It's been a tumultuous spring in Washington, D.C., and the nearly 1,700 cherry trees in the nation's capital are finally forecast to reach peak bloom just in time for 16,000 runners to the line at the 2018 Credit Union Cherry Blossom Ten Mile. The arborial display will set the scene for the 46th edition of the "Runner’s Rite of Spring" which has much to celebrate, as it will play host to both the Professional Road Runners Club of America (PRRO) Championship and the Road Runners Club of America (RRCA) National 10 Mile Championship, in conjunction with the RRCA’s 60th anniversary.

A total of $100,500 in prize money and bonuses is up for grabs in this year’s contest, broken down as follows: $40,000 in prize money, plus a possible $3,500 in bonuses awarded in equal amounts to the top 10 international men and women; $25,000 in prize money awarded to the top 10 U.S. men and women. "Double dipping” is permitted, so any runner finishing in the top 10 overall and in the top 10 among U.S. runners may collect both the open and the U.S. awards. There is also a $10,000 bonus for the first American man to break Greg Meyer’s American record of 46:13, set at Cherry Blossom in 1983, and for the first American woman to break Janet Bawcom’s single-sex American record of 52:12, set here in 2014. In addition, qualifying 2017-18 PRRO Circuit athletes are eligible for the $10,000 PRRO Super Bonus for winning the race, or a $5,000 PRRO Event Champion’s Bonus, should they fail to win the race but still place among the top ten runners. In addition, the RRCA will split a special $2,400 purse between the first place male and female finishers who are current or past RRCA Road Scholars grant recipients or have attended the RRCA’s RunPro Camp for emerging post-collegiate runners.

"This year’s Credit Union Cherry Blossom is shaping up to be one of the most competitive ever with an extremely talented group of elite athletes coming to participate in both the PRRO Championship and the RRCA National Championship," said Event Director Phil Stewart. "It is a perfect alignment to produce some very fast times in Washington, D.C.’s only world class road race. My training has been going great and at the very least, I know I can run a fast time, and hopefully have something left in my legs when the real racing starts in the latter stages of the race," said Cabral.

One of those top guys will be Olympian Donn Cabral, Hartford, CT, who placed seventh at the Houston Marathon earlier this year. "My plan is to get out with the pack and get my nose in it, get pulled along by the top guys in the field," said Cabral.

Another Olympic trying his hand at a longer distance is Matthew Centrowitz, the 2016 gold medalist in the 1,500-meter race, who recently relocated back to the Washington, D.C. area.

Luke Puskedra, Eugene, OR, returns to Cherry Blossom for a third time after placing 12th in 2015 and 13th in 2017. Other American elites include ZAP Fitness teammates Matthew McClintock and John Crain from Blowing Rock, NC. McClintock has run 47:53 for the 10-mile distance and Crain has run 1:03:21 for the half marathon.

"At ZAP Fitness we have a copy of the race poster from 2005 and I see it often when traversing the facility," noted McClintock. "As an east coast native, I was excited to have the opportunity to race on one of the east coast’s fastest courses."

Team USA Minnesota is represented by Abbabia Simbassa, whose personal best is 48:33 for 10 miles, and Tyler Jermann, who has run 49:22 for the distance, and placed seventh at the Houston Marathon earlier this year. "My plan is to get out with the pack and get my nose in it, get pulled along to a fast time, and hopefully have something left in my legs when the real racing starts in the latter stages of the race," said Jermann.

Like last year, Ethiopians look to dominate the women’s action, as that country returns the one-two punch.
When I knew this year’s race would be a week later than usual due to Easter falling on the first Sunday in April, I figured “I had a memorable experience at the Cherry Blossom last year” and am ready to return. Peak bloom of cherry trees in Brooklyn may not be my favored experience for everyone, so enjoy the pink canopy as you tour the course. Speaking of the course — and the staging area — we had to make some significant alterations this year due to preparation for the reconstruction of Memorial Bridge and the rehabilitation of the turf on our traditional staging area on the Washington Monument Grounds. We are asking for a bit of extra patience from everyone with our being “under construction” this year. We would like to welcome both the Road Runners Club of America (www.rrca.org) and the PRRO Circuit (www.prro.org) as we host both organization’s championships. The RRCA is celebrating 60 years as the Nation’s premier grass roots running organization at its convention over race weekend in Arlington, VA and asked us to host its 10 mile championship. The PRRO circuit is a series of classic American events at less than the marathon distance which offer carry over prize money. PRRO events are in the vanguard of the “Clean Sport” movement through self-funding of drug testing of its elite fields. The PRRO Championship rotates among the five circuit races and this year is our turn. As a result, our elite fields are the deepest in memory, so there will be plenty to keep you inspired as you chase after some of the top international and American runners. As a result of our “Championship Year,” we have some true luminaries appearing at the Health and Fitness Expo including a trio of Olympic Medalists — Olympic Gold Medalist Joan Samuelson, Olympic Silver Medalist Meb Keflezighi, and Olympic Bronze Medalist Deena Kastor (in addition we have 2016 Olympic gold medalist in the 1500-meters Matt Centrowitz testing his legs out over a longer distance as well on Sunday).

We are pleased to roll out our updated—and free—official Credit Union Cherry Blossom Race App for the iPhone, iPad and Android phone. We hope everyone will download it from either the Apple Store or on Google Play by searching for “CUCB Credit Union Cherry Blossom.” The app will keep you up-to-date on race announcements and post-race times and places.

Championships continued from page 1

of Hiwott Gebrekidane and Baze Diriba.

In 2017, Gebrekidane ran a personal best of 53:37 at Cherry Blossom, besting her compatriot, Diriba, by nearly half a minute. Diriba, whose personal best is nearly two minutes faster than Gebrekidane’s, is intent on a different outcome in 2018.

Two-time Olympic Medalist Deena Dianiek Nukuri, now a U.S. citizen who graduated from the University of Iowa, will race Cherry Blossom for the first time while Lindsay Flanagan, Boulder, CO, who placed 10th in 2015, will return to the familiar turf eager to pick up some U.S. prize money. “I had a memorable experience at the event back in 2015 and am ready to return to the scenic streets of Washington D.C,” said Flanagan. “I’m looking forward to competing against some great athletes.” Also returning is hometown favorite Susanna Sullivan, an elementary school teacher from Arlington, VA who has twice qualified for her hometown finish under her belt.

Samantha Bluske, Toledo, OH, recently qualified for the U.S. Olympic Marathon Trials running a time of 2:31:55, and hopes to lower her personal bests in the shorter distances this spring.

“Given what we know of the course and typical quality of field, (my coach and I) feel Cherry Blossom checks that box,” underscored Bluske.

Other top-tier Americans to keep an eye on are Katie Mioen, St Paul, MN, who ran 56:29 for 10 miles, and Katie Kelner, Boston, MA, a 1:14:39 half marathoner. Washington area running teams will vie for bragging rights and a $1,000 award.
The Credit Union Cherry Blossom Ten Mile Run effectively highlights how credit unions make a difference for their communities and captures the attention of Members of Congress and their staff through a major donation to Children’s Miracle Network Hospitals. The title sponsorship of this high-profile event, combined with all of the other member and community outreach credit unions are engaged in, gives us more power to shout our difference — loud and clear.

Credit union sponsorship of this race has raised over $8 million for Children’s Miracle Network Hospitals.
Major Changes in Staging Area and Course for 2018 Event

Besides 2018 being remembered as our “Championship Year” with both the PRRO and RRCA Championships, it also will go into the books as our “Under Construction Year.” Re-turfing on the Washington Monument Grounds and preparation for the long-anticipated reconstruction of Memorial Bridge mean substantial changes.

The Staging Area: The staging area has moved to the west side (the Lincoln Memorial side) of the Washington Monument Grounds adjacent to 17th St. The race will start in its usual location on 15th St. near Jefferson Dr. Runners will need to walk across the Washington Monument Grounds from west to east in order to line up. Due to the construction there are only two sidewalks to do this -- one on the Washington Monument Grounds itself and the other the sidewalk along Constitution Ave., NW. Runners will be directed to one of these sidewalks based on the color of your starting corral. (Study the map carefully.) Runners in the first three corrals - Yellow, Red and Blue - will use the path on the Washington Monument Grounds. Runners in the last three corrals — Orange, Green and Purple — will use the Constitution Ave. sidewalk.

We will need everyone’s help by heading over to the corrals early. The first call for corral loading will be at 6:25 a.m.; second call at 6:40 a.m. and third call at 6:50 a.m. As a way to reward our early corral loaders, we will be offering forty $50 Under Armour gift cards and one $500 VISA gift card to all of our runners who are in the corrals by 6:45 a.m. Corral volunteers will collect the tear off stubs in the lower right corner of your runner bibs when you enter the corrals to make you eligible for the drawings. They will stop collecting these coupons at 6:45 a.m. sharp.

After the race runners will be encouraged to use the Constitution Ave. sidewalks to get back to the staging area (post-race water will be served on 15th St.). The Washington Monument Grounds sidewalk will be used only if the Constitution Ave. sidewalk becomes congested.

The 10 Mile Course: All of the changes take place during the first 4.5 miles due to the elimination of the Memorial Bridge crossing. If we have our traditional early spring winds out of the Northwest, runners should not mind missing the bridge which is the most exposed part of the course.) The distance lost by not using the bridge will be made up by extending the northern leg from the Kennedy Center turn-around north to Virginia Ave. and the southern turn-around in West Potomac Park from near West Basin Dr. to down much closer to the Inlet Bridge. The new route is USATF certified.

The 5K Run-Walk Starting Time and Course: The 5K Run-Walk start has been changed to 9:00 A.M. to allow more time for the 10 milers to clear the common part of the course and the start line has moved about 150 yards west on Independence Ave. (The staging area is in the same location). The 5K Run-Walk participants will make up their lost distance by following the 10 milers up Rock Creek Parkway and turning at the same Kennedy Center turn-around that the old 10 mile course used, followed by retracing their steps back to the finish line.

We ask for everyone’s patience with our “under construction” changes.
Getting to the Race

The staging area for the 10 mile is on the west side of the Washington Monument Grounds near the intersection of 17th and Constitution Ave., NW. The starting line is at the intersection of 15th St. and Jefferson Dr., SW (see map on page 4). 15th St. between Constitution Ave., NW and Independence Ave., SW will be closed between 1:00 A.M. and 12 noon on Sunday April 8.

Due to exorbitant fees being charged by Metro and shortened hours for early opening on race day (please express your displeasure directly to WMATA), Metro Service will not be available on race day. This means Metro transportation to the Credit Union Cherry Blossom Ten Mile and 5K Run Walk will not be available between 5:00 A.M. and 8:00 A.M. on Sunday, April 8. Runners are encouraged to plan alternative arrangements for getting to the race. (Metro now opens at 8 A.M. on Sundays, making it problematic that 5K runners can take Metro to the start either). Metro will be available for returning from the race.

Below are some suggestions on how to get to the race. During Cherry Blossom season, parking is always at a premium. We suggest that you arrive early.

Reserve a parking spot with SpotHero. SpotHero will have several parking lots opening at 5 AM on race morning. You can reserve a spot here: https://spothero.com/washington-dc/credit-union-cherry-blossom-ten-mile-run-parking/sha_

By Bus: WMATA has an app and trip planner. If you plan to bus: https://www.wmata.com/schedules/timetables/index.cfm

Cherry Blossom season is Washington, DC’s biggest tourist time of the year. So plan on arriving early! Remember that Metro will be open for your return trip home.

Help Us Be a Leader in Race Sustainability

The Credit Union Cherry Blossom Ten Mile Run is committed to environmental and social sustainability and has achieved Gold Level Inspire Status for our efforts by the Council for Responsible Sport (http://www.councilforresponsiblesport.org/). In 2018, we will continue to make strides and implement additional techniques to make the event even more sustainable.

You can help us be more sustainable on race weekend by doing the following:

- Use our free bike valet to travel to and from the expo and race
- Help us divert waste from the landfill by dropping all recyclable and compostable items at recycling stations at the expo and throughout the staging area of the race
- Look for volunteers in green-colored GREEN TEAM vests who can help direct you where to dispose of recyclables, compost and trash
- Help us keep our city clean by not dropping items such as clothing or food wrappers on the ground along the course – there will be places to properly dispose of these items in the staging area

Give your old running shoes new life by donating them at the Expo

Some of our efforts to reduce waste include:

- Implementing paperless registration for both race participants and volunteer
- Providing virtual goodie bags
- Providing medals only if participants opt in
- Collecting used running shoes at the expo for donation
- Encouraging expo and race vendors to minimize and recycle packaging
- Donating unused food to local food banks
- Collecting and donating all discarded clothing on the course to local organizations
- Upcycling heat sheets through Blankets to Boards (https://www.heat-sheets.com/blanks-to-boards)
- Composting all food waste and other organic materials, including cups
- Recycling water bottles
- Collecting and recycling granola bar and other wrappers and films separately so they can be recycled through special programs

Our goal is to divert a minimum of 75% of waste on race weekend.

Some of our other sustainability initiatives include:

- Encouraging the use of Metro to travel home from the race and offering a free bike valet parking area
- Procuring water from a local source
- Since 2010, donating more than $45,000 to Native Energy (http://www.nativeenergy.com/) to offset the carbon footprint of runners traveling to DC for the event

Upcycling heat sheets through Blankets to Boards: (https://www.heat-sheets.com/blanks-to-boards)

Composting all food waste and other organic materials, including cups

Recycling water bottles

Collecting and recycling granola bar and other wrappers and films separately so they can be recycled through special programs

Working with the General Services Administration (GSA), to help make the expo at the National Building Museum a green event by helping to maximize recycling and composting and minimizing trash to the landfill or incinerator

Our goal is to divert a minimum of 75% of waste on race weekend.

Buy Your Race Merchandise at the Health and Fitness Expo!

We currently are offering an array of Under Armour branded “Official Credit Union Cherry Blossom” apparel (and Under Armour shoes) and other items for sale in our expanded “Credit Union Cherry Blossom Official Merchandise Store” at the Health and Fitness Expo at the National Building Museum. Be sure to check out our beautiful race poster. Pick up a race memento for yourself or as a gift.
Saturday: Clinics, the Health and Fitness Expo, and Kids Run

Clinics and Autograph Sessions

Meet and learn from outstanding panelists including Olympic Gold, Silver, and Bronze Medalists at the Health and Fitness Expo at the National Building Museum.

Friday, April 6

**Meb Keflezighi** - 2004 Olympic silver medal in marathon; winner, 2009 New York City Marathon; winner, 2014 Boston Marathon; four-time U.S.
3:00 – 3:50 p.m. Talk in the Runners’ Lounge on the west end of the expo floor
3:50 – 4:50 p.m. Autograph table near NBM center fountain

**Don Kardong** - 4th, 1976 Olympic Marathon; winner, 1976 Peachtree 10K and 1978 Honolulu Marathon; author “30 Phone Booths to Boston”; founder and director of the Lilac Blossomday 12K (Spokane, WA)
4:00 – 4:50 p.m. Talk in the Runners’ Lounge on the west end of the expo floor
4:50 – 6:00 p.m. Autograph table near NBM center fountain

**Deena Kastor** - 2004 Olympic bronze medal in marathon; U.S. record holder in marathon (2:19:36); winner 2006 London Marathon; current or past U.S. record holder at seven distances.

Various Times: Autograph signing at Deena Kastor Expo Booth

**Runner’s Happy Hour**
5:00 – 6:00 p.m. in the expo hall
The 201 Bar will be serving up beer and other beverages until supplies run out! All runners of legal age with a CUCB 10 mile or 5K Run-Walk bib will be able to receive a beer or non-alcoholic beverage.

Saturday, April 7

11:00 a.m. – 11:50 a.m. Talk in the Runners’ Lounge on the west end of the expo floor
Noon – 12:50 p.m. Autograph table near NBM center fountain

Noon – 12:50 p.m. Talk in the Runners’ Lounge on the west end of the expo floor
12:50 – 1:50 p.m. Autograph table near NBM center fountain

**Don Kardong** - 4th, 1976 Olympic Marathon; winner, 1976 Peachtree 10K and 1978 Honolulu Marathon; author “30 Phone Booths to Boston”; founder and director of the Lilac Blossomday 12K (Spokane, WA)
1:00 – 1:50 p.m. Talk in the Runners’ Lounge on the west end of the expo floor
1:50 – 3:00 p.m. Autograph table near NBM center fountain

**Deena Kastor** - 2004 Olympic bronze medal in marathon; U.S. record holder in marathon (2:19:36); winner 2006 London Marathon; current or past U.S. record holder at seven distances.

Various Times: Autograph signing at Deena Kastor Expo Booth

Kid Run Half Mile Registration Still Open

Last year, our Half Miles Kids Run received a “day of its own” when it was moved from Sunday on the Washington Monument Grounds taking place after the 10 mile to Saturday taking place during packet pick-up at the Health and Fitness Expo. The new format was popular with both kids and parents and kids from ages 4-10 had the chance to run in their own very road race which had the look and feel of the 10 mile and 5K Run-Walk. Registration for this year’s event is still open (as of this writing early in the week before the race) but will be capped at 500 kids. Check the website to see if registration is still open before bringing your child down on Saturday morning. Games and activities for children created by Baroody Camps start at 8:00 A.M. and the first heat of the Kids Run (for 4-year-olds) starts at 9:30. Heats will be run in ascending age order with the entire event expected to finish up by 11:00 A.M.

Cherry Union Cherry Blossom Children’s Run
Saturday, April 7 2018
2018 Credit Union Cherry Blossom Ten Mile - Elite Men

#01
Yimer, Jemal (21)
DOB: 12/11/1996
Residence: KEN
Citizen of: KEN
Lifetime PRs: 27:54/- - 59:00/hmar
Career: 5th, IAAF World Championships in Athletics 10,000m (26:57 PB);
6th, Bireli Grand Prix 10K (27:54 PB).
2018 Times: 2nd, RAK Half Marathon (59:00 PB); 2nd, Corrida Pedestre
Internationale de Houilles 10k (28:03); 4th, World Half Marathon Champs. (1:00:33).

#03
Kipruto, Silas (33)
DOB: 9/26/1984
Residence: KEN
Citizen of: KEN
Lifetime PRs: 27:26/- 21:35/7 miles
Career: 7th, Aramco Houston Half Marathon (1:02:30); 1st, Great Buffalo
Chase 5k (4:04); 1st, Ulica Boilermaker 15k (43:55); 3rd, Wharf to Wharf 6
Mile (27:41); 2nd, EQT Pittsburgh 10 Mile (47:13); 5th, B.A.A. 10k (28:30);
7th, Ulica Boilermaker 15k (44:34); 1st, Subaru Buffalo 4-Mile Chase
(18:13); 1st, Quad-City Times Bix 7 (33:03); 5th, Quad-City Times Bix 7 Mile
(33:37); 2nd, 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: KEN
Citizen of: KEN
Lifetime PRs: 28:29/- 59:50/hmar
Career: 9th, SportsTimisno Prague Half Marathon (1:01:00 PB); 7th, Copenhagen
Half Marathon (59:50 PB); 3rd, Mattioli Ceske Budejovice Half Marathon
(1:02:29).
2018 Times: 1st, Napolii City 5k (14:00).

#07
Langat, Philip (27)
Residence: KEN
Citizen of: KEN
Lifetime PRs: 27:28/- 2:27:57/1:00:04/hmar
Career: 2nd, World's Best 10k (28:21); 4th, B.A.A. 5k (13:30 PB); 5th, Lilac Bloomsday Run 12k (35:07);
6th, Ulica Boilermaker 15k (44:42); 4th, World's Best 10k (28:00); 4th, B.A.A. 5k (13:54);
1st, Lilac Bloomsday Run 12k (34:20); 2nd, B.A.A. 10k (28:02); 3rd, Peachtree Road Race 10k (28:52);
4th, Ulica Boilermaker 15k (44:23); 12th, IAAF World Cross Country Championships Men's 12k (36:30);
4th, B.A.A. 5k (13:32 PB); 4th, 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: 3/30/1997
Residence: KEN
Citizen of: KEN
Lifetime PRs: 27:33/- 43:24/15k
2018 Times: 1st, African-X Champs 10k (30:47); 2nd, Kenyan-X Champs 10k (28:42);
2nd, Discovery Kenyan-X 10k (30:29).

#11
Langat, Clement (26)
DOB: 12/18/1991
Residence: KEN
Citizen of: KEN
Team: NIKE
Lifetime PRs: 28:08/- 1:00:29/hmar
Career: 5th, TD Beach to Beacon 10k (28:42); 6th, Carlsbad 5000 (13:44 PB).
2018 Times: 5th, Aramco Half Marathon (1:00:29 PB).

#15
Salez, Daniel (27)
DOB: 12/11/1990
Residence: KEN
Citizen of: KEN
Lifetime PRs: 27:41/- 2:28:10/1:00:41/hmar
Career: 1st, B.A.A. Half Marathon (1:04:31); 3rd, B.A.A. 10k (28:08 PB);
2nd, Peachtree Road Race 10k (28:49); 4th, TD Beach to Beacon 10k (28:44);
5th, New Balance Falmouth Road Race 7 Mile (33:23); 3rd, B.A.A. 5k (13:27 PB);
1st, B.A.A. 10k (28:09); 1st, Peachtree Road Race 10k (28:43); 3rd, TD Beach to Beacon 10k (28:41);
6th, 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 (43:34/48:25).

#17
Kibet, James (29)
DOB: 11/10/1988
Residence: KEN
Citizen of: KEN
Lifetime PRs: 28:19/- 1:09:16/hmar
Career: 1st, 17 Azaika Ten Run 10k (28:19 PB); 3rd, B.A.A. 5k (13:28 PB).
2018 Times: 1st, Keizerslauft 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: KEN
Citizen of: KEN
Lifetime PRs: - - 1:01:46/hmar
#45
Izewski, Josh (27)
DOB: 4/25/1990
Residence: Blowing Rock, NC
Citizen of: USA
Lifetime PRs: - / - / 1:03:42/hmar
2018 Times: 2nd, Mclaren 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
Ndhlou, Pardon (30)
DOB: 8/23/1987
Residence: Blowing Rock, NC
Citizen of: South Africa
Lifetime PRs: - / - / 1:05:32/hmar

#49
Colley, Andrew (27)
DOB: 4/1/1991
Residence: Blowing Rock, NC
Citizen of: USA
Lifetime PRs: - / - / 34:25/k2
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); 3rd, 14 Manchester Road Race 4.748 Mile (21:43).

#53
Leininger, Mark (27)
DOB: 2/26/1991
Residence: Colts Neck, NJ
Citizen of: USA
Lifetime PRs: - / - / -

#55
Derrick, Chris (27)
DOB: 10/17/1990
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 Atlantic Journal Constitution Peachtree Road Race 10k (USA10k Champs) (28:39); 9th, 17 Bank of America Chicago Marathon (12:50 DB); 20th, 16 Prefontaine Classic 10,000m (27:39); 5th, 16 Olympic Trials 10,000m (29:47.24); 6th, 16 CSV 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); 2nd, 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 10km (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, 16 United Airlines NYC Half (1:03:25).

#57
Lebold, 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

#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, 15 Payton Jordan Cardinal Invitational 5000m (13:20.06 PB); 7th, 14 CVS Health Downtown 5k (14:04); 1st, 13 New Balance USAF Indoor Championships Men’s Mile (5:56.26); 2nd, 12 IAAF World Championships in Athletics Men’s 1500m (3:36.70).
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, Demessew (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 (USA 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
Lifetime PRs: - / - / 1:02:34/hmar

#77
McClintock, Matthew (24)
DOB: 1/6/1994
Residence: Blowing Rock, NC
Citizen of: USA
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: - / - / -
Career: 2016 RRCA Roads Scholar; 2nd, 17 Rock ’n’ Roll San Jose Half Marathon (1:04:04); 10th, 17 EQT Pittsburgh 10 Milier (47:58); 2nd, 17 California International Marathon (2:28:28); 1st, 16 Leisure Boilermaker 15k (45:50); 1st, 15 Utko’s Monument Avenue 10k (29:33); 7th, 14 Fifth Third River Bank Run 25k (USA 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).

#81
Simbassa, Abbabia “Biya” (24)
DOB: 6/30/1993
Residence: Colorado Springs, CO
Citizen of: USA
Lifetime PRs: 29:59/ - / 1:03:28/hmar
Career: 2016 RRCA Roads Scholar; 8th, 17 Gate River Run 15k (USA 5K Championships) (44:04); 5th, 17 Abbott Dash to the Finish Line 5-X (USA 5K Championships for Men and Women) (13:59 PB); 9th, 16 Medtronic TC Mile (USA Road Mile Championships (4:05.5).
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  
Life Time PRs: 26:53/ 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 (39th) (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 HM (1:03:40)

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

#85
Gathalaya, John (22)  
DOB: 6/28/95  
Residence:  
Citizen of: KEN  
Life Time 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  
Life Time 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 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  
Life Time 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 (35:55); 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).
ELITE WOMEN 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/hmar
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/hmar
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.

#10
Hawi, Alenut (21)
DOB: 11/14/1996
Residence: Citizen of ETH
Lifetime PRs: -/-/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/hmar
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.

#14
Tuliamuk, Aliphine (29)
DOB: 4/5/1989
Residence: Flagstaff, AZ
Citizen of: USA
Lifetime PRs: 31:52/2:33:18; 1:09:16/hmar
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.

#20
Flanagan, Lindsay (27)
DOB: 1/24/1991
Residence: Louisville, CO
Citizen of: USA
Lifetime PRs: 33:25/2:29:28; 1:12:05/hmar
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.

#24
Tesfaye, Semehar (27)
DOB: 11/9/1990
Residence: Revere, MA
Citizen of: USA
Lifetime PRs: 34:42/2:37:27; 1:14:12/hmar
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.

#38
Williams, Caroline (25)
DOB: 7/17/1992
Residence: Westfield, NJ
Citizen of: USA
Lifetime PRs: 34:57/-; 1:15:37/hmar
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.

#48
Sachtleneth, Bethany (26)
DOB: 2/9/92
Residence: Citizen of: USA
Lifetime PRs: 34:07/2:39:00; 1:13:28/hmar
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.

#50
Chepengo, Vicky (25)
DOB: 1/19/93
Residence: Citizen of: KEN
Lifetime PRs: -/-/16:19:65000mPRs in last three years: -/-.

#60
Samuelson, Joan (60)
DOB: 5/18/1957
Residence: Citizen of: USA
Team: Nike
Past Credit Union Cherry Blossom Top 10 Finishes: 1st, 17, 18/25.
Elite Women Bios

Sullivan, Susanna (27) DOB: 5/13/1990
Life time 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).
# 11

Norton, Sage (38) DOB: 1/24/80
Life time PRs: -/2:46:34/-
PRs in last three years: -/-/-