The 2021 Credit Union Cherry Blossom Run Hosts Top American Runners Vying for Distinction in the U.S. 10 Mile Championships

by Mark Heinicke

In the second year of COVID-19, the Credit Union Cherry Blossom Ten Mile Run has bounced back from pandemic woes to host the 2021 U.S. 10 Mile Championships with a stellar field of elite American and international runners. Jumped from its traditional spring date in 2021—along with many other major events such as the Boston Marathon—the race found a temporary slot five months later, being transformed from the “Runner’s Rite of Spring” to the “Runner’s Delight of Fall.” On September 12, more than 11,000 runners are expected show up next to the Washington Monument to embark on the 48th edition of the in-person race. More on the Cherry Blossom’s pandemic saga in a separate section, but first the good news…

The hosting of the U.S. Championships has fattened the total prize purse to $53,000, of which $26,000 will go to the top 10 American men and women. An additional $6,000 is on offer to Americans through the RRCA’s Roads Scholar/RunPro program. The international cash awards total $20,000 and sub-52:00 woman, and $750 to the second.

The 2021 race marks the 20th year of title sponsorship by the Credit Union Miracle Network Hospitals. In 2020, $439,00 was raised, with $66,000 of that coming from sponsorships by the Credit Union Miracle Network Hospitals. In 2002, more than $10 million has been raised for the Children’s Miracle Network Hospitals. In 2020, $439,00 was raised, with $66,000 of that coming from runners who donated their entry fees when COVID-19 ended hopes for an in-person race.

The contest among the top American woman features a unique twist

As of September 4th, this year’s U.S. 10 Mile Championships will serve as a venue for an unusual matchup among the American women. Favorite Sara Hall, veteran of dozens of road races, faces challenges not only from other long distance roadies, but also from an American runner who has never run a professional road race longer than a mile. Indeed, the latter has rarely run a race longer than 3000 meters in the Rio Olympics, taking a bronze medal in her third Olympics. Her time in Rio’s tactical race was only 4:10.53, but Simpson has a sheaf of faster 1500m races, with a best of 3:58.28 in the 2014 Prefontaine Classic. Added to her three World Championships medals—gold in 2011 and silvers in the 2013 and 2017—is an unprecedented eight wins in the Fifth Avenue Mile, including a seven-year streak from 2013 to 2019.

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Generous bonuses for American and World Records as well as time bonuses are available. Both the American and World Records fetch $10,000 each, although if both a man and a woman set a record, the bonus is split 50/50. Time bonuses go two deep—$1,000 to the first sub-46:00 man and sub-52:00 woman, and $750 to the second.

The 2021 race marks the 20th year of title sponsorship by the Credit Union Miracle Day. Since 2002, more than $10 million has been raised for the Children’s Miracle Network Hospitals. In 2020, $439,00 was raised, with $66,000 of that coming from runners who donated their entry fees when COVID-19 ended hopes for an in-person race.

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Hall and Simpson are similar in age, oldish for champion runners—38 and 35—but their paths to stardom diverged many years ago, with Hall shining on the roads from 10K to marathon, and Simpson narrowing her focus to 1500m and the mile.


Jenny Simpson’s record at 1500 meters and the mile is equally superb in her chosen discipline. She flew from 6th to 3rd place in the final lap of the 1500 meters in the Rio Olympics, taking a bronze medal in her third Olympics. Her time in Rio’s tactical race was only 4:10.53, but Simpson has a sheaf of faster 1500m races, with a best of 3:58.28 in the 2014 Prefontaine Classic. Added to her three World Championships medals—gold in 2011 and silvers in the 2013 and 2017—is an unprecedented eight wins in the Fifth Avenue Mile, including a seven-year streak from 2013 to 2019.

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Championships continued on page 2
and my introduction to the running world was through a community road race." The 2021 Cherry Blossom Ten Mile should be a memorable re-introduction to road racing. Her lightning speed poses a threat to lead-groups in the front. One of her biggest surprises was 5th place at Falmouth—she fell at four miles when struck from behind but had to make up a lot of ground—he also finished 2nd in the Gate River Run U.S. Championships in a personal best of 43:56. He placed 5th in the USATF Golden Games 5000m in 13:34, and 7th at the U.S. Olympic Trials 10.000m in 28:00. Asked what he thought of his chances at Cherry Blossom, Simbassa was as noncommittal as most runners are approaching a race among peers. "Anyone can have a good or a bad day," he said a week before the race. Simbassa is low key for someone at his level of the sport: he's philosophical about the fall at Falmouth which may have cost him the $5,000 difference between first and second place prize money, and he says his intention in races is to "relax and have fun." (Like Annie Frisbie on the women's side, Simbassa has also benefited from the RRCA's Roads Scholar program.) The international competition among the men is more clear-cut, with three Kenyans expected to dominate. Josaphat Tanui scorched a 59:40 half marathon just last month for 2nd place in the Generali Berlin Halfmarathon, and holds a half marathon personal best of 59:22 set in Italy in 2017; and long distance personal best of 2:09:51 set in 2019 in the Rome-Ostia point-to-point marathon in the Rome-Ostia point-to-point.

Taniu has a 15K personal best of 42:33 set in 2018 in Praha, CZE. In 2019, Taniu finished 2nd in the Cherry Blossom Ten Mile, with a corrected time of 45:58. Stephen Sambu won the race in both 2014 and 2015, running a personal best 45:29 in 2014 with the second fastest time ever at Cherry Blossom. But Sambu has been missing from road race leaderboards in 2020 and 2021. The third Kenyan, Dominic Koiru, five years Sambu's junior, has a half marathon best of 1:01:45 set in Houston in 2020, and has been busy on U.S. roads in 2021: 1st in the Lincoln Half Marathon (1:03:05), 7th at the Bix 7 Mile in 34:17, 2nd in the Gum Tree 10K (20:13), and 3rd in the surprisingly competitive FRESH 15K in South Tyler, Texas, in 45:08. Given that the three Kenyans are not competing for a championship, they might be content to pace the Americans through much of the race, and if they have the legs, pull away from the Americans before the fireworks begin. The fireworks for the U.S. Championships among the Americans, both men and women, promise to be spectacular, and the one sure thing is that there will be some surprises.

The American men's race looks like a toss-up—with at least eight closely matched challengers

On the men's side, the Americans might be as tightly clustered around 47 miles as the women are around 54 minutes. Chris Derrick, with four national championships under his belt, boasts the fastest 10 mile (best 46:53 at the 2018 Cherry Blossom), but his long training miles prepping for October's Chicago Marathon could take some snap out of his legs. Besides Cherry Blossom, his best performance recently was a win in the 2018 U.S. Half Marathon Championships in Pittsburgh: 1:02:37. Also in 2018, he ran the United Airlines NYC half in 1:03:25 (8th place). Of this year's crop, Sullivan, with the American men, is more clear-cut, with three Kenyans expected to dominate. Josaphat Tanui scorched a 59:40 half marathon just last month for 2nd place in the Generali Berlin Halfmarathon, and holds a half marathon personal best of 59:22 set in Italy in 2017; and long distance personal best of 2:09:51 set in 2019 in the Rome-Ostia point-to-point marathon in the Rome-Ostia point-to-point.
Event Director’s Greeting

The 48th running of the Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk will take place on September 12, exactly 18 months and one day after we canceled the first attempt at our 48th running on March 13, 2020. (The race was supposed to take place on April 11, 2020.) Who could have imagined the savagery with which the COVID-19 pandemic descended on our land, eventually killing over 600,000 Americans. It has truly been a stretch of time like no other—a quick pivot to the 2020 Virtual Run, the sorting out of an equitable refund policy balancing fairness with financial solvency, the anticipation of a return to normal on April 3, 2021, a crumbling of hope for that to happen, our second Virtual Run, and the remarkable development of vaccines that would allow us to plan for our first (and hopefully last) Fall Edition of the Runner’s Rite of Spring. Whew! It has been an exhausting ride for our entire organizing committee as I am sure it has been for all of our participants who have bounced between “is it on, or is it off?” for the entire pandemic. Assuming no last minute surprises, I would, on behalf of myself, Deputy Director Becky Lambros, the Cherry Blossom Inc. Board of Directors, the 90 member organizing committee and our 1,000 volunteers, like to welcome everyone to the 48th running of the Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk. Besides the excitement of getting out on the roads again, we are eagerly awaiting many of America’s finest runners to come to town to compete in the USAF National Ten Mile Championships Presented by Toyota. Running aficionados will get to see in person many of the country’s outstanding athletes whom they usually only get to see on TV or online running their hearts out for an Olympic berth or a national title. We encourage all of our participants to soak up their presence on one of the out-and-back sections of the course. Maybe they will inspire you to a personal best time. 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 which has served as the title sponsor since 2002. Thanks are also due to our presenting sponsors Asics, Garmin, and Medstar Health, and our supporting sponsors Gatorade, Potomac River Running, Suburban Solutions, and E-Trade.

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, the event has raised over $10 million dollars for the Children’s Miracle Network Hospitals. This year for the first time, our participants were provided with an opportunity to make a donation at the time they registered. Many of you responded to the tune of an additional $25,000 raised. Thank you.

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
Together our Voices are Strong

Thanks for Making a Difference with Us!

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 $10 Million for Children’s Miracle Network Hospitals

CREDIT UNION SUPPORTERS

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FedFinancial FCU
First Eagle FCU
FRB FCU
GPO FCU
Healthcare Systems FCU
Howard County Education FCU
IBEW 29 FCU
ICUL Service Corp (LSC)
Interior FCU
Johns Hopkins FCU
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NRL FCU
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Point Breeze CU
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SkyPoint FCU
State Department FCU
State Employees of NC FCU
Strategic FCU
The Summit FCU
Tower FCU
US Postal Service FCU
United States Senate FCU
WSSC FCU
Race Information

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

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

1. COVID-19 Restrictions: Click for more information
2. Bag Check. Bag check will take place in three tents in the staging area on the Washington Monument Grounds. The tents will be organized by bib number. Click for more Information
3. Staging area and course maps for all events. The 10 Mile and 5K courses return to Memorial Bridge this year. Click for more Information
4. Bib Look-up - In this document (above) or check the Confirmation List.
5. Getting to the Expo at National Building Museum and Expo details. Click for more Information
6. Packet Pick-up Details. Click for more Information
7. Clinics. Due to Covid-19, we have cancelled our clinic program this year.
8. Due to Covid-19 the Kids Run as been cancelled.
9. Weekend Schedule and Information. Click for more Information
10. Getting to the race site. Use Metro! Click for more Information
11. Details about lining up for the start and our wave start. Click for more Information
12. Running the race. All about Porta-johns, fluids, your MyLaps Bib Tag, and other important race information. Click for more Information
13. Important Medical Information. Click for more Information
14. Running with a Credit Union Cherry Blossom Pace Group. Click for more Information
15. Leaving the race site. Click for more Information
16. Results: During and after the race via the text messages, social media, on the website and in our results book. Click for more Information
17. Tourist information. Click for more Information
Just Do It: Again, and Again, and Again, and . . . (repeat 48 times)

by Mark Heinicke

Question for Credit Union Cherry Blossom Ten Mile Run News Junkies: how many people have run an aggregate of at least 200 miles in the Cherry Blossom Ten Mile Race (and accompanying 5K)?

If you answered 100, you’re way off; 150, you’re close; 164, you cheated by looking it up on the Cherry Blossom’s All-Time searchable database. (https://www.cbaltimoresportresults.org/top_finishers)

So there are 164, of whom the great majority did it by running the full 10 miles 20 times in the 48-year history of the race.

You may be asking, who are these people? Are they obsessed? Is there some common factor that unites them?

We managed to contact seven of the people who have participated in the race at least 30 times to find out what they like so much about the race, and what makes them tick.

It turns out that what they like so much about the race—at least the one that always happened in April before the pandemic—were pretty much the things we all like about the race: The event arrives at a time of year when new life is burgeoning, manifested in a gorgeous explosion of cherry blossoms; the start-finish area is expansive with the Mall and Monument Grounds so close by, with plenty of room to roam about before and after the race, meeting old friends, making new ones, and just savoring the post-race mellow; the course is scenic, historic, flat and fast; the weather is usually moderate; some of the out-and-back sections allow the ordinary runner to see the elites flying by in the opposite direction; and (we love to hear this) the organization is intensely runner-friendly. It’s a beautiful event, but it’s beautiful for everyone.

It’s when it comes to what makes these runners tick that things get more interesting. We expected that consistency would be a strong attribute, simply by definition. But the strongest themes that came through all of the responses were zest, optimism, and embrace of change—just the sort of qualities we all can use dealing with the greater societal challenges we face today.

Conveying these attributes are the following words we got from Suzy Mink (age 69; 32 x 10 Mile Runs = 320 racing miles). Her reply beautifully distills the qualities that informed all the responses:

Running the Cherry Blossom 10-miler is a rite of spring and my single most favorite running race every year. From the mass start in West Potomac Park many years ago to the corral on 15th street today, racing in gorgeous DC, sometimes with the Cherry Blossoms in full bloom, never disappoints. The course has changed over the years, but the most memorable part of the race has been the weather—ever unpredictable. From downpours right before the start (and hiding under a table in West Potomac Park to stay dry) to thunderstorms, icy rain, heat, and sideways winds, the elements have provided the most distinct memories of this grand and glorious ten-mile jaunt.

The words “never disappoints” convey another quality that imbues most of the responses we got: a sense of gratitude—for the race, and for life.

Mink added an anecdote that will evoke a smile of recognition among those who have been a long time in this sport:

As the years have gone by, I have enjoyed chats with first-timers while running the race. The last time I ran, a lovely young woman said, “Have you run this race before?” “Oh, about 30 times, and what a joy it is to be out on this course once again,” I replied. The look on her face was priceless. And yes, I will plan to keep running as long as I am able.

In another reference to the “spring awakening” phenomenon, James Scarborough (age 60, 35 x 10 miles = 350 racing miles), likens the approach of the spring race to “the awakening of energy like a chicken emerging from an egg.” Scarborough has often volunteered to assist with packet pickup and promotions for running organizations the day before the race—once in gymnasiums, now in the National Building Museum.

Zest, optimism, and embrace of change are implicit even where the path is long, hard, and painful. At age 96, Dixon Hemphill (22 x 10 mile runs + 9 x 5K runs = 248 racing miles) has had more than his share of physical travails for the last 22 years. In 1999 (age 74) he was hit on his bike while training for a triathlon, and went through 41 days in hospitals recovering from a broken pelvis, collapsed lung, and staph infection. It slowed him down—a lot, from 6 minute-per-mile pace to 10 minute-per-mile pace. The medical saga is complicated, but the end result has been chronic pain from nerves trapped in scar tissue after eight surgeries. Hemphill’s drive slackened to the point where he switched from Cherry Blossom 10 Miles to Cherry Blossom 5Ks in 2019 (at age 85), and finally he has converted from road to track and trains three times a week at the GMU field house topping out at 1500m, preparing for Masters National T&F Track Championships.

It is almost inevitable that anyone shooting for “high reps” will get handicapped somewhere along the way, and Daryl DePrenger (age 71; 33 x 10 mile runs = 330 racing miles) of Arlington hit a snag this year in the form of a spinal disk setback. Having stuck with the race almost continuously since 1980, DePrenger is willing to sit this year out to recover, and is planning to return to the race in 2022. His lifetime goal is 40 Cherry Blossom Ten Milers, and having come this far he’s keeping the dream alive. DePrenger continues to donate red blood cells at Red Cross blood drives—which involves frequent testing for COVID—and had a bit of a COVID scare this year when he tested “reactive” after being vaccinated, a result indicating that antibodies were probably produced from vaccination rather than infection. The good news: he did not get COVID.

John Baxter (age 74; 41 x 10 mile runs = 410 miles) puts the lie to the idea that age and repetitive exercise inevitably bring on physical setbacks—so anyway. He’s run 31 marathons with a 2:52 PB. Having tallied 78,300 miles in his 48-year running career with only minor aches and pains that did not keep him from running, Baxter appears to be one of those “iron men” whom the running gods blessed to set a good example for the rest of us. Baxter’s freedom from injury may be partly attributable to the sport of weightlifting he took up in his youth, becoming a DCAAU weight group champion and record holder, at a time when he had no thought of taking up running as a sport. Like many converts to distance running, Baxter took up moderate running in his late 20s to lose weight, and then advanced to long runs when encouraged by friends.

Lest you have begun to envy Baxter his rugged constitution, you might be inter-

Another race, another age group win for Betty Blank. The RUN! GEEK! RUN! 5K in Alexandria benefits The Child & Family Network Centers.
just do it continued from page 6

The Imperfect Storm: COVID and Road Races, 2021

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n 2020, COVID-19 took a wrecking ball to the road racing scene. Some small, highly regimented events, where social distancing was feasible, took place in person. There was a massive shift to “virtual” events, where runners anywhere in the world took the physical aspects of the race into their own hands—deserted city streets, country roads, parks, backyards, balconies, and even indoors where Hong Kong residents in particular became internet celebrities by running hundreds of laps within 400-square-foot apartments. Virtual races had the advantage of occurring over a span of days or weeks, giving runners the option to pick the most convenient and run-friendly day to complete their event, and submit their results remotely: some chose or were required to upload GPS-enabled records to prove their performance, but most races accepted results on the honor system.

In 2020, most races of participation larger than 3,000, after postponing into months later in the year, abandoned attempts to hold an in-person race altogether. In Washington, the Credit Union Cherry Blossom Race Committee held out hope as long as possible to conduct its races in different states and settings, but when sadly announced a cancellation on March 13 when told by the National Park Service that the pandemic prohibited an in-person race.

The 2020 Cherry Blossom Virtual 5K opened the door to a Virtual Rite of Spring.

By Mark Heinicke

estered to know he did have one physical setback that cost him a minute or two in the 1977 Cherry Blossom, the year he set his lifetime PB of 1:06:10, but he stopped to throw up three times—for which he blames a pre-race dinner of spaghetti and meat balls. Despite having quit eating red meat for a year, Baxter still felt compelled to consume meat balls out of politeness to his hostess—the consequence being, he says, that he failed ever to break 60 minutes for ten miles.

Baxter’s speediest days are well behind him, but he still managed to crack 90 minutes at Cherry Blossom right up through 2017, at age 57.

If you think competitive juices flow easily in John Baxter, you might want to take a look at a more ambitious attitude in the person of Betty Blank (age 68, 1:06:10 miles = 350 racing miles). Blank has a 1:04:40 PB at Cherry Blossom, set in 1983 at age 30. Blank got bitten by the distance running bug in 1979, when she was enticed into the Trevira Two-Ten 10 mile race in New York City and finished in 90 minutes. Eight weeks later she ran 4:18:20 in the Marine Corps Marathon, where she was 19th overall, and was hooked. In 1984 she ran 1:24:30 in the Philadelphia Distance Run Half Marathon, and set a marathon PB of 3:02:24 in Chicago. Nine years later she ran 3:09:19 in Chicago and won the master’s prize of $500. Not satisfied with running scads of marathons, Blank has also run 32 triathlons. At Cherry Blossom, she routinely scores above the 90th percentile in her division.

Betty Blank clearly likes challenges, and it’s telling that her favorite Cherry Blossom Ten Mile came in 2016 when blasts of frigid winds forced the race to take down signage, scaffolding, clocks, and all tents except for the medical tent, elite athlete tent, and drug testing tent. Betty Blank had a ball, battling cold winds while running a 7:58 pace that brought her first place in the women’s 60-64 division.

We saved the most accomplished of our respondents for last. Ben Baxter (age 73), who has run all 48 Cherry Blossom Ten Mile Runs, to include the “virtual” race of 2020 when COVID shut down the in-person race. He hesitated to move to Washington a few months before the original race and “fell in love with it immediately.” As a sign of Beach’s eagerness to keep the testing tent. Betty Blank had a ball, batting cold winds while running a 7:58 pace that brought her first place in the women’s 60-64 division.

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Elite Men Bios

Male Athletes

#03 Tanui, Josphat (27) DOB: 2/14/94
Citizen of: Kenya
Team: Adidas
Life time PRs: J-4:43:41/10k. PRs in last three years: J-4:43:19/10k

#07 (USATF CHAMPIONSHIP) Zienasellase, Futsun (28) DOB: 12/16/92
Residence: Flagstaff, AZ
Citizen of: USA
Team: MeKuai Trained
Life time PRs: J-4:46:59/10k. PRs in last three years: J-4:46:55/10k

#08 Sambu, Stephen (33) DOB: 7/9/82
Residence: Flagstaff, AZ
Citizen of: USA
Athlete Contacts - Males

#11 (USATF CHAMPIONSHIP) Maiyo, Augustus (38) DOB: 4/14/83
Residence: Colorado Springs, CO
Citizen of: USA
Team: US Army
Life time PRs: J-4:37:05/10k. PRs in last three years: J-4:36:15/10k

#16 Sifuentes, Yaroslav (29) DOB: 1/16/88
Residence: Colorado Springs, CO
Citizen of: Mexico
Team: US Army
Life time PRs: J-4:37:22/10k. PRs in last three years: J-4:35:46/10k

#15 (USATF CHAMPIONSHIP) Bor, Emmanuel (33) DOB: 4/14/88
Residence: Colorado Springs, CO
Citizen of: USA
Team: US Army
Life time PRs: J-4:37:89/10k. PRs in last three years: J-4:37:12/10k

#19 (USATF CHAMPIONSHIP) Gregg, Brendan (32) DOB: 5/18/95
Citizen of: USA
Team: Hansons Brooks
Life time PRs: J-4:42:24/10k. PRs in last three years: J-4:42:21/10k

#21 (USATF CHAMPIONSHIP) Patel, Dhruvil (24) DOB: 11/14/96
Residence: Minneapolis, MN
Citizen of: USA
Team: MDE
Life time PRs: J-4:38:17/10k. PRs in last three years: J-4:38:11/10k

#25 Koris, Dominic (28) DOB: 5/12/93
Residence: Colorado Springs, CO
Citizen of: USA
Team: Under Armour
Life time PRs: J-4:37:45/10k. PRs in last three years: J-4:36:55/10k

#27 (USATF CHAMPIONSHIP) Derrick, Chris (30) DOB: 10/17/90
Residence: Flagstaff, AZ
Citizen of: USA
Team: Bowser BC
Life time PRs: J-4:53:53/10k. PRs in last three years: J-4:53:51/10k

#29 (USATF CHAMPIONSHIP) Dandena, Kiya (32) DOB: 4/14/89
Citizen of: USA
Team: Run Flagstaff
Life time PRs: J-4:56:10/10k. PRs in last three years: J-4:56:01/10k

Garrick, Brendan (32) Athlete Contacts - Males

2021 Performances: 2nd, 21 The Track Meet 10k, 30:27 (27:23/PB)/QGQ; 3rd, 21 Edsford City Marathon (2:11:10); 10th, 21 USA Olympic Trials 10,000m (28:06); 5th, 21 USA Olympic Trials 5000m (13:41); 3rd, 21 Austin Fallmouth Road Race 7 Mile (1:01:45); 10th, 21 USA Olympic Trials 10k (45:10/D6).

#19 (USATF CHAMPIONSHIP) Gregg, Brendan (32) DOB: 5/18/95
Citizen of: USA
Team: Hansons Brooks
Life time PRs: J-4:42:24/10k. PRs in last three years: J-4:42:21/10k

#21 (USATF CHAMPIONSHIP) Patel, Dhruvil (24) DOB: 11/14/96
Residence: Minneapolis, MN
Citizen of: USA
Team: MDE
Life time PRs: J-4:38:17/10k. PRs in last three years: J-4:38:11/10k

#25 Koris, Dominic (28) DOB: 5/12/93
Residence: Colorado Springs, CO
Citizen of: USA
Team: Under Armour
Life time PRs: J-4:37:45/10k. PRs in last three years: J-4:36:55/10k

#27 (USATF CHAMPIONSHIP) Derrick, Chris (30) DOB: 10/17/90
Residence: Flagstaff, AZ
Citizen of: USA
Team: Bowser BC
Life time PRs: J-4:53:53/10k. PRs in last three years: J-4:53:51/10k

#29 (USATF CHAMPIONSHIP) Dandena, Kiya (32) DOB: 4/14/89
Citizen of: USA
Team: Run Flagstaff
Life time PRs: J-4:56:10/10k. PRs in last three years: J-4:56:01/10k

2 Courtesy of Road Race Management
#31 (USATF CHAMPIONSHIP) Drooddy, Noah (30)
DOB: 9/20/90
Residence: Boulder, CO
Citizen of: USA
Team: Roots Running
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
9th, '21 B.A.A. 10k (29:19); 3rd, '21 Amway River Bank Run 25k (U.S. 25k Open Championships) (1:06:59); 5th, '21 Gate River Run 15k (U.S. 15k Championships for Men and Women) (1:01:59)

#33 (USATF CHAMPIONSHIP) Serafini, Louis (29)
DOB: 9/20/91
Residence: Cambridge, MA
Citizen of: USA
Team: Tracksmith Hans
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
10th, '21 USATF Outdoor Track & Field (2:09:36 PB); 4th, '21 New Balance Falmouth Road Race 7 Mile (34:30); 9th, '20 B.A.A. 10k (29:04 PB); 3rd, '19 Road to Gold 8 Mile (38:37)

#35 (USATF CHAMPIONSHIP) Biwott, Shadrack (36)
DOB: 2/5/85
Residence: Flagstaff, AZ
Citizen of: USA
Team: Under Armour
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
12th, '21 B.A.A. 10k (29:04 PB); 3rd, '19 Road to Gold 8 Mile (38:37)

#37 (USATF CHAMPIONSHIP) Fischer, Reed (26)
DOB: 7/9/95
Residence: Boulder, CO
Citizen of: USA
Team: Timm\n
#39 (USATF CHAMPIONSHIP) Kibet, Elkanah (38)
DOB: 6/2/83
Residence: Colorado Springs, CO
Citizen of: USA
Team: US Army
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
6th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#41 (USATF CHAMPIONSHIP) Raneri, John (29)
DOB: 10/22/91
Residence: Flagstaff, AZ
Citizen of: USA
Team: McKee\n
#43 (USATF CHAMPIONSHIP) McCandless, Tyler (34)
DOB: 10/4/96
Residence: Ft. Collins, CO
Citizen of: USA
Team: AllPro Running
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
7th, '20 26.2 Performed for Denver Marathon (2:18:35)

#45 (USATF CHAMPIONSHIP) Austin, Brogan (29)
DOB: 10/5/91
Residence: Lomondo, CO
Citizen of: USA
Team: Timmar
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
8th, '21 USATF Outdoor Track & Field (1:06:59); 5th, '21 Gate River Run 15k (U.S. 15k Championships for Men and Women) (1:01:59)

#47 (USATF CHAMPIONSHIP) Liano, Matt (33)
DOB: 8/1/88
Residence: Flagstaff, AZ
Citizen of: USA
Team: Under Armour
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
21st, '20 The Marathon Project (2:11:20 PB)

#53 (USATF CHAMPIONSHIP) Reichow, Joel (28)
DOB: 7/24/93
Residence: Rochester, MN
Citizen of: USA
Team: USE
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
12th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#55 (USATF CHAMPIONSHIP) Monroe, Alex (29)
DOB: 3/30/92
Residence: Superior, CO
Citizen of: USA
Team: Roots Running
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
7th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#57 (USATF CHAMPIONSHIP) Milam, Willie (29)
DOB: 2/29/92
Residence: Lodi, CA
Citizen of: USA
Team: Roots Running
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
8th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#59 Roudloff, Emmanuel (26)
DOB: 7/30/95
Residence: Chapel Hill, NC
Citizen of: FRA
Team: Puma
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
8th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#61 Mwangangi, Elijah (25)
DOB: 9/10/96
Residence: Nairobi, KE
Citizen of: KE
Team: Ken
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
4th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

Austen, Brogan (29)
DOB: 10/5/91
Residence: Longmont, CO
Citizen of: USA
Team: Timmar
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
8th, '21 USATF Outdoor Track & Field (1:06:59); 5th, '21 Gate River Run 15k (U.S. 15k Championships for Men and Women) (1:01:59)

4

#49 (USATF CHAMPIONSHIP) Liano, Matt (33)
DOB: 8/1/88
Residence: Flagstaff, AZ
Citizen of: USA
Team: Under Armour
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
21st, '20 The Marathon Project (2:11:20 PB)

#53 (USATF CHAMPIONSHIP) Reichow, Joel (28)
DOB: 7/24/93
Residence: Rochester, MN
Citizen of: USA
Team: USE
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
12th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#57 (USATF CHAMPIONSHIP) Milam, Willie (29)
DOB: 2/29/92
Residence: Lodi, CA
Citizen of: USA
Team: Roots Running
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
8th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#59 Roudloff, Emmanuel (26)
DOB: 7/30/95
Residence: Chapel Hill, NC
Citizen of: FRA
Team: Puma
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
8th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)

#61 Mwangangi, Elijah (25)
DOB: 9/10/96
Residence: Nairobi, KE
Citizen of: KE
Team: Ken
Lifetime PRs: -/ -/ -
PRs in last three years: -/ -/ -
Previous Top 10 Credit Union Cherry Blossom Finishes:
4th, '21 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:00:57)
Female Athletes

#10 (USATF CHAMPIONSHIPS) Natasha Rogers (30)
DOB: 5/7/91
Residence: Boulder, CO
Citizen of: USA
Team: ASICS
Lifetime PRs: J-J 5:35/10-mi. PRs in last three years: J-J - Career: 10th, ’19 10k New York (34:59); 10th, ’19 3rd, ’19 Houston Marathon (2:30:57); 6th, ’19 New Balance 10k (31:20 PB); 1st, ’19 B.A.A. Half Marathon (1:10:20 PB); 3rd, ’19 Grandma’s Half Marathon (1:11:53 PB); 1st, ’19 Madison Marathon (2:30:30 PB); 5th, ’19 Chicago Marathon (2:24:33)
2021 Performances: 11th, ’21 Gate River Run 15k (53:56)

#12 (USATF CHAMPIONSHIPS) Paige Stoner (25)
DOB: 10/1/96
Residence: Charlottesville, VA
Citizen of: USA
Team: Reebok Boston
Lifetime PRs: 3:51/3:56/10-mi. PRs in last three years: J-J - Career: 9th, ’18 Gate River Run 15k (50:36 PB); 4th, ’20 Michigan Pro Half-Marathon (1:13:53); 7th, ’20 The Marathon Project (2:28:43 DB)
2021 Performances: 11th, ’21 Gate River Run 15k (1:55:45)

#14 (USATF CHAMPIONSHIPS) Diane Nukuri (36)
DOB: 12/1/84
Residence: Boulder, CO
Citizen of: USA
Team: ASICS
Lifetime PRs: J-J 5:56/10-mi. PRs in last three years: J-J - Career: 10th, ’19 Volkswagen Prague Marathon (2:33:38); 2nd, ’19 Freihofer’s Run for Women 5k (16:06); 12th, ’19 TD Beach to Beacon 10k (31:02 PB); 3rd, ’19 Huwai Maratonina Roma-Ostia (1:07:50 PB); 1st, ’19 Hyundai Meia Maratona do Porto Half Marathon (1:09:42); 1st, ’19 BAA 10k (31:36 PB); 1st, ’19 Tufts Health Plan 10k for Women (33:44); 3rd, ’19 Abbott Bolder 10k (33:42 PB); 9th, ’19 New Balance Falmouth 7 Mile Road Race (38:07); 1st, ’19 Cow Harbor 10k (33:24 PB); 2nd, ’19 Tufts Health Plan 10k for Women (33:44)
2021 Performances: 2nd, ’21 Elite Athens Half-Marathon (1:10:49); 7th, ’21 USA Olympic Trials (10:23.00)

#18 Caroline Rotich (38)
DOB: 5/1/83
Residence: Santa Fe, NM
Citizen of: USA
Team: ASICS
Lifetime PRs: J-J 5:45/10-mi. PRs in last three years: J-J - Career: 7th, ’19 Aramco Half-Marathon (1:06:53); 6th, ’20 Boston 26.2 (2:32:24); 1st, ’19 New Balance Falmouth 7 Mile Road Race (38:18)
2021 Performances: 10th, ’21 Gate River Run 15k (50:44 PB); 7th, Mastercard New York Mini 10k (33:43)

#20 Ione Chepkemoi (24)
DOB: 8/20/97
Residence: Colorado Springs, CO
Citizen of: USA
Team: Colorado Springs
Lifetime PRs: J-J 5:43/10-mi. PRs in last three years: J-J - Career: 4th, ’19 Crescent City Classic 10k (32:12); 4th, ’19 BAA 10k (31:59 PB); 2nd, ’19 Great Buffalo Chase 5k (5:15); 2nd, ’19 Boltsmaker 15k (49:09); 2nd, ’19 Buffalo Subaru 4-Mile Chase (20:31); 7th, ’19 Quad-City Bix 7 Mile (37:37); 2nd, ’19 BAA 10k (31:58 PB); 1st, ’19 Rock n Roll Philadelphia Half Marathon (1:11:00); 5th, ’19 New Balance Falmouth 7 Mile Road Race (38:42); 10th, ’19 United Airlines NYC Half (1:13:39); 2nd, ’19 BAA 10k (31:57 PB); 2nd, ’19 Quad-City Bix 7 Mile (38:13); 4th, ’17 HAP 10 Mile Road Race (33:46); 2nd, ’17 American Association for Cancer Research Rock ‘n Roll Philadelphia Half-Marathon (1:09:41); 5th, ’17 TCS America Marathon (2:26:50)
Previous Top 10 Credit Union Blossom Performances: 1st, ’13, ’17 (52:46)

#22 Antonina Kswaibni (29)
DOB: 4/1/92
Residence: Tuziabaji, KEN
Citizen of: KEN
Team: ASICS
Lifetime PRs: J-J 5:08/10-mi. PRs in last three years: J-J - Career: 9th, ’19 10k Valenciana Roma-Maraton (30:59); 6th, ’20 Maratonina Roma-Ostia (1:07:50 PB); 1st, ’20 Glyfada Stravos of the Porto Half Marathon (1:09:42); 1st, ’19 Elite Athens Half-Marathon (1:10:49); 7th, ’21 USA Olympic Trials (10:23.00)

Team: Reebok Boston TC
Lifetime PRs: J-J 3:30/3:35/10-mi. PRs in last three years: J-J - Career: 2nd, ’18 10k New York (34:59); 1st, ’19 New Balance Falmouth 7 Mile (38:18)

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Elite Women Bios

2021 Performances: 11th, 21 AJC Peachtree Road Race 10-K (34:18); 12th, 21 Asics Falmouth Road Race 7 Mile (39:00).

82 (USATF CHAMPIONSHIPS) Neil Rojas (33)  DOB: 11/27/87
Residence: Boulder, CO
Citizen of: USA
Team: Rojas Athletics

84 (USATF CHAMPIONSHIPS) Carrie Verdon (27)  DOB: 3/8/94
Residence: Boulder, CO
Citizen of: USA
Team: Boulder TC

86 (USATF CHAMPIONSHIPS) Jennifer Simpson (34)  DOB: 8/23/86
Residence: Boulder, CO
Citizen of: USA
Team: New Balance
Lifetime PRs: J - J - Career: 1st, 19 Payton Jordan Invitational 5000m (15:22); 4th, 16 Golden Gate Flower Monrea 1500m (4:02 SB); 2nd, 16 USA Outdoor Track & Field Championships; 15000m (4:03.41); 1st, 19 New Balance Fifth Avenue Mile (4:16.1 CR); 8th, 19 IAAF World Athletics Championships 15000m (3:55 SB); 2nd, 16 USA Outdoor Track & Field Championships; 15000m (4:07); 1st, 18 New Balance Fifth Avenue Mile (4:18.8); 2nd, 17 IAAF World Championships in Athletics 15000m (4:03); 1st, 17 New Balance Fifth Avenue Mile (4:16.8).

85 (USATF CHAMPIONSHIPS) Sydney Devore (29)  DOB: 9/27/91
Residence: Farmdale, MI
Citizen of: USA
Team: McKirdy Trained
Lifetime PRs: J - J - Career: 4th, 18 Publix Gasparilla Distance Classic Half Marathon (1:14:21); 11th, 18 Credit Union Cherry Blossom 10 Miler Run (55:44).

52 (USATF CHAMPIONSHIPS) Emma Kertesz  DOB: 7/24/90
Residence: Boulder, CO
Citizen of: USA
Team: Boulder UG
Lifetime PRs: J - J - Career: 3rd, 18 New Balance Fifth Avenue Mile (4:18.8); 2nd, 17 IAAF World Championships in Athletics 15000m (4:03); 1st, 17 New Balance Fifth Avenue Mile (4:16.8).

54 (USATF CHAMPIONSHIPS) Sara Hall (38)  DOB: 4/15/83
Residence: Flagstaff, AZ
Citizen of: USA
Team: ASICS
Lifetime PRs: 31:33/2:20:32/1:08:16/hmar PRs in last three years: J - J - Career: 1st, 20 The Marathon Project (3:33 PB); 12 FWD USA-all-time; 1st, 18 Modesto Twin Cities 10 Mile (USA 10 Mile Championships) (55:11); 1st, 18 Modesto Twin Cities USA 10 Mile Championships (52:47); Twelve National Championships; 5th, 25:01 mile; 11th, 12:10 mile; 17, marathon; 17, 20K; 18, 10K; 16, 10 mile; 18, 10K; 19, 10K; 19, 10 mile; 19, 10K; 21, 2021 Performances: 1st, 21 Madison New York Mini 10K (31:33 PB); 1st, 21 AJC Peachtree Road Race 10K (31:41); 1st, 21 Row River Half Marathon (1:08:44); Previous Top 10 Credit Union Cherry Blossom Performances: 4th, 14 (52:54).

Courtesy of Road Race Management