00:54:00	0.8718
2	Jason Holroyd, 46, Wayne, PA	00:54:04	0.8780
3	David Wertz, 47, Springfield, VA	00:54:43	0.8749
4	S. Lisciandrello, 46, Washington, DC	00:56:40	0.8377
5	Colin Fishwick, 45, Silver Spring, MD	00:57:39	0.8166

### AGES 50 to 54

1	Philippe Rolly, 50, McLean, VA	00:55:32	0.8843
2	Alan Dixon, 51, Takoma Park, MD	01:00:40	0.8165
3	Jason Tripp, 50, Columbia, MD	01:01:08	0.8033
4	James Gann, 52, Narrowsburg, NY	01:01:57	0.8066
5	Peter Ziegler, 54, Tucson, AZ	01:02:54	0.8086

### AGES 55 to 59

1	Matthew Waite, 55, Saint Paul, MN	00:59:37	0.8608
2	Alexander Hetherington, 55, Vienna, VA	01:01:480	0.8304
3	Wilco Lagendyk, 57, Vienna, VA	01:03:33	0.8224
4	Akintunde Morakinyo, 59, Columbia, MD	01:04:45	0.8222
5	Michael Quispe, 56, Aurora, CO	01:04:59	0.7969

### AGES 60 to 64

1	Patrick Billig, 60, Roseville, MN	01:01:38	0.8719
2	Hernan Garbini, 61, Charlottesville, VA	01:04:540	0.8360
3	Mike Sinisi, 62, Springfield, VA	01:06:36	0.8225
4	Scott Brown, 64, Ashburn, VA	01:07:57	0.8219
5	Stephen Koch, 62, Reading, PA	01:08:10	0.8036

### AGES 65 to 69

1	Marvin Pace, 69, McLean, VA	01:07:15	0.8732
2	Robert Reynolds, 65, Wyndmoor, PA	01:09:12	0.8150
3	David Painter, 67, Houston, TX	01:11:00	0.8105
4	Peter Merrill, 68, Bethesda, MD	01:11:11	0.8165
5	Ted Lutterman, 65, Potomac, MD	01:12:14	0.7808

### AGES 70 to 74

1	Alan Pemberton, 70, Silver Spring, MD	01:12:510	0.8145
2	John Kilduff, 71, Falls Church, VA	01:14:50	0.8016
3	Bob Burns, 70, Columbia, MD	01:17:25	0.7665
4	Gary Romesser, 72, Seminole, FL	01:22:59	0.7316
5	Tom Pickerel, 73, Genoa, OH	01:24:09	0.7310

### AGES 75 to 79

1	Ben Harvie, 76, Kemah, TX	01:25:42	0.7518
2	Barry Bupp, 75, Greensburg, PA	01:26:30	0.7326
3	Bill Reamer, 77, Cotati, CA	01:28:27	0.7417
4	Tom Vollrath, 76, Jeffersonton, VA	01:33:14	0.6911
5	Bill Rodgers, 75, Boxborough, MA	01:36:30	0.6567

### AGES 80 to 84

1	Harold Rosen, 80, Potomac, MD	01:27:04	0.8019
2	Roger Robinson, 83, New Paltz, NY	01:29:19	0.8442
3	Malcolm O'Hagan, 83, Chevy Chase, MD	01:46:11	0.7101

### AGES 90+

1	George Yannakakis, 91, Towson, MD	03:11:28	0.535
---	-----------------------------------	----------	-------

# 2023 5K Age Group Results

## Women

### AGES 01 to 14

1	Annie Glaven, 11, Washington, DC	00:21:37	0.7773
2	Sally Glaven, 10, Washington, DC	00:22:10	0.7778
3	Sarah Gotz, 14, Chapel Hill, NC	00:22:25	0.7027

### AGES 15 to 19

2	Anika Rai, 17, Silver Spring, MD	00:24:38	0.6078
3	Caitlin Brawley, 19, Washington Dc, DC	00:24:51	0.5929
1	Rachael Gallap, 23, Kalamazoo, MI	00:18:12	0.8095

### AGES 20 to 24

1	Rachael Gallap, 23, Kalamazoo, MI	00:18:12	0.8095
2	Natasha Fedkina, 24, Arlington, VA	00:19:35	0.75234
3	Rachel Lamm, 24, Cary, NC	00:20:20	0.7246

### AGES 25 to 29

1	Casey Greenwalt, 27, Washington, DC	00:18:12	0.80959
2	Marisa Deichert, 25, State College, PA	00:18:44	0.78659
3	Zoe Calhoun, 25, Mount Kisco, NY	00:19:54	0.7404

### AGES 30 to 34

1	Michelle Navarro, 31, Red Bank, NJ	00:19:01	0.7749
2	Julie Brosnan, 30, Rockville, MD	00:20:06	0.7330
3	Alyssa Donahue, 32, Red Bank, NJ	00:20:16	0.7277

### AGES 35 to 39

1	Henriette Solheim, 35, Alexandria, VA	00:21:15	0.6979
2	Kimberly Walker, 38, Washington, DC	00:22:41	0.6607
3	Sammie Nunziata, 35, Hoboken, NJ	00:22:58	0.6457

### AGES 40 to 44

1	Courtney Hansen-Jablonski, 41, Muskegon, MI	00:20:19	0.7493
2	Sara Flynn-Loy, 40, Mebane, NC	00:20:46	0.7289
3	Melissa Migliaro, 42, Pittsburgh, PA	00:21:29	0.7132

### AGES 45 to 49

1	Larissa Giordano, 46, Southington, CT	00:21:57	0.7207
2	Caryn Schenewerk, 45, Washington, DC	00:23:50	0.6578
3	Erin Scott, 46, Carmel Hamlet, NY	00:24:07	0.6559

### AGES 50 to 54

1	Ann Black, 51, Palm Bay, FL	00:22:29	0.7413
2	Ana Nieves, 50, Raleigh, NC	00:22:40	0.7273
3	Jenny Pereyda, 53, Millbury, OH	00:23:09	0.7362

### AGES 55 to 59

1	Kathleen Busse, 55, Fond Du Lac, WI	00:23:17	0.7488
2	Anne Treadwell, 55, Burlington, VT	00:23:29	0.7424
3	Deveril Wint, 56, Brooklyn, NY	00:23:34	0.7484

## Women

### AGES 60 to 64

1	Margarita Brose, 60, Arlington, VA	00:22:56	0.8065
2	Elizabeth Kendler, 64, Washington, DC	00:24:23	0.7975
3	Teresa Klein, 62, Mechanicsville, MD	00:24:47	0.7649

### AGES 65 to 69

1	Angela Cason, 66, Damascus, MD	00:23:46	0.8397
2	Laura Zimmerman, 65, Lexington, KY	00:27:48	0.7085
3	Mary Clare Smith, 66, Charlottesville, VA	00:28:59	0.6885

### AGES 70 to 74

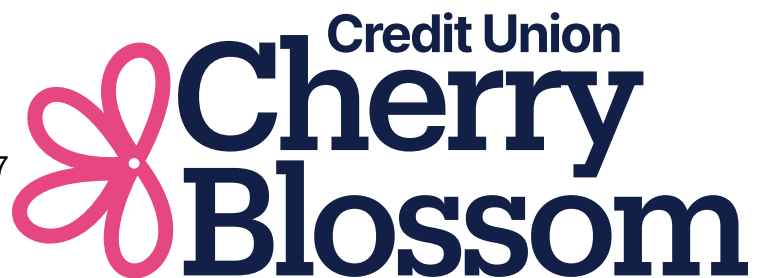
1	Wendy Golden, 70, Earlysville, VA	00:29:35	0.7120
2	Alice Franks, 74, Rockville, MD	00:30:01	0.7430
3	Claudia Wolfe, 71, Alexandria, VA	00:30:03	0.7108

### AGES 75 to 79

1	Pat Welch, 78, Vienna, VA	00:32:07	0.7378
2	Mitzi Ash, 77, Berlin, MD	00:32:20	0.7216
3	Carol Whitney, 75, Brant Lake, NY	00:43:08	0.5248

### AGES 80 to 89

1	Nellie Shipley Thompson, 86, Falling Waters, WV	00:54:05	0.5262
---	---	----------	--------



# 2023 5K Age Group Results

## Men

### AGES 01 to 14

1	Dylan Vining, 11, Parkland, FL	00:20:13	0.7304
2	Oliver Manning, 12, Bethesda, MD	00:21:49	0.6543
3	Braxton Lee, 13, Quinton, VA	00:22:50	0.6076

### AGES 15 to 19

1	Laszlo Wolfe, 16, Washington, DC	00:16:50	0.7788
2	Connor Wooley, 17, Holland, MI	00:18:01	0.7188
3	Aidan Fleming, 15, Brooklyn, NY	00:18:16	0.7281

### AGES 20 to 24

1	Gavin Parpart, 24, Vancouver, WA	00:17:33	0.7322
2	Brian Hung, 23, Silver Spring, MD	00:18:11	0.7067
3	Charlie Walsh, 22, Bethesda, MD	00:18:51	0.6817

### AGES 25 to 29

1	Ethan Gonzales, 27, Baltimore, MD	00:15:32	0.8273
2	Miles Meijer, 25, Washington, DC	00:16:52	0.7619
3	Charlie Pistner, 26, Washington, DC	00:17:29	0.73509

### AGES 30 to 34

1	Johan Fagerberg, 31, Baltimore, MD	00:15:03	0.8565
2	Mark Leininger, 32, Baltimore, MD	00:15:03	0.8565
3	Tyler Vitullo, 31, Cleveland, OH	00:16:53	0.7619

### AGES 35 to 39

1	Tim Hughes, 35, Washington, DC	00:16:21	0.7986
2	Fitzgerald Monfiston, 35, Brooklyn, NY	00:17:52	0.7308
3	Michael Griffin, 35, Rochester, MA	00:17:56	0.7281

### AGES 40 to 44

1	Zachary Newman, 40, Brooklyn, NY	00:17:30	0.7733
2	David Augustine, 43, Alexandria, VA	00:19:06	0.7245
3	Charles Hunt, 43, Bethesda, MD	00:19:58	0.6931

### AGES 45 to 49

1	Terry Beacom, 46, Tarentum, PA	00:19:32	0.7248
2	Kenneth Cobb, 46, Ashburn, VA	00:19:43	0.7181
3	Richard Mard, 45, Fairfax, VA	00:20:19	0.6915

### AGES 50 to 54

1	Michael McCartney, 51, London, GBR	00:18:29	0.7967
2	Michael Sewell, 53, Lewes, DE	00:19:38	0.7623
3	Naman Parekh, 54, Arlington, VA	00:20:45	0.7272

### AGES 55 to 59

1	Christopher Smith, 57, Woburn, MA	00:19:47	0.7820
2	Robert Steurer, 56, Arlington, VA	00:20:00	0.7671
3	Martin Fleischmann, 57, Atlanta, GA	00:20:49	0.7432

## Men

### AGES 60 to 64

1	Manh Le, 60, Bolton, MA	00:20:22	0.7793
2	Brian Daugherty, 63, Edgewater, MD	00:21:28	0.7591
3	Norman Ireland, 60, Washington, DC	00:21:33	0.7365

### AGES 65 to 69

1	Robert Fritz, 65, Bethesda, MD	00:24:40	0.6725
2	Elliott Rose, 65, Richmond, VA	00:25:16	0.6566
3	Michael Southwood, 68, Fairfax, VA	00:25:42	0.6637

### AGES 70 to 74

1	Charlie Morris, 72, New York, NY	00:27:12	0.6578
2	Steve Feld, 71, Cary, NC	00:29:23	0.6009
3	Philip Manville, 72, Bethesda, MD	00:32:18	0.5534

### AGES 75 to 79

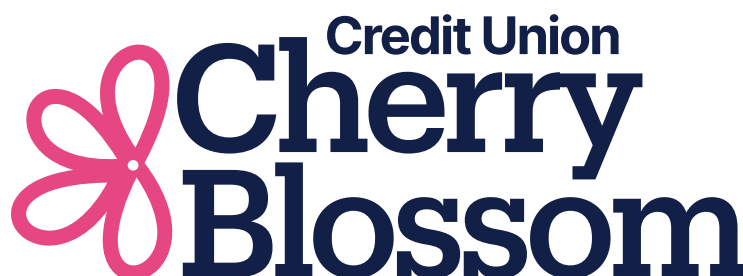
1	Russell Rosenberger, 77, Clifton, VA	00:28:16	0.6878
2	William Scott, 75, Washington, DC	00:29:00	0.6463
3	Ahmed Badr, 78, Alexandria, VA	00:31:46	0.6245

### AGES 80 to 84

1	Bailey St. Clair, 84, Glen Arm, MD	00:50:02	0.4621
2	Dave Williams, 80, Gibsonia, PA	01:14:34	0.2782

### AGES 85 to 89

1	Alan Rider, 87, Reston, VA	00:54:41	0.4683
---	----------------------------	----------	--------



# 2023 Team Results

## Running Club Teams

### Female Open Running Club

1	MCRRC Open Women (Montgomery County Road Runners)	03:01:29
Margaret Sprock, Rachel Cluett, Liz Ozeki, Alexandra Amidon, Kristen Kelman		
2	Central Park Spring Chicks (CPTC + DPNYC)	03:05:50
Irene Kalbian, Elleree Erdos, Allison Goldstein, Vanessa Lehmann		
3	DCRRC Women A (DC Road Runners Club)	03:12:51
Christie Wetzel, Anna Staats, Sheryl Rosen, Shannon Smith		
4	Dojo Gal Gang (Dojo of Pain)	03:14:10
Jennifer Paul, Brandy Leclair, Kennedy Nickerson, Jennifer Jones, Amanda Hicks		
5	Mill City Running (Mill City Running)	03:24:29
Emma Koenig, Kendall Monroe, Jamie Hoornaert		
6	DCRRC Women B (DC Road Runners Club)	03:30:33
Lauren Firey, Megan Curtin, Rongkui Zhu, Kristine Gift		

### Male Open Running Club

1	FRNY A (Front Runners New York)	02:36:18
Matthew Young, Craig Nelson, Scott Nelson, Dmytro Molchanov, Ian Hodge		
2	Dojo Bros (Dojo of Pain)	02:42:54
Xavier Salvador, Matthew Sarge, Jacob Schwartz, Trevor Hains, Joe Snowaert		
3	Sweep the Leg (Dojo of Pain)	02:45:34
Jack Fitzhenry, Ben Healy, Robert Meyer, Kyle Hall, Luis Plasencia		
4	HCS Men (Howard County Striders)	02:47:39
Paul Hugus, Carlos Renjifo, Andrew Madison, Jacob Englander, Jason Tripp		
5	Dojo Mojoes (Dojo of Pain)	02:53:02
Affan Ahmad, Peter Zell, Joseph Shields, Connor O'Brien, Chip Connolly		
6	DCRRC Men A (DC Road Runners Club)	02:54:05
Alexander Flagle, Rodrigo Vellon, Steven Klug, Alan Dixon, Jack Phillips		
7	MCRRC Open Men A (Montgomery County Road Runners)	02:56:20
James Anderson, Ryan Johnson, Brett Ruff, Armand Silva, Nicolas Crouzier		
8	FRNY SparkTans (Front Runners New York)	03:04:33
Justin Lacoursiere, Rene Ugarte, Gilbert Gaona, Ian Goldberg, Ben van Beek		
9	MCRRC Open Men B (Montgomery County Road Runners)	03:05:51
Bryan Rivera, Brian Murphy, Alex Booth		
10	Athletic East Mens Team (Athletics East TC)	03:17:06
Hasan Hobbs, Peter Guevara, Stephen Crelli		
11	DCRRC Men B (DC Road Runners Club)	03:20:21
David Leblanc, Rocco Henderson, Alex Albertini, Christopher Walsh, Daochen Wang		

### Co-ed Masters Running Club

1	Masters of the Dojo (Dojo of Pain)	03:06:23
Bradley Klapper, Jeffrey Redfern, Matthew Schaar, Janet Whittaker, Michelle Harburg		
2	MCRRC Masters A (Montgomery County Road Runners)	03:08:30
Colin Fishwick, Mark Henrickson, Ryan Hadley, Michelle Miller, Erica Singleton		
3	PR Masters I (Potomac River Running)	03:10:11
Perry Shoemaker, Silvia Baage, Matthew Barnes		
4	MCRRC Masters B (Montgomery County Road Runners)	03:14:13
Erin Kelman, Jeff Elkins, Robert Palmer, Cindy Conant, Lisa Levin		
5	Athletics East Remix (Athletics East TC)	03:42:54
Jimmy Kliner, Martha Merz, Samantha Cole, Christopher Johnston		
6	PR Masters II (Potomac River Running)	03:43:17
Nigel Edwards, Stephen Crago, Kim Isler, Luz Blakney, Craig Greene		
7	Team Pemberton (Dojo of Pain)	03:45:54

Alan Pemberton, Laura Ochoa, Lydia Pelliccia, Mariana Alfonso		
8	DCRRC Masters B (DC Road Runners Club)	04:06:29
Mark Bourgeois, Kathleen Pryce-Jones, James Scarborough, Jana Bravo, Bengal Richter		
9	DCRRC Masters A (DC Road Runners Club)	04:15:26
Ian Clements, Ken Simler, John Kilduff, Wendy Smith		
10	DCRRC Masters C (DC Road Runners Club)	05:00:06
Samuel Woo, Rasool Anooshehpour, Patricia Danielle-Kay		

## Elite Teams

### Females Metro Elite Teams

1	Pacers/GRC NB Women (Pacers Running/GRC NB)	02:54:02
Lauren White, Cleo Whiting, Sydney Leiher, Maura Carroll, Emily White		

### Mens Metro Elite Teams

1	Pacers/GRC NB Men (Pacers Running/GRC NB)	02:30:39
Zach Herriott, Terry Tossman, Zack Holden, Andrew Lent, Paul Thistle		

## Capitol Hill Competition

### U.S. Senate

1	Last Best Pace (Sen. Jon Tester)	03:23:32
Jessica Raty, Jill Reilly, Jacob Springer, Anneliese Slamowitz, Parker Sanford		
2	HERE COMES THE BLUME!!!! (Sen. Richard Blumenthal)	03:40:23
Logan Wilke, Matilda Msall, Mike Jones, Collin Anderson, Michael Lawson		
3	Best Virginia (Sen. Joe Manchin III)	03:41:43
Ryan Murguia, Spenser Horton, Sarah Kessel, Perrin Brown		
4	Heinrich Maneuver (Sen. Martin Heinrich)	03:43:35
Russell Page, Jakob Lindaas, Rocky Cordova, Elizabeth Natonski, Clifford Ho		
5	Cow Crown (Sen. Angus King)	03:46:49
Zack Holman, Sawyer Nicholson, Laura Fusco		
6	Ready Set Dirigo!!! (Sen. Susan Collins)	03:49:12
Trevor Hustus, Liam McDonough, Katherine Huiskes		
7	Racing Cowboys (Sen. Cynthia Lummis)	03:51:26
Zachary Kraft, Casey Foss, Abigail Cave, Mikalah Skates		
8	Merkley Milers (Sen. Jeff Merkley)	03:54:58
Max Seifert, Mike Zamore, Serena Baserman		
9	Team Sinema (Sen. Kyrsten Sinema)	04:02:24
Cullen Tomsheck, Daniel Winkler, Kyrsten Sinema, Kevin Moore, Pablo Sierra-Carmona		
10	America's Schatz Talent (Sen. Brian Schatz)	04:03:11
Lyndsey Gallagher, Manuokalani Tupper, Mathew Goldstein, Jessica Arevalo		
11	President Pro TempoRun (Sen. Patty Murray)	04:05:11
Dylan Stafford, Brian Dulzo, Elizabeth Darnall, Josephine Eckert, Meghan Gilkes		
12	Team Durbin (Sen. Richard Durbin)	04:10:38
Max Kanner, Jonathan Hayes, Riley Foti, Kaylee Mulgrew, Andrew Posegay		
13	Carperdiem (Sen. Tom Carper)	04:13:49
Trevor Lalonde, Curtis Newman, Chiekiezie Chukwuka, Emily Moore		
14	Bookin it with Booker (Sen. Cory Booker)	04:13:51
Jeff Giertz, Mitchell Smith, Nora Ryan, Matthew Thomson, Casey Doss		
15	Vermonters (Sen. Peter Welch)	04:15:14
Alex Piper, Susannah Savage, Lukas Kauth, Alexander Lynn		
16	U Can Run But U Cant HydeSmith (Sen. Cindy Hyde-Smith)	04:15:41
Christopher Miller, Steele Johnson, Alex Miller, Lindsey Funderburg		
17	Markey On Your Left (Sen. Edward J. Markey)	04:16:03
Andrew Parks, Bennett Butler, Jimmy Draper, Juliana Fleming		
18	Peak Blume (Sen. Richard Blumenthal)	04:16:24
Michael Harris, Liam McCaffery, Cam Smith		

# 2023 Team Results

19	Fueled by Tuna Melts (Sen. Mark Warner)	04:17:05
Anahita Dhungel,Shana Oshinskie,Adam Kubiske,Taylor Durbin		
20	Murphy's Lawmakers (Sen. Chris Murphy)	04:19:43
Rebecca Drago,Evan Maher,Peter Mills,Emma Cimino,Nataya Tindle		
21	Tillis Track Club (Sen. Thom Tillis)	04:21:49
Jack Datin,William Crouch,Kate Barclay		
22	Difi's Desert Tortoises (Sen. Dianne Feinstein)	04:22:24
Sean Mullin,Alec Bartishevich,Chloe Koseff		
23	Team Baldwin (Sen. Tammy Baldwin)	04:25:44
Erin Dugan,Ben Thomas,Hannah Palmer,Lucy Perkins		
24	Joggers for James (Sen. James Lankford)	04:32:36
Isaac Seo,Stephen Boyd,James Mann,Kate Wood		
25	Marcothon (Sen. Marco Rubio)	04:33:42
James Hitchcock,Peyton Roth,Nicole Wright,Sarah Persichetti		
26	Cardin Cruisers (Sen. Ben Cardin)	04:36:56
Martha Cramer,Andrew Perlstein,Matt Kearney,Sarah Gisriel,Shayna Cram		
27	Van Hooligans (Sen. Chris Van Hollen)	04:38:50
Harry Stein,Nan Mann,Catherine Miller-Little,Alexandra Wilcox,Francesca Amodeo		
28	Hit Me With Your Best Schatz (Sen. Brian Schatz)	04:40:04
Kate Leonard,Trelaine Ito,Seven Flores		
29	Ready Set Dirigo! (Sen. Susan Collins)	04:40:15
Christopher Knight,Molly Ryan,Maryasa England		
30	Hirono HiRunnerz (Sen. Mazie Hirono)	04:41:47
Tyler Hagedorn,Dean Rodan,Jade Rowland		
31	You just got Welch'd (Sen. Peter Welch)	04:45:44
Marsh Palin,Lindsey Wagner-Oveson,Brooke Grams,Juliet Walsh		
32	Cruz Control (Sen. Ted Cruz)	04:50:54
Darin Miller,Hannah Hagen,Chad Yelinski		
33	On Your Markey! (Sen. Ed Markey)	04:51:31
Alex Swanson,Rosemary Boeglin,Alexander Koenig,Sade Nabahe,Lucy Hu		
34	Hoosier Hustle (Sen. Mike Braun)	04:52:49
Katie Bailey,Will Haines,Emma Lane,Alex Hickner		
35	Country Roadsters (Sen. Joe Manchin)	04:55:19
Ben Vester,Nicholas Kilmer,Mona Camacho		
36	West Coasters (Sen. Alex Padilla)	04:56:50
Mason Arndt,Lauren Brown,Citlalli Ortiz Chavez,Anisa Alazraie		
37	OmniRuns (Senate Appropriations Committee)	05:02:37
Maddie Dunn,Aaron Goldner,Rachel Erlebacher		
38	Ready Set Dirigo! (Sen. Susan Collins)	05:08:14
Troy Thompson II,Jordan Lawlor,Katie Brown,Kelsey Byerly,Tess Haller		
39	The Burger Kings (Sen. Angus King)	05:08:57
Joshua Watson,Jon Heppen,Megan Caldwell		
40	DAINEsger Zone (Sen. Steve Daines)	05:10:28
Joshua Sizemore,Hannah Griffith,Riley O'Leary,Rachel Dumke		
41	Green Hot Chile Peppers (Sen. Martin Heinrich)	05:14:11
Travis Knight,Julie Lin,Christopher Luna,Oliver Riquelme,Baker Mariah		
42	Jon's Joggers (Sen. Jon Tester)	05:16:02
Elizabeth Timmons,Jackson Haney,Corine Weiler		
43	Reed's Rangers (Sen. Jack Reed)	05:24:49
David Moretti,Kiana Kekoa,Jackie Miech,Lauren Campbell		

## U.S. House

1	Red Rock Running Club (Rep. Susie Lee)	03:29:58
Bowen Peard,Sara Harper,Jordan Brossi,Abe Friedman,Phil McLaughlin		
2	Rolling Blackouts (Rep. Ken Calvert)	03:47:22
Danny Hartl,Chandler Smith,Sage Milestone,Jack Lincoln		
3	The Gavel Masters (Rep. Steve Womack)	03:58:51
Grace Vandegrift,Davis Threlkeld,Bonny Bradway		
4	Wile E Coyote & the RailRunner (Rep. Melanie Stansbury)	04:10:40
Lia Stefanovich,Alejandro Oms,Lauren Vernon,Julia Friedmann		
5	Team Bonamici (Rep. Suzanne Bonamici)	04:31:42
Sujith Cherukumilli,Audrey Hazel,Nick Owen		

6	Reclaiming Our Time (House Financial Services Committee)	04:44:06
Kristofor Erickson,Glen Sears,Christine Baltazar		
7	Rayburn Runners (Rep. Troy Balderson)	04:47:52
Alex Foos,Corey Ensslin,Megan Porter		
8	Team BWC (Rep. Bonnie Watson Coleman)	05:30:29
Alex Huang,Makenzi Sumners,Jarquiza Ayers		

## Credit Union

1	The Running Rovers (NASA Federal Credit Union)	03:17:50
Joe Munchak,Shawn Kyle,Tyler Lulich,Rachel Borrelli,Mira Panek		
2	LCFCU-Adams (Library of Congress FCU)	03:33:17
John Gorman,Marvin Pace,Celeste Pace,Wendy Ginsberg,Chelsea Bucklin		
3	LCFCU-Jefferson (Library of Congress FCU)	03:36:20
Charles Stern,Brandon Toth,Lara Szypszak,Kezee Procita		
4	Team CUNA Mutual Group (Credit Unions)	05:22:02
Holly Fearing,Ann Michels,Tracey Rodgers,Ava Rodgers		

## Capitol Hill Agency Competition

1	Model Runners (Congressional Budget Office)	03:41:10
Tyler Conway,Eamon Molloy,Emily Vreeland		
2	Team CAO (Chief Administrative Office)	03:50:40
Kenny Ames,Jedediah Ober,Ananda Bhatia,Andre Sakaluk		
3	Run Models Not Miles (Congressional Budget Office)	04:10:32
Kathryn McGinnis,Jared Jageler,Jordan Trinh,Omar Morales,Elizabeth Ash		
4	Budget Recovery (Congressional Budget Office)	04:47:40
Matthew Wilson,Tamara Hayford,Elizabeth Bass		

## Corporate

1	Booz Allen Running Club (Booz Allen Hamilton)	03:27:06
Madeline Hartlieb,Ellen Wexler,David Perry,Robert Denmark,Sarah Castellan		
2	Marriott #1 (Marriott International)	03:46:36
Ben Brooks,Rosemary Berger,Stuart Koltov,Ann Lafontaine		
3	Marriott #2 (Marriott International)	04:14:51
James Snee,Hugo Garcia,Kelly Airel		
4	Marriott #3 (Marriott International)	04:39:04
Dana Shauf,Mark Griffin,Christina Papoulias		
5	Booz Allen Running Club-Gold (Booz Allen Hamilton)	04:44:46
Wahab Jilani,Tiffany Archuleta,Abigail Dorey,Hannah Goda,Sherry Bautista		
6	Baptist Joint Committee (Baptist Joint Committee for Religious Liberty)	05:47:27
Guthrie Graves-Fitzsimmons,Rhonda Hamil,Daniel Hamil		

## Government

1	NSF Chemistry Cruisers (National Science Foundation)	04:52:02
David Berkowitz,Maggie Capooici,Tanya Whitmer		

## Education

1	DC Hoos (University of Virginia)	04:13:05
Eileen Cunningham,Thomas Sumner,Adam Justus,Todd Eley,Hannah Semmes		

## Running Clubs Non Binary

1	FRNY EnBaddies (Front Runners New York)	03:27:27
Justin Solle,Truth Bachman,Zoe Tippel		

# Interesting 2023 Race Statistics

Category	2023	2022	2021
Total dollars raised for Children's Miracle Network this year	\$450,000	\$383,000	\$180,000
Total dollars raised by participants for Children's Miracle Network	\$204,639	\$64,531	\$25,472
Total dollars raised for Children's Miracle Network since 2002	\$10,600,000+	\$10,500,000+	\$10,000,000+
Carbon Offset Contribution	\$12,110	\$13,285	\$6,700
Total number of 10 mile finishers	16745	14,649	5,888
Total number of 10M male finishers	7145	6313	2921
Total number of 10M female finishers	9562	8323	2967
Total number of 10M non-binary finishers	38	23	Not reported
Percentage 10M male finishers	42.67%	43.10%	49.61%
Percentage 10M female finishers	57.10%	56.82%	50.39%
Percentage of 10M non-binary finishers	0.23%	0.16%	Not reported
Total number of 5K finishers	5873	14,649	5,888
Total number of 5K male finishers	2047	6313	2921
Total number of 5K female finishers	3807	8323	2967
Total number of 5K non-binary finishers	19	23	Not reported
Percentage 5K male finishers	34.85%	43.10%	49.61%
Percentage 5K female finishers	64.82%	56.82%	50.39%
Percentage of 5K non-binary finishers	0.32%	0.16%	Not reported
Total number of Double Blossom finishers	1639	not held	not held
Total number of finishers in 1973 event	129	129	129
Total prize money earned by elite athletes	\$128,000 (includes \$50K AR bonus)	\$72,350	\$59,000
First place open prizes	\$10,500	\$8,000 for Kosimbei; \$14,500 for Sullivan; \$5,000 for Kimutai;	\$10,000 for Rojas;
Total First place U.S. checks	\$59,000 for Borr; \$10,500 for Hall	\$22,500 (\$8,000 for Ziensellass; \$14,500 for Sullivan)	\$18,500 (\$8,550 for Biya; \$10,000 for Rojas)
Last U.S. female champion and year	Susanna Sullivan, 2022	Susanna Sullivan, 2022	Nell Rojas, 2021
Number of sponsoring Credit Unions and partners	70	63	61
Number of states represented	50	49	50
Number of foreign countries represented	9	14	9
Number of volunteers	2000	1700	850
Number of app downloads	14303	9194	unknown
Number of volunteers from Credit Unions	173	261	190
Average age of all 10M entrants	38	38.89	40.75
Average age of 10M female entrants	39	37.98	39.68
Average age of 10M male entrants	37	41.38	42.17
Average age of 10M non-binary entrants	33	33.35	Not reported
Average age of all 5K entrants	38	38.89	40.75
Average age of 5K female entrants	38	37.98	39.68
Average age of 5K male entrants	38	41.38	42.17
Average age of 5K non-binary entrants	31	33.35	Not reported
First time entrants in 10 Mile or 5K	15967	11628	4854
Entrants who have run either race previously	13707	11189	7071
Youngest 10 mile finisher	11	9	9
Oldest 10 mile finisher	91	90	83
Youngest 5K finisher	4	9	9
Oldest 5K finisher	87	90	83
Kids Run participants	507 entered, event cancelled	447	0 (not held due to pandemic)
Virtual Run participants	381	763	2782
Number of Park Police Officers working the event	112	86	85
% White/Caucasian participants	65.03%	72%	71%
% Asian/Pacific Islander participants	11.08%	10%	10%
% Hispanic/Latino participants	7.28%	7%	8%
% Black/African American participants	6.33%	6%	7%
% Other race participants	6.19%	1%	2%
% Mixed Race participants	2.54%	3%	2%
% Native American participants	1.26%	0%	0%
% Unspecified	0.29%		

# Interesting Runner Data

**B**rowsing the Credit Union Cherry Blossom Run's all-time searchable database (<http://www.cblltimeresults.org>) reveals a treasure trove of interesting runner data: finish line details for every runner since 1973 are available, as are annual age group results. But the Top Charts tab is, perhaps, the most interesting—revealing lists of Top Streakers (consecutive runs) and Top Finishers (most total runs/miles).

Here's a sample of the data you'll find:

**Bennet Beach**, from Bethesda, Maryland, leads all Cherry Blossom finishers with an active streak of 50 years and 520 miles. **Karen Craney**, from North Potomac, Maryland, has the longest active streak among women with 20 years and 200 miles.

Betty blank, from Falls Church, Virginia, has run the race 36 times for a total of 360 miles, while Lizzie Sadoff, from Washington D.C., has run the race 37 times for a total of 370 miles.

All told, 16 men and 4 women have run the Ten Mile 30 or more times.

But membership in the Top Finishers or Top Streakers lists isn't limited to just Ten Mile runners. Ninety-five year-old **Dixon Hemphill**, from Fairfax Station, Virginia, has crossed a Credit Union Cherry Blossom finish line 31 times between 1978-2019, having run the Ten Mile 22 times and the 5K eight times for a total of 248 miles.

And here are some interesting facts that aren't so easily tallied: 1) there are 2,177 members of the 100-mile club, and they've run a total of 292,366 miles, an increase of 143 members of the 100-mile club in the past year; 2) there have been 221,626 unique finishers over the years, and 402,521 total performances; 3) 188,438 men and 181,615 women have run the 10 Mile over the years; and 4) 8,360 men and 21,644 women have run some version of the "fun run" over the years as well (2K, 3K, 5K).



Photo: Karen Mitchell

Just prior to the 2019 race, Event Director Phil Stewart presents Ben Beach with a bib reflecting his quest for a 47th consecutive finish of the Cherry Blossom Ten Miler. Ben will be wearing #51 this year.

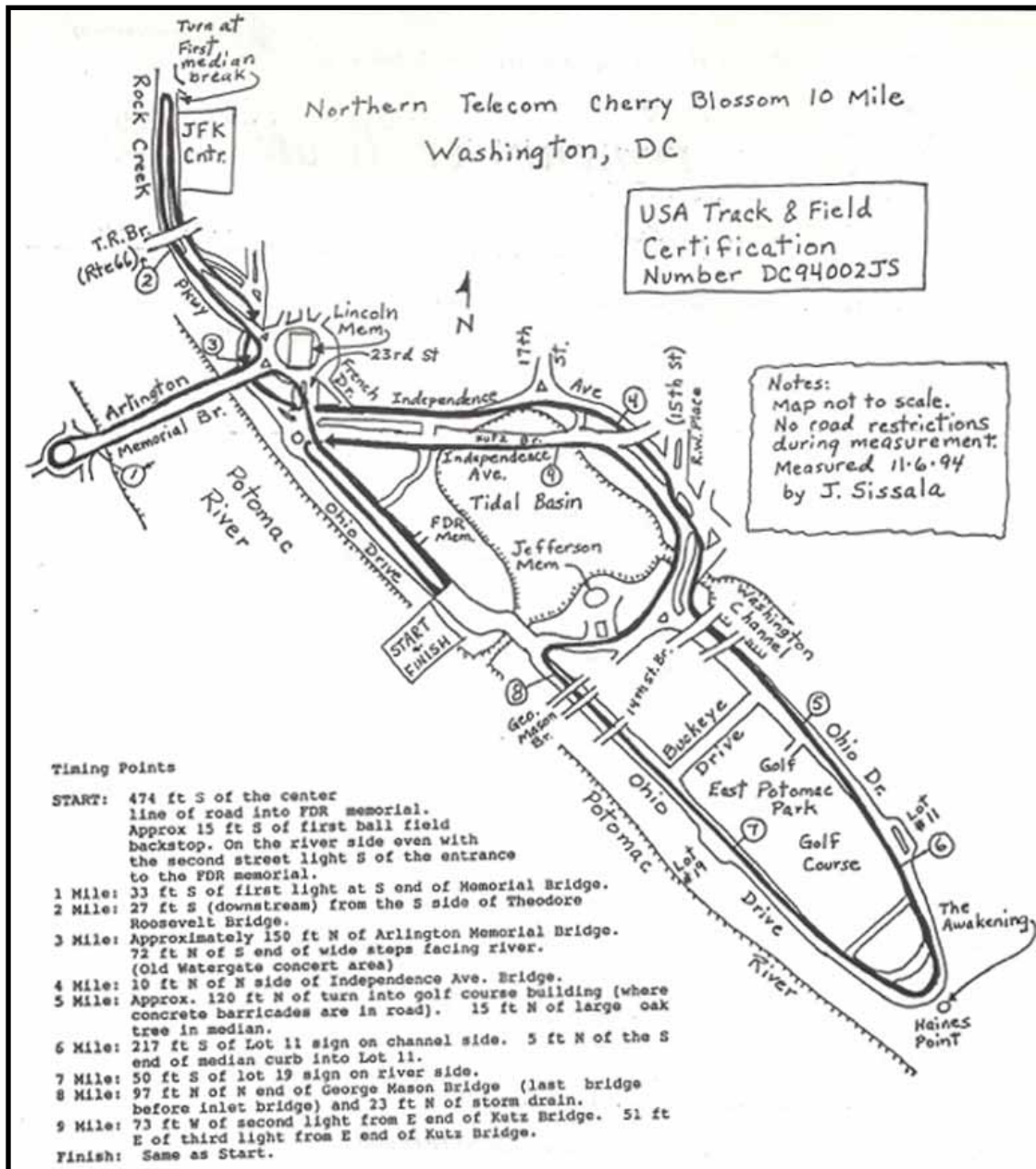
# Evolution of the 10 Mile Course

In 1970s the event started and finished near the golf course in East Potomac Park and ran clockwise around Hains Point before crossing over the Inlet Bridge and looping the Tidal Basin twice, running clockwise. Runners then returned back around Hains Point to the finish line at the same location as the start. The growing field soon made the out-and-back portions on Hains Point as well as the two loops around the Tidal Basin too tight, so the course was moved onto Ohio Dr. in West Potomac Park.

Frequent construction during the 1980s and 1990s meant the course was frequently modified, but the start and finish remained in West Potomac Park.

The first crossing of Memorial Bridge took place in 1993 and in 1998 the course included an out-and-back section up into Rock Creek Parkway. The staging area made the dramatic move out of West Potomac Park onto the Washington Monument Grounds in 1998, setting up a string of years with the same course through the 2017 event.

The long-needed rehabilitation of Memorial Bridge began to be a regular topic of discussion by 2014, which prompted officials to certify a new course—which was used in 2019—for the non-Memorial Bridge version with the staging area remaining on the Washington Monument Grounds. After two years of construction, Memorial Bridge became runnable once again, just in time for the 2021 race.



1994 Course Map



# Event Participant Statistics

In 2017, the 4417<sup>th</sup> finisher in the 10-mile race became the 300,000<sup>th</sup> 10-mile finisher overall.

	Event	Women	Men	Total
2023	10M	9564	7138	16702
2023	5K	3806	2047	5853
2022*	10M	8323	6313	14636
2022**	5K	1932	752	2684
2021	10M	2967	2921	5888
2021	5K	1195	482	1677
2019	10M	10291	7146	17437
2019	5K	2023	892	2915
2018	10M	9868	6791	16659
2018	5K	1801	728	2529
2017	10M	10446	6996	17442
2017	5K	1821	698	2519
2016	10M	9908	6378	16,279
2016	5K	1393	539	1932
2015	10M	11042	6839	17881
2015	5K	1673	629	2302
2014	10M	10600	7277	17871
2014	5K	1545	598	2142
2013	10M	10323	7215	17538
2013	5K	1457	547	2004
2012	10M	9729	7195	16938
2012	5K	1328	520	1849
2011	10M	9030	7009	16046
2011	5K	1272	459	1731
2010	10M	8853	6910	15763
2010	5K	1247	449	1696
2009	10M	8323	6652	14975
2009	5K	1057	412	1469
2008	10M	6395	5904	12299
2008	5K	683	242	925
2007	10M	5529	5217	10749
2007	5K	471	154	625

\*10M: 38 non-binary

\*\* 5K: 19 non-binary

	Event	Women	Men	Total
2006	10M	5435	5236	10669
2006	5K	473	173	646
2005	10M	4333	4323	8655
2004	10M	3900	4157	8026
2003	10M	3526	3923	7449
2002	10M	3333	3723	7056
2001	10M	2972	3559	6530
2000	10M	2166	3016	5182
1999	10M	2358	3190	5548
1998	10M	2462	3750	6212
1997	10M	2149	3513	5662
1996	10M	1825	3412	5237
1995	10M	1744	3463	5207
1994	10M	1428	3105	4533
1993	10M	967	2445	3412
1992	10M	767	2100	2867
1991	10M	886	2441	3327
1990	10M	869	2557	3427
1989	10M	737	2465	3199
1988	10M	769	2620	3387
1987	10M	691	2366	3057
1986	10M	678	2513	3192
1985	10M	634	2386	3021
1984	10M	600	2573	3173
1983	10M	542	2424	2965
1982	10M	533	2657	3190
1981	10M	591	2756	3347
1980	10M	431	2459	2891
1979	10M	494	2529	2982
1978	10M	297	1967	2261
1977	10M	143	1465	1608
1976	10M	93	849	942
1975	10M	46	518	564
1974	10M	27	314	341
1973	10M	12	115	127

# Race Director History

1973 — Gar Williams and Ralph Reynolds

1974 — 1982 Jeff Darman and Ed Murray

1982 — 1988 Jeff Darman, Race Director

1988 — 1990 Jeff Darman, Race Director and Phil Stewart, Deputy Race Director

1991 — present Phil Stewart, Race Director

2005 — 2011 Irv Newman, Deputy Race Director

2012 — present Becky Lambros, Deputy Race Director



Becky Lambros, Deputy Race Director



Phil Stewart, Race Director

# Title Sponsor History

**1973** – The race debuts as the *Acacia Cherry Blossom Invitational Run*, thanks to Acacia Mutual Life.

**1974** – The race name is changed to *Acacia Cherry Blossom Classic*, and the entry fee is dropped for the ten-miler, a tradition that would last for twenty years.

**1977** – Union First Bank of Washington replaces Acacia Mutual Life as title sponsor.

**1978** – Perrier becomes the new title sponsor and brings four-time winner-to-be Bill Rodgers along with them.

**1984** – Nike replaces Perrier as title sponsor, bringing with it \$13,400 in prize money.

**1991** – After seven years as title sponsor, Nike turns the top role over to Northern Telecom, a major telecommunications company which had just recently opened a World Headquarters in the Washington, DC metropolitan area. Under Northern Telecom the prize money grows to \$21,500, the largest purse ever.

**2002** – After an 11-year run as title sponsor, Nortel Networks steps down – its sponsorship a victim of the collapse of the internet bubble. Greg Farmer, Nortel's Senior VP Global Government and Community Relations, says, "I do not believe that any other sponsorship has provided Nortel with such a high profile with Washington policy-makers." By the end of the summer, a group of approximately 40 Credit Unions, mostly from the Washington, DC Metropolitan area, forms an organization called the "Credit Union Miracle Day Committee," and signs on. It is a win-win situation as the event helps the Credit Unions raise nearly \$100,000 for the Children's Miracle Network and hundreds of Credit Union employees and members sign up as volunteers.

To this day, Credit Union Miracle Day remains the collaborating group behind the sponsorship of *Credit Union Cherry Blossom 10 Mile, 5K and Kids Run*. Their fundraising efforts have resulted in over \$11 million being donated to Children's Miracle Network Hospitals across the United States.



# The Runner's Rite of Spring®

## Capsule Histories of all 46 Editions of the Credit Union Cherry Blossom 10 Mile Run

1973-2021

**F**or runners in Washington since 1973, the true beginning of spring is marked not by a date on the calendar but by the running of the Cherry Blossom Ten-Mile.

Elite competitors have used the race as a final competitive tuneup for the Boston Marathon two weeks later. Bill Rodgers, Greg Meyer, and Lisa Larsen Weidenbach all went on to win Boston after their victories here.

For lesser mortals, the Cherry Blossom means a chance to doff the warmup suits, turtlenecks, caps and gloves of winter and join other runners in a celebration of the season. Here in Washington, the race has become as fixed a rite of spring as the Easter Egg Roll at the White House or the lighting of the Japanese lanterns on the Tidal Basin.

1973 (April 1)

Who would have believed, in 1973, that a family-style gathering of fewer than 200 runners would become an event so popular that it is necessary to hold a lottery to keep people away?

The Cherry Blossom Invitational Run, as it was christened, was the brainchild of Gar Williams, then president of the DC Road Runners Club, and Ralph Reynolds, program director of Washington's Central YMCA. The two men conceived of a race to coincide with the Cherry Blossom Festival, a high point of the city's tourist season, when mag-

nolias, forsythia and cherry blossoms bloom along the roads and paths bordering the Potomac River.

Williams and Reynolds settled on the ten-mile distance. "If it was longer, you'd be too pooped out for Boston," Williams once recalled. "We didn't want it too short, though. The idea was to have an attractive alternative to a marathon." Families could come to Washington as tourists. Dad or Mom could run the ten-miler, and the rest of the family could enter the two-mile fun run and collect commemorative patches as well.

A local insurance company, Acacia Mutual Life, was persuaded to serve as a sponsor, and entrants were recruited through the DC Road Runners Club and through pink flyers distributed at the YMCA.

Winners of that inaugural race, held in muggy weather, were Sam Bair of Pennsylvania in 51:22 and Kathy Switzer of New York City in 71:19. The organizers congratulated themselves on attracting over 100 runners to the ten-miler - a big field in those days.

1974 (March 31)

The following year, 1974, the race came into its own. At the suggestion of DCRRC official Dave Theall, the race was renamed the "Cherry Blossom Classic," and the entry fee was dropped for the ten-miler, a tradition that would hold up for twenty years. Nearly 400 runners showed up to run on a raw, cloudy day. Jack Mahurin, then a graduate student at the University of Maryland, lowered the men's event record to 50:50, and Carol Fridley, of Pennsylvania, won the women's in 62:41.

1975 (April 6)

The field doubled again in 1975 - some 575 finishers in the ten-miler, and 275 in the fun run - for a race held in brilliant sunshine but Arctic temperatures. Carl Hatfield of West Virginia battled frigid winds gusting up to 30 mph to win the race in 51:47. Julie Shea, a then-unknown North Carolina schoolgirl, took the women's crown in 59:55, the first in a series of three consecutive victories.

1976 (April 4)

It was Hatfield and Shea again in 1976 as the field for the ten-miler topped 1,500. Hatfield lowered the men's event record to 49:09, while Shea set a U.S. women's record for the ten miles at 57:04.

1977 (April 3)

By 1977 the running boom was starting to crest, and race organizers instituted an entry cutoff for the first time as the number of applicants swelled above 2,000. The field was



# The Runner's Rite of Spring<sup>®</sup>

limited to 2,230, with 500 disappointed runners turned away. There was also a new sponsor - Union First Bank of Washington, which filled the breach when Acacia Mutual Life decided to bow out. Maryland runner Dan Rincon won the race in 49:44, while Julie Shea lowered her U.S. Women's record to 56:08.



**Dan Rincon wins 1977 race**

## 1978 (April 2)

The era of Perrier and Bill Rodgers began with the 1978 race. When Union First failed to renew as a sponsor, race organizers found Perrier, which, in turn, brought in Rodgers. Competing with a cold just one day after a race in Jacksonville, Florida, Rodgers cruised to his first Cherry Blossom victory in 48:57 over a field limited to 4,000 entrants. Jenifer White of Alexandria, Virginia, took the women's title in 56:35.



**Perrier became title sponsor in 1978**

## 1979 (April 1)

In 1979 the glamour of Rodgers led to a flood of race applications. Entries were closed on February 5, only a few days after they had opened. Organizers Jeff Darman and Ed Murray begged unofficial runners to stay away as a massive field chased Rodgers to another event record of 48 minutes flat. Maryland schoolgirl Aileen O'Connor lowered the U.S. record to 56:02 in the women's race.

## 1980 (March 30)

1980 brought two innovations: a lottery to choose race entrants, and a star-studded field of invited runners. Over 12,000 applicants vied for 4,000 places in the lottery. Meanwhile, the spreading fame of the race attracted nearly 100 runners capable of running ten miles in less than 53 minutes. When the race was over, Bill Rodgers had set a new U.S. record of 47:09, and 24 other runners had gone under 50 minutes for the distance.

The women's field was also impressive. Anne Sullivan of Brown University, who set a U.S. women's record of 55:34, was followed by five other women under 60 minutes.

## 1981 (April 5)

Rodgers repeated again in 1981 with a 47:17 victory despite windy, warm weather. Laurie Binder of San Diego led 11 women under the one-hour barrier with a 56:44 performance. A field of 4,500 entrants toured the course on a humid, overcast morning.

## 1982 (April 4)

The 1982 race will be remembered as the War of the Winds, as chill winds gusting up to 50mph slowed the entire field. Terry Baker, a vocational education teacher from Hagerstown, Maryland, took the lead with less than a mile to go to upset defending champion Bill Rodgers by seven seconds in 49:29. Eleanor Simonsick, a policy research consultant living in Washington, broke the tape in 58:16 to give the race its first pair of local winners. Only four male runners broke the 50-minute barrier, and an equal number of women finished under an hour.

## 1983 (March 27)

After the disastrous weather of 1982, ideal conditions prevailed in 1983. On a cool, rainy morning with almost no wind, both Greg Meyer and Eleanor Simonsick set event records in winning their respective divisions. Running alone almost from the start, Meyer cruised to a 46:13 victory, setting a World record, breaking the former event record by 56 seconds and beating his nearest rival by over a minute. Overshadowed by Meyer's performance was that of 31 other runners who broke 50 minutes for the distance.

# The Runner's Rite of Spring®

Repeating her victory of 1982, Simonsick took the lead at three miles and kept adding to it, recording the fourth fastest ten-mile time by a woman and breaking the event record by almost two minutes in 54:46. Simonsick led 15 other female finishers under the one-hour barrier.



**Greg Meyer sets record with a 46:13 finish**

**1984 (April 1)**

The 1984 race brought several surprises. Perrier dropped sponsorship, and Nike stepped in, adding prize money to the race for the first time. A less pleasant surprise was the weather. Despite the bizarre conditions that have characterized this early spring event, no one anticipated a flooded course. Heavy storms the previous week left the tip of Hains

Point under six inches of water, causing worried race officials to consider shortening the course to 15 kilometers as late as race morning.

Prestige and prize money gave the Cherry Blossom its first foreign winners. Olympic hopefuls Simeon Kigen of Kenya and Rosa Mota of Portugal sloshed through ankle-deep water to win their respective divisions. Kigen took the men's title in 47:25 as 22 men broke 50 minutes. Mota nipped Lisa Larsen in 54:16 to lead 12 women under the one-hour mark.



**Jon Sinclair (6) wins in 1987**

**1985 (March 31)**

In 1985, Kigen won again, posting a near-record 46:24 as favorable weather returned to the event. With temperatures in the low 50s and moderate wind, Lisa Larsen Weidenbach, runnerup the previous year, surprised everyone, including herself, by running an event record of 53:30 to take the women's crown.

Masters champion Barry Brown, with an age-group record 49:46, was the last of 31 runners to break 50 minutes for the distance. Some 25 women dipped under the one-hour barrier.

**1986 (April 6)**

In 1986, Rosa Mota eclipsed the women's World Best 10 mile, while Thom Hunt came to within two seconds of Greg Meyer's 1983 world best time. Mota, the bronze medalist in the Los Angeles Olympic Marathon and 1984 Cherry



**Race winner Simeon Kigen and Race Director Jeff Darman in 1984**

# The Runner's Rite of Spring<sup>®</sup>

Blossom winner, shaved nine seconds off Joan Samuelson's World Best time with a 53:09 clocking despite running on a tender achilles tendon. Hunt began a series of surges to break away from English Olympic steeplechaser Roger Hackney at the 8-1/2 mile mark, which brought him to the finish just off the all-time best with a 46:15. The top 37 men broke 50 minutes, while 20 women bettered one hour.

## 1987 (April 5)

April showers stopped the night before the 1987 race and low tide right at race time ensured that the tip of Hains Point would not be submerged. Both the runners and the fully in-bloom cherry blossoms were pushed by favorable southerly winds. The women responded in remarkable fashion—the top three broke Rosa Mota's year-old World Best time. Lisa Martin of Australia finished first in 52:23, a whopping 46-seconds under the previous mark. Runners-up Anne Audain (52:30) and Carla Beurskens (53:00) also bettered the old record. Jon Sinclair reversed a series of major race runner-up finishes by kicking early and moving away from J.P Ndaysienga and Larry Green for a 46:48 win.

Priscilla Welch, 42, won the women's masters division and placed fourth overall with an astonishing 53:51, a world best time for masters.

## 1988 (March 27)

The winds shifted to the northwest for the 1988 race, with gusts up to 25 miles per hour. Belgium's J.P. Ndaysienga, the 1987 runner up, took the lead at 3 miles, got caught by a pack at 7 miles, but emerged in the front of a wild four-man sprint to the finish. He clocked 47:33, with Martyn Brewer second in 47:35, Jon Sinclair third in 47:40, and Joseph Kipsang fourth in 47:45. Anne Audain reversed the previous year's standings with Lisa Martin with a 53:26 to 54:06 victory in the women's race.



1993 saw the first use of Memorial Bridge on the Cherry Blossom course.

## 1989 (April 2)

Perfect running weather was sandwiched between high winds on Saturday and showers on Monday for the 1989 race. Lisa Weidenbach responded with her second victory in an American record time of 52:34 – just 11 seconds shy of Lisa Martin's World Best time. The men's race featured a near-photo finish with Zimbabwe's Brian Sheriff outleaving Mexico's Dionicio Ceron, 46:43 to 46:44. Steve Jones of Wales followed five seconds back in 46:49.

## 1990 (April 1)

Lisa Weidenbach returned in 1990 to match Julie Shea ('75, '76, '77) as the only female three-time winner. She cruised to a relatively easy win over Anne Audain, 52:38 to 53:18. Chris Fox, a Hagerstown, MD resident who had dreamed of winning this race since he was in high school, had his dream come true when he bested Ashley Johnson 47:06 to 47:07—the second one-second winning margin in a row.

## 1991 (March 31)

After seven years as title sponsor, Nike turned the top role over to Northern Telecom, a major telecommunications company which had just recently opened a World Headquarters in the Washington, DC metropolitan area. Under Northern Telecom the prize money grew to \$21,500, the largest purse ever. With the cherry blossoms in full bloom, Great Britain's Carl Thackery and American Bill Reifsnyder went charging after the event record. Thackery prevailed in



Ismael Kirui sets a World Record on 45:38 in the 1995 race

# The Runner's Rite of Spring®

the match up, but missed the record by just 12 seconds with a time of 46:25. Reifsnnyder followed in 46:30. Fellow Brit Jill Hunter reduced the women's event record to 51:57 – a time just 10 seconds off Carl Hatfield's winning time in 1975 and 26 seconds under Lisa Martin's event mark.

## 1992 (April 5)

In 1992, the Kenyans made their marks here as elsewhere. Running into 30-35 mph winds, Richard Chelimo (who won a silver medal that summer at 10,000-meters in the Olympics) and William Koech went 1-2 with respective times of 47:06 and 47:15. They went after the 1983 event record (46:13), passing 5 miles in 22:46 before the winds slowed them. Russian Albina Galliamova won the women's race in 53:44.

## 1993 (April 4)

Runners tried out a new course which featured an out-and-back crossing of Memorial Bridge (pending construction of the FDR Memorial forced the shift). Last year's runner-up William Koech was joined by several of his Kenyan teammates including William Sigei, who had won the World Cross Country only a week before. Once again the Kenyans were under world record pace at five miles, only to ease the up during the second half of the race. Sigei triumphed over Anthony Kiprono, 46:29 to 46:33. Judi St. Hilaire swept past early pacesetter Pauline Konga of Kenya after nine miles and scored a 3-second win in 52:27.

## 1994 (April 10)

After 11 years Greg Meyer's men's world record of 46:13 fell to Kenya's William Sigei. On a relatively warm, windy day (a thunderstorm blew in later that morning) Sigei and Kenyan teammates Josphat Machuka and Thomas Osano broke away from the pack early, but the pace sagged to over world record pace by nine miles. However, Sigei upped the tempo and closed with a 4:29 last mile to claim the mark with a 46:01. Both the 18-year-old Machuka (46:05) and his uncle, Osano (46:07), bested Meyer's longstanding mark as well. Kenya's Helen Chepngeno and Jane Omoro produced the closest finish ever with World Cross Country Champion Chepngeno declared the winner by inches in 54:05. With a revised race course, the number of finishers grew to over 4,600.

## 1995 (April 9)

Pre-race speculation centered on the Kenyans cracking the 46:00 barrier for the first time. With world cross country runner up Ismael Kirui and 1994's third place finisher Josphat Machuka as the top seeds, the stage was set (Sigei was out due to injury). Race day dawned with no wind, although temperatures were in the upper 50s and the humidity was high. As expected, Kirui and Machuka went right to work, dropping further below world record pace with each pass-

ing mile. Suffering from blisters, Machuka dropped off by 5 miles. Kirui slowed to a 4:41 ninth mile, but responded with a 4:31 closer to smash Sigei's year-old mark with a 45:38. Just over six minutes later Rose Cheruiyot of Kenya, who had set a world 5K record a week before, collected the second world record of the day as she sprinted home far in front of the women's field in 51:39, chopping 2 seconds off Jill Hunter's 1991 world record set in New York City. U.S. marathon champion Debbi Kilpatrick finished second in 55:05. Over 5,200 runners finished.

## 1996 (March 31)

Lazarus Nyakeraka, 20, the hottest Kenyan on the U.S. road circuit in the early months of 1996 with wins in major races the two preceding weekends, toed the line with a number of his Kenyan teammates who were looking to steal a little of his luster. On a perfect race morning with only a 100-yard puddle on Hains Point remaining from the worst winter of flooding in over 20 years in Washington, DC, Joseph Kariuki remained with the youthful Nyakeraka for 8 miles. At that point, Nyakeraka surged away for a 46:37 to 46:49 win. Joan Nesbit became the first American winner since 1993 with a methodical dismantling of the women's field in 53:25. Steve Jones of Wales, a frequent top 10 finisher over the years, turned 40 and demolished the late Barry Brown's 1985 masters event record of 49:46 when he posted a remarkable 48:26, finishing 11th overall. The prize money



Joan Nesbit



# The Runner's Rite of Spring®

was upped to \$26,000 with \$5000 going to the top male and female.

## 1997 (April 6)

The event celebrated its 25th running in 1997 and a number of former champions (including the first women's winner, Kathrine Switzer) came to join in the festivities. A group of a dozen runners who had run the 1973 event — and Ben Beach, the only individual who has completed the race every year it has been run — were feted at the Saturday night dinner. On race day, special coffee mugs were awarded to 24 men and 94 women who ran faster than the winning times in the first race (51:22 and 71:19). Runners from Kenya continued to dominate the men's competition — this year it was Peter Githuka upsetting defending champion Lazarus Nyakeraka in 46:29. On the women's side, Olympic marathon gold ('92) and silver ('96) medallist Valentina Yegorova of Russia took the lead from the start and captured the women's title in 54:28. A total of \$35,000 was given to Children's Hospital, bringing the total charity contribution to over \$140,000.

## 1998 (April 5)

A new course featuring an out-and-back section on Rock Creek Parkway delighted the 5,800 finishers. South African Colleen DeReuck proved that the layout was fast as she shattered Rose Cheruiyot's World Record for 10 Miles of 51:39 — set in the 1995 race — with a scintillating 51:16



Colleen DeReuck set a World record of 51:16 in the 1998 race

performance that placed her 23rd overall. (She would have been the overall winner of the 1973 race!) DeReuck finished over two minutes ahead of runner-up Marian Sutton of Great Britain. On the men's side Simon Rono, who would go on to be the top road runner of the year, produced a fast sub-46:00 time with a 45:51, the second fastest time ever in the event. He pulled Kenyan teammate Joseph Kariuki under 46:00 as well (45:58). Kenyans secured the top eight places in the men's race.

## 1999 (April 11)

Construction along Independence Ave. meant another revision in the course for 1999. The popular Rock Creek Park section was retained, but a new section took runners through the West End and Foggy Bottom sections of Washington, DC. It was the first time the course had ventured off of National Park Service land. A cool rain greeted 6,000 starters. The many turns in the course slowed the times. For the first time since 1991, a non-Kenyan male won the race, as Ethiopian Worku Bikila outsprinted three Kenyans to take the overall title in 46:59. Lazarus Nyakeraka (47:01), James Kariuki (47:03) and William Kiptum (47:07) followed. Interestingly, Bikila got off his plane in Pittsburgh where it had stopped and went to the Doubletree Hotel in Pittsburgh. Some frantic calling got him D.C. bound shortly thereafter to the Doubletree race headquarters hotel here. Apparently the distraction to him was minimal. The women's race was even closer than the men's as Kenyan Jane Omoro bested teammate Jane Ngotho by a single second, 53:37 to 53:38. The win was satisfying to Omoro, who had lost the 1994 race on a lean to Helen Chepngeno.

## 2000 (April 9)

At 6:30 a.m. on race day, snow was swirling in the staging area in West Potomac Park. The good news is that it stopped by the race time of 8:00 a.m.; the bad news is it was replaced by a howling, cold northwest wind. Runners throughout the field reported that they were nearly slowed to a walk on the completely exposed out-and-back crossing of Memorial Bridge. However, with much of the course similar to 1998 and within the closed confines of Rock Creek Park once again, Reuben Cheruiyot was still able to clock 46:07 as he blazed the final two miles — with the wind at his back — in 8:44. On the women's side, defending champion Jane Omoro narrowly lost to Kenyan teammate Teresa Wanjiku, 55:50 to 55:56. In honor of the race being held in Washington and it being a presidential election year, the organizers staged a "Foot Poll." Using a transponder chip laced into their shoes, runners crossed mats about a quarter mile from the finish line marked "Democrat," "Republican," or "Neither/Undisclosed." "Votes" were tallied at the finish line. In the end the Democrats prevailed with 44%; Republicans and

# The Runner's Rite of Spring<sup>®</sup>

“Neither/Undisclosed” tied for second with 28%. Republicans were heard to remark that the mat marked “Democrat” was along the shortest route to the finish, a charge instantly denied by the organizers.

The event marked ten years with Nortel Networks as the title sponsor.

## 2001 (April 8)

For the first time since 1993, the cherry blossoms were at their peak on race day with “perfect-for-running” temperatures near 50-degrees. For the first time since 1992, the event used the same course for two years in a row. A few sprinkles of rain fell early in the morning, but runners were glad they weren't last year's snowflakes! Kenyans Reuben Cheruiyot and John Korir waged an epic battle which resulted in the closest men's finish ever, with Korir edging Cheruiyot, 46:12 to 46:13. A dramatic photo appeared in the *Washington Post* showing both men with their arms raised



**2001 Women's Champion Elana Meyer**

in expectation of the win. South African Elana Meyer, making her first appearance, dominated the women's field, finishing in 52:16, nearly a minute up on Lydiya Grigorieva, who clocked 53:15. The event had its largest number of finishers ever, 6,515.

## 2002 (April 7)

After an 11-year run as title sponsor, Nortel Networks stepped down – its sponsorship a victim of the collapse of the internet bubble. Greg Farmer, Nortel's Senior VP Global Government and Community Relations, said, “I do not believe that any other sponsorship has provided Nortel with such a high profile with Washington policymakers.” By the end of the summer, a group of approximately 40 Credit Unions, mostly from the Washington, DC Metropolitan area, formed an organization called the “Credit Union Miracle Day Committee,” and signed on. It was a win-win situation as the event helped the Credit Unions raise nearly \$100,000 for the Children's Miracle Network, and hundreds of Credit Union employees and members signed up as volunteers. The blossoms joined the festivities for the second year in a row as Kenyans John Korir and Reuben Cheruiyot picked up where they left off in 2001. This time Cheruiyot prevailed by 5 seconds with a time of 47:13. Luminita Talpos equaled Cheruiyot's 5-second margin of victory in a time of 52:50 to become the first Romanian winner. Ethiopia's Teyba Erkesso followed. Legally blind U.S. runner Marla Runyan finished fifth in 53:37. The event grew to a record 7,061 finishers.

## 2003 (April 6)

For the third straight year, race day dawned with the Tidal Basin and West Potomac Park awash in a blaze of pink and white cherry blossoms. Race officials were glad simply to be in West Potomac Park at all. Three weeks before the race,



**Bethesda, Maryland's Ben Beach has finished every edition of the Credit Union Cherry Blossom Ten Mile.**

# The Runner's Rite of Spring<sup>®</sup>

the War in Iraq had raised security levels in Washington to "Code Orange," one step down from "Code Red," which likely would have meant cancellation of the event. The race committee scouted out an alternative site in Poolesville, MD, 25 miles outside of Washington, as a contingency. John

Both women would go on to claim silver medals in the Athens Olympics, Ochichi in the 5,000-meters and Ndereba in the marathon. With the National Park Service allowing an increase in the number of finishers, the race had 8,057 people go the distance. For the first time, over 50% of the entrants were women, although more men finished (4,157 to 3,900).



**Olga Romanova wins 2003 race in 53:42**

Korir and Reuben Cheruiyot, who else, were at it again, and when the dust settled, Korir had evened the score at 2 victories each with a 46:56 to 47:03 triumph. Russian Olga Romanova bested pre-race favorite Ashi Gigi of Ethiopia for the women's title. Through the efforts of the event and the Credit Unions, over \$190,000 was raised for the Children's Miracle Network. Bethesda's Ben Beach continued his streak as the only runner to have finished all 32 editions of the race with a time of 1:02:15. The perfect day produced the largest number of finishers ever at 7,488.

## 2004 (April 4)

The blossoms greeted the runners for the fourth year in a row, but so did howling winds with gusts in excess of 40-miles an hour. A pelting rain and winds pummeled the staging area about 5:30 a.m. on race morning, followed by an eerie calm almost like the eye of the storm during which the organizers decided to go ahead and put up the tents, overhead scaffolding and signage. The winds returned shortly after the 8 a.m. start, prompting all the aforementioned items to be taken down for safety reasons. The men's times reflected the conditions, with unknown Kenyan Nelson Kiplagat winning in 48:12 – the slowest men's winning time since 1982 when Terry Baker bested Bill Rodgers in similar near-gale force winds. Rodgers was in this year's field, placing 3<sup>rd</sup> in the men's 55-59 division in 1:02:55. But track-trained Kenyan Isabella Ochichi ran the performance of the day in winning the women's title in 52:07 – the 4<sup>th</sup> fastest women's winning time ever. Boston Marathon prep- ping Catherine Ndereba finished a distant second in 53:00.

## 2005 (April 3)

Kenyan John Korir collected his third win and established a streak of winning the event in odd-numbered years only. His other two wins came in 2001 and 2003. With the victory Korir moved into second place among male repeat winners, just one victory shy of Bill Rodgers' four consecutive titles between 1978 and 1981. Does anyone know how to say "2007?" Korir employed the same wait and kick strategy which had made him the most feared road racer competing on the U.S. roads over the last six years, passing runner up Reuben Chebii in the final 400-meters. Romanian Nuta Olaru took the opposite tack and ran away from the women's field to earn her first title in 52:01. Her time was the fastest performance since Colleen DeReuck's world record time of 51:16 in 1998. The event established a reciprocal relationship with the Himeji Castle 10 mile in Japan. Three Japanese runners from the top 10 came to participate here, while top American Michael Wardian traveled to Japan to run the Himeji race the following February. Under cold and blustery conditions a record number of 8,630 participants finished the event. Alexandria's Hedy Marque, 87, was the oldest finisher (1:57:38), and Ben Beach of Bethesda maintained his status as the only finisher in all 33 editions of the race with a 1:10:08 time.

## 2006 (April 2)

After the race, Event Director Phil Stewart handed out special t-shirts to the organizing committee members that said "The Year of Many Changes." The entire staging area of the race was redesigned to make it resemble a small city complete with two roadways named "Gary Dr.," after longtime logistics coordinator Gary Ceponis, who had just retired, and "Brian Blvd.," after Brian Laush, who undertook the changes. There was a big change up front as well, as the elite women started 10 minutes ahead of the men. The new format gave far greater visibility to the women's race and produced a world record for 10 miles in an all-women's event, simply because this was the first All-Women's 10 mile event to be run under current record keeping standards. Russia's Lidiya Grigoryeva established the mark of 52:11 on a beautiful morning awash with cherry blossoms at their peak. American Turena Johnson Lane notched the American 10 Mile record in an all women's race when she finished sixth overall in 55:42. The 5K was upgraded from an untimed run to a fully-timed and scored event. The event finally cracked the 10,000-runner mark with 10,670 participants.

# The Runner's Rite of Spring®

The Credit Unions and race participants together raised over \$500,000 for Children's Miracle Network, bringing the total funds raised during the Credit Union era to over \$1.5 million. Women's champion Grigorieva warmed everyone's heart when she donated 5% of her first-place \$6,000 check to the charity.

## 2007 (April 1)

To celebrate the 35<sup>th</sup> running of the race, the organizers invited back numerous past winners including Kathrine Switzer ('73), Carl Hatfield ('75, '76), Bill Rodgers ('78, '79, '80, '81), Greg Meyer ('83), Lisa Rainsberger ('85, '89, '90), Jon Sinclair ('87), Colleen DeReuck ('98), and John Korir ('01, '03, '05) for a picture perfect weekend with the blossoms at their peak. Times were fast under the excellent conditions and when it was over, Ethiopia joined the U.S., Kenya, and Great Britain as the only countries to sweep both the men's and women's titles in the same year, as Tadesse Tola won the men's race in a quick 46:01, and Teyba Erkesso topped the women's division in 51:44. With the advance start for



**2007 Women's Champion Teyba Erkesso**

women used again, Erkesso's time established a new world record for a women's only 10 mile. John Korir failed in his bid to match Bill Rodgers' 4 wins when he finished third in 46:11. The organizers received a scare when they were told that construction on Rock Creek Parkway would start before race day and the course would be unusable. Fortunately, it was delayed until the day after the race. Washington's

newly elected Mayor, Adrian Fenty, finished in a respectable time of 1:08:47. A record number of 10,748 runners finished the 10-mile, and 756 finished the 5K Run-Walk. The funds raised by the Credit Union Miracle Day Committee swelled to \$850,000.

## 2008 (April 6)

With the construction on Rock Creek Parkway underway, the organizers knew a new course needed to be developed for 2008, and they started work on it almost immediately after the 2007 event. With the cooperation of the National Park Service, the start and finish lines were moved from West Potomac Park to a spectacular new location on 15<sup>th</sup> St., with the staging area on the Washington Monument Grounds. The new site was also only ¼ mile from the Smithsonian Metro stop, which eliminated an unwieldy shuttle bus service. The new course was a big hit as it incorporated the blossoms around Hains Point in addition to those around the Tidal Basin. The race filled its expanded allotment of 12,000 finisher slots just four hours after online registration opened in Dec., 2007. This was less than 1/6<sup>th</sup> the amount of time it had taken the previous several years. Heavy rains flooded the staging area on the Monument Grounds and all the start-finish area tents, porta-potties, etc. had to be shifted to the "Folk Life Festival Grounds" on the east side of 15<sup>th</sup> St. just 48 hours before the start of the race. Race day featured intermittent rain, chilly temperatures in the 40s, and blossoms a smidge beyond peak – not bad conditions for the record number of 12,294 finishers under the newly imposed timing limit of 2 hours and 20 minutes for completing the 10 miles. Young Kenyan Lineth Chepkurui, 20, raced away from Olympic marathon silver medallists Lidia Simon ('00) and Catherine Ndereba ('04) to take the women's title in a sluggish time of 54:21. Ridouane Harroufi became the first Moroccan to capture a title as he outlegged Nichola Kamakya of Kenya by a single second in 46:14. The other big news of the day was the Credit Union Miracle Day Committee cracked the \$1 million dollar mark in funds raised for the Children's Miracle Network when it signed over a check for \$1,036,000.

## 2009 (April 5)

2009 was the year that all of the pillars of the event changed – the course was run in reverse in order to avoid a narrow section during the first mile on the 2008 route; the staging area was completely redesigned; there was a new headquarters hotel, the Grand Hyatt Washington; and there was a new expo site at the National Building Museum. The entire organizing committee was exhausted by the time race weekend rolled around. However in a show of magnanimity, Mother Nature provided one of the most perfect days ever, with brilliant sunshine, temperatures about 50-degrees rising to the mid-60s for the awards ceremony, and blossoms just a tinge past peak. However, some things remained the

# The Runner's Rite of Spring®

same, most notably the winners, as Ridouane Harroufi and Lineth Chepkurui repeated as champions, both running faster (45:56 and 53:32 respectively) than in 2008. A relatively unknown American woman, Sally Meyerhoff, raced to a new American record for a women's only race when she clocked 54:38 to finish 7<sup>th</sup> overall. For some unexplained reason the number of no-shows plummeted, resulting in a record number of 14,969 finishers, some 3,000 over the number stated on the National Park Service Permit. Due to the committee's and volunteer's extraordinary efforts to clear the streets by 10:30 a.m. for the cherry blossom tourists, the NPS did not protest. Despite a tightening economy, Credit Union Miracle Day still raised \$1 million dollars for the Children's Miracle Network.

## 2010 (April 11)

With the race a week later than its traditional first weekend in April date due to Easter, the blossoms were nearly gone but a glorious spring day was enjoyed by all 15,600 finishers. The action at the front of the men's pack was never tighter with a photo finish that had to be decided by the finish line judges (and then was protested by the runner-up who felt he had been impeded in the final sprint). In the end Stephen Tum of Kenya was declared the winner over Lelisa Desisa of Ethiopia (Desisa later dropped the protest). Almost lost in the drama was that Tum was a scant 5 seconds off Ismael

Kirui's event record set back in 1995, with a finishing time of 45:43. The women's race was a run-away and a three-peat by Kenya's Lineth Chepkurui, who has gotten faster every year. Her time of 51:51 eclipsed Julliah Tinega of Kenya by 48 seconds. Chepkurui's third consecutive win tied her with Julie Shea, who won three in a row between 1975 and 1977. The sponsoring Credit Unions raised \$923,000 for Children's Miracle Network. The event also hired an environmental consultant to look for ways to reduce its environmental footprint. The plan was to have the event certified as "Green" by the Council for Responsible Sport in 2011. Deputy Race Director Irv Newman relinquished his role and the event hired longtime volunteer Becky Lambros as the second salaried staff member.

## 2011 (April 3)

Ethiopian Lelisa Desisa was not a happy man after losing the 2010 race in a photo finish. After initially protesting the judge's call, he backed down. A year later, he ran like a man with something to prove as he broke Ismael Kirui's 1995 event record by two seconds, clocking 45:36. His five-second margin over Kenyan Allan Kiprono seemed vast in comparison with his 2010 loss. Desisa's interpreter said, "He wanted to make sure it didn't come down to the finish again this year." Three-time winner Lineth Chepkurui was unable to return for her attempt at matching Bill Rodgers' four consecutive wins, paving the way for Julliah Tinega, who, like Desisa, was runner up in 2010. Tinega powered her way home in 54:02, a single second up on fellow Kenyan Risper Gesabwa. The event earned a "Silver Level" designation by the Council for Responsible sport as environmentally-friendly. The 2011 race marked the 10<sup>th</sup> year of sponsorship by Credit Union Miracle Day. With an additional \$578,000 raised for the Children's Miracle Network, the total amount of funds raised during the Credit Union era eclipsed the \$5 million dollar mark. Just a year before the 40<sup>th</sup> running, the event logged its 200,000<sup>th</sup> all-time finisher, Adrianna Swinson of Centreville, VA. After the race, the organizers unveiled an all-time searchable database listing every finisher since 1973.

## 2012 (April 1)

The Gala 40<sup>th</sup> Running of the race featured some dazzling solo front-running by Kenyan Allan Kiprono, who, like Lelisa Desisa in 2011, was out to avenge a runner-up finish at the previous year's race. After teammate Lani Kiplagat suggested pushing the pace around the three-mile mark, Kiprono followed the advice and surged into a lead which only grew larger with each additional stride. By the finish line, he had amassed a 1:13 lead over Kiplagat and reduced the 2011 event record by a stunning 21 seconds with a time of 45:15. On the women's side Jelliah Tinega repeated as champion by matching her 2011 winning time of 54:02, 22 seconds up on Ethiopian Malika Mejdoub. The anniversary run at-



Lineth Chepkurui en route to her third consecutive victory in 2010

# The Runner's Rite of Spring®

tracted some special VIPs, including Greg Meyer, who still owns the fastest time by an American, 46:13, for the event; Colleen DeReuck, who owns the current women's event mark of 51:16; and Gar Williams, one of the race founders in 1973 and former DC Road Runners and Road Runners Club of America President. The race also feted 39-year-old Gerri Baer of Rockville, who was born on April 1, 1973, the date of the first race. Bethesda's Ben Beach finished the race for the 40<sup>th</sup> consecutive time, the only runner with perfect attendance. The Children's Miracle Network fundraising juggernaut continued with an additional \$515,000 raised by the sponsoring Credit Unions and runners.

## 2013 (April 7)

USATF's USA Women's National Championship 10 Mile Presented by America's Credit Unions made its first appearance at the race. An extra prize purse of \$14,400 for American women (added to the existing \$42,000 in open prize money) produced a deep elite field featuring strong American talent on the women's side. With U.S. 2012 Olympian Janet Bawcom in the field, hopes ran high of having the first U.S. female overall champion since Joan Nesbit in 1996. Bawcom hung with the lead pack for about 2/3rds of the race but succumbed to the relentless pressure of Kenyan Caroline Rotich, who powered to a 52:46 victory. Bawcom placed 4<sup>th</sup> in 53:28 but still bested the late Sally Meyerhoff's single sex American record by 70 seconds. Brianna Nelson (7<sup>th</sup> in 54:01) and Sarah Crouch (9<sup>th</sup> in 54:15) also bettered the old mark. Alan Kiprono, who ran away from the field and broke the event record in 2012, returned as the favorite in the men's division. However, fellow Kenyan Daniel Salel would not shake loose as the twosome traded surges over the closing miles. Cresting the incline at 15<sup>th</sup> and Independence, Kiprono appeared to have victory in hand. However one final burst right at the finish tape brought Salel across the line first, according to the judges who viewed the near photo finish. Salel clocked 46:06, with Kiprono posting 46:07. There were some heads turned in the 5K Run-Walk when 12-year-old Nathan Davis of Frederick, MD was the overall winner in 17:22. A cool spring kept the cherry blossoms just short of their peak on a near perfect day for running with temperatures in the 50s. The sponsoring Credit Union Miracle Day added another \$483,000 in donations to Children's Miracle Network, bringing the total funds raised since becoming the title sponsor of the race to over \$6 million dollars. Just over 17,500 runners finished the race.

## 2014 (April 6)

With a positive reaction to hosting the USA Women's National Championship in 2013, the organizers bid on and received both the USA Men's and Women's National 10 Mile championships from USA Track and Field. The added infusion of top American runners raised the possibility that the event could see its first American champions

since Chris Fox won the men's race in 1990 and Joan Nesbit won the women's race in 1996. However, it was not to be. On the men's side Kenyans Stephen Sambu and Daniel Salel finished 1-2 with the 2<sup>nd</sup> and 3<sup>rd</sup> fastest men's times ever recorded for the event (both were timed in 45:29 with Sambu given the win). Christo Landry finished sixth in 46:41, the fourth fastest American time for the event behind Greg Meyer, Thom Hunt and Bill Reifsnnyder and less than 30 seconds off Meyer's 1983 American 10 Mile record (still standing) of 46:13. Meyer had returned to hold the finish tape in hopes of seeing his mark bettered after more than 30 years. On the women's side, American Janet Bawcom gave serious chase to Ethiopian Mamitu Daska but fell seven seconds short of Daska at the end as the Ethiopian claimed the title 52:05 to Bawcom's 52:12. Bawcom's consolation was the single-sex American 10 mile record, bettering the mark she had set a year earlier by 1:16. Nathan Davis, now 13-years-old, repeated as 5K champion in 17:58. A long and cold winter meant the cherry blossoms were just shy of blooming for the second straight year. The credit unions, in the 13<sup>th</sup> year of their sponsorship, donated another \$487,000 to Children's Miracle Network.



**2013 and 2014 USA 10 Mile Women's Champion Janet Bawcom**

## 2015 (April 12)

For the first time in its history, the Credit Union Cherry Blossom was not a 10 mile. Due to an accident on the course just 90 minutes before race time, organizers had to scramble to come up with an alternate route because of the accident investigation. The results showed some eye-popping times for anyone

# The Runner's Rite of Spring®

who did not read the explanation that the course was 9.39 miles long after the re-routing. Any disappointment over the shortened course was more than counterbalanced by the most spectacular display of blossoms at their absolute peak on a windless, gorgeous morning. Stephen Sambu notched his second title in a row, this time with a more comfortable 9-second margin instead of his eyelash win in 2014. He clocked 43:20. American Jake Riley finished in second place eight seconds later, the highest men's finishing place by an American since Bill Reifsnnyder was the runner-up in 1991. Daniel Salel, who was on the short end of the eyelash in 2014, ended up in third. Training partners Mary Wacera and Cynthia Limo separated themselves from the rest of the women's field by the eight-mile mark and ran together toward the finish line. Wacera edged ahead by a few yards for the win - both received the identical time of 48:35. The top American woman was Serena Burla in sixth place with a time of 50:18. Ben Beach kept his perfect attendance intact as the only runner to have run all 43 editions of the race with a 1:27:59 finish. Dixon Hemphill, 90, finished the 5K and said, "I gave this race my all." He clocked 47:01, two minutes faster than his 2014 time. Longtime Deputy Race Director Irv Newman received the first Les Kinion Outstanding Service Award, named for long time race volunteer Les Kinion who died in the summer of 2014.



**2015 Men's winner, Stephen Sambu, and runner-up, Jake Riley, share a laugh during the awards ceremony.**

## 2016 (April 3)

The 2016 race hardly felt like "The Runner's Rite of Spring," as wind gusts clocked as high as 47 miles per hour howled across the Washington Monument Grounds during the pre-dawn set up hours, prompting the organizers to dismantle anything that could become a projectile, including tents and signs. The decision to allow the race to take place at all wasn't made until

5:00 a.m. on race morning and wind gusts between 30 and 40 miles an hour greeted the over 16,000 runners who showed up. The \$10,000 bonus offered to the first U.S. male or female to break the American record (split if both records fell) was safe on this day. The elite mens race was won by Sam Chelanga, the first U.S. male to win the race since Chris Fox took the title in 1990. Chelanga, a naturalized U.S. citizen born in Kenya, prevailed by a single second over Silas Kipruto of Kenya with a wind-impeded time of 48:26. A second American, Martin Hehir, finished third in 48:29. Due to the winds, the women's



**2016 Men's winner, Sam Chelanga was the first American male winner since 1990.**

advance start was mercifully abandoned. Kenyan Veronica Nyaruai Wanjiru of Kenya won in 53:12 and said, "Because of the wind, I didn't look at the time." She prevailed by eight-seconds over Ethiopian Buze Diriba. Two American women with local connections placed in the top six — Maegan Krifchin of Silver Spring, MD was third in 55:01 and Serena Burla of Stafford, VA was sixth in 55:58. The most recognizable runner of the weekend was 2004 Olympic silver medalist, 2009 New York City Marathon winner and 2014 Boston Marathon winner Meb Keflezighi who opted to pace runners hoping to break 1:00:00 just six weeks after placing second in the 2016 U.S. Olympic Marathon trials. Despite the conditions, 16,228 finished the 10 mile and 1,932 completed the 5K. Children's Miracle Network received a check for \$505,000 bringing the credit union era contributions to \$7.5 million dollars. It seemed fitting that Logistics Coordinator George Tarrico who supervised the construction and the quick dismantling of the Washington Monument Grounds due to the winds was awarded the second Les Kinion Outstanding Service Award.

## 2017 (April 2)

The organizing committee approached the 2017 race, which

# The Runner's Rite of Spring®

marked the 45<sup>th</sup> running of the event, with the modest goals of no wind and running a full 10 miles after the two difficult years in 2015 and 2016. These expectations were exceeded handily with a close to perfect day for running and cherry blossoms, which had been forecast to bloom two weeks before the event, in the final stages of peak bloom. After Sam Chelanga broke a 27-year drought for an American male winner, Stanley Kebenei made it two in a row for the Red, White and Blue with a surge after nine miles which brought him across the line in 46:35, good for a three-second win over Kenyan James Kibet. Ethiopian Hiwot Gebrekidan, only 21-years old, had an easier time winning the women's competition over country woman Buze Diriba 53:37 to 53:52. The 45<sup>th</sup> running celebration brought a host of past luminaries to town and two of them showed their longevity with excellent finishes in their age groups. Katharine Switzer, the first woman's winner in 1973, captured the women's 70-74 division in 1:30:31 and four-time winner Bill Rodgers clocked 1:19:15 to place 7<sup>th</sup> in the men's 65-69 division. Of course Ben Beach kept his streak going as the only runner to have finished all 45 editions with a time 1:34:18. Beach completed his 50<sup>th</sup> Boston Marathon in a row just over two weeks later. Joan Samuelson, the 1984 Olympic gold medalist in the inaugural women's marathon, showed her excellence remains some 33 years after her win in Los

Angeles by setting an American women's 55-59 age group mark of 1:03:55. In keeping with the five-year anniversary tradition of offering (I would have won this race in 1973) mugs to all runners who ran faster than Sam Bair's and Switzer's winning times of 51:12 and 1:11:19, the organizers handed out mugs to 36 men and 218 women. After years of being held on the Washington Monument Grounds at the conclusion of the 10 mile, the Kids Run was moved to Saturday and held in conjunction with the Health and Fitness Expo. The change was well received. Longtime Volunteer Coordinator Michelle Carter won the third Les Kinion award for outstanding service to the event.

## 2018 (April 7)

Dubbed "Our Championship Year," the 2018 race hosted both the PRRO Circuit Championship and the RRCA National 10 Mile Championship held in conjunction with the RRCA's 60th Annual Convention held in Washington, DC. The PRRO Championship which rotates among the PRRO Circuit races, was being held at the race for the first time. Winners of the other PRRO Circuit Events can earn the \$10,000 PRRO "Super Bonus" by winning the Championship as well. Ethiopian Buze Diriba did exactly that and pocketed \$18,000 for winning – \$10,000 from PRRO and



Virtual Run participants show off their medals



# The Runner's Rite of Spring<sup>®</sup>

\$8,000 from the Credit Union Cherry Blossom with a time of 53:45. On the men's side Ethiopian Jemal Yimer picked up \$2,500 in PRRO cash since he had not won another PRRO race to augment his \$8,000 first place prize in 46:17. Both runners won the RRCA National Championship titles as well. A chilly morning awash in blossoms greeted some 17,000 starters in the 10 mile and 2,000 in the 5K Run-Walk, but for the first since 1992 the runners did not cross Memorial Bridge which was closed for construction. Continuing its commitment to helping young Americans just out of college, the race teamed up with the RRCA to offer a special \$1,200 purse to the top RRCA Roads Scholar grant recipient and RRCA RunPro Camp alumni. Abbabiya Simbassa (RunPro) and Emma Bates (Roads Scholar) earned these awards. And yes, Ben Beach finished again for the 46<sup>th</sup> consecutive year.

## 2019 (April 7)

There was an organizational race before the running race in 2019 when just six weeks before race day a lane of the race course along Rock Creek Parkway was closed down for



Buze Diriba won 2018 PRRO Championships and an additional \$10,000 bonus, on top of the \$8,000 she earned by winning the race itself.

construction with no advance notice given to the organizing committee. Since the prospect of 17,000 runners passing through a 12' wide opening along the road way was hardly appealing, the course was re-routed for the first four miles, taking the route off National Park Service land and onto Washington, DC city streets. Gaining approval from the city for the permit on an accelerated basis was complicated but ultimately successful with a permit received less than 36 hour before the start. Then, a week out, a bulldozer appeared and proceeded to dig up an area near the starting line where several tents were scheduled to be constructed. The result? A quick recasting of the starting line area in the last few days. All the of the tensions of the lead-up were allayed when race day dawned with the perfect blossoms and perfect weather. It appeared that the elite runners responded with lightning fast times. Men's winner Jimal Jimer blazed a 45:36 clocking. Not far behind, Stanley Kebenei, the 2017 winner crossed the line in 46:00, faster than Greg Meyer's 46:13 American record time from 1983, and broke into euphoria in the center of the road way no doubt in part due to the \$10,000 bonus being offered for a new American record. On the women's side, Kenyan Rosemary Wanjiru clocked in at 50:42, 34 seconds faster than Colleen DeReuck's course record set in 1997. Behind the winners came scores of happy faces on runners with new PRs. Or so it seemed. By mid-week, the organizers determined that the turn-around in West Potomac Park had been misplaced on a temporary measurement mark and the course was 80 yards short. They agreed to pay Kebenei his \$10,000 bonus even with the short course. (Kebenei's adjusted



Top American and second place overall Stanley Kebenei celebrates his apparent American Record and its \$10,000 bonus. When race officials determined the race as run was not the full 10 miles, Kebenei "lost" his record, but got to keep his bonus.

time would have placed him at the finish line within a second or two either way of Meyer's record.) Kebenei vowed to return in 2020 to go for the mark again.

# The Runner's Rite of Spring®

## 2020 (April 5)

Elements of nature have come perilously close to cancelling the race in the past -- flooding, high winds and snow have jeopardized the event but ultimately have been overcome. One could have never imagined that something 0.12 microns in size and first reported in Wuhan, China would cause the event to tumble. As the highly virulent Corona virus (COVID-19) spread across the globe during the winter, large running events suddenly became potential incubators. In early March, the first U.S. spring races began to cancel or postpone, prompting the organizing committee to tell participants it would "monitor the situation" and look for Federal and Public Health agency guidance about cancelling. When the Boston Marathon, just over two weeks after the Credit Union Cherry Blossom, postponed until September, the necessity of cancelling was apparent. (The complexity of the numerous permits made postponement impossible.) This was announced to participants on March 14 with options of receiving a lottery exemption for the 2021 race (with no entry fee refund), a full 2020 refund, or donating the entry fee to Children's Miracle Network. About 50% took the lottery exemption, 5% made donations and 45% asked for a refund. A free Virtual Run was offered as a way for participants to celebrate their preparation with nearly 2,300 people participating, many posting joyful pictures and narratives about their experiences. Later in the year there were two developments regarding records set at the Cherry Blossom. On October 30, Galen Rupp broke Greg Meyer's American 10 mile record of 46:13 set at the Cherry Blossom in 1983 (three years before Rupp was born) with a time of 45:54 recorded at the 10 mile split of the Row River Half Marathon in Dorena, OR. Just 24 days later, the Credit Union Cherry Blossom organizing committee put together the Up Dawg Ten Miler in order to provide committee member Keira D'Amato with an opportunity to break the All-Women's 10 mile record of 52:12 set by Janet Bawcom at the 2014 Credit Union Cherry Blossom (ironically, D'Amato was holding the tape when Bawcom set the mark). D'Amato didn't disappoint, shattering the record by 49 seconds with a time of 51:23. The time also established a new U.S. "All-comer's mark, the fastest time ever run by a runner of any nationality in an All-Women's competition on U.S. soil (breaking the time of Ethiopia's Teyba Erkesso of 51:44 set at the 2008 Credit Union Cherry Blossom). D'Amato would go on to break Deena Kastor's long standing American Record in the marathon with a stunning 2:19:12 performance at the Houston Half Marathon in January, 2022.

## 2021 (September 12)

As the unrelenting Covid-19 pandemic continued to ravage the globe and just couple of months after vaccines to protect individuals from the virus began to be introduced, the possibility of holding the race in its traditional April

timeframe was a non-starter. However the organizing committee simply could not bear the thought of a three-year gap between the last in-person edition of the event and the 2022 event, so they elected to stage an event that celebrates the annual blossoming of the trees in September when there would not be a cherry blossom in sight. To bring an element of excitement, the race was awarded the Men's and Women's USATF National 10 Mile Championship for the first time since 2014.

Although the event caught a window between the Delta and Omicron Covid-19 variants when both cases and deaths had dropped significantly, plans still had to be developed for social distancing at the start and possible mask wearing throughout the weekend. Many runners were still cautious as the event attracted only 12,000 registrants with 7,000 finishers. On race day, no social distancing was mandated and masks were required only before and after, but not during, the event. Competition-starved American and International runners responded with fast times on a pleasant September morning (heat had been feared). Kenya's Edwin Kimutai clocked 45:45, the 9th fastest time ever run on the course, to win the men's division, while Nell Rojas captured the both women's open race (the first



Nell Rojas

# The Runner's Rite of Spring<sup>®</sup>

American woman to win the race since Joan Nesbit earned the title in 1996) and the U.S. Women's Championship in 52:13. Ironically, if the race organizing committee had not organized the UpDawg 10 Mile in November, 2020 in which Keira D'Amato set the American record of 51:23, Rojas' time would have bettered the old mark set by Janet Bawcom in the 2014 championship event by a single second. Abbabiya Simbassa claimed the U.S. 10 mile men's title in 46:18 while finishing second over all. The event was enthusiastically embraced by the runners who took part, but everyone was already hoping for a return to April in 2022.

The organizers had not let the traditional April, 2021 weekend go by unnoticed as they hosted a virtual run between March 20 and April 11 which attracted 1941 finishers in the 10 mile and 5K events .

## 2022 (April 3)

For the first time in three years, the 2023 Credit Union Cherry Blossom took place on its traditional first weekend in April date – and only seven months after the fall 2021 edition, a reality which left members of the race committee feeling little let up between the two events. The numbers rebounded significantly from 2021's 5,888 official finishers, swelling to 14,649, but not back to the last-pre-pandemic total of 17,437 in 2019. The biggest organizational challenge of the year was the addition of bike lanes on 15th St. robbing the runners of 20% of their line up area.

There were good stories at the head of both the men's and women's elite competitions which took place on a cool (46-degrees), calm morning under just-past-peak blossoms. On the men's side, Nicholas Kosimbei wasted no time separating himself from the field at the two mile mark and running solo for the win. With no one to push the pace, he crossed the finish line in 45:15 which tied the exactly 10-year-old course record set by Alan Kiprono in 2012! Wilfred Kimitei finished second, 28 seconds back in 45:43. Interestingly, Kimitei ran his last mile one second faster than Kosimbei, leaving one to wonder what might have happened to the record had the two Kenyans remained knotted deeper into the race. In the women's race Reston, VA elementary school teacher Susannah Sullivan found herself in a familiar position at half way, in the thick of the elite women's competition. However, unlike her other appearances (8<sup>th</sup> in 2014 and 10<sup>th</sup> in 2017) which found her near the front for only a few miles, this year she was with the leaders at five miles and then accelerated away over the second half of the race. Although her closest pursuers Carrie Verdon, Paige Stoner and Sarah Pagano closed in over the final mile, Sullivan prevailed in 52:32, making her the first local woman to win the race since Eleanor Simonsick in 1983. Sullivan's time was her personal best by nearly two minutes and the sixth fastest U.S. women's time ever in the race. In the 5K, Evan Fallor had a busy

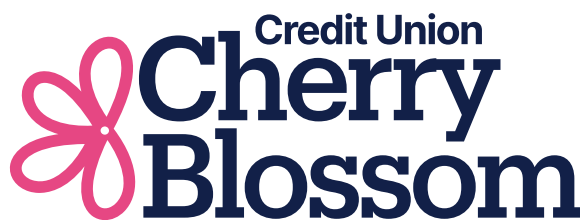
day, winning the race which started at 9:00 a.m. in 16:05 and getting married at 4:30 p.m. in the afternoon. Cristina Burbach prevailed in the women's race in 21:08. With in-person running back in full swing, the Virtual Run still attracted 763 registrants.

## 2023 (April 2)

With a high level decision made that the Covid pandemic mandated 2020 Virtual Run would not count as an official "running of the race," the 50<sup>th</sup> running and the 50<sup>th</sup> anniversary took place in the same year. Planning for the celebration was nearly a year-long undertaking which included the unveiling of a new race logo. Runners got caught up in the enthusiasm with some 6,000 turned away in the lottery. The most visible change was the moving of the 5K from Sunday to Saturday. The 5K's roots go all the way back to the earliest years of the event when the founding DC Road Runners Club had a tradition of holding a shorter distance "Run for Your Life" event in conjunction with all of its longer distance races. So in 2023, the 5K had a "coming out party" on its own day, which attracted nearly 6,000 finishers who ran down Pennsylvania Ave. and across the Mall tracing part of the Route of the Presidential Inauguration. The 5K, even before it had been run in its reconfigured format, was named the "Best 5K in the Nation" in a *USA Today* poll.

The 10 Mile served as the championship of three organizations, USATF, the RRCA and the PRRO Circuit and offered a \$50,000 bonus for any World or American Records that were set (split if multiple records were set). Unfortunately, Mother Nature produced poor conditions for both events with rains on Saturday for the 5K, followed by clearing overnight as a cold front brought in high winds for the 10 Mile. Although the wind subsided somewhat by Sunday morning, times could still be called "wind-hindered." Although Ethiopian Tsegay Kidanu won the race in 46:08, the biggest winner was American Hillary Bor who, with his time of 46:11, was only three second back, but importantly two seconds ahead of Greg Meyer's American record of 46:13 which had been set here exactly 40 years earlier. Meyer greeted Bor at the finish. Bor pocketed \$59,000 in total prize money. None of the Americans in the Women's Championship could hang with Ugandan Sarah Chelangat who won handily in 52:04. Top American honors went to 39-year-old Sara Hall.

The event raised \$450,000 for Children's Miracle Network, a sizeable jump over the \$323,000 raised in 2022.



# Les Kinion & Hall of Fame Awards

**B**y trade, Les Kinion was a Baltimore fire fighter with Engine Company 43. By passion, he was first a runner and then a running club officer and race director. In 1970, Les co-founded the Baltimore Road Runners Club, one of the earliest chapters of the Road Runners Club of America. In 1973 he helped launch the first Maryland Marathon. After retiring in 1986, Les moved to Bishopville, MD and worked on hundreds of races on the Maryland-Delaware Coast. He became involved with the Cherry Blossom Race Committee in the 1980s and managed the t-shirt operation for over 30 years. Besides coordinating the purchase of the shirts, Les spent countless hours boxing, shipping and/or delivering the t-shirts to the race committee, participants and volunteers. He was hardworking, always willing to join in on whatever needed to be done to help the race, and he always had a smile on his face. Simply put, there was nothing that Les wouldn't do in order to ensure the smooth operation of any aspect of the race.

Les passed away in July 2014 at the age of 78.

The Les Kinion Outstanding Volunteer Service Award was first founded in the year following Les' death. The current year's winner is announced at the Saturday banquet the night before the 10 Mile.

Rob Wolfe and Steve Broyles were the co-recipients of the 2023 Les Kinion Outstanding Volunteer Service Award. Rob wears many race committee hats, from Cherry Blossom, Inc. Treasurer to starting line corrals coordinator of the 10 Mile and the Kids Run. Steve has just worn one hat, but he's worn it for 29 years! As the leader of the course recording team, which plays a vital role in confirming the presence of elite athletes on course throughout the race — no shortcuts allowed — Steve has led numerous innovations in the reporting process, all intended to streamline the verification work of the official judges back at the finish line.

"Rob and Steve have provided outstanding service to the race but in very different manners," said event director Phil Stewart. "Rob is the ringmaster of the roadway who gets 17,000 runners lined up for the 10 Mile and 500 4-10 year-olds in order at the start of the Kids Run, while Steve almost clandestinely and meticulously coordinates a team of course-recorders from multiple locations on the course and hopes he has nothing to report. As co-winners of the Les Kinion Award, they illustrate the wide variety of roles involved in producing the race."

Further details about the award can be found [here](#). Press releases all past winners can be found at the archives [here](#).

## Past Les Kinion Award Winners

Year	Winner	Position
2015	Irv Newman	President/Deputy Race Director
2016	George Tarrico	Logistics Coordinator
2017	Michelle Carter	Volunteer Coordinator
2018	Jean Arthur	Waterstops Coordinator
2019	Glenn Klenk	Signage Coordinator
2020	Nita Roncone	Volunteer Coordinator
2021	Marsha Way	Volunteer Management Coordinator
2022	Danny Talmage	Storage Shed Coordinator
2023 (joint)	Steve Broyles	Security Coordinator
2023 (joint)	Rob Wolfe	Treasurer/Corrals Coordinator

## Hall of Fame

The Cherry Blossom Hall of Fame was created in 2023 in commemoration of the 50<sup>th</sup> Anniversary of the race. The Hall of Fame inductees are individuals who had made significant contributions to the Cherry Blossom 10 Mile at any time over the last 50 years since the race began, either as a competitor, a supporter, a staff member, a committee member, a media member, a sponsor or through some other association with the race. Inductees into the Hall of Fame each year are announced at the Saturday banquet the night before the 10 Mile.

Three individuals were inducted into the inaugural class on April 6, 2023:

**Gar Williams**, one of the Cherry Blossom 10 Mile's founders and co-director of the 1973 race

**Jeff Darman**, who took over as co-race director in 1974 and served until 1991 in either a solo or co-race director capacity

**Irv Newman**, who has worn many CUCB hats in the past 20+ years, most notably as Board President from 2014-2022.

# Road Runners Club of America

## Road Runners Club of America and Cherry Blossom—A special relationship



**I**n 2018, the Road Runners Club of America (RRCA) awarded \$2,400 in prize money to the top the finishers in the Credit Union Cherry Blossom Ten Mile Run that were either an RRCA Roads Scholar or RunPro Camp alumni. The race also served as the 2018 RRCA Ten Mile National Championship.

In 2023, building upon the long tradition of cooperation and mutual support between the Credit Union Cherry Blossom Ten Mile and the RRCA—America’s oldest and largest grass roots organization of running clubs—race organizers and the RRCA jointly awarded \$1,500, \$1,000 and \$500 to the top-three men and women alumni.

This years list of athletes eligible to earn RunPro Camp Alumni Development Awards includes:

- Biya Simbassa
- Andrew Colley
- Kevin Lewis
- Joseph Minor
- Annie Frisbie
- Breanna Sieracki
- Stephanie Sherman



Photo: Clay Shaw

Emma Bates (8) from Boise, ID, took home a total of \$9,000 in prize money in 2019, including \$1,500 for winning the RRCA Roads Scholar/RunPro Alumni challenge; Samantha Palmer (34) from Northport, AL, ran away with \$2,500, including \$1,000 for being the second RRCA Roads Scholar/RunPro Camp alum among the women.

# Press Releases for Current Year's Race

Copies of pre-race releases can be found on the event website (<https://www.cherryblossom.org/press-releases/>). Here's a list of releases that have been issued to date in regards to the 2024 race:

March 15, 2024

Credit Union Cherry Blossom to Host USATF 10 Mile Championships for Second Year in a Row

March 13, 2024

Stumpy the Cherry Tree, Mascot of the Upcoming Credit Union Cherry Blossom Events, Slated for Removal

February 29, 2024

Stumpy the Cherry Tree Celebrated Through the Credit Union Cherry Blossom Events

December 7, 2024

Credit Union Cherry Blossom 10 Mile and Double Blossom Lottery Reaches Halfway Point; 5K First-come, First-served Registration Opens on December 20



Photo: Clay Shaw

Crossing Memorial Bridge minutes into the race, American Annie Frisbie (#30) and Kenyan Antonia Kwambai (#22) take over pacemaking duties.