

# 2018 CREDIT UNION CHERRY BLOSSOM

## OFFICIAL MEDIA GUIDE



Photo: Karen Mitchell

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# Welcome Letters



We are thrilled to be in our **17<sup>th</sup> year** of title sponsorship of the Credit Union Cherry Blossom Ten Mile Run! 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 \$8 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 family, and that'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 8,100 credit union members running this year's race.

We are honored to be a part of the "Runner's Rite of Spring"!

Thank you for your support and on with the Race and Celebration of our 17<sup>th</sup> Anniversary!

Theresa Mann  
Chair of Credit Union Miracle Day  
President/CEO of The Partnership FCU

John Bratsakis  
Chair of CUMD Race Committee  
President/CEO of MD|DC Credit Union Association

# Welcome Letters



Welcome to our Championships Year. We are very pleased to be hosting both the PRRO Circuit Championship and the RRCA National Ten Mile Championships. We hold both organizations close to our hearts. PRRO, which stands for the “Professional Road Running Organization,” is the descendant of the band of races that joined with a rebellious group of athletes in 1981 to break down the vestiges of amateurism which led to the direct payment of prize money to athletes. Today, the five race PRRO circuit is the leader in the “Clean Sport Initiative” to combat the use of performance enhancing drugs in the sport through self-funded drug testing at all circuit events. The PRRO Championship rotates among the five PRRO races, so we are pleased to welcome all the PRRO runners and race directors in town over race weekend. The Credit Union Cherry Blossom and the RRCA practically grew up together. The RRCA, founded in 1958, is celebrating 60 years as the nation’s leading grass roots running organization at its convention during race week in Arlington, VA. Two RRCA pioneers, Gar Williams and Jeff Darman were instrumental in launching the Credit Union Cherry Blossom in 1973 as a DC Road Runners Club event. Today, the Credit Union Cherry Blossom remains as the largest contributor (over \$200,000 over 20 years) to the RRCA’s Road Scholars program for emerging U.S. distance running talent.

On behalf of myself, Deputy Director Becky Lambros, the organizing committee and our 2,000 volunteers, we would like to welcome everyone to the 46th running of the Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk. We call our event “The Runner’s Rite of Spring” because we feel it represents the reawakening of our Nation’s Capital to the coming of spring and the blooming of the legendary cherry trees which surround our beautiful course. (Be sure to check out our official race poster this year which depicts the birth of spring in our beautiful city.) Whether you are a runner, a spectator or a member of the media covering the event, we hope you will take a few moments to savor the trees, the spring air and the splendor of the city.

Of course, we could not stage this event without the generous support of our sponsors, headlined by Credit Union Miracle Day, a collective of credit unions and businesses serving the credit union industry. We welcome first time sponsors Garmin, our technology sponsor; Hood Cottage Cheese, the presenting sponsor of the 5K Run-Walk; and GEICO.

We take great pride that the event has served another cause as well — helping sick children receive medical care through the Children’s Miracle Network Hospitals. Since the Credit Unions became the title sponsor in 2002, the event has raised over \$8 million dollars for the Children’s Miracle Network Hospitals.

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

Sincerely,

Phil Stewart  
Event Director



# Race Day Media Information

**K**eith Peters is the Media Coordinator for the 2018 Credit Union Cherry Blossom 10 Mile Run and 5K Run-Walk. For race-day media credentials and/or space on media trucks—there will be separate trucks leading the men's and women's races—please **contact Keith at [kpeters@CherryBlossom.org](mailto:kpeters@CherryBlossom.org) (cell: 307-690-6803)**. Space on these trucks is extremely limited, so call Keith to ensure seating. TV crews should also call in advance to secure parking for trucks on 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.

Ronda Polhamus is the media contact for all credit union race-related activities, including the Kids' Run. Please contact Ronda at [rpolhamus@mddccua.org](mailto:rpolhamus@mddccua.org) or 443-325-0778 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-Walk dating back to 2006, when the 5K was upgraded from an untimed run to a fully-timed and scored event: <http://www.cballtimeresults.org>



Stanley Kebenei, Oakland, CA, was all smiles after placing first in 2017.

# Interesting Race Statistics

	2017
Total dollars raised for Children's Miracle Network in 2017	\$585,000
Cumulative dollars raised for Children's Miracle Network since 2002	\$8,000,000+
Carbon Offset Contribution	\$7,193
Total number of 10 mile finishers	17,442
Total number of male finishers	6,996
Total number of female finishers	10,446
Percentage male finishers	40.11%
Percentage female finishers	59.89%
Total number of finishers in 1973 event	129
Total prize money earned by elite athletes	\$66,000
First place open prizes (Stanley Kebenei, Hiwot Gebrekidan)	\$8,000
Checks for 1st U.S. finishers (Stanley Kebenei and Tara Welling)	\$5,000
Total prize money earned by Stanley Kebenei	\$13,000
Last U.S. male champion and year	Stanley Kebenei 2017
Total number of 5K Run-Walk finishers	2,520
Percentage of 5K male finishers	27.74%
Percentage of 5K female finishers	72.26%
Number of sponsoring Credit Unions	70
Number of bottles of Navy Federal Water	34,344
Number of states represented	50
Number of foreign countries represented	15
Number of volunteers	1,600
Number of volunteers from Credit Unions	600
Average age of all competitors	37.02
Average age of female competitors	35.81
Average age of male competitors	39.00
First time entrants in 10 Mile or 5K	12,883
Entrants who have run either race previously	12,665
Youngest 10 mile finisher	11
Oldest 10 mile finisher	85
Number of Park Police Officers working the event	70



Ohio Drive starting line in West Potomac Park circa 1984

# Interesting Runner Data

**B**rowsing the Credit Union Cherry Blossom Run's all-time searchable database (<http://www.cballtimeresults.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:

Bennett Beach, 68, from Bethesda, Maryland, leads all Cherry Blossom finishers with a streak of 45 years and 450 miles run. Meanwhile, Peter Hunt, 68, from Alexandria, Virginia, has run the race 39 times between 1978 and 2018, for a total of 390 miles. All told, 10 men have run the Ten Mile 30 or more times.

Betty Blank, 65, from Falls Church, Virginia, is the top streaker with 34 finishes and the top streaker with 27 consecutive finishes between 1985—2011, Lizzie Zadoff, 68, from Washington, D.C., trails Blank by just 20 miles in the top finishers category, while Marlene Cimon, 62, from Bethesda, Maryland, has the second longest streak at 26 runs between 1981 and 2006. Three 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. Dixon Hemphill, 93, from Fairfax Station, Virginia, has crossed a Credit Union Cherry Blossom finish line 29 times between 1978-2017, having run the Ten Mile 22 times and the 5K seven times for a total of 242 miles. He'll be running the 5K with his son and grandson this year.

And here's an interesting fact that's not so easily tallied: There are 1644 members of 100-mile club, and they've run a total of 222,072 miles.





# Event 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*®

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 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 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.

The staging area for the event 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 \$8 million 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 in partnership with CUNA Mutual Group and PSCU, is the title sponsor of the Credit Union Cherry Blossom Ten Mile Run 5K Run-Walk and Kids' Run. Hood Cottage Cheese is the presenting sponsor of the 5K Run-Walk. Supporting sponsors include E-Trade, Garmin, Gatorade, GEICO, Gold's Gym, Mamma Lucia, MedStar Sports Medicine, Navy Federal Credit Union, Potomac River Running, Suburban Solutions, Old Ox Brewery, and Under Armour.

The 46<sup>th</sup> Credit Union Cherry Blossom Ten Mile will serve as the 2017-18 championship event for the Professional Road Running Organization (PRRO) Circuit, a non-marathon prize money circuit. The circuit is committed to a drug-free sport and funds Clearidium to conduct drug testing at all circuit events in compliance with the standards of international and U.S. drug testing authorities.

The PRRO Circuit ([PRRO.org](http://PRRO.org)) showcases world class competition at five classic American road races—the Lilac Bloomsday 12K in Spokane, WA; the Boilermaker 15K in Utica, NY; the EQT Pittsburgh 10 Miler; the Publix Gasparilla Distance Classic Half Marathon in Tampa, FL; and the Credit Union Cherry Blossom Ten Mile—and offers a \$10,000 PRRO Super Bonus to the winners of the five PRRO Circuit races should one of them win the Credit Union Cherry Blossom Ten Mile this year (this will be split if an eligible man and woman both win the 2017-18 PRRO Championship in our Nation's Capital).

This year's event will also serve as the Road Runners Club of America (RRCA) National Ten Mile Championship, part of the 60<sup>th</sup> RRCA Anniversary being celebrated at their Annual Convention in Arlington, Virginia.

With sanctions from USA Track & Field and the Road Runners Club of America, the *Runner's Rite of Spring* is also an official activity of the nation's greatest springtime celebration—The National Cherry Blossom Festival. The 2018 Festival commemorates the 106<sup>th</sup> anniversary of the gift of the cherry blossom trees and the enduring friendship between the United States and Japan.

Finally, the Credit Union Cherry Blossom Ten Mile Run is committed to environmental and social sustainability, and has been awarded Gold Level Inspire Certification from the Council for Responsible Sport for the past two years in recognition of its legacy for 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)).



# Event Timetable

## **Friday & Saturday, April 6—7**

Health & Fitness Expo –see Health and Fitness Expo and Clinics

National Building Museum

3 – 8 p.m. Friday

9 a.m. – 5 p.m. Saturday

## **Saturday, April 7**

### **Credit Union Cherry Blossom Kids' Run**

National Building Museum

#### **8 – 9 a.m.**

Packet pick-up and last minute registration (if space available)

#### **8 – 9:30 a.m.**

Pre-run festivities

#### **9:30 a.m.**

First wave of four year-olds starts, followed by separate waves for five through ten year-olds

## **Sunday, April 8**

### **Credit Union Cherry Blossom 10 Mile and 5K Run-Walk**

Washington Monument Grounds

#### **6:30 – 7 a.m.**

Gold's Gym warm-up adjacent to awards stage on Washington Monument Grounds

#### **7:10 a.m.**

Credit Union welcome remarks and Navy Ceremonial Cover Guard presentation of colors on Start/Finish line on 15<sup>th</sup> Street at Jefferson Drive

#### **7:18 a.m.**

Start of elite women's 10-mile race

#### **7:22 a.m.**

Introduction of Children's Miracle Network Champions and Credit Union Miracle Day check presentation

#### **7:29 a.m.**

Start of 10-mile race for wheelchair participants

#### **7:30 a.m.**

Start of elite men's 10-mile race and yellow wave runners

#### **7:33 – 7:53 a.m.**

Red, blue, orange, green and purple waves start at regularly scheduled intervals

#### **8:00 a.m.**

Credit Union Cherry Blossom Ten Mile Run start line closes

#### **8:09 a.m.**

Expected arrival of women's 10-mile race winner

#### **8:15 a.m.**

Expected arrival of men's 10-mile race winner

#### **9:00 a.m.**

Start of 5K Run-Walk on Independence Avenue between 15<sup>th</sup> and 17<sup>th</sup> Streets

#### **9:17 a.m.**

Expected arrival of men's 5K run-Walk winner on Independence Avenue between 15<sup>th</sup> and 17<sup>th</sup> Streets

#### **9:19 a.m.**

Expected arrival of women's 5K Run-Walk winner

#### **10:05 a.m.**

5K Run-Walk closes

#### **10:15 a.m.**

Awards ceremony begins at awards stage on Washington Monument Grounds

#### **10:18 a.m.**

10-mile course closes

#### **8 p.m.**

10-Mile and 5K Run-Walk results posted on race website ([www.CherryBlossom.org](http://www.CherryBlossom.org))



# Press Releases

Copies of pre-race releases can be found on the event website (<http://www.cherryblossom.org/aboutus/pressreleases.php>). Here's a list of releases that have been issued to date in regards to the 2018 race:

Multiple Championships Add Intrigue To 2018 Credit Union Cherry Blossom Ten Mile (April 4, 2018)

2018 Credit Union Cherry Blossom Run Organizers Take To Social Media To Ramp Up Education About Carbon Impacts And Offsets (March 29, 2018)

Trio Of American Olympic Marathon Medalists Adds Luster To 2018 Credit Union Cherry Blossom Run Festivities (March 27, 2018)

2018 Credit Union Cherry Blossom Ten Mile To Host 2018 RRCA National Championships (March 14, 2018)

2018 Credit Union Cherry Blossom Ten Mile To Host 2017-2018 PRRO Championship (March 8, 2018)

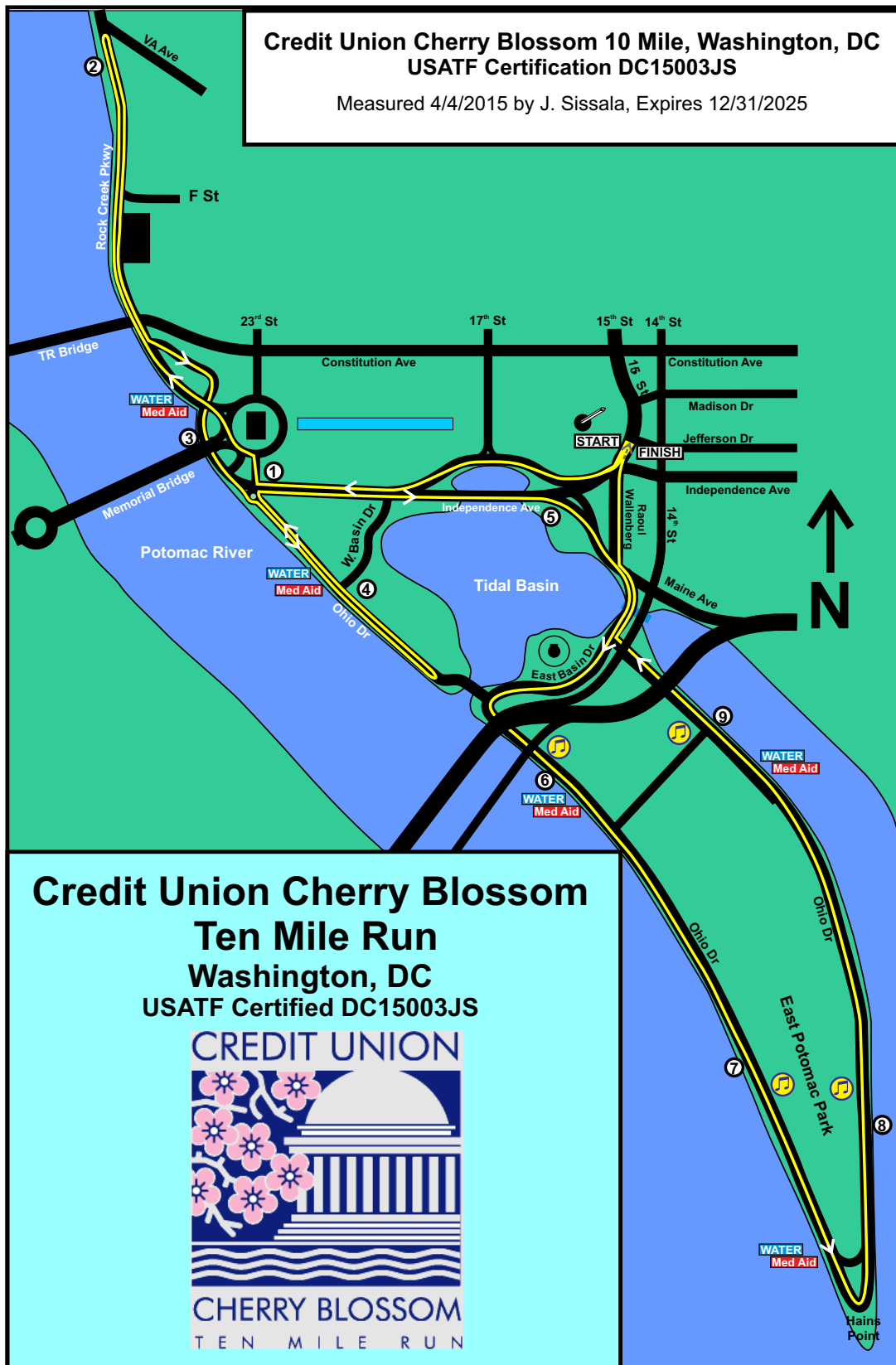
Charity Race Participant Entries for 2018 Credit Union Cherry Blossom Ten Mile and 5K Run-Walk Available Until February 15 (January 24, 2018)

Applications For 2018 Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk Lottery To Be Accepted Between Friday, December 1 and 11:59 P.M. Monday, December 11 (November 28, 2017)

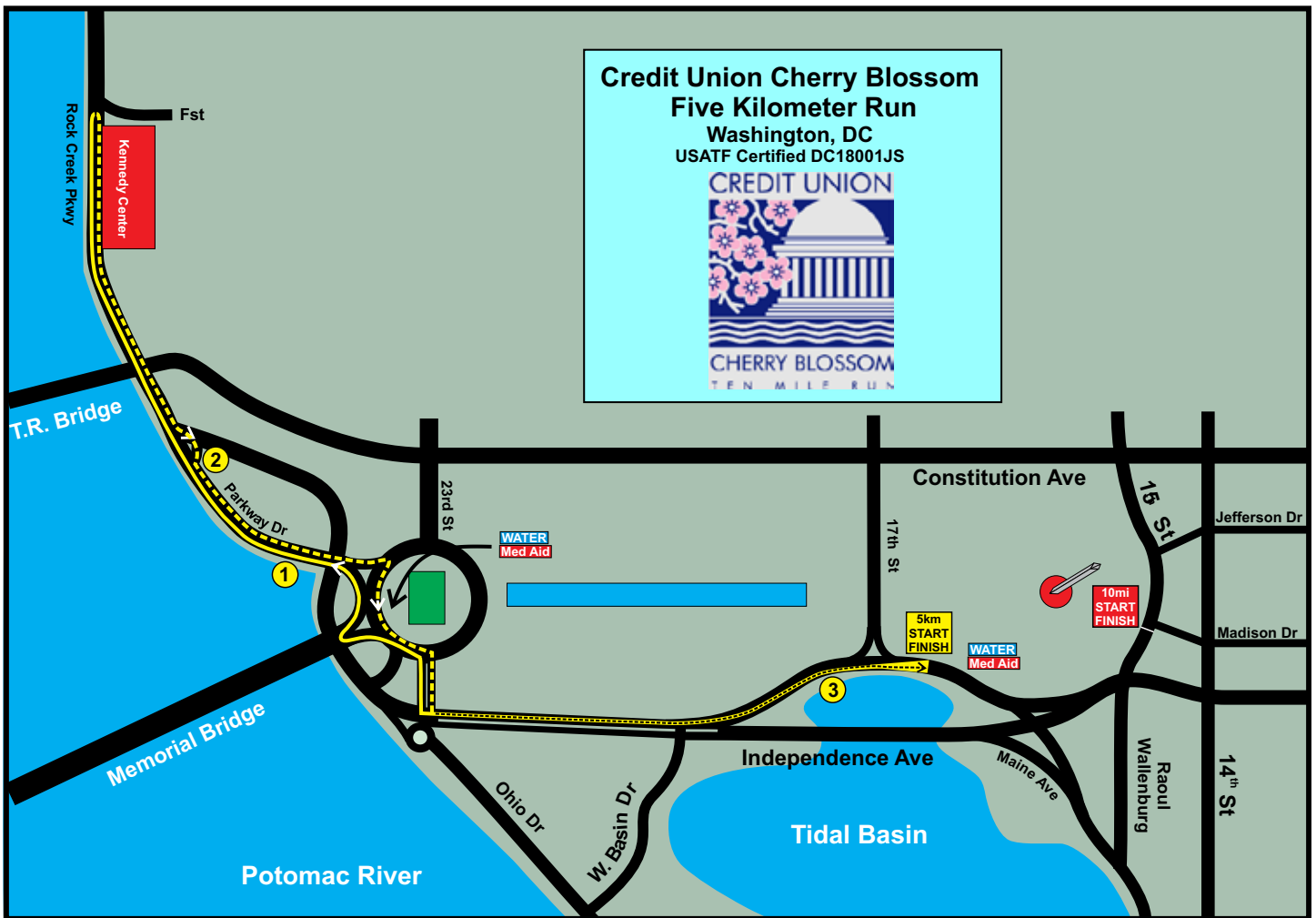


# Course Maps

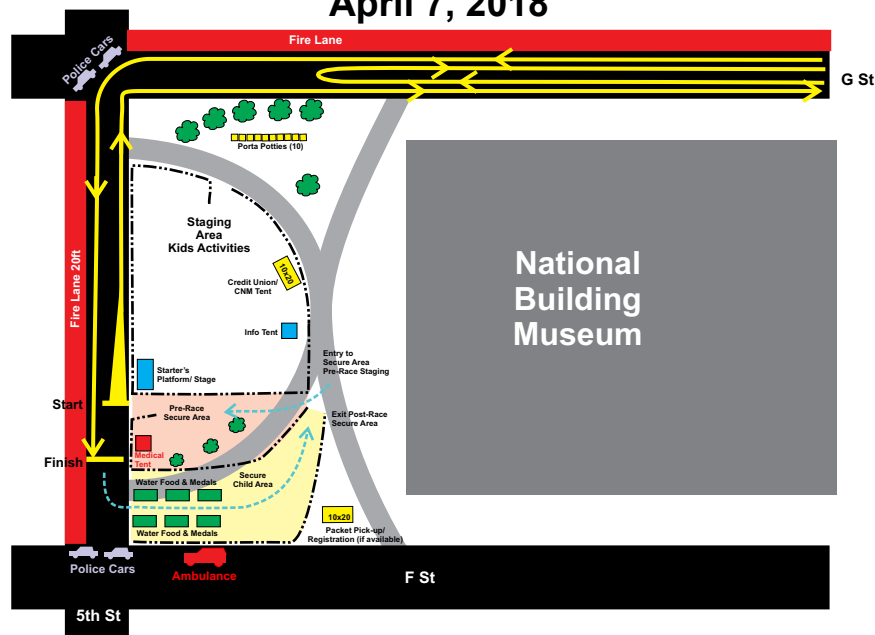
Due to construction on Memorial Bridge this year, both the 10-mile and 5K Run-Walk courses have been modified, as shown in the maps below.



# Course Maps



## Credit Union Cherry Blossom Kids' Run April 7, 2018





# Prize Money Structure

**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. 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 at the conclusion of last year's event. See Prize Money History

A total of \$100,500 in prize money and bonuses is up for grabs at the Credit Union Cherry Blossom Ten Mile in 2018, per the following breakdown: \$40,000 in prize money, plus a possible \$3,500 in bonuses will be awarded in equal amounts to the top 10 international men and women; \$25,000 in prize money will be awarded to the top 10 U.S. men and women. There is also a \$10,000 American record bonus for the first American man to break Greg Meyer's American record of 46:13, set here in 1983, and for the first American woman to break Janet Bawcom's single-sex American record of 52:12, set here in 2014. And qualifying 2017-18 PRRO Circuit athletes are eligible for the \$10,000 PRRO Super Bonus, or a PRRO Event Champion's Bonus, should they fail to win the race but still place among the top ten runners at the Credit Union Cherry Blossom Ten Mile.

<b><i>2018 Open Prize Money</i></b>		
<b>Place</b>	<b>Men</b>	<b>Women</b>
1st	\$8000	\$8000
2nd	\$4000	\$4000
3rd	\$2000	\$2000
4th	\$1500	\$1500
5th	\$1000	\$1000
6th	\$900	\$900
7th	\$800	\$800
8th	\$700	\$700
9th	\$600	\$600
10th	\$500	\$500

<b><i>2018 American Development Prize Money Structure</i></b> <i>"Double-dipping" is allowed with International Prize Money</i>		
<b>Place</b>	<b>Men</b>	<b>Women</b>
1st	\$5000	\$5000
2nd	\$2500	\$2500
3rd	\$1500	\$1500
4th	\$1000	\$1000
5th	\$800	\$800
6th	\$600	\$600
7th	\$400	\$400
8th	\$300	\$300
9th	\$200	\$200
10th	\$200	\$200

In addition, the Washington Metropolitan Area Team Championship Division offers \$1,000 to the first place men's team and the first place women's team. Teams can be drawn from Running Club Store Teams or Running Club Teams.

# Elite Athlete Bios

## 2018 Credit Union Cherry Blossom Ten Mile - Elite Men

**#01**

**Yimer, Jemal (21)**

DOB: 12/11/1996

Residence:

Citizen of: KEN

Lifetime PRs: 27:54/ - / 59:00/hmar

Career: 5th, '17 IAAF World Championships in Athletics 10,000m (26:57 PB); 6th, '17 Birell Grand Prix 10k (27:54 PB).

2018 Times: 2nd, RAK Half Marathon (59:00 DB); 2nd, Corrida Pedestre Internationale de Houilles 10k (28:03); 4th, World Hmar. Champs. (1:00:33)

**#03**

**Kipruto, Silas (33)**

DOB: 9/26/1984

Residence:

Citizen of: KEN

Lifetime PRs: 27:26/ 2:15:37/ 47:13/10 miles

Career: 7th, '17 Aramco Houston Half Marathon (1:02:30); 1st, '17 Great Buffalo Chase 5k (14:04); 1st, '17 Utica Boilermaker 15k (43:55); 3rd, '17 Wharf to Wharf 6 Mile (27:41); 2nd, '17 EQT Pittsburg 10 Miler (47:13); 5th, '16 B.A.A. 10k (28:30); 7th, '16 Utica Boilermaker 15k (44:34); 1st, '16 Subaru Buffalo 4-Mile Chase (18:13); 1st, '16 Quad-City Times Bix 7 (33:03); 5th, '15 Quad-City Times Bix 7 Mile (33:37); 2nd, '14 Meia-Maratona Internacional de Lisboa EDP (1:00:17).

Past Credit Union Cherry Blossom Top 10 Finishes: 2nd, '16 (48:27).

**#05**

**Koech, Geoffrey (24)**

DOB: 8/28/1993

Residence:

Citizen of: KEN

Lifetime PRs: 28:29/ - / 59:50/hmar

Career: 5th, '17 Sportissimo Prague Half Marathon (1:01:00 PB); 7th, '17 Copenhagen Half Marathon (59:50 PB); 3rd, '16 Mattoi Ceske Budejovice Half Marathon (1:02:29).

2018 Times: 1st, Napoli City 5k (14:00).

**#07**

**Langat, Philip (27)**

DOB: 4/23/1990

Residence:

Citizen of: KEN

Lifetime PRs: 27:28/ 2:27:57/ 1:00:04/hmar

Career: 2nd, '17 World's Best 10k (28:21); 4th, '17 B.A.A. 5k (13:30 PB); 5th, '17 Lilac Bloomsday Run 12k (35:07); 6th, '17 Utica Boilermaker 15k (44:42); 4th, '16 World's Best 10k (28:00); 4th, '16 B.A.A. 5k (13:54); 1st, '16 Lilac Bloomsday Run 12k (34:26); 2nd, '16 B.A.A. 10k (28:02); 3rd, Peachtree Road Race 10k (28:52); 4th, '16 Utica Boilermaker 15k (44:23); 12th, IAAF World Cross Country Championships Men's 12k (36:05); 4th, '15 B.A.A. 5k (13:32 PB); 4th, '15 Lilac Bloomsday Run 12k (34:58).

2018 Times: 11th, Aramco Half-Marathon (1:01:06).

Past Credit Union Cherry Blossom Top 10 Finishes: 7th, '15 (43:53/46:45); 8th, '16 (49:02); 10th, '17 (46:58).

**#09**

**Barkach, Alfred (21)**

DOB: 3/2/1997

Residence:

Citizen of: KEN

Lifetime PRs: 27:33/ - / 43:24/15k

2018 Times: 1st, African X-C Champs 10k (30:47); 2nd, Kenyan X-C Champs 10k (28:42); 2nd, Discovery Kenyan X-C 10k (30:29).

**#11**

**Langat, Clement (26)**

DOB: 12/18/1991

Residence:

Citizen of: KEN

Team: NIKE

Lifetime PRs: 28:08/ - / 1:00:29/hmar

Career: 5th, '17 TD Beach to Beacon 10k (28:42); 6th, '16 Carlsbad 5000 (13:44 PB).

2018 Times: 5th, Aramco Half Marathon (1:00:29 PB).

**#15**

**Salel, Daniel (27)**

DOB: 12/11/1990

Residence:

Citizen of: KEN

Lifetime PRs: 27:41/ 2:28:10/ 1:00:41/hmar

Career: 1st, '17 B.A.A. Half Marathon (1:04:31); 3rd, '16 B.A.A. 10k (28:08 PB); 2nd, Peachtree Road Race 10k (28:49); 4th, '16 TD Beach to Beacon 10k (28:44); 5th, '16 New Balance Falmouth Road Race 7 Mile (33:23); 3rd, '15 B.A.A. 5k (13:27 PB); 1st, '15 B.A.A. 10k (28:09); 1st, '15 Peachtree Road Race 10k (28:43); 3rd, '15 TD Beach to Beacon 10k (28:41); 6th, '15 Falmouth Road Race 7 Mile (32:51).

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, '13 (46:06); 2nd, '14 (45:29); 4th, '15 (43:34/46:25).

**#17**

**Kibet, James (29)**

DOB: 11/10/1988

Residence:

Citizen of: KEN

Lifetime PRs: 28:19/ - / 1:09:16/hmar

Career: 4th, '17 Azalea Trail Run 10k (28:19 PB); 3rd, '17 B.A.A. 5k (13:28 PB).

2018 Times: 1st, Kerzerslauf 15k (43:27); 1st, We Run Rome 10k (29:03).

Past Credit Union Cherry Blossom Top 10 Finishes: 2nd, '17 (46:39).

**#23**

**Kibichiy, Edwin (26)**

DOB: 4/2/1992

Residence:

Citizen of: KEN

Lifetime PRs: - / - / 1:01:46/hmar

2018 Times: 1st, Anthem Blue Cross Blue Shield 5k (14:09); 2nd, Rhodes City Run 10k (29:21); 13th, Aramco Half Marathon (1:01:46 PB).

**#25**

**Mkungo, Paniel (24)**

DOB: 1/4/1994

Residence:

Citizen of: KEN

Lifetime PRs: 29:59/ - / 1:02:21/hmar

Career: 4th, '17 Garry Bjorklund Half Marathon (1:03:45); 2nd, '17 News and Sentinel Half Marathon (1:03:25); 1st, '17 EQT Pittsburg 10 Miler (47:03); 1st, '17 Philadelphia Half Marathon (1:02:21 PB/CR).

2018 Times: 2nd, Around the Bay 30k (1:35:49).

**#27**

**Mukundi, Isaac**

Residence:

Citizen of: KEN

Lifetime PRs: 28:08/ - / 1:02:26/hmar

Career: 6th, '17 World's Best 10k (28:47); 9th, '17 Lilac Bloomsday Run 12k (35:42); 7th, '17 Bay to Breakers 12k (37:00); 4th, '17 Wharf to Wharf 6 Mile (27:44); 2nd, '16 Lilac Bloomsday Run 12k (34:38); 1st, '16 Bay to Breakers 12k (35:23); 1st, '16 Boulder BOULDER 10k (29:13); 6th, '16 Utica Boilermaker 15k (44:33); 3rd, '16 Crazy 8's 8k (22:36); 3rd, '16 Quad-City Times Bix 7 (33:15); 3rd, '15 Lilac Bloomsday Run 12k (34:55); 1st, '15 Bay to Breakers 12k (35:25); 7th, '15 BoulderBOULDER 10k (29:58); 5th, '15 Utica Boilermaker 15k (44:24); 9th, '15 Quad-City Times Bix 7 Mile (34:06).

2018 Times: 12th, Aramco Half Marathon (1:01:24 PB).

**#29**

**Geneti, Senbeto (24)**

DOB: 5/19/1993

Residence:

Citizen of: ETH

Lifetime PRs: - / - / -

Career: 1st, '16 Shelter Island 10k (29:44); 4th, '15 Guangzhou International Marathon (2:13:44).

2018 Times: 1st, NYRR Gridiron Classic 4-mile (10:17); 2nd, Miami Half Marathon (1:07:44).

**#33**

**Cabral, Donnie (28)**

DOB: 12/12/1989

Residence: Hartford, CT

Citizen of: USA

Team: Hoka One One

Lifetime PRs: 28:53/ - / 44:20/15k

Career: 1st, '17 Cow Harbor 10k (29:25); 8th, '16 Prefontaine Classic 1500 (3:45.61); 10th, '16 CVS Health Downtown 5k (U.S. 5k Championships) (14:14); 8th, '16 Manchester Road Race 4.748 Mile (21:51); 8th, '15 World's Best 10k (29:22); 4th, '15 Gate River Run 15k (44:47); 2nd, '15 Manchester Road Race 4.748 mile (21:36); 10th, '14 Payton Jordan Cardinal Invitational 5000m (13:22.19 PB); 4th, '14 Manchester Road Race 4.748 Mile (21:50).

2018 Times: 2nd, Boston University Last Chance Meet 5000m (13:59).

**#35**

**Dandena, Kiya (29)**

DOB: 4/14/1989

Residence: Flagstaff, AZ

Citizen of: USA

Lifetime PRs: 29:09/ 2:12:56/ 1:03:13/hmar

Career: 4th, '17 All-America City 10k (29:09); 10th, '17 Gate River Run 15k (USATF Championships) (44:36); 4th, '17 Ohio Health Capital City Half Marathon (USA Half Marathon Championships) (1:03:19); 10th, '17 Lilac Bloomsday Run 12k (35:42); 3rd, '17 California International Marathon (2:12:56 PB).

2018 Times: 3rd, Publix Gasparilla Distance Classic Half Marathon (1:04:09).

Past Credit Union Cherry Blossom Top 10 Finishes: 9th, '17 (46:58).

**#37**

**Brown, Darryl (35)**

DOB: 7/3/1982

Residence: Exton, PA

Citizen of: USA

Lifetime PRs: - / - / -

**#39**

**Wardian, Michael (44)**

DOB: 4/12/1974

Residence: Arlington, VA

Citizen of: USA

Lifetime PRs: 30:23/ 2:17:49/ 1:06:30/HMAR

Career: 1st Masters, '16 TCS New York City Marathon (2:33:18); 3rd Masters, '14 Boston Marathon (2:23:32); 15th (2nd Masters), '14 Medtronic Twin Cities Marathon - USA Masters Marathon Championships (2:22:45).

**#41**

**Kardong, Don (69)**

DOB: 12/22/1948

Residence:

Citizen of: USA

Lifetime PRs: - / 2:11:15/ - College: Stanford.

Career: 4th, '76 Olympic Marathon; 3rd, '76 Olympic Marathon Trials; 1st, '78 Honolulu Marathon; 1st, '76 Peachtree 10K. Founder and current director Lilac Bloomsday Run 12K; RRCA President, 1996-2000; author.

Past Credit Union Cherry Blossom Top 10 Finishes: 9th, M45-49 in '96 (59:01).

**#42**

**Keflezighi, Meb (42)**

DOB: 5/5/1975

Residence:

Citizen of: USA

Lifetime PRs: 27:58/ 2:08:37/ 1:01:00/hmar

# Elite Athlete Bios

**Career:** 3rd, '17 Publix Gasparilla Half Marathon (1:03:30); 13th, (2nd Masters) '17 Boston Marathon (2:17:00); 4th, '17 Bellin Run 10k (31:09); 11th, '17 TCS New York City Marathon (2:15:29); 2nd, '16 Men's USA Olympic Trials Marathon (2:12:20 NR); 7th, '16 Quad-City Times Bix 7 (33:42); 4th, '15 USA Half Marathon Championships (1:02:18); 8th, '15 United Airlines NYC Half (1:02:17); 8th, '15 Boston Marathon (2:12:42); 8th, '15 Quad-City Times Bix 7 Mile (34:01); 10th (1st Masters), '15 Falmouth Road Race 7 Mile (34:01); 7th, '15 TCS New York City Marathon (2:13:32 NR M40); 1st, '14 USA Half Marathon Championships (1:01:23); 1st, '14 Boston Marathon (2:08:48 PB); 4th, '14 NYC Marathon (2:13:18); 4th, '15 USA Half-Marathon Championships Houston (1:02:18).

**#45**

**Izewski, Josh (27)**

**DOB:** 4/25/1990

**Residence:** Blowing Rock, NC

**Citizen of:** USA

**Team:** ZAP Fitness

**Lifetime PRs:** - / - / 1:03:42/hmar

**2018 Times:** 2nd, Matanzas 5000 (14:10); 16th, Brooks Armagh Road Race 5k (14:15).

**#46**

**Beach, Bennett (68)**

**DOB:** 5/23/1949

**Residence:**

**Citizen of:** USA

**Lifetime PRs:** - / - / -

**#47**

**Ndhlovu, Pardon (30)**

**DOB:** 8/23/1987

**Residence:** Blowing Rock, NC

**Citizen of:** USA

**Team:** ZAP Fitness

**Lifetime PRs:** - / 2:16:52/ 1:05:32/hmar

**#49**

**Colley, Andrew (27)**

**DOB:** 4/1/1991

**Residence:** Blowing Rock, NC

**Citizen of:** USA

**Team:** ZAP Fitness

**Lifetime PRs:** 29:39/ - / 34:25/12k

**Career:** 7th, '15 U.S. Cross Country Championships Men's 12k (37:13); 9th, '15 Falmouth Road Race 7 Mile (33:53); 5th, '14 Falmouth Road Race 7 Mile (33:27); 7th, '14 US 12K National Road Racing Championships (34:25 PB); 3rd, '14 Manchester Road Race 4.748 Mile (21:43).

**#53**

**Leininger, Mark (27)**

**DOB:** 2/28/1991

**Residence:** Colts Neck, NJ

**Citizen of:** USA

**Lifetime PRs:** - / - / -

**Career:** 14th, '14 Utica Boilermaker 15k (47:21).

**2018 Times:** 3rd, Washington Heights Salsa, Blues and Shamrocks 5k (14:54).

**#55**

**Derrick, Chris (27)**

**DOB:** 10/17/90

**Residence:** Portland, OR

**Citizen of:** USA

**Lifetime PRs:** 28:39/ 2:12:50/ 1:01:12/hmar

**Career:** 5th, '17 USA Cross Country Championships and World Cross Selection Trials 10k (30:28); 4th, '17 Atlanta Journal Constitution Peachtree Road Race 10k (USA 10k Champs) (28:39); 9th, '17 Bank of America Chicago Marathon (2:12:50 DB); 20th, '16 Prefontaine Classic 10,000m (27:39); 5th, '16 USA Olympic Trials 10,000m (28:47.24); 6th, '16 CVS Health Downtown 5k (U.S. 5k Championships) (14:02); 1st, '15 U.S. Cross Country Championships Men's 12k (36:18); 5th, '15 U.S. Indoor Championships Men's Two-Mile (8:32.51 PB); 7th, '15 USA Outdoor Championships Men's 10,000m (28:31.75); 8th, '15 Falmouth Road Race 7 Mile (33:41 DB); 2nd, '14 Gate River Run 15K Championships (43:16 DB); 4th, '14 Payton Jordan Cardinal Invitational 5000m (13:08.18); 9th, '14 Prefontaine Classic 5000m (13:16); 2nd, '14 USA Outdoor Championships Men's 10,000m (28:18.18). **2018 Times:** 8th, '18 United Airlines NYC Half (1:03:25).

**#57**

**Leibold, Collin (24)**

**DOB:** 6/12/1993

**Residence:** Falls Church, VA

**Citizen of:** USA

**Lifetime PRs:** - / - / 13:39.60/5000m

**#59**

**Wells, Conor**

**Residence:** Minneapolis, MN

**Citizen of:** USA

**Lifetime PRs:** - / - / -

**#61**

**Edinger, Nick**

**Residence:**

**Citizen of:** USA

**Lifetime PRs:** 30:36/ 2:20:32/ 1:08:30/hmar

**2018 Times:** 2nd, Armory NYC Indoor Marathon (2:22:07).

**#63**

**Kwiatkowski, Christopher**

**Residence:** Arlington, VA

**Citizen of:** USA

**Lifetime PRs:** 29:47/ 2:31:35/ 1:04:11/hmar

**Career:** 13th, '15 Falmouth Road Race 7 Mile (35:14); 4th, '13 Army Ten-Miler (48:17 PB).

**Past Credit Union Cherry Blossom Top 10 Finishes:** 10th, '13 (49:47).

**#65**

**Centrowitz, Matthew (28)**

**DOB:** 10/18/1989

**Residence:**

**Citizen of:** USA

**Lifetime PRs:** 30:05/ - / 3:50.53/mile

**Career:** 1st, '16 USA Olympic Trials 1500m (3:34.09 CR); 1st, '16 Men's Olympic Games 1500m (3:50.00); 1st, '15 U.S. Indoor Championships Men's Mile (4:01.40); 8th, '15 IAAF World Championships in Athletics Men's 1500m (3:36.13); 9th, '14 Payton Jordan Cardinal Invitational 5000m (13:20.06 PB); 7th, '14 CVS Health Downtown 5k (14:04); 1st, '13 New Balance USATF Indoor Championships Men's Mile (3:56.26); 2nd, '13 IAAF World Championships in Athletics Men's 1500m (3:36.78).

**2018 Times:** 1st, Sydney Athletics Grand Prix 1500m (3:37.96).

**#67**

**Jablonskie, Matthew (25)**

**DOB:** 9/18/1992

**Residence:**

**Citizen of:** USA

**Lifetime PRs:** - / - / -

**#69**

**Tsega, Demssaw (30)**

**DOB:** 3/13/1988

**Residence:**

**Citizen of:** ETH

**Lifetime PRs:** 28:24/ 2:09:44/ 1:01:36/hmar

**Career:** 9th, '15 RAK Half Marathon (1:01:36 PB).

**#71**

**Hehir, Martin (25)**

**DOB:** 12/19/1992

**Residence:** Philadelphia, PA

**Citizen of:** USA

**Lifetime PRs:** 29:05/ - / 1:03:46/hmar

**Career:** 2016 RRCA Roads Scholar; 2nd, '17 Tamarack Ottawa 10k (29:05); 2nd, '17 American Association for Cancer Research Rock 'n' Roll Philadelphia Half-Marathon (1:04:00); 3rd, '16 Half-Marathon on Monterey Bay (1:03:46 DB).

**2018 Times:** 3rd, Gate River Run 15k (U.S. 15k Championships) (43:21 PB); 5th, US X-C Champs 10k (29:33).

**Past Credit Union Cherry Blossom Top 10 Finishes:** 3d, '16 (48:29).

**#73**

**Crain, John (25)**

**DOB:** 5/27/1992

**Residence:** Blowing Rock, NC

**Citizen of:** USA

**Team:** ZAP Fitness

**Lifetime PRs:** 48:48/ 2:15:47/ 1:03:21/hmar

**Career:** 2017 RRCA Roads Scholar; 2015 RunPro Camp; 10th, '17 Fifth Third Rover Bank Run 25k (U.S. 25k Open Championships (1:17:39 PB); 9th, '16 B.A.A 5k (14:20); 15th, '16 Manchester Road Race 4.748 Mile (22:04).

**2018 Times:** 1st, Tallahassee Half Marathon (1:10:35); 5th, Matanzas 5000 (14:26).

**#75**

**Jermann, Tyler (25)**

**DOB:** 8/19/1992

**Residence:** St. Paul, MN

**Citizen of:** USA

**Team:** Under Armour

**Lifetime PRs:** - / 2:16:39/ 1:05:57/hmar

**Career:** 2017 RRCA Roads Scholar; 10th, '16 Grandma's Marathon (2:20:20).

**2018 Times:** 7th, Chevron Marathon (2:16:39).

**#77**

**McClintock, Matthew (24)**

**DOB:** 1/6/1994

**Residence:** Blowing Rock, NC

**Citizen of:** USA

**Team:** ZAP Fitness

**Lifetime PRs:** - / - / 1:02:34/hmar

**Career:** 2017 RRCA Roads Scholar; 5th, '17 Crazy 8's 8k (22:55); 3rd, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships) (33:10); 7th, '17 Manchester Road Race 4.748 Mile (21:51); 11th, '16 Manchester Road Race 4.748 Mile (21:56); 1st, '15 Mt. SAC Relays 10,000m (28:54.77 PB).

**#79**

**McCandless, Tyler (31)**

**DOB:** 10/14/1986

**Residence:** Boulder, CO

**Citizen of:** USA

**Lifetime PRs:** 29:19/ 2:12:28/ 1:03:16/hmar

**Career:** 2011 RRCA Roads Scholar; 2nd, '17 Rock 'n' Roll San Jose Half Marathon (1:04:04); 10th, '17 EQT Pittsburg 10 Miler (47:56); 2nd, '17 California International Marathon (2:12:28 PB); 15th, '16 Utica Boilermaker 15k (45:50); 1st, '15 Ukrop's Monument Avenue 10k (29:38); 2nd, '14 Ukrop's Monument Avenue 10K (29:33); 7th, '14 Fifth Third River Bank Run 25k (1:17:53 PB); 8th, '14 Peachtree Road Race 10k (29:19 PB); 5th, '14 Medtronic Twin Cities Marathon - USA Marathon Championships (2:15:26 PB).

**2018 Times:** 1st, Pensacola Double Bridge 15k (46:03); 5th, Naples Daily News Half Marathon (1:09:08).

**Past Credit Union Cherry Blossom Top 10 Finishes:** 8th, '13 (49:01); 17th, '17 (48:32); 18th, '14 (48:21).

**#81**

**Simbassa, Abbabiya "Biya" (24)**

**DOB:** 6/30/1993

**Residence:** Colorado Springs, CO

**Citizen of:** USA

**Team:** Nike

**Lifetime PRs:** 29:59/ - / 1:03:28/hmar

**Career:** 2016 RRCA RunPro Camp; 8th, '17 Gate River Run 15k (USA 15k Championships) (44:04); 5th, '17 Abbott Dash to the Finish Line 5-K (USA 5-K Championships for Men and Women) (13:59 PB); 9th, '16 Medtronic TC Mile (USA Road Mile Championships (4:05.5).



# Elite Athlete Bios

**2018 Times:** 4th, Pan-American X-C Cup 10k (30:09); 6th, US X-C Champs 10k (29:34); 18th, Great Edinburgh X-C 8k (25:39).

**#83**

**Puskedra, Luke (28)**

**DOB:** 2/8/90

**Residence:** Eugene, OR

**Citizen of:** USA

**Lifetime PRs:** 28:53/ 2:10:24/ 1:01:29

**Career:** 12th, '17 Gate River Run 15k (USATF Championships) (44:46); 9th, '17 Boston Marathon (2:14:45); 20th, '17 Bank of America Chicago Marathon (2:17:53); 4th, '16 Houston Aramco Half Marathon (1:01:29 PB); 4th, '16 Men's USA Olympic Trials Marathon (2:14:12); 1st, '15 Vancouver Sun Run 10k (28:53); 12th, '15 Lilac Bloomsday Run 12k (35:47); 4th, '15 Faxon Law New Haven Road Race (38th) (USA Men's and Women's 20-K Championships) (59:30); 5th, '14 Bank of America Chicago Marathon (2:10:24); 6th, '14 USA Half Marathon Championships (1:01:48); 3rd, '14 Faxon Law New Haven Road Race 20K (1:01:32).

**2018 Times:** 34th, Aramco Hmar (1:03:40).

**Past Credit Union Cherry Blossom Top 10 Finishes:** 13th, '17 Credit Union Cherry Blossom 10 Mile Run (47:57 PB).

**#85**

**Gathaiya, John (22)**

**DOB:** 6/28/95

**Residence:**

**Citizen of:** 22

**Lifetime PRs:** 30:08/ - / 1:03:06/hmar

**Career:** 1st, '17 One America Indy Mini Half; 1st, '17 Kentuck Derby 1st place, Louisville KY (1:03:06); 1st, '17 Glass City Half (1:03:48); 1st, '17 Austin 10/20 (48:20).

**#87**

**Cheboi, Philemon (24)**

**DOB:** 11/8/93

**Residence:**

**Citizen of:** KEN

**Lifetime PRs:** 28:05/ - / 46:43/10 miles

**Career:** 2nd, '17 Lilac Bloomsday Run 12k (34:34); 1st, '17 Bay to Breakers 12k (34:48); 5th, '17 Bolder BOULDER 10k (29:18); 3rd, '16 Lilac Bloomsday Run 12k (34:42); 5th, '16 Bay to Breakers 12k (35:27); 9th, '16 Bolder BOULDER 10k (30:06); 2nd, '15 ASICS Grand 10 Berlin (28:05 PB).

**2018 Times:** 15th, Discovery Kenya X-C 10k (31:30).

**Past Credit Union Cherry Blossom Top 10 Finishes:** 5TH, '17 (46:43); 5TH, '16 (48:52).

**#91**

**Ayalew, Aweke (25)**

**DOB:** 2/23/93

**Residence:**

**Citizen of:** Bahrain

**Lifetime PRs:** 28:30/ - / 1:01:09/hmar

**Career:** 11th, '16 IAAF Diamond League 5000m-Shanghai (13:19); 10th, IAAF World Cross Country Championships Mens 12k (35:56); 21st, '15 IAAF World Championships in Athletics Men's 10,000m (29:14.55 PB).

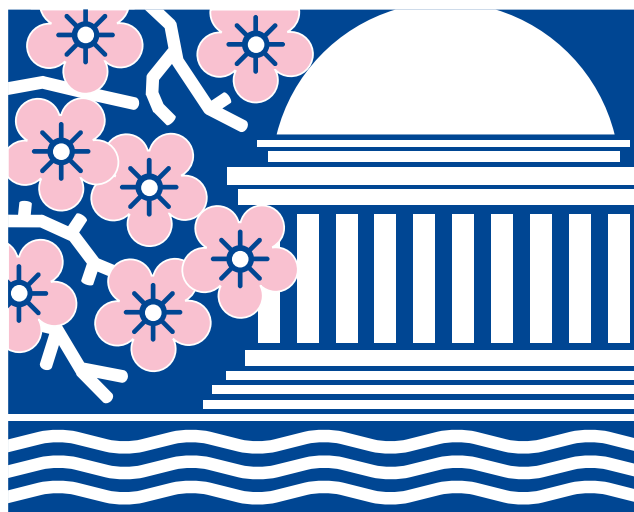
**2018 Times:** 1st, San Sebastian 10.6k (32:54); 1st, Le Mans 9k (26:55); 8th, Seville 11k (31:50).



Photo: Bob Burgess

Meb Keflezighi raising his arms and getting the crowd going.

## CREDIT UNION



## CHERRY BLOSSOM

### T E N M I L E R U N

2018 Credit Union Cherry Blossom Media Guide

# Elite Athlete Bios

## 2018 Credit Union Cherry Blossom - Elite Women

**#02**

**Gebrekidan, Hiwott (22)**

DOB: 5/11/1995

Residence:

Citizen of: ETH

Lifetime PRs: 32:22/ 2:25:45/ 1:08:00/hmarPRs in last three years: - / - / -

Career: 1st, '16 Copenhagen Half Marathon (1:08:00).

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, '17 (53:37).

**#08**

**Diriba, Buze (24)**

DOB: 2/9/1994

Residence:

Citizen of: ETH

Lifetime PRs: 31:37/ - / 1:06:50/hmarPRs in last three years: - / - / -

Career: 2017 PRRO Champion. 2nd, '17 Azalea Trail Run 10k (32:49); 1st, '17 B.A.A. 5k (14:54 PB); 1st, '17 Lilac Bloomsday Run 12k (40:19); 1st, '17 Bay to Breakers 12k (39:48); 5th, '17 Utica Boilermaker 15k (49:41); 1st, '17 Wharf to Wharf 6 Mile (31:19); 1st, '17 HAP Crim 10 Mile Road Race (51:49); 4th, '17 B.A.A. Half Marathon (1:13:04); 1st, '17 EQT Pittsburgh 10 Miler (52:12); 1st, '17 Manchester Road Race 4.748 Mile (23:56.5 CR); 7th, '16 World's Best 10k (32:13); 2nd, '16 B.A.A. 5k (15:28); 6th, '16 Payton Jordan Cardinal Invitational 10,000m (31:39); 5th, '16 B.A.A. 5k (15:43); 5th, '16 UAE Healthy Kidney 10k (33:15); 6th, '16 B.A.A. 10k (32:26); 2nd, Peachtree Road Race 10k (32:28); 6th, '16 Utica Boilermaker 15k (51:02); 4th, '16 Quad-City Times Bix 7 (37:15); 1st, '16 EQT Pittsburgh 10 Miler (51:38 CR/PB); 2nd, '16 Applied Materials Silicon Valley Turkey Trot/Elite 5k (15:42); 1st, '15 Shmrockin' 8k (24:58); 5th, '15 B.A.A. 5k (15:00); 2nd, '15 Payton Jordan Cardinal Invitational 10,000m (31:33.27 PB); 3rd, '15 Freihofer's Run for Women 5k (15:45); 2nd, '15 Peachtree Road Race 10k (32:13); 1st, '15 News and Sentinel Parkersburg Half-Marathon (1:12:56); 1st, '15 EQT Pittsburgh 10 Miler (52:55 PB/CR); 1st, '15 Applied Materials Silicon Valley Turkey Trot 5-K (15:43).

2018: 1st, NYC Half (1:12:23 CR); 4th, Aramco Half Marathon (1:06:50 PB)

Past Credit Union Cherry Blossom Top 10 Finishes: 2nd, '17 (53:52); 2nd, '16 (53:20).

**#10**

**Hawi, Alemitu (21)**

DOB: 11/14/1996

Residence:

Citizen of: ETH

Lifetime PRs: - / - / 15:45/5kPRs in last three years: - / - / -

**#12**

**Nukuri, Diane (33)**

DOB: 12/1/1984

Residence:

Citizen of: USA

Lifetime PRs: 31:49/ 2:27:50/ 1:09:12/hmarPRs in last three years: - / - / -

Career: Olympian. 9th, '17 Boston Marathon (2:32:24); 5th, '17 NYRR New York Mini 10k (32:25); 5th, '17 TD Beach to Beacon 10k (32:10); 3rd, '17 New Balance Falmouth 7 Mile Road Race (36:57); 2nd, '17 B.A.A. Half Marathon (1:11:21); 9th, '17 TCS New York City Marathon (2:31:21); 2nd, '16 Marugame Half Marathon (1:09:23); 9th, '16 World's Best 10k (32:45); 4th, '16 Carlsbad 5000 (15:34 NR); 4th, '16 B.A.A. 5k (15:43); 4th, '16 UAE Healthy Kidney 10k (32:23); 3rd, '16 Great Manchester Run 10k (31:49 NR); 3rd, '16 NYRR New York Mini 10k (32:18); 3rd, '16 New Balance Falmouth Road Race 7 Mile (36:59); 5th, '16 TCS New York City Marathon (2:33:04); 3rd, '15 Sportissimo Prague Half Marathon (1:09:33); 5th, '15 Great Manchester Run 10k (32:27); 7th, '15 Freihofer's Run for Women 5k (16:07); 4th, '15 Oakley New York Mini 10k (32:47); 4th, '15 Quad-City Times Bix 7 Mile (37:10); 2nd, '15 TD Beach to Beacon 10k (32:00); 1st, '15 Falmouth Road Race 7 Mile (36:47); 8th, '14 Bank of America Chicago Marathon (2:29:13); 1st, '15 Manchester Road Race 4.748 mile (24:19).

2018: 3rd, '18 Publix Gasparilla Distance Classic Half Marathon (1:13:05).

**#14**

**Tuliamuk, Aliphine (29)**

DOB: 4/5/1989

Residence: Flagsstaff, AZ

Citizen of: USA

Lifetime PRs: 31:52/ 2:33:18/ 1:09:16/hmarPRs in last three years: - / - / -

Career: 7th, '17 Aramco Houston Half Marathon (1:09:58); 1st, '17 USA Cross Country Championships and World Cross Selection Trials 10k (34:24); 5th, '17 World's Best 10k (32:11); 6th, '17 Gate River Run 15k (USATF Championships) (50:11); 3rd, '17 Ohio Health Capital City Half Marathon (USA Half Marathon Championships) (1:11:42); 1st, '17 Fifth Third Rover Bank Run 25k (U.S. 25k Open Championships) (1:24:35 PB/CR); 2nd, '17 Freihofer's Run for Women 5k (15:51); 3rd, '17 NYRR New York Mini 10k (32:14); 1st, '17 Atlanta Journal Constitution Peachtree Road Race 10k (USA 10k Championships) (32:49); 1st, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships) (36:30); 2nd, '16 Lilac Bloomsday Run 12k (39:42); 1st, '16 Fifth Third River Bank Run 25k (U.S. 25k Open Championships) (1:25:36); 2nd, '16 NYRR New York Mini 10k (32:14); 5th, '16 TD Beach to Beacon 10k (32:24); 4th, '16 New Balance Falmouth Road Race 7 Mile (37:06); 1st, '16 Laxon Law New Haven Road Race (USA Men's and Women's 20k Championships) (1:05:47); 1st, '16 CVS Health Downtown 5k (U.S. 5k Championships) (15:22 PB); 2nd, '15 San Blas Half Marathon (1:12:51); 8th, '15 United Airlines NYC Half (1:11:35); 5th, '15 Quad-City Times Bix 7 Mile (37:15); 2nd, '15 Crim 10 Mile Road Races (53:27); 2nd, '15 EQT Pittsburgh 10 Miler (53:11).

2018: 11th, NYC Half (1:14:28); 14th, Aramco Half Marathon (1:11:41).

Past Credit Union Cherry Blossom Top 10 Finishes: 3rd, '15 (49:20/52:33); 3rd, '14 (52:16).

**#16**

**Wangui, Mary (18)**

DOB: 9/12/1999

Residence:

Citizen of: KEN

Lifetime PRs: 32:22/ - / 56:36/10 milesPRs in last three years: - / - / -

Career: 2nd, '17 Allstate Sugar Bowl Crescent City Classic 10k (32:22); 6th, '17 Lilac Bloomsday Run 12k (40:57); 9th, '16 Cooper River Bridge Run 10k (34:53).

2018: 3rd, All-American City 10k (33:09).

**#20**

**Flanagan, Lindsay (27)**

DOB: 1/24/1991

Residence: Louisville, CO

Citizen of: USA

Lifetime PRs: 33:25/ 2:29:28/ 1:12:05/hmarPRs in last three years: - / - / -

Career: 11th, '17 Boston Marathon (2:34:44); 7th, '17 Manchester Road Race 4.748 Mile (25:21); 14th, '16 Women's USA Olympic Trials Marathon (2:39:42); 4th, '16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:12:16); 4th, '16 Frankfurt Marathon (2:29:28 PB); 12th, '15 Gate River Run 15k (53:02); 9th, '15 Freihofer's Run for Women 5k (16:16); 3rd, '15 Pan American Games Women's Marathon (2:36:30).

Past Credit Union Cherry Blossom Top 10 Finishes: 10th, '15 (51:15/54:36).

**#24**

**Tesfaye, Semehar (27)**

DOB: 11/9/1990

Residence: Revere, MA

Citizen of: USA

Lifetime PRs: 34:42/ 2:37:27/ 1:14:12/hmarPRs in last three years: - / - / -

Career: 7th, '16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:14:12 PB); 7th, '16 Laxon Law New Haven Road Race (USA Men's and Women's 20k Championships) (1:09:23).

**#32**

**Bluske, Samantha (26)**

DOB: 6/17/1991

Residence: Toledo, OH

Citizen of: USA

Lifetime PRs: 35:19/ 2:31:56/ 1:14:52/hmarPRs in last three years: - / - / -

Career: 4th, '17 California International Marathon (2:31:55 PB); 4th, '16 California International Marathon (2:36:26); 10th, '14 Faxon Law New Haven Road Race 20K (1:14:45).

**#36**

**Weber, Anna (30)**

DOB: 4/13/1988

Residence: Indianapolis, IN

Citizen of: USA

Lifetime PRs: - / 2:38:41/ 1:14:03/hmarPRs in last three years: - / - / -

**#38**

**Williams, Caroline (25)**

DOB: 7/17/1992

Residence: Westfield, NJ

Citizen of: USA

Lifetime PRs: 34:57/ - / 1:15:37/hmarPRs in last three years: - / - / -

Career: 2nd, '15 NYRR 5-Borough Series Bronx 10 Mile (58:27).

2018: 7th, Washington Heights Salsa, Blues and Shamrocks 5k (17:54).

**#44**

**Devore, Sydney (26)**

DOB: 9/27/91

Residence: Lakeland, FL

Citizen of: USA

Lifetime PRs: 35:38/ - / 1:14:21/hmarPRs in last three years: - / - / -

2018: 4th, '18 Publix Gasparilla Distance Classic Half Marathon (1:14:21 PB).

**#48**

**Sachtleben, Bethany (26)**

DOB: 2/9/92

Residence:

Citizen of: USA

Lifetime PRs: 34:07/ 2:39:00/ 1:13:28/hmarPRs in last three years: - / - / -

Career: 12th, '17 Gate River Run 15k (USATF Championships) (52:08); 4th, '17 Ohio Health Capital City Half Marathon (USA Half Marathon Championships) (1:13:28).

2018: 9th, Gate River Run 15k (U.S. 15k Championships) (52:18).

**#50**

**Chepngeno, Vicoty (25)**

DOB: 1/1/93

Residence:

Citizen of: KEN

Lifetime PRs: - / - / 16:19.6/5000mPRs in last three years: - / - / -

**#60**

**Samuelson, Joan (60)**

DOB: 5/16/1957

Residence:

Citizen of: USA

Lifetime PRs: 31:37/ 2:21:21/ 1:08:23/hmarPRs in last three years: - / - / -

Career: 1st, '84 Olympic Marathon; 1st, '79, '83 Boston Marathon; 1st, '85 Chicago Marathon; former American marathon recordholder (2:21:21). 1st, Falmouth Road Race '76, '78, '81, '82, '83, '85. Qualified for Olympic marathon trials seven times. Ran 50-54 AR 2:49:08 in '08 Olympic Trials Marathon.

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 50-54 age group, '10, '12; 1st, 55-59 age group, '15, '16, '17. Ran 1:03:55 at age 59 in '17.

**#70**

**Moen, Katy (25)**

DOB: 4/20/1992

Residence: St. Paul, MN

Citizen of: USA

Lifetime PRs: 35:45/ - / 1:14:30/hmarPRs in last three years: - / - / -

Career: 2015 RRCA Roads Scholar and RunPro Camp; 9th, '16 Medtronic TC Mile (USA Road Mile Championships) (4:47.7); 7th, '16 Freihofer's Run for Women 5k (16:30); 7th, '14 Mt. SAC Relays 10,000m (33:56.80 PB).

**#72**

**Bates, Emma (25)**

DOB: 7/8/1992

Residence: Boise, ID

Citizen of: USA

# Elite Athlete Bios

**Lifetime PRs:** 33:46/ - / 1:11:45-hmar**PRs in last three years:** - / - / -  
**Career:** 2017 RRCA Roads Scholar; 7th, '16 B.A.A 5k (15:57); 9th, '16 New Balance Falmouth Road Race 7 Mile (38:48); 9th, '16 Manchester Road Race 4.748 Mile (25:22); 11th, '15 USA Outdoor Championships Women's 10,000m (34:02.65); 10th, '15 US National Road Racing Championships (39:50 PB); 3rd, '15 Manchester Road Race 4.748 mile (24:44).  
**2018:** 4th, Ooredoo Doha Half Marathon (1:12:52); 27th (1st U.S.) World Hmar. Champs (1:11:45-PB)

#74

**Sullivan, Susanna (27)**

DOB: 5/13/1990

Residence: Reston, VA

Citizen of: USA

**Lifetime PRs:** 33:35/ 2:35:39/ 1:12:56/hmar**PRs in last three years:** - / - / -

**Career:** 9th, '17 Atlanta Journal Constitution Peachtree Road Race 10k (USA 10k Championships)(34:04); 2nd, '15 Ukrop's Monument Avenue 10k (33:56); 2nd, '14 Ukrop's Monument Avenue 10K (33:42).

**Past Credit Union Cherry Blossom Top 10 Finishes:** 8th, '14 (54:31); 10th, '17 (56:12).

#92

**Norton, Sage (38)**

DOB: 1/24/80

Residence: Myersville, MD

Citizen of: USA

**Lifetime PRs:** - / 2:46:34/ - **PRs in last three years:** - / - / -

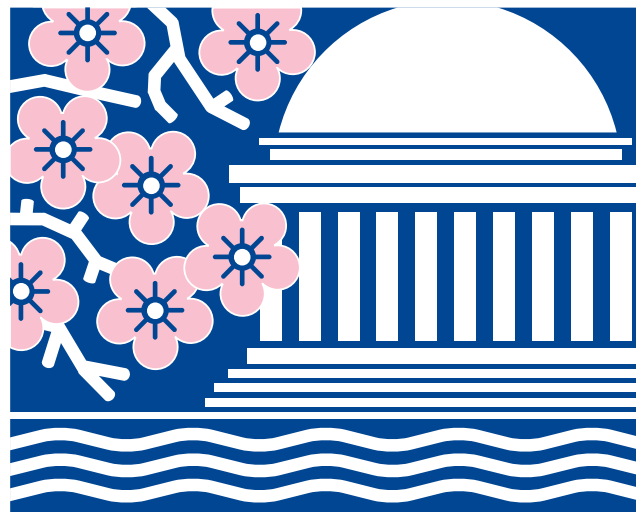
**Career:** 2nd, '13 JFK 50 Mile (7:13:50); 33rd, '15 Grandma's Marathon (2:46:34).



Photo: Team Mallet

Hiwot Gebrekidan, from Ethiopia, was the first women to break the tape in 2017 with a time of 53:37.

## CREDIT UNION



## CHERRY BLOSSOM

## T E N M I L E R U N

2018 Credit Union Cherry Blossom Media Guide



# PRRO Circuit Information



## PRRO Circuit 2017-18 Summary

*Overall Circuit event prize money exceeds \$340,000 including \$119,700 U.S.-only money available; Credit Union Cherry Blossom Ten Mile to present 2018 PRRO Championship*

The 45<sup>th</sup> Credit Union Cherry Blossom Ten Mile on April 2, 2017 opened the **PRRO Circuit 2017-18**, showcasing world class competition at 5 classic American road race events shorter than the marathon distance and featuring more than \$340,000 in event prize money overall with \$119,700 available for U.S. athletes. The annual spring classic road race, for the first time, will also host the **PRRO Championship** race on Sunday, April 8, 2018.

"The 23<sup>rd</sup> PRRO Championship will feature world class competition among the sport's most accomplished distance runners," said **Don Kardong**, Professional Road Running Organization (PRRO) President. "It will be an exciting race on an iconic course."

"We look forward to hosting the PRRO Championship for the first time," added **Phil Stewart**, Credit Union Cherry Blossom Ten Mile race director. "The event has a long history of supporting elite competition so the PRRO Championship is an excellent way to continue that tradition."

At the **PRRO Championship**, reigning champions and any athlete who has won one of the 2017-18 Circuit events – see the listing below – are eligible for the \$10,000 **PRRO Super Bonus**, which is awarded to the winner of the 2018 PRRO Championship (split if an eligible male and female win the PRRO titles). Those aforementioned runners are also eligible for the **PRRO Event Champion's Bonus** (\$1500 cumulative for eligible athletes who do not win the PRRO Championship but do win Open prize money at the PRRO Championship). Any athlete who wins the PRRO Super Bonus is not eligible for the PRRO Event Champion's Bonus.

If the male and female winners of the PRRO Championship have not won any of the events on the current Circuit, they will win \$2500 each as the PRRO Circuit champions in addition to the prize money at the PRRO Championship event.

## PRRO CIRCUIT SCHEDULE 2017-18

**45<sup>th</sup> Credit Union Cherry Blossom Ten Mile**, April 2, 2017, Washington, DC

\$65,000 in prize money (\$25,000 U.S. prize money) plus bonuses

*Elite athlete contact:* Bill Orr, (863) 533-0654, [borr@cherryblossom.org](mailto:borr@cherryblossom.org)

*2017 Men's winner:* Stanley Kebenei, USA, 46:36 and *Women's winner:* Hiwot Gebrekidan\*, Ethiopia, 53:37

**Lilac Bloomsday Run 12K**, May 7, 2017, Spokane, WA

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

*Elite athlete contact:* Jon Neill, (509) 703-0025, [jhneill@eahjlaw.com](mailto:jhneill@eahjlaw.com)

*2017 Men's winner:* Gabriel Geay, Tanzania, 34:31 and *Women's winner:* Buze Diriba\*, Ethiopia, 40:19

**40th Boilermaker 15K**, July 9, 2017, Utica, NY

\$66,000 in prize money (\$14,500 U.S. prize money)

*Elite athlete contact:* Dick Mattia, (315) 732-1949, [dick@boilermaker.com](mailto:dick@boilermaker.com)

*2017 Men's winner:* Silas Kipruto\*, Kenya, 43:55 and *Women's winner:* Mary Wacera\*, Kenya, 49:18

**5th EQT Pittsburgh 10 Miler: The 2017 PRRO Championship**, November 5, 2017, Pittsburgh, PA

\$26,200 in prize money (\$5200 U.S. prize money)

*Elite athlete contact:* Ryan Hogan, (412) 586-7785, [ryan.hogan@p3r.org](mailto:ryan.hogan@p3r.org)

*2017 Men's winner:* Panuel Mkungo\*, Kenya, 47:03 and *Women's winner:* Buze Diriba\*, Ethiopia, 52:11

**Publix Gasparilla Half Marathon**, February 25, 2018, Tampa, FL

*Elite athlete contact:* Bill Orr, (863) 533-0654, [wworr@runorr.com](mailto:wworr@runorr.com)

\$40,000 in prize money (\$30,000 U.S. prize money)

*2018 Men's winner:* Elkanah Kibet, USA, 1:03:39 and *Women's winner:* Sara Hall, USA, 1:12:01, course record

**Credit Union Cherry Blossom Ten Mile: The PRRO Championship**, April 8, 2018, Washington, DC

*Elite athlete contact:* Bill Orr, (863) 533-0654, [borr@cherryblossom.org](mailto:borr@cherryblossom.org)

# PRRO Circuit Information

\$65,000 in prize money (\$25,000 U.S. prize money) plus bonuses

*\* Qualified for the PRRO Super Bonus at the 2018 PRRO Championship and also entered in Credit Union Cherry Blossom Ten Mile as of March 20, 2018.*

PRRO Circuit events have produced 17 world and 17 U.S. road records, awarded more than \$7.1 million in prize money and seen more than 2.3 million runners cross their finish lines. In addition, since 1996, the PRRO Championship race has paid out more than \$1.7 million including \$134,500 in PRRO Championship bonus money.

The PRRO Circuit, a long-time pioneer and champion of a clean sport, has funded drug testing at its events since 2006. During the 2016-17 season, USADA conducted more than 50 in-competition tests and an undisclosed number of pre-competition tests.

**Don Kardong**, 1976 Olympic marathoner and Lilac Bloomsday race director, is the current PRRO Circuit President.

## **PRRO Championship and Circuit Year**

The PRRO Circuit, launched in 1995, rotates among the PRRO Circuit races with the Circuit Year starting and finishing at the same event. The winners of 2017 PRRO Championship at the EQT Pittsburgh 10 Miler as well as the event winners on the 2017-18 Circuit serve as qualifiers for the PRRO final at the 2018 Credit Union Cherry Blossom Ten Mile.

Visit [PRRO.org](http://PRRO.org) for more information including its history as well as how to join the PRRO Circuit.



# Road Runners Club of America

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



**T**his year, the Credit Union Cherry Blossom Ten Mile will serve as the 2018 National 10-mile Championships for the Road Runners Club of America (RRCA), building upon a long tradition of cooperation and mutual support between the race and America's oldest and largest association of running organizations. This year's RRCA Convention, to be held April 5-7 in Arlington, VA, will celebrate the 60<sup>th</sup> anniversary of the organization, while the 2018 Credit Union Cherry Blossom Ten Mile will proudly include several RRCA Roads Scholars and RunPro Campers in its invited field.

Since 1996, the RRCA has awarded 118 grants totaling \$565,000 through its Roads Scholar program to assist American post-collegiate road runners who show great promise to develop into national and world class road running athletes. Over the past 20 years, the Credit Union Cherry Blossom Run has contributed over \$200,000 to the Roads Scholar grant program as the program's largest single contributor.

To date, the following RRCA Roads Scholar grant recipients have committed to race in the 2018 Credit Union Cherry Blossom Ten Mile: Martin Hehir, who was awarded a Roads Scholar grant in 2016 and placed third in the Credit Union Cherry Blossom Ten Mile that same year; Emma Bates, Johnny Crain, Tyler Jermann and Matt McClintock, all 2017 grant recipients; Katy Moen, who was awarded a grant in 2015; and 2011 Roads Scholar Tyler McCandless. In addition, Deena Kastor, the 2004 Olympic Marathon Bronze Medalist and 1996 Roads Scholar grant recipient, will attend this year's RRCA Convention and Credit Union Cherry Blossom Health & Fitness Expo, though she will not be running the race.

RunPro is another RRCA-funded program that Credit Union Cherry Blossom organizers are pleased to support. Event Director Phil Stewart and Elite Athlete Coordinator Bill Orr are regular faculty members at the RunPro Camp weekend held in July of each year. Intended to assist newly-graduated, post-collegiate runners seeking to make the transition to professional running, the annual RunPro Camp, first held in 2011, connects aspiring professional runners with the resources necessary to pursue a professional running career. 2016 RunPro Camper Abbabiya Simbassa, has committed to race in the 2018 Credit Union Cherry Blossom Ten Mile, as has 2014 RunPro Camper Susanna Sullivan. Two Roads Scholar grant recipients mentioned above—Johnny Crain and Kay Moen—are also RunPro Camp alumni (2015).

In addition to the \$100,500 in prize money and bonuses being offered by Credit Union Cherry Blossom Ten Mile organizers, the RRCA has contributed \$2,400 to be awarded to the first male and female Roads Scholars or RunPro Camp attendees at this year's RRCA National 10-mile Championships. Payment will be split equally between the first eligible man and woman.

# Returning Age Group Champions

Age Group	Age	First name	Last Name	Hometown
Women 45-49	46	Brenda	Hodge	York, PA
Women 50-54	52	Mary	Zengo	Wilton, CT
Women 55-59	60	Joan	Samuelson	Bustins Island, ME
Women 60-64	63	Sharon	Vos	Old Greenwich, CT
Women 65-69	68	Edie	Stevenson	Boulder, CO
Women 75-79	79	Heide	Moebius	Lancaster, PA
Women 80+	81	Imme	Dyson	Princeton, NJ
Age Group	Age	First name	Last Name	Hometown
Men 40-44	42	David	Wertz	Arlington, VA
Men 45-49	46	Shane	Streufert	Viera, FL
Men 50-54	53	Mario	Zuniga	Front Royal, VA
Men 55-59	56	Mark	Neff	Derwood, MD



Photo: Karen Mitchell

Stanley Kebenei, 51, leads the pack across Memorial Bridge, which will not be used this year, due to construction.



# 5K Run-Walk

**T**he Credit Union Cherry Blossom 5K Run-Walk, presented by Hood Cottage Cheese, is designed for individuals who don't wish to attempt 10 miles, or for walkers and relaxed-pace runners who feel they would take longer than 2 hours and 20 minutes to complete 10 miles. All 5K entrants receive the same amenities as the 10 miler participants, including the official race t-shirt, their overall times and places in the event, and post-race food and drink. All runners will be scored on net times. Only the first male and first female finisher will receive recognition; there will be no other 5K awards.



Photo: Team Mallet

Iber Gonzalez Vidals, New York, NY, was the first to cross the tape in the 5k Run-Walk in 2017.



Photo: Team Mallet

Washington, D.C.'s own Lisa Gallagher bested all other women in the 5k Run-Walk in 2017.

# Kids' Run

In 2017, the Credit Union Cherry Blossom Kids' Run, a 1/2 mile fun run for kids ages 4 to 10 moved to a new day and location — Saturday at the National Building Museum — and will enjoy standalone status again this year, with the first wave of kids setting off on their 1/2 mile journey at 9:30 am on Saturday, April 7. This change was made to shine a spotlight on the Kids' Run and increase the 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, DC. Since credit unions became the sponsors of the Credit Union Cherry Blossom Ten Mile Run in 2002, just over \$8 million has been donated to CMN Hospitals.

Credit unions are the among the top three contributors to CMN Hospitals, after Walmart and Costco, having donated \$12 million in 2016 alone. New this year, credit unions are sponsoring a special "Kids for Kids" fundraiser at the Kids' Run.

Packet pick-up for registered Kids' Run participants will take place on Friday, April 6 at the National Building Museum between 3:00 P.M. and 7:45 P.M. and on Saturday, April 7 between 8:00 A.M. and 9:00 A.M. inside the Auditorium on the first floor of the National Building Museum.

Registration is limited to 500, and the registration fee of \$10 includes a t-shirt. No times or places will be kept, but all finishers will receive a medal. Eight ounce water bottles will be provided by GEICO.

The Kids' Run will be run in single-age heats, beginning with the four-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.

Pre-race games and activities start at 8:00 a.m. and the first wave of racers will start at 9:30 a.m. Kids will have the opportunity to meet Dr. Bear from Children's National Medical Center, a patient family, hospital representatives, as well as participate in fun fitness activities provided by Baroody Camps.



Photo: Bob Burgess

Cole Turner, age 9, finishes up the Kids' Run.



Photo: Bob Burgess

Parents provide support and encouragement at the Kids' Run



# Health and Fitness Expo and Clinics

*The Health and Fitness Expo will take place at the National Building Museum, 401 F Street, NW, between the hours of 3 – 8 p.m. on Friday, April 6, and 9 a.m. – 5 p.m. on Saturday, April 7.*

*In addition to race packet and t-shirt pick-up, the Health and Fitness Expo offers runners a chance to attend clinics, collect autographs, purchase official Credit Union Cherry Blossom apparel and merchandise, and visit sponsor and vendor exhibits. There will also be a complimentary Happy Hour from 5 p.m. until supplies run out on Friday evening.*

*This year, running luminaries Deena Kastor\*, Meb Keflezighi, Joan Benoit Samuelson, Don Kardong and Michael Wardian will be on hand to inspire expo attendees. Their appearance schedule is as follows:*

## Friday, April 6

3—3:50 p.m. Meb Keflezighi talk in NBM Auditorium

4—4:50 p.m. Meb Keflezighi autograph signing at Credit Union Cherry Blossom booth

4—4:50 p.m. Don Kardong talk in NBM Auditorium

5—5:50 p.m. Don Kardong autograph signing at Credit Union Cherry Blossom booth

## Saturday, April 7

11—11:50 a.m. Mike Wardian talk in NBM Auditorium

noon—12:50 p.m. Mike Wardian autograph signing at Credit Union Cherry Blossom booth

Noon—12:50 p.m. Joan Benoit Samuelson talk in NBM Auditorium

1—1:50 p.m. Joan Benoit Samuelson autograph signing at Credit Union Cherry Blossom booth

1—1:50 p.m. Don Kardong talk in NBM Auditorium

2—2:50 p.m. Don Kardong autograph signing at Credit Union Cherry Blossom booth

2—2:50 p.m. Meb Keflezighi talk in NBM Auditorium

3—3:50 p.m. Meb Keflezighi autograph signing at Credit Union Cherry Blossom booth

\*Deena Kastor not be giving a clinic, but will have a booth in the expo where she will be signing book plates of her soon-to-be-released “Let Your Mind Run: A Memoir Of Thinking My Way To Victory”



Photo: Team Mallet

A runner pauses before selecting an official race t-shirt.



Photo: Team Mallet

Jeff Darman, George Banker, and Henley Gabeau talk about what race directing was like in the “olden days”.

# Honorary Race Chairs

*The following distinguished honorary race co-chairs have aided in the success of the race. We look forward to their continued support.*

Senator Tammy Baldwin  
Senator Roy Blunt  
Senator Cory Booker  
Senator Sherrod Brown  
Senator Richard Burr  
Senator Ben Cardin  
Senator Susan Collins  
Senator Tom Cotton  
Senator Maggie Hassan  
Senator Mazie Hirono  
Senator John Kennedy  
Senator Angus King, Jr.  
Senator Joe Manchin III  
Senator Shelley Moore Capito  
Senator Lisa Murkowski  
Senator Bill Nelson  
Senator Rob Portman  
Senator M. Michael Rounds  
Senator Jeanne Shaheen  
Senator Thom Tillis  
Senator Patrick Toomey  
Senator Chris Van Hollen  
Senator Mark Warner  
Senator Roger Wicker

Representative Don Bacon  
Representative Andy Barr  
Representative Joe Barton  
Representative Joyce Beatty  
Representative Donald Beyer  
Representative Jack Bergman  
Representative Andy Biggs  
Representative Sanford D.  
Bishop, Jr.  
Representative Marsha  
Blackburn

Representative Earl Blumenauer  
Representative Lisa Blunt  
Rochester  
Representative Brendan Boyle  
Representative Bob Brady  
Representative Kevin Brady  
Representative Madeleine  
Bordallo  
Representative Mo Brooks  
Representative Anthony Brown  
Representative Julia Brownley  
Representative Cheri Bustos  
Representative G. K. Butterfield  
Representative Bradley Byrne  
Representative Salud Carbajal  
Representative Tony Cardenas  
Representative André Carson  
Representative Buddy Carter  
Representative Judy Chu  
Representative David Cicilline  
Representative Wm. Lacy Clay  
Representative Emanuel Cleaver, II  
Representative James E. Clyburn  
Representative Michael Coffman  
Representative Steve Cohen  
Representative Tom Cole  
Representative Barbara  
Comstock  
Representative Gerald Connolly  
Representative Paul Cook  
Representative Jim Costa  
Representative Joe Courtney  
Representative Elijah Cummings  
Representative John Curtis  
Representative Danny K Davis  
Representative Rodney Davis  
Representative Diana DeGette  
Representative Suzan DelBene  
Representative Mark DeSaulnier  
Representative Debbie Dingell  
Representative Lloyd Doggett  
Representative Daniel Donovan Jr.

Representative Sean Duffy  
Representative John J. Duncan, Jr.  
Representative Tom Emmer  
Representative Anna Eshoo  
Representative Adriano Espaillat  
Representative Elizabeth Esty  
Representative Blake Farenthold  
Representative Drew Ferguson  
IV, DMD  
Representative Chuck  
Fleischmann  
Representative William Flores  
Representative Lois Frankel  
Representative Rodney  
Frelinghuysen  
Representative Mike Gallagher  
Representative John Garamendi  
Representative Louie Gohmert  
Representative Bob Goodlatte  
Representative Jenniffer  
Gonzalez-Colon  
Representative Paul Gosar, D.D.S  
Representative Garret Graves  
Representative Tom Graves  
Representative Gene Green  
Representative H. Morgan  
Griffith  
Representative Raul M. Grijalva  
Representative Glenn Grothman  
Representative Brett Guthrie  
Representative Luis Gutierrez  
Representative Colleen  
Hanabusa  
Representative Gregg Harper  
Representative Vicky Hartzler  
Representative Alcee Hastings  
Representative Jody Hice  
Representative French Hill  
Representative Steny Hoyer  
Representative Jared Huffman  
Representative Bill Huizenga  
Representative Randy Hultgren



# Honorary Race Chairs

Representative Duncan Hunter  
 Representative Hank Johnson  
 Representative Mike Johnson  
 Representative Walter Jones  
 Representative Marcy Kaptur  
 Representative Trent Kelly  
 Representative Ron Kind  
 Representative Raja  
     Krishnamoorthi  
 Representative Ann Kuster  
 Representative Darin LaHood  
 Representative Douglas  
     Lamborn  
 Representative Brenda Lawrence  
 Representative Sheila Jackson Lee  
 Representative Jason Lewis  
 Representative Dave Loebsack  
 Representative Zoe Lofgren  
 Representative Barry  
     Loudermilk  
 Representative Blaine  
     Luetkemeyer  
 Representative Michelle Lujan  
     Grisham  
 Representative Carolyn Maloney  
 Representative Sean Patrick  
     Maloney  
 Representative Doris Matsui  
 Representative Betty McCollum  
 Representative Jerry McNerney  
 Representative Alexander  
     Mooney  
 Representative Gwen Moore  
 Representative Kristi Noem

Representative Rick Nolan  
 Representative Donald Norcross  
 Representative Eleanor Holmes  
     Norton  
 Representative Pete Olson  
 Representative Beto O'Rourke  
 Representative Steven Palazzo  
 Representative Scott Peters  
 Representative Chellie Pingree  
 Representative Mark Pocan  
 Representative Mike Quigley  
 Representative Kathleen Rice  
 Representative Harold Rogers  
 Representative Mike Rogers  
 Representative Thomas Rooney  
 Representative Peter Roskam  
 Representative Keith Rothfus  
 Representative Lucille Roybal-  
     Allard  
 Representative Ed Royce  
 Representative Dutch  
     Ruppersberger  
 Representative Bobby L. Rush  
 Representative John Rutherford  
 Representative Adam Schiff  
 Representative Brad Schneider  
 Representative David Scott  
 Representative Jim  
     Sensenbrenner, Jr.  
 Representative José E. Serrano

Representative Carol Shea-Porter  
 Representative John Shimkus  
 Representative Mike Simpson  
 Representative Kyrsten Sinema  
 Representative Albio Sires  
 Representative Lamar Smith  
 Representative Jackie Speier  
 Representative Mark Tankano  
 Representative Scott Taylor  
 Representative Bennie  
     Thompson  
 Representative Glenn Thompson  
 Representative Mike Thompson  
 Representative Scott Tipton  
 Representative Paul Tonko  
 Representative Norma Torres  
 Representative Fred Upton  
 Representative David Valadao  
 Representative Juan Vargas  
 Representative Marc Veasey  
 Representative Filemon Vela  
 Representative Tim Walberg  
 Representative Jackie Walorski  
 Representative Mimi Walters  
 Representative Debbie  
     Wasserman Schultz  
 Representative Maxine Waters  
 Representative Daniel Webster  
 Representative Bruce Westerman  
 Representative Roger Williams  
 Representative Steve Womack  
 Representative Ted Yoho  
 Representative David Young  
 Representative Don Young



# 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, the Credit Union National Association (CUNA), and the National Association of Federal Credit Unions (NAFCU).

Out of the 35 Capitol Hill teams that competed in 2017, “Red, White and Blumenauer,” representing Congressman Blumenauer’s office, posted the fastest time of 3:18:15. The winning team from the Senate was “All The King’s Men,” representing Rufus King.

This year there will be 508 Capitol Hill Competition participants, and a total of 55 teams. See Capitol Hill Records.

Team Name	Office
Carbajal’s Carboloaders	Congressman Salud Carbajal
DEMCASA	Congresswoman Doris Matsui
Denny’s Grand Slams	Congressman Denny Heck
Diet Coke	Congressman Greg Walden
Doggett Pony Show	Congressman Lloyd Doggett
Gerry MeandererS	Congressman Gerald Connolly
Good Times Himes	Congressman James Himes
Kaptur the Heart	Congresswoman Marcy Kaptur
Middle of the Roadrunners	Congressman Josh Gottheimer
Nita’s Cheetahs	Congresswoman Nita Lowey
Porter’s Procrastinators	Congressman Pete Sessions
RAW: Runners Against War	Congressman Ro Khanna
Red White and Blumenauer	Congressman Earl Blumenauer
Team City Center	Congresswoman Suzan DelBene
Team Cook	Congressman Paul Cook
Team Jog-uilar	Congressman Pete Aguilar
Team Matsui	Congresswoman Doris Matsui
Team Rooney	Congressman Tom Rooney
Team Smith	Congressman Adam Smith
Team Wenstrup	Congressman Brad Wenstrup
Team Westerman	Congressman Bruce Westerman
The Jackalopes	Congresswoman Liz Cheney
The Run Never Stops	Congressman Greg Walden
Veni Vidi Veasey	Congressman Marc Veasey
Where’s Walzo?	Congressman Tim Walz
Model Runners	Congressional Budget Office
Reclaiming Our Time I	House Financial Services Committee, Democratic Staff
Reclaiming Our Time II	House Financial Services Committee, Democratic Staff
Rushin’ Medaling	House Permanent Select Committee on Intelligence
Team CMR	House Republican Conference
The Foxxtrotters	House Committee on Education and the Workforce
10Klahoma	Senator James Lankford
All the King’s Men	Senator Angus King

# Capitol Hill Competition

Team Name	Office
Booker T(eam) Washington	Senator Cory Booker
Carper Diem	Senator Tom Carper
Clean Energy	Senator Martin Heinrich
Heinrich Maneuver	Senator Martin Heinrich
Los Pollos Hermanos	Senator Martin Heinrich
Don't Take Us For Granite	Senator Jeanne Shaheen
Green Mountain Moo-vers	Senator Patrick Leahy
Hassan Your Seatbelts	Senator Maggie Hassan
Markey's On Your Left	Senator Ed Markey
Running On Your Left	Senator Jeff Merkley
Minnesota Miracle	Senator Amy Klobuchar
Sneaky Dianne	Senator Dianne Feinstein
Petered Out	Senator Gary Peters
TRed Wings	Senator Gary Peters
Pike's Fleek	Senator Michael Bennett
Run Johnson Cheddar Chasers	Senator Ron Johnson
The Great Daines	Senator Steve Daines
Authorized To Kick SASC	Senate Armed Services Committee
Bourne To Run	Senate Intelligence Committee
Run CMC	Senate Homeland Security And Governmental Affairs Committee, Minority
The Lakes of Wrath	Senate Agricultural Committee
We Put The B.O. In C.B.O.	Congressional Budget Office

CREDIT UNION



CHERRY BLOSSOM

T E N M I L E R U N

# Charity Donations

**E**ach 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 fundraising and helping children. One very effective fundraising program is the Charity Race Entry program.

With a field limit of 16,000 established by the National Park Service and selected by lottery in December, 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.

2018 charity donations total \$380,000 to date.

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: Bob Burgess

Children's Miracle Network Hospitals, the official event charity, is presented with a \$580,485 check.



# Event Sponsors



**C**redit 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 Run benefitting Children's Miracle Network Hospitals, an affiliation of children's hospitals throughout the country that treat millions of children each year. Over \$8 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.

Hood Cottage Cheese is the presenting sponsor of the 5K Run-Walk. Supporting sponsors include Baroody Camps , E-Trade, Garmin, Gatorade, GEICO, Gold's Gym, Mamma Lucia, MedStar Sports Medicine, Navy Federal Credit Union, Old Ox Brewery, Potomac River Running, Suburban Solutions, and Under Armour.

## Supporting Sponsors



# 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 a World Record, and it is an American Record to this day.

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!"

Well, four years have passed, and Greg Meyer is still the American record holder. Perhaps 2018 will be the year his time is surpassed? Race organizers are offering the biggest American record bonus ever this year—\$10,000 each to the first man and/or woman to break the current American records.

Stay tuned for 2018 race results. In the meantime, 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

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. Looking ahead to the 2018 race, it's quite possible that 60-year-old Joan Benoit Samuelson will break both the Cherry Blossom (1:09:08) and American 60-64 age group records for 10 miles (1:08:17).

## 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	John Hosner	1:02:47	65	1990
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

	Age Group Women	Time	Age	Year
40-44	Priscilla Welch	53:51	42	1987
45-49	Priscilla Welch	56:33	46	1991
50-54	Joan Samuelson	1:00:52	52	2010
55-59	Joan Samuelson	1:03:55	59	2017
60-64	Edie Stevenson	1:09:08	61	2011

# Open and Age Group Records

	Age Group Women	Time	Age	Year
65-69	Edie Severson	1:13:23	67	2017
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



Janet Bawcom setting the American record of 52:12



# 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.

Even though neither men's nor women's USA 10 Mile Championships will be held in conjunction with the event this year, a total of \$25,000 from an "American Development" purse will be paid to the top-ten American men and women finishers. And, yes, American runners placing in the overall top-ten will be able to "double-dip" and collect both international and "American Development" prize money.

In addition to pay-for-place prize money, the event introduced bonuses for records set in 2007. This year a possible total of \$23,500 could be paid out to record-breaking runners, including as much as \$20,000 in American record bonuses if both men's and women's American records are set.

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**

	International Purse	American Purse
<b>2015-2018 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

# Prize Money History

	International Purse	American Purse
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
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:

<b>2009-2012</b>	<b>International Purse</b>
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:

<b>1984-2008</b>	<b>Total Purse</b>
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
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: Karen Mitchell

Stanley Kebenei, Oakland, CA, was all smiles after placing first last year.

# 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 2016, conditions 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.

## Credit Union Cherry Blossom Open Time Bonus Payments

	Sub-46:00 Bonus	Sub-52:00 Bonus
<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

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
<b>2014</b>	
Janet Bawcom (52:12)	\$2500
<b>2103</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 are broken in the same race.



# 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.

# Capitol Hill Records

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 35 Capitol Hill teams that competed in 2017, “All the King’s Men” had the fastest time among Senate teams with 3:21:35. The winning team from the House was “Red, White and Blumenauer” from Rep. Earl Blumenauer’s office with a time of 3:18:15 (times listed represent the sum total of the three fastest times among all team members).

The table below lists the winning Senate and House of Representatives teams since 1998:

**Winning Senate and House Teams**

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
<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
<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

# Capitol Hill Records

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
<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



Congressional Federal Credit Union supports the Capitol Hill Competition  
2018 Credit Union Cherry Blossom Media Guide

# All-Time Champions

## Ten Mile Run

For the second year in a row, a naturalized American citizen won the Credit Union Cherry Blossom Ten Mile Run. Twenty-seven year-old Stanley Kebenei, from Oakland, California, won the 2017 race in a time of 46:36. Twenty-one year-old Hiwot Gebrekidan, of Ethiopia, took the women's title in a time of 53:37. On a breezy, but otherwise perfect day for running by all of the major Washington, DC landmarks, record times eluded both Kebenei and Gebrekidan in the city's 45<sup>th</sup> "Runner's Rite of Spring."

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
2017	Stanley Kebenei	46:36	Hiwot Gebrekidan	53:37
2016	Sam Chelanga	48:26	Veronica Nyaruai Wanjiru	53:12
2015	Stephen Sambu – Kenya	46:10	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	46:49	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
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



# All-Time Champions

Year	Male Winner	Time	Female Winner	Time
1989	Brian Sheriff – Zimbabwe	46:43	Lisa Weidenbach – USA	52:34
1988	J.P. Ndaysienga – 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-Walk

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
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

## 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 Run since 2002. Dedicated to fundraising to benefit Children's Miracle Network Hospitals, the fundraising effort has generated over \$8 million dollars to date.



The annual big check presentation in 2010 was for \$858,684



# 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 Ten Mile Run*. Their fundraising efforts have resulted in over \$8 million being donated to Children's Miracle Network Hospitals across the United States. Fundraising in 2017 totaled \$580,485 from the Credit Union Family of Races, including the Credit Union Sac Town Run.





# 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



# Les Kinion Award

By 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 Run over 20 years ago, and was active until he passed away in July 2014 at the age of 78.

In 2015, race organizers established the Les Kinion Outstanding Service Award, which was awarded to former Deputy Race Director Irv Newman. In 2016, longtime Logistics Coordinator, George Tarrico won the award. In 2017, longtime Volunteer Coordinator Michelle Carter was recognized for her many contributions. Press releases about both Irv, George, and Michelle can be found in the archives at: <http://www.cherryblossom.org/aboutus/pr2017.php>

In announcing the 2017 Les Kinion Outstanding Service Award winner, Michelle, Race Director Phil Stewart said:

*“Les Kinion was very much at the heart and soul of the Cherry Blossom race committee for over 20 years.” “He coordinated the screen printing of the t-shirts, packaged and delivered over 150 separate packets for committee members and others, and worked all race weekend long – always with a smile and effusive spirit that rejuvenated even the most tired among us. There wasn’t a single thing that Les wouldn’t do to help out the race.”*

*“This year’s Kinion Award recipient, Michelle Carter, is the Credit Union Cherry Blossom Run’s double shot of espresso. Her incredible energy has touched every part of the race from her decade and a half serving as the volunteer coordinator to the numerous other tasks she has taken on for the event. Michelle mirrors Les Kinion’s passion for the event, which makes her a most worthy recipient of the 2017 Les Kinion Outstanding Service Award.”*



Photo: Karen Mitchell

Event Director Phil Stewart and Deputy Race Director Becky Lambros present Michelle Carter with the 2017 Outstanding Volunteer Award.

# 2017 Elite Athlete Results

## OPEN AWARD WINNERS

1 Stanley Kebenei, 27, Oakland, CA	46:36	\$8,000	1 Hiwot Gebrekidan, 21, Ethiopia, Eth	53:37	\$8,000
2 James Kibet, 28, Kenya, Ken	46:39	\$4,000	2 Buze Diriba, 22, Ethiopia, Eth	53:52	\$4,000
3 Birhan Nebebew Tesfaye, 22, Ethiopia, Eth	46:42	\$2,000	3 Gladys Kipsoi, 31, Kenya, Ken	54:36	\$2,000
4 Evans Kurui, 24, Kenya, Ken	46:43	\$1,500	4 Mamitu Daska Molisa, 33, Ethiopia, Eth	54:45	\$1,500
5 Philemon Cheboi, 23, Kenya, Ken	46:43	\$1,000	5 Karolina Nadolska, 35, Poland, Pol	54:48	\$1,000
6 Dominic Korir, 23, Kenya, Ken	46:45	\$900	6 Firehiwot Dado Tufa, 33, Ethiopia, Eth	55:16	\$900
7 Edwin Rotich, 28, Kenya, Ken	46:46	\$800	7 Tara Welling, 27, Portland, OR	55:34	\$800
8 Christo Landry, 30, Charlotte, NC	46:48	\$700	8 Nancy Nzisa, 21, Kenya, Ken	55:57	\$700
9 Kiya Dandena, 27, Flagstaff, AZ	46:58	\$600	9 Hannah Davidson, 26, Saratoga Springs, NY	55:59	\$600
10 Philip Langat, 26, Kenya, Ken	46:58	\$500	10 Susanna Sullivan, 26, Reston, VA	56:12	\$500
11 Paul Sugut, 30, Kenya, Ken	47:04		11 Katie Kellner, 25, Boston, MA	57:27	
12 Kevin Kochei, 27, Kenya, Ken	47:45		12 Mary Dell, 28, Hummelstown, PA	57:36	
13 Luke Puskedra, 27, Eugene, OR	47:57		13 Ashley Brasovan, 26, Westminster, CO	57:41	
14 Sean Keveren, 26, Charlottesville, VA	48:23		14 Nicolette Mateescu, 22, Kendall Park, NJ	58:02	
15 Ryan Mahalsky, 23, Arlington, VA	48:26		15 Kathryn Potter, 27, Fairport, NY	58:04	
16 Tim Young, 30, Fredericksburg, VA	48:30		16 Julia Roman-Duval, 34, Columbia, MD	58:09	
17 Tyler McCandless, 30, Boulder, CO	48:32		17 Kerry Allen, 28, Washington, DC	58:49	
18 Nelson Oyugi, 24, Kenya, Ken	48:33		18 Amanda Marino, 27, Bradley Beach, NJ	59:02	
19 Eric Fernandez, 27, Flagstaff, AZ	48:40		19 Erin Koch, 29, Hoboken, NJ	59:35	
20 Nicholas Kipruto, 33, Copperas Cove, TX	49:16		20 Jennifer Owens, 38, Charlottesville, VA	59:39	
21 Daniel Docherty, 27, Saint Paul, MN	49:54		21 Maura Carroll, 28, Arlington, VA	59:56	
22 John Raneri, 25, New Fairfield, CT	49:56		22 Elizabeth Hannon, 34, Columbia, MD	59:59	
23 Josh Dederling, 26, St. Louis Park, MN	50:23		23 Laurel Le Moigne, 31, Springfield, VA	1:00:12	
24 Girma Mecheso, 29, Alexandria, VA	50:24		24 Amanda Scott, 29, Boulder, CO	1:00:30	
25 Charlie Hurt, 33, Charlottesville, VA	50:35		25 Jillian Pollack, 28, Arlington, VA	1:00:35	

## USA MEN'S AWARD WINNERS

1 Stanley Kebenei, 27, Oakland, CA	46:36	\$5,000
2 Christo Landry, 30, Charlotte, NC	46:48	\$2,500
3 Kiya Dandena, 27, Flagstaff, AZ	46:58	\$1,500
4 Luke Puskedra, 27, Eugene, OR	47:57	\$1,000
5 Sean Keveren, 26, Charlottesville, VA	48:23	\$800
6 Ryan Mahalsky, 23, Arlington, VA	48:26	\$600
7 Tim Young, 30, Fredericksburg, VA	48:30	\$400
8 Tyler McCandless, 30, Boulder, CO	48:32	\$300
9 Eric Fernandez, 27, Flagstaff, AZ	48:40	\$200
10 Nicholas Kipruto, 33, Copperas Cove, TX	49:16	\$200

## USA WOMEN'S AWARD WINNERS

1 Tara Welling, 27, Portland, OR	55:34	\$5,000
2 Hannah Davidson, 26, Saratoga Springs, NY	55:59	\$2,500
3 Susanna Sullivan, 26, Reston, VA	56:12	\$1,500
4 Katie Kellner, 25, Boston, MA	57:27	\$1,000
5 Mary Dell, 28, Hummelstown, PA	57:36	\$800
6 Ashley Brasovan, 26, Westminster, CO	57:41	\$600
7 Nicolette Mateescu, 22, Kendall Park, NJ	58:02	\$400
8 Kathryn Potter, 27, Fairport, NY	58:04	\$300
9 Julia Roman-Duval, 34, Columbia, MD	58:09	\$200
10 Kerry Allen, 28, Washington, DC	58:49	\$200

## TOP LOCAL FINISHERS

1 Ryan Mahalsky, 23, Arlington, VA	48:26
1 Susanna Sullivan, 26, Reston, VA	56:12

## WHEELCHAIR FINISHERS

1 Andy Burt, 40, Ashburn, VA	2:01:34	0.3733
2 Kirby Bowling, 44, Laurel, MD	2:08:17	0.3650



# 2017 Age Group Results

## MEN

Pl	Name, Age, Hometown	Official Time	Age Graded	Pl	Name, Age, Hometown	Official Time	Age Graded
<b>AGES 01-19</b>				5	Mason Brayman,46,Washington,DC	1:00:12	0.7908
1	Peter Sikorsky,19,Arlington,VA	59:16	0.7424	<b>AGES 50-54</b>			
2	Daniel Weiss,16,Washington,DC	59:24	0.7562	1	Mario Zuniga,52,Front Royal,VA	1:00:03	0.8343
3	Alex Arking,17,Potomac,MD	59:37	0.7443	2	Ed Wilson,54,Ellicott City,MD	1:00:44	0.8396
4	Jonah Gorevic,13,Rye,NY	1:01:09	0.7774	3	Jim Zoldy,54,Goshen,CT	1:00:46	0.8391
5	E. Celeste-Cohen,15,Shaker Hts,OH	1:02:58	0.7237	4	Peter Tango,53,Deale,MD	1:01:39	0.8199
<b>AGES 20-24</b>				5	David McKeown,51,Wash.,DC	1:02:35	0.7936
1	Birhan N. Tesfaye,22,Ethiopia,Eth	46:42	0.9422	<b>AGES 55-59</b>			
2	Evans Kurui,24,Kenya,Ken	46:43	0.9418	1	Mark Neff,55,Derwood,MD	59:22	0.8666
3	Philemon Cheboi,23,Kenya,Ken	46:43	0.9418	2	John Sullivan,56,West Roxbury,MA	59:26	0.8735
4	Dominic Korir,23,Kenya,Ken	46:45	0.9412	3	Jeff Duyn,56,Garrett Park,MD	59:31	0.8723
5	Ryan Mahalsky,23,Arlington,VA	48:26	0.9085	4	Ray Desmarais,59,Barrington,NH	1:01:33	0.8670
<b>AGES 25-29</b>				5	David Haaga,55,Rockville,MD	1:01:35	0.8355
1	Stanley Kebenei,27,Oakland,CA	46:36	0.9442	<b>AGES 60-64</b>			
2	James Kibet,28,Kenya,Ken	46:39	0.9432	1	David Andrews,60,Bethesda,MD	1:06:36	0.8088
3	Edwin Rotich,28,Kenya,Ken	46:46	0.9408	2	Charles Morrow,64,Littleton,CO	1:09:04	0.8103
4	Kiya Dandena,27,Flagstaff,AZ	46:58	0.9368	3	Joseph Donahue,62,Vienna,VA	1:11:48	0.7646
5	Philip Langat,26,Kenya,Ken	46:58	0.9368	4	Bob Deak,62,Burke,VA	1:12:05	0.7616
<b>AGES 30-34</b>				5	David Wild,62,Washington,DC	1:12:05	0.7616
1	Christo Landry,30,Charlotte,NC	46:48	0.9402	<b>AGES 65-69</b>			
2	Paul Sugut,30,Kenya,Ken	47:04	0.9348	1	H. Grayson,65,Upper Marlboro,MD	1:09:03	0.8185
3	Tim Young,30,Fredericksburg,VA	48:30	0.9072	2	Roger Jensen,66,Washington,DC	1:11:42	0.7961
4	Tyler McCandless,30,Boulder,CO	48:32	0.9066	3	Will Charles,65,Strasburg,PA	1:14:37	0.7575
5	Nicholas Kipruto,33,Copperas Cove,TX	49:16	0.8947	4	Eric Melby,68,Bethesda,MD	1:16:42	0.7593
<b>AGES 35-39</b>				5	Larry Washington,65,Rockville,MD	1:16:45	0.7364
1	Girma Bedada,36,Washington,DC	51:45	0.8587	<b>AGES 70-74</b>			
2	Jay Hudson,37,Rockville,MD	56:31	0.7895	1	John Hackney,71,Montpelier,VT	1:17:26	0.7766
3	Kent Werner,37,Columbia,MD	56:50	0.7851	2	Bill Rodgers,70,Boston,MA	1:19:15	0.7502
4	Marty McCormick,36,Arlington,VA	56:51	0.7816	3	Norm Coleman,72,Chevy Chase,MD	1:20:55	0.7524
5	Wilson Komen,39,Washington,DC	56:58	0.7915	4	Zeke Zucker,73,Jeffersonville,VT	1:22:15	0.7503
<b>AGES 40-44</b>				5	Ronnie Wong,70,Baltimore,MD	1:22:34	0.7200
1	David Wertz,41,Arlington,VA	53:16	0.8582	<b>AGES 75-79</b>			
2	Philippe Rolly,44,McLean,VA	53:38	0.8731	1	M. O'Hagan,77,Chevy Chase,MD	1:35:03	0.6937
3	Matthew Wolpert,40,Ogden,UT	56:39	0.8011	2	Lou Shapiro,75,Silver Spring,MD	1:39:59	0.6364
4	Knox Robinson,42,Brooklyn,NY	56:42	0.8127	3	Louis Garczynski,77,Sterling,VA	1:47:07	0.6156
5	David O'Hara,40,Alexandria,VA	57:27	0.7900	4	Don Potter,79,Conway,AR	1:48:37	0.6327
<b>AGES 45-49</b>				5	Ken Quincy,79,Vienna,VA	1:51:08	0.6183
1	Shane Streufert,45,Viera,FL	57:22	0.8230	<b>AGES 80-99</b>			
2	Noah Zaring,45,Washington,DC	57:30	0.8211	1	George Yannakakis,85,Towson,MD	1:44:08	0.7781
3	Alexander Hetherington,49,Vienna,VA	59:08	0.8257	2	Alan Rider,81,Reston,VA	2:17:31	0.5240
4	Paul Danger,46,Valparaiso,IN	59:23	0.8017				



# 2017 Age Group Results

## WOMEN

PI Name, Age, Hometown Official Time Age Graded

### AGES 01-19

1	Claudia Michel, 17, Mexico City, VA	1:10:42	0.7047
2	Natalia Greene, 17, Washington, DC	1:12:27	0.6877
3	Stephanie Jones, 18, State College, PA	1:12:48	0.6779
4	Jennah Haque, 18, Bethesda, MD	1:15:03	0.6576
5	Avery Arena, 17, Eldersburg, MD	1:15:13	0.6624

### AGES 20-24

1	Hiwot Gebrekidan, 21, Ethiopia, Eth	53:37	0.9204
2	Buze Diriba, 22, Ethiopia, Eth	53:52	0.9162
3	Nancy Nzisa, 21, Kenya, Ken	55:57	0.8820
4	Nicolette Mateescu, 22, Kendall Park, NJ	58:02	0.8504
5	Andrea Keklak, 23, Wash., DC	1:03:13	0.7806

### AGES 25-29

1	Tara Welling, 27, Portland, OR	55:34	0.8881
2	H. Davidson, 26, Saratoga Springs, NY	55:59	0.8815
3	Susanna Sullivan, 26, Reston, VA	56:12	0.8781
4	Katie Kellner, 25, Boston, MA	57:27	0.8590
5	Mary Dell, 28, Hummelstown, PA	57:36	0.8568

### AGES 30-34

1	Gladys Kipsoi, 31, Kenya, Ken	54:36	0.9048
2	Mamitu Daska Molisa, 33, Ethiopia, Eth	54:45	0.9054
3	Firehiwot Dado Tufa, 33, Ethiopia, Eth	55:16	0.8969
4	Julia Roman-Duval, 34, Columbia, MD	58:09	0.8546
5	Elizabeth Hannon, 34, Columbia, MD	59:59	0.8284

### AGES 35-39

1	Karolina Nadolska, 35, Poland, Pol	54:48	0.9096
2	Jennifer Owens, 38, Charlottesville, VA	59:39	0.8463
3	Jessica McGuire, 36, Arlington, VA	1:01:22	0.8152
4	Heather Cappello, 37, Brookline, MA	1:02:24	0.8051
5	Tracey Sawyer, 36, Warrington, PA	1:03:18	0.7903

### AGES 40-44

1	Carrie Tollefson, 40, Saint Paul, MN	1:04:48	0.7879
2	Cathy Grams, 44, Annapolis, MD	1:07:26	0.7804
3	Lisa Reichmann, 42, Gaithersburg, MD	1:08:54	0.7513
4	Emily Pierce, 41, Silver Spring, MD	1:09:03	0.7443
5	Janel Kiley, 40, Arlington, VA	1:09:12	0.7378

### AGES 45-49

1	Brenda Hodge, 45, York, PA	1:03:50	0.8319
2	Kelly Westlake, 45, Ellicott City, MD	1:04:47	0.8197
3	Liz Herbert, 48, Darien, CT	1:05:28	0.8373
4	Paula Henry, 47, Fort Wayne, IN	1:09:01	0.7853
5	Andrea Freeman, 45, Arlington, VA	1:09:38	0.7626

PI Name, Age, Hometown Official Time Age Graded

### AGES 50-54

1	Mary Zengo, 51, Wilton, CT	1:03:58	0.8880
2	Anita Freres, 52, Vienna, VA	1:10:56	0.8106
3	Martha Merz, 54, Alexandria, VA	1:11:36	0.8232
4	Jackie Cohen, 53, Santa Barbara, CA	1:11:58	0.8088
5	Shannon Smith, 51, Washington, DC	1:12:06	0.7878

### AGES 55-59

1	Joan Samuelson, 59, Bustins Is, ME	1:03:55	0.9838
2	Cindy Conant, 55, Kensington, MD	1:04:00	0.9326
3	Mary Catherine Malin, 57, Arlington, VA	1:14:26	0.8228
4	Suzanne Romness, 56, Mclean, VA	1:15:38	0.7993
5	Linda Yeager, 55, Milwaukee, WI	1:16:22	0.7816

### AGES 60-64

1	Sharon Vos, 62, Old Greenwich, CT	1:10:53	0.9242
2	Sue Hackney, 60, Montpelier, VT	1:11:12	0.8952
3	Nora Cary, 62, Morristown, NJ	1:12:11	0.9076
4	Carole Jones, 60, Philadelphia, PA	1:14:32	0.8551
5	Amy Subar, 61, Potomac, MD	1:15:48	0.8524

### AGES 65-69

1	Edie Stevenson, 67, Boulder, CO	1:13:23	0.9596
2	Sue Humphries, 67, Sedona, AZ	1:21:24	0.8651
3	Claudia Wolfe, 65, Alexandria, VA	1:24:39	0.8077
4	Lizzie Sadoff, 67, Washington, DC	1:27:25	0.8056
5	Karen Rainey, 66, Arlington, VA	1:28:12	0.7866

### AGES 70-74

1	Kathrine Switzer, 70, Bethesda, MD	1:30:12	0.8174
2	Brigitte Sutherlin, 73, Baltimore, MD	1:30:17	0.8570
3	Linda Tice, 71, Timonium, MD	1:33:35	0.8005
4	Janice Jacobs, 70, Arlington, VA	1:33:57	0.7848
5	Linda Kearney, 70, Leesburg, VA	1:37:20	0.7575

### AGES 75-79

1	Heide Moebius, 78, Lancaster, PA	1:39:28	0.8500
2	Regina Wright, 75, Marshfield, MA	1:50:24	0.7247
3	R. Schwartzbard, 75, Arlington, VA	1:57:20	0.6819
4	Linda Carter, 75, Potomac, MD	2:11:45	0.6073
5	Betty Smith, 76, Rockville, MD	2:25:42	0.5587

### AGES 75-79

1	Imme Dyson, 80, Princeton, NJ	1:56:55	0.7566
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# 2017 Team Results

## Male Open Running Club

1	HoCo Striders	02:40:43
Carlos Renjifo, Andrew Madison, Kevin Ford, Mark Buschman, Kent Werner		
2	MCRRC Men	03:04:21
Exavier Watson, David Haaga, Kevin D'Amanda, Yukun Fung, Bernard Kelly		
3	D.C. Capital Striders Men's	03:12:57
Michael Wurzbacher, Brent Cecil, Marc Phillpotts, Jason DeVinney, Aidan Coville		
4	DC Front Runners Mercury	03:13:35
Ricky Gonzales, Erich Huang, Mick Bullock, Justin Fritscher, John Grunert		
5	=PR=Racing M	03:16:49
Jeremy Gilbert, John Turcotte, Matthew Barnes, Aaron Richards		
6	DC Front Runners Gold	03:40:29
John Farley, Vince Micone, Dan Meyer, Justin Kwan		
7	MCRRC Males With Experience	04:00:38
Rod Vieira, William Etti, Benjamin Hendricks, Marc Wolfson, Ryck Lydecker		
8	DC Front Runners Sapphire	04:02:11
Phillip Perry, Aaron Willibey, Raymond Walsh, Ron Tomasso		
9	DC Front Runners Amber	04:19:37
Scott Lundberg, Christopher Hinkle, Andrew Powaleny, Joseph Macias		
10	DC Front Runners Emerald	05:09:24
Daniel Wackerow, Brian O'Hare, Matthew Welshans		

## Female Open Running Club

1	=PR=Racing/DC Elite	03:16:53
Michelle Capozzi, Calesse Cardosi, Hannah Pearson, Liz Greenlaw		
2	MCRRC Speedster	03:18:16
Cindy Conant, Silvia Baage, Lisa Reichmann, Emily Pierce, Sarah Flynn		
3	Dojo of Pain - Ladies	03:28:51
Jennifer Paul, Lisa Swartzfager, Laura Jennings, Stephanie Selmer		
4	D.C. Capital Striders Women	03:39:43
Crystal Thompson, Talia Calnek-Sugin, Karina Vadillo, Shelbi Svoboda		
5	=PR=Racing/ Women	03:42:05
Shaina Cales, Kelly Dillon, Katharine Gray, Kerriane Rouse		
6	DC Front Runners Indigo	04:40:39
Grace Thompson, Megan Cleary, Kelly Wilson, Rachael Gresson		
7	Team Coeur	04:47:53
Jaclyn Storey, Danielle Worthington, Kelly Rice		
8	Team Coeur 2	05:11:55
Stephanie Middleton, Dana Connelly, Megan Sullivan		

## Co-ed Masters Running Club

1	HC Striders	03:06:00
Jason Tripp, Ed Wilson, Kelly Westlake, Tammy Liu		
2	MCRRC Mixed Master 01	03:09:04
Mark Neff, Jeff Duyn, Argaw Kidane, Julie Sapper		
3	-PR=Racing/DC Elite MI	03:13:25
Noah Zaring, Stephen Crago, Gayle Vogel		
4	=PR=Racing/DC Elite II	03:19:17
Allen Horner, Craig Greene, Theo Haast, Alison Gittelman		
5	MCRRC Mixed Master 02	03:22:22
Lee Firestone, Robert Palmer, John Whitridge, Jennifer Sample		
6	DC Front Runners Platinum	03:43:27
Allen Greenberg, Seth Kalish, Brian Beary, Michael Glikes, Blake Rushin		
7	=PR=Racing Masters	03:47:21
Bronson Lee, Karen Hottle, Paul Robinson, Nancy Avitabile, Merrilee Seidman		
8	DC Front Runners Crimson	04:19:49
Murray Scheel, Norman Reich, Tony Anderson, Anthony Vincent, Meredith Weiss		
9	MiamiMLC	05:34:34
Carlos Calderon, Alex Fuentes, Teresa Ochoa, Betty Jimenez, Bibiana Calderon		

## Men's Metro Elite Teams

1	Pacers//GRC-New Balance Men	02:35:01
Jerry Greenlaw, Graham Tribble, Kieran O'Connor, Philip Royer		
2	Capital Area Runners - Men	02:35:35
Christopher Sloane, Gregory Mariano, Matt Deters, Philippe Rolly, Matthew Bernstein		
3	MCRRC Flash	02:49:41
Nicolas Crouzier, Shlomo Fishman, Ning Rui, Adrian Spencer, Randy Smith		

## Female's Metro Elite Teams

1	Capital Area Runners	02:57:09
Susanna Sullivan, Laurel Le Moigne, Jillian Pollack, Stephanie Fulmer, Rachel Clattenburg		
2	Howard County Striders	02:59:16
Julia Roman-Duval, Elizabeth Hannon, Caroline Bauer, Victoria Berard		
3	Pacers//GRC-New Balance Women	03:00:37
Kerry Allen, Maura Carroll, Shauneen Werlinger		

# 2017 Team Results

## Credit Union Team Challenge

1	NASA FCU - Fire	03:09:13
Alvin Yew,Mark Loeffler,Joe Munchak,Denise Knickman,Julie Halverson		
2	NASA FCU - Water	03:27:35
Maksym Petrenko,Melissa Vess,Thomas Winkert,Mira Panek		
3	Cash Us If You Can	03:32:04
Sebi Devlin-Foltz,Kevin Moore,Michael Navarrete,Elizabeth Stuart,Alicia Serrato		
4	NASA FCU - Wind	03:41:05
Shawn Kyle,Tom Winkert,Jennifer Kron,David Radzanowski,Pamela Carrick		
5	IDB-IIC Team 1	03:53:43
Elton Mancilla,Mariana Alfonso,G. David Rosas,Lorena Solorzano Salazar,Claudio Saban		
6	Constellation FCU 2 (NGA)	04:07:32
Ronald Bryan,Erin Shipe,Randall Anders,Jillian Obermeier		
7	LCFCU-Packard	04:09:04
Bart Elias,David Smole,Liana Rosen		
8	FRB FCU 'R US	04:14:00
Matteo Iacoviello,Nathan Converse,Christopher Gust,Laura Lipscomb		
9	LCFCU-Jefferson	04:15:01
Lucia Acin-Andion,Steven Maguire,Wendy Ginsberg,Gary Sidor		
10	IDB-IIC Team 3	04:15:51
Gustavo Olmedo,Monica Claudia C. Caballero,Rhina Cabezas,Martin Guozden		
11	IDB-IIC Team 4	04:23:34
Stephanie Brealey,Luis Diaz,Leslie Stone		
12	Shares on the Run	04:23:52
Andrew McCallum,Roger Kang,Marc Scott,Burcu Duygan-Bump		
13	Constellation FCU 1 (NGA)	04:27:20
Anthony Maldonado,Cathal Monaghan,Anna Josephson,Antonio Maldonado		
14	Constellation FCU 3 (NGA)	04:28:30
Gregg Hinkle,Mark Wiersma,Gretchen Wiersma,Diana Dy		
15	Support Education 4	04:29:40
Bryn Conway,Prasad Gerard,Les Graber,Lewis Schrumm		
16	IDB-IIC FCU Team 2	04:30:48
Chip Lusk,Mauricio Rezende,Marifer Merino,Maria Roca		
17	LCFCU-Madison	04:44:21
Laura Gatz,Kezee Procita,Edward Ohnemus		
18	Support Education 3	04:54:32
Lindsey Hill,Katie Kroening,Philip Mcgaughey,Josh Dix,Derek Getic		
19	CD's on a Roll	04:56:43
John James,Kiran Ramachandra,Wendy Zhang		

20	Support Education 1	05:07:42
John Gregorio,Daman Harris,April Longest,Tracy Tibbs,Claire Lanham		
21	Interior Runs DC for Kids	05:20:52
Megan Merryman,Roxy McCrary,Erica Bidwell,Mario Mejia		
22	Support Education 2	06:13:14
Mariya Belik,Corey Allen,Jennifer Rucker,Elaine Chang-Baxter,Leah Griffin		

## Corporate

1	Marriott #1	03:27:54
Eskinder Haile,Ellen Wexler,Patrice Dodson,Christina Papoulas		
2	Marriott #2	03:41:46
Joseph Donahue,Scott Hall,Tara Chait,Belinda Simmons,Patrick Valenti		
3	Marriott #4	03:53:13
Tony Mukangura,Tad Asbury,Hilary Kidwell,Mark Giaudrone,Julia Poorshaghagh		
4	BAH Blossom Chasers RED	03:56:32
David Perry,Robert Denmark,Melissa Koike,Lauren McMillen,Malica Fleming		
5	Marriott #5	03:56:55
Kelly Airel,James Snee,Kurt Miller,Jennifer Connell,Rajni Kapilashrami		
6	Marriott #3	04:12:27
Andrew Browne,Kathleen Oberg,Dana Shauf,April Sprague		
7	Marriott #6	04:13:03
Leslie Anchor,Amy Ellis,Michael Rosenman,Rebecca Spencer,Massa Dunnville		
8	BAH Blossom Chasers WHITE	04:14:21
Megan Curtin,Steve Forgo,Alvin Robles,Denise Kootin-Sanwu,Joaille Araujo		
9	CUNA Mutual Group	04:21:29
Taran Kooner,Holly Fearing,Thomas Heyden		
10	CUNA Mutual Group 2	04:30:11
Karnail Kooner,Colin Hamilton,Ann Hessel,Jody Brown,Brock Tompkins		
11	SeraCare	04:52:06
Rosi Peele,Katie Huang,Russell Garlick,Jessica Dickens		
12	BAH Blossom Chasers BLUE	04:55:38
Ying Ford,Mike Calmus,Sherry Bautista,Kathryn Leonelli		

## Government

1	UMD GVPT	03:33:41
Jared McDonald,Charles Hunt,Kelsey Hinchliffe,Irwin Morris,Frances Lee		
2	Team FAA Wilbur	03:37:39
Mindy Forsyth,Christopher Tracy,Clayton Richards,Gregory Edwards		

# 2017 Team Results

3	Team FAA Orville	03:49:52
Timothy Tenne,Derek Honda,Rachel Flanigan		
4	NCUA	05:02:21
Dan Popp,Rob Robine,Jennifer Suhoski,Mary Thor		

## U.S. House of Representatives

1	Red White And Blumenauer	03:18:15
Paul Balmer,David Skillman,Kelsey Aulakh,Jon Bosworth,Kristen Donheffner		
2	Jovially Jogging For Jobs	03:25:19
Ammar Moussa,Erik Sperling,Nnemdilim Ubezouu,TJ Lowdermilk,Nora Sarsour		
3	A Song Of Ice And Beyer	03:56:33
Noah Simon,Thomas Scanlon,Mike Lucier,Emma Mehrabi,Adnan Mohamed		
4	The Dashing Deans	03:57:39
Bart Forsyth,Erik Kinney,Amy Bos,Jacob Peterson		
5	The Fleet Foxxes	04:01:27
Darin Miller,Peter Rivera,Caitlin Burke		
6	Ten Miles Of Heck	04:11:20
Graham Markiewicz,Emily Kolano,Brendan Woodbury,Katherine Rutherford,Nick Vargish		
7	It's A Doggett Dogg World	04:12:02
Thaddeus Woody,Doug Molof,Emily Richardson,Christina Nunez		
8	Oh The Hue-Manatee	04:15:08
Christine Sur,Brandon Bragato,Chris Kaumo,Emily Lande,Diane Padilla		
9	Peters Speeders	04:19:22
Sterling McHale,K.C. Jaski,Erin Magee,Baillee Brown		
10	Team V	04:28:08
Joe DeVooght,Adam Kahnke,Sonja Schaefer,Megan Adamczewski		
11	Getting Less Doughy For Lowey	05:05:45
Matt Dennis,Chris Bigelow,Shira Siegel,Kelly Heaton,Jennifer Becker		
12	Scammers	05:06:11
Daniel Winkler,Angela Schultz,Macey Matthews		

## U.S. Senate

1	All The King's Men	03:21:35
Andrew Fitch,Pete Benoit,Will Woodworth,Aisha Woodward,Kathryn Sudhoff		
2	Heinrich Maneuver	03:26:49
Russell Page,Stephen Jochem,Peter Rothfeld,Whitney Potter,Andrea Mares		
3	How The West Was Run	03:35:35
Jonathan Finer,Philip Newman,Becky Cole,Ashley Ritchey		

4	Michigan's Great Legs	03:36:19
Rostin Behnam,Katie Bergh,Grant Colvin,Kevin Bailey		
5	Carper Diem	03:38:30
Andrew Shine,Bryan Mack,Noah Steimel,Avery Mulligan		
6	Elizabeth WarRUN	03:38:40
Michael Whitesides,Zachary D'Amico,Julia Frederick,Bharat Ramamurti		
7	Live Free Or Die Running	03:45:44
Eric Waskowicz,Ryan Nickel,Sonia Tarantolo		
8	Bourne To Run	03:45:54
James Catella,Nathaniel Adler,Rick Nussio,Jennifer Barrett		
9	Markey's On Your Left	03:50:25
Andrea Keklak,Andrew Zack,Gene Gerzhoy,Claire Richer,Taylor Winkleman		
10	Team Whitehouse	03:59:25
Maggie Ferrato,Elena Elkin,Cameron Greene,Anna Esten,Aaron Goldner		
11	Gary Blossoms	04:13:32
Connor Corcoran,Christopher Johnson,David Hartzler,Allison Green		
12	The Blue Collars	04:15:28
Christa Wagner,Claire Grega,Gideon Bragin,Abigail Duggan		
13	S M H	04:17:44
Vanessa Valdivia,Joseph Britton,Victoria Ochoa,Mario Semiglia,Jacqueline Luchini		
14	Run Johnson	04:19:09
Annie Chestnut,Daniel Spino,Courtney Allen,Austin Altenburg,Carol Foster		
15	Running Off The MN Hotdish	04:21:37
Blaise Sheridan,Jens Undlin,Molly Morrissey,Samuel Fellman		
16	Albert Feinstein	04:22:44
John Lowry,Alex Deitz,Noor Shah		
17	Continental Dividers	04:28:32
Allison Morrison,Mary Bowman,Brian Appel		
18	Pat's Posse	04:30:13
James Glueck,Katherine Thomas,Norwood Thornton,Julian Baer		
19	Team Perdue	04:35:07
John Lex Kenerly,Jim Purekal,Caitlin Poling		
20	Meep Meep	04:42:08
Claire Stein-Ross,Caroline Klaff,Zachary Aronow,Ernesto Rodriguez		
21	Running On Your Left	04:45:42
Mike McKiernan,Louis Reckford,John Draxler,Becca Ward		
22	Hit Me With Your Best Schatz	04:55:47
Trelaine Ito,Catie Shutters,Joe McAndrew		
23	Tread Wings	05:15:42
Bentley Johnson,Zade Alsawah,David Weinberg,Katie Conley		

# The Runner's Rite of Spring®

## Capsule Histories of all 45 Editions of the Credit Union Cherry Blossom 10 Mile Run

**1973-2017**

**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®

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.

## 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.

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.

## 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

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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.



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

## **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 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.



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

## **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.

## **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 outlean-



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ing 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 the match up, but missed the record by just 12 seconds with a time of 46:25. Reifsnyder 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 saw the first use of Memorial Bridge on the Cherry Blossom course.

## 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.



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

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## 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 passing 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 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 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.



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



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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 Chepnengo.

## 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 "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 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.



2001 Women's Champion Elana Meyer

## 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.

# The Runner's Rite of Spring®

## 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, 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 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.



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

## 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. 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).

## 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 for-



# The Runner's Rite of Spring®

mat 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 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 Women's Champion Teyba Erkesso**

## **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 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)**

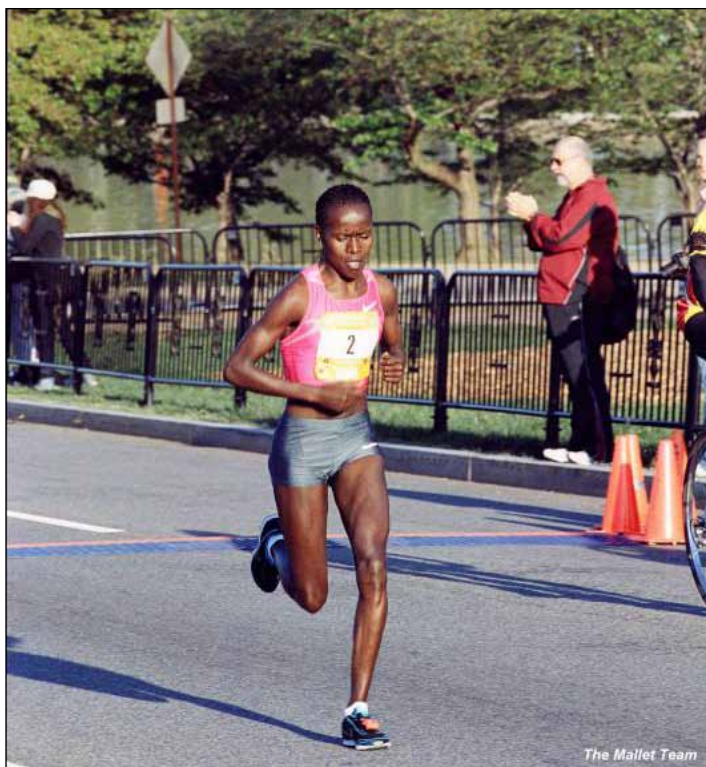
With the construction on Rock Creek Parkway underway, the organizers knew a new course needed to be developed for 2008, and they started work on it almost immediately after the 2007 event. With the cooperation of the National Park Service, the start and finish lines were moved from West Potomac Park 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

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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 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.



**Lineth Chepkurui en route to her third consecutive victory in 2010**

## **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, Kip-



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rono 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 attracted 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. Brianne 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 Reifsnyder 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

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

## 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 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 Reifsnyder 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 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.



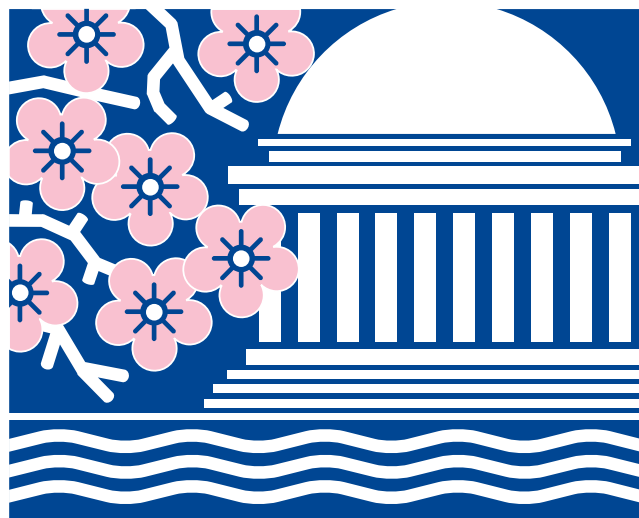
2016 Men's winner, Sam Chelanga was the first American male winner since 1990.

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

**2017 (April 2)**

The organizing committee approached the 2017 race, which 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. Katherine 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.

CREDIT UNION



CHERRY BLOSSOM

T E N M I L E R U N



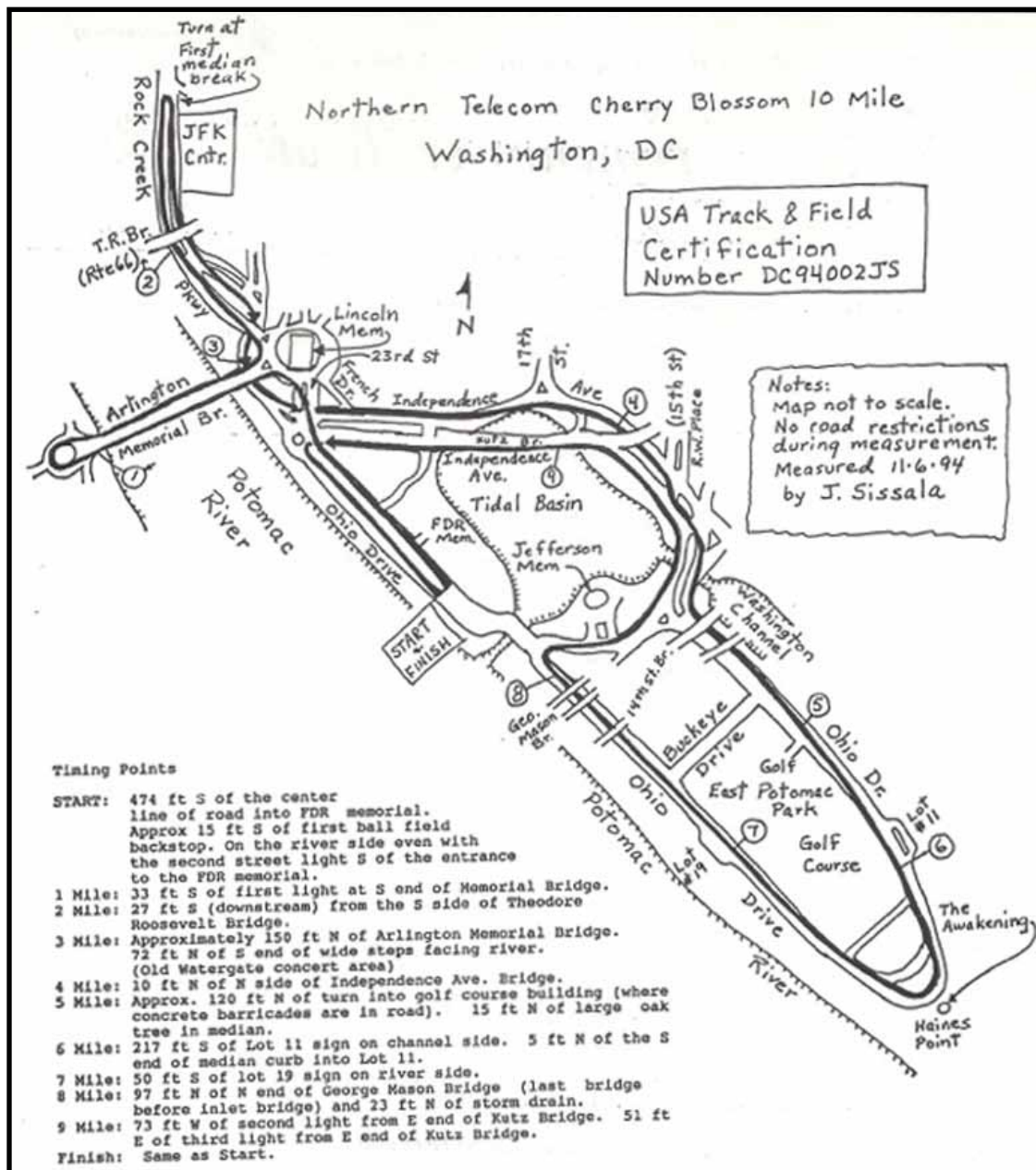
# Evolution of the 10 Mile Course

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 the course—which will be used in 2018—for the non-Memorial Bridge version with the staging area remaining on the Washington Monument Grounds. The rehabbing of the bridge is expected to take two years at which time we hope to be back on the bridge.



1994 Course Map



# Event Participant Statistics

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

	Event	Women	Men	Total
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
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

	Event	Women	Men	Total
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



# Environmental & Social Sustainability

**T**he 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-srunc.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)).

