

CREDIT UNION CHERRY BLOSSOM TEN MILE RUN

SEPTEMBER 12, 2021

OFFICIAL PROGRAM

48TH RUNNING



Janet Bawcom and Christo Landry winning the 2014 U.S. Ten Mile Championships

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. Bumped 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 local team awards add another \$1,000.

U.S. runners can “double dip” into both the U.S. and international purse—if, for example, an American were to finish 3rd in the international field (prize = \$750) and 1st in the U.S. field (prize = \$5,000), he or she would earn \$5,750. Adding in a \$1,500 first place Road Scholar/RunPro prize would bring the total haul to a handsome \$7,250.

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.

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 *any* race longer than 3000 meters. That person is Jenny Simpson, possessor of another kind of asset: blazing speed on the track with a kick that has earned her multiple medals in international competition.

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



Sara Hall celebrates her win in the 2021 Peachtree Road Race 10K, where her 31:41 separated her from three of her 2021 Cherry Blossom Ten Mile challengers: 25 seconds ahead of Annie Frisbie, 46 seconds ahead of Diane Nukuri, and 81 seconds ahead of Susanna Sullivan.

10K to marathon, and Simpson narrowing her focus to 1500m and the mile.

Last year, Hall finished second in the London Marathon (2:22:01) in October, and followed up in December by winning “The Marathon Project” in Chandler, Arizona, clocking a 2:20:32 personal best to rank #2 on the USA all-time list. Continuing to sizzle this year, she won New York’s Mastercard New York Mini 10K in 31:33 (a personal best), the AJC Peachtree 10K (31:41), and the Row River Half Marathon 1:08:44. At 10 miles, Hall owns two national championships, both won in the Twin Cities 10 Mile in Minneapolis, running 52:47 in 2018 and 53:11 in 2019. Hall is superbly race-ready for the Cherry Blossom Ten 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.

Coming into September, Simpson observed that her “earliest memories

Championships continued on page 2



Seen here crossing Memorial Bridge, Diane Nukuri placed 5th in the 2018 Cherry Blossom 10 Mile in a personal best 53:56, where she earned \$6,000 in prize money (\$1,000 overall, and \$5,000 for top American). Nukuri beat 2021 rival Bethany Sachtleben by 63 seconds, and 2020 Olympic Trials Marathon winner Aliphine Tuliamuk by 107 seconds.

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 leading veterans of the road if she hangs with the front group through nine miles.

The American women’s front group could be a big bunch, with at least five other runners capable of breaking 54 minutes.

A couple of aspirants on recent hot streaks are Diane Nukuri and Annie Frisbie. Nukuri has finished in the top ten in six major road races since last March: 10th, Gate River 15K (U.S. Championships; 50:44 personal best); 7th, Mastercard New York Mini 10K (32:26); 4th, AJC Peachtree 10K (32:27); 4th, Bix 7 Mile (37:59); 9th, Women’s 6K festival (18:54); and 5th, Asics Falmouth 7 Mile (37:35). Nukuri also finished 5th in the 2018 Cherry Blossom 10 Mile in 53:56.

Annie Frisbie, a relative newcomer to the roads at age 24, edged out Nukuri at Peachtree by 21 seconds, nabbing 3rd place in 32:06 (a personal best), and again at the USA Festival 6K by 8 seconds, finishing 6th. Reached by phone on September 2, Frisbie admitted to repeatedly surprising herself as she goes “with the flow” without any particular plan in mind and finds herself instinctively swept up in a fast pace at the front. One of her biggest surprises was 5th place at the 2019 U.S. 10-Mile Championships in the Twin Cities, running 54-flat in the race won by Sara Hall in 53:11. And she keeps improving. Frisbie credits the RRCA’s Road Scholar program for helping her get on her financial feet just out of Iowa State University in 2019, and the Minnesota Distance Elite for a highly supportive pro athlete program ever since.

Natosha Rogers, with a 10-mile personal best of 53:45 set in Minneapolis in 2017 (2nd place in the U.S. National Championships) has also had solid results recently. This year she ran 1:10:49 for 2nd place in the Atlanta Half-Marathon—equivalent to a sub-54 minute 10 mile—and 7th in the U.S. Olympic Trials 10,000m (32:00). In 2020, Rogers finished 2nd in the Gate River 15K in a similarly fast 49:50. Challenging the six already named here could be Bethany Sachtleben, with two fast 10 mile races in 2019: Cherry Blossom Ten Mile in 53:52 (a corrected time on a slightly short course), and she won the 2019 EQT Pittsburgh 10

Miler in 54:42. Another within striking range of 54 minutes is Susanna Sullivan, with a 10-mile personal best of 54:22 in last December’s Up Dawg Ten-Miler. Sullivan finished 9th in this year’s Falmouth 7 Mile, just 19 seconds behind Kenyan star Iveen Chepkemai.

In the international women’s field, three Kenyans are the top picks for the overall. The swiftest is Iveen Chepkemai, who ran 51:43 in the 2019 HAP Crim 10 Mile in 2019, the same year in which she finished in the top three in eight major road races, and placed 4th through 9th in five others. Kenyan Caroline Rotich scored a 52:46 personal best at 10 miles when she won the 2013 Cherry Blossom 10 Mile, and she possesses a very long road racing resume, topped by winning the Boston Marathon in 2015 (2:24:55). As with the Americans Sara Hall and Jenny Simpson, age has done little to slow Rotich down. At age 35 she ran a 1:08:53 half marathon—roughly equivalent to 52 minutes for 10 miles—in the 2020 Aramco Half Marathon in Houston. Chepkemai and Rotich could be busy fending off 28-year-old Kenyan countrywoman Antonina Kwambai, who ran a 1:07:50 half marathon in the Rome-Ostia point-to-point race in 2019.



Bethany Sachtleben set a 54:59 personal bet at the 2018 Cherry Blossom Ten Mile, where her 8th place put her 44 seconds ahead of 10th place Aliphine Tuliamuk, who was later to win the 2020 Olympic Trials Marathon, but 63 seconds behind 5th place Diane Nukuri against whom she will face off on September 12th.

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 minutes 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 Cherry Blossom, Derrick commented “It’s a great course, a great city, and I’m excited to come back.” He was not as excited about his fitness, saying to David Monti of Race Results Weekly, “I don’t expect I’ll be as fit for the distance as I was then, being in the middle of a marathon block. But it will be a

fun test.”

Chris Derrick will have no lack of American men to contend with. There are eight American men in the race with 10-mile bests between 46:53 and 47:35, and *three* of them, including Derrick, are under 47:00. Biya Simbassa has run 46:57, good for second place in the 2019 U.S. 10 Mile Championships in Minneapolis. Kiya Dandena’s best is a tick back at 46:58 set at Cherry Blossom in 2017. Above 47 minutes the space is crammed: Augustus Maiyo (47:05), Elkanah Kibet (47:15), Girma Mecheso (47:22), Noah Drodty (47:28), and Louis Serafini (47:35) round out the bunch of 47:35 and quicker.

It will be no big surprise if a crowd of American men is still running 4:40 per mile pace at nine miles. But what happens then in the hunt for top places in the championships, with \$26,000 on the table? Can more recent results tell us much of anything?

In the most recent test of prowess, the Falmouth 7 Mile Road Race in mid-August, Biya Simbassa placed 2nd in 32:19, ahead of Kibet (11th in 32:41). Earlier, in the July 24 Quad-City Times Bix 7, Maiyo placed 3rd in 33:06, with Kibet 6th in 34:06, and Simbassa absent.

Among this bunch, Biya Simbassa’s 2021 season suggests he may have an edge. Besides the 2nd place at Falmouth—where he fell at four miles when struck from behind and had to make up a lot of ground—he also finished 2nd in the Gate River Run U.S. 15K 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 that may have cost him the \$3,000 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. Josphat Tanui scorched a 59:40 half marathon just last month for 2nd place in the Generali Berliner Halbmarathon, and holds a half marathon personal best of 59:22 set in Italy in 2017;



Jenny Simpson at U.S. Olympic Trials in 2021. Photo: Jason Suarez @notafraid2fail

Tanui has a 15K personal best of 42:33 set in 2018 in Praha, CZE. In 2019, Tanui 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 Korir, 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 (1:03:45), 7th in the Bix 7 Mile in 34:17, 2nd in the Gum Tree 10K (29:13), 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.



Chris Derrick (#55) leads a group across Memorial Bridge in the 2018 race, en route to a 46:53 10 mile personal best, good for 5th place overall and 1st American with \$6,000 in winnings (\$1,000 in overall, \$5,000 first U.S. citizen prize money). Biya Simbassa (#81) also ran a personal best here with 47:04, garnering 8th place and \$4,400 in prize money (\$700 in overall, \$2,500 second U.S. citizen, and \$1,200 RRCA Road Scholar/RunPro Camper bonus).

Race Information

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 USATF 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

• Sanctioned by •



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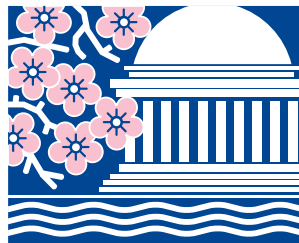
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Thanks for Making a Difference with Us!

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.



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

Credit union sponsorship
of this race has raised
over \$10 Million
for Children's Miracle Network Hospitals



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Race Information

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

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

1. COVID-19 Restrictions: [Click for more information](#)
2. 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 Run (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.cblltimeresults.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



Dixon Hemphill, who has notched 31 Cherry Blossom races, is seen here grittily soldiering through the 2018 5K at age 93. In 2010, after an eight-year absence from Cherry Blossom, Hemphill switched from the 10 mile version to the 5K version. He was 85.

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 corrals 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 promotionals for running orga-

nizations 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



Another race, another age group win for Betty Blank. The RUN! GEEK! RUN! 5K in Alexandria benefits The Child & Family Network Centers.

to the point where he switched from Cherry Blossom 10 Miles to Cherry Blossom 5Ks in 2010 (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 Team 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.

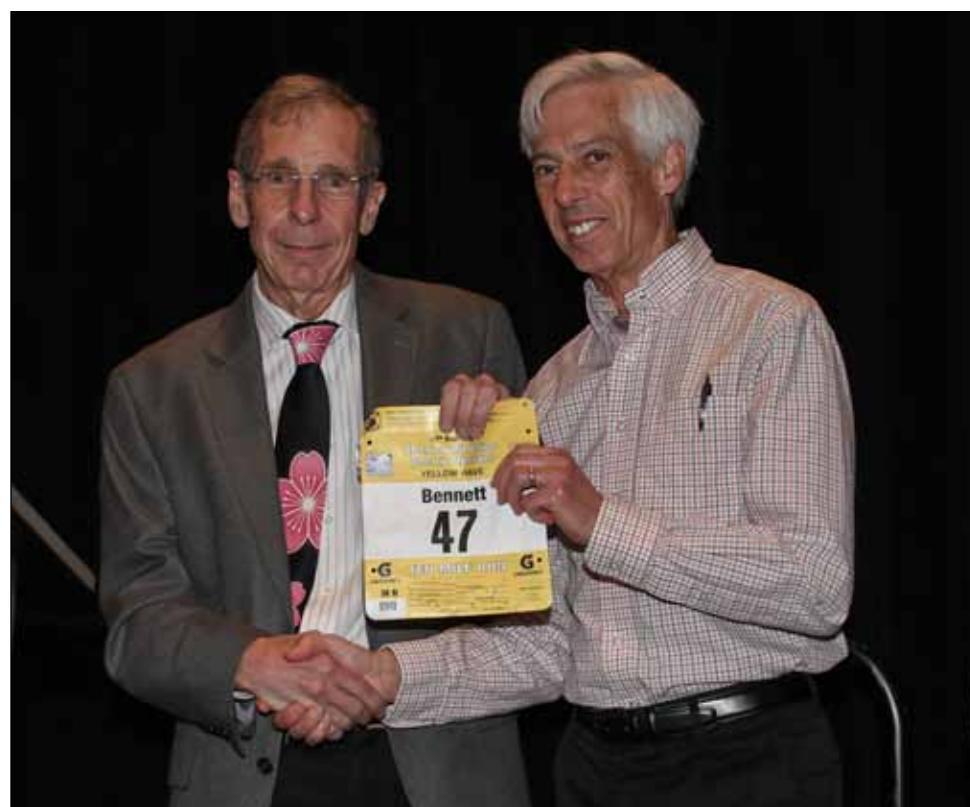
John Baxter (age 74; 41 x 10 mile runs = 410 miles) puts the lie to the idea that age and repetitive exercise inevitably bring on physical setbacks—so far, anyway. He's run 31 marathons with a 2:52 PB. Having tallied 78,300 miles in his 48-year running career with only minor aches and pains that did 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-

Just Do It continued on page 7



Suzy Mink's 29th Ten Mile was obviously a chilly affair, but Mink has found all swings of weather exhilarating at the April race. This year, alas! she is injured and won't run in September, but plans to run in April of 2022.



Ben Beach, on the right, the sole person to have completed every Cherry Blossom Ten Mile Run since 1973, now has the honor every year of getting a bib number pegged to the count in his streak. Here he receives the 2019 bib from race director and frequent training partner Phil Stewart.

The Imperfect Storm: COVID and Road Races, 2021

Just Do It continued from page 6

by Mark Heinicke

ested 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 1:00:08. Specifically, 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 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 71.

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; 35 x 10 mile runs = 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 Twosome 10 Mile in New York City and finished in 90 minutes. Eight weeks later she ran 4:18:20 in the Marine Corps Marathon, the first of 52 marathons, 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 crosswinds while maintaining 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 Beach (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 happened 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 streak going, he came to D.C. to run Cherry Blossom when he was living in New York from 1980-1983. His Cherry Blossom PB of 53:16 came in 1985 at age 35, and he broke one hour every year from 1974 through 1995, and was still running sub-80 minutes through 2007. With few exceptions, he scored above the 95th percentile in his division until 2003. Ben is modest about his achievement, for which he does not outwardly seek acclaim, and he seems bemused although flattered by the fact that some people make a big deal about it.

The high repeaters have very different things to say about what they get out of their Cherry Blossom race experience, but what they have in common is they are always looking *forward*—to the next race, the next season, the next year, the next opportunity to test themselves and open up to a new experience. It flows from their zest, their optimism, their embrace of change, their readiness to put their best foot forward. The Cherry Blossom Ten Mile Run is a beautiful stage to try that in.

In 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 a race on April 5, then 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

The 2020 London Marathon postponed from April to October and took a two-pronged approach, holding a small elite prize-money race running 19 laps within a COVID-secure "bubble" in a city park and—contrary to the usual practice of allowing runners a span of days or weeks to complete their virtual race—held a world-wide virtual event on the very same day to make it seem more "real." London did far better than most with their virtual turnout, with the total approximating the typical in-person count of over 40,000. London was the exception: most races that converted to an all-virtual format (or adopted versions of

the London model) drew one third to one half of the usual annual participation.

Throwing a lifeline to professional athletes whose careers were crashing into a financial desert, organizers came up with a few "micro-events" such as the December 2020 "The Marathon Project" in Chandler, AZ, which drew 73 runners who vied for \$16,000 in prize money.

But 2021 promised to be different, with several vaccines ramping up production quickly in the developed countries starting in December. Some races that had spent the winter making elaborate plans for COVID-compliant events with reduced fields began firming up plans with local authorities to hold races on or near their traditional date.

Uncertainty plagued the industry over the question of how quickly a push for vaccinations would flatten the COVID contagion curve. Uncertainty was at a maximum in December, when the political wrangles over COVID and the presidential election rose to a fever pitch and threatened to cripple the incoming Biden administration's vaccination program. Much would depend not only on the pace of vaccinations, but on how quickly authorities in different jurisdictions would open up. In places like Florida, where the governor was adamant about opening up ASAP, local jurisdictions followed suit, and the Gate River Run 15K in Jacksonville, which had snuck under the pandemic wire in early March of 2020, confirmed a 2021 date of March 20; it took place on that date with 9,000 entrants (cut from the usual field of 15,000). At the same time other late spring and early summer races in northern states were dithering over whether they might still have to cancel or go virtual.

But with the national vaccination program kicking into high gear, some races got a happy break—such as Grandma's Marathon in Duluth, where painstaking COVID safety plans for the June 19 race were almost completely relaxed when the governor of Minnesota declared their state vaccination program a mission accomplished with a 60%+ vaccination rate, and threw open public events to a return to normalcy.

Back in December, the Credit Union Cherry Blossom Race Committee had decided to dodge a repeat of the bullet that had killed the 2020 race by postponing to September 12. The major spring races—the Boston Marathon, the London Marathon, the Philadelphia Broad Street Run, the Cooper River Bridge 10K in Charleston and a few others—were all seeking postponement dates in the fall that would not collide with each other as well as the traditional fall races. One seasoned race director observed that spring races of all sizes would be "cannibalizing" each other over the autumn dates.

Also in December, the Utica Boilermaker 15K organization made the cautious decision to postpone their race from the traditional mid-July date to October 10. Eventually, just before opening up registration at the end of June, the Boilermaker decided to make vaccinations mandatory in the October race. That seemed like overkill to some at the time, but all the more prescient as the Delta variant ravaged the world over July and August.

The consequence of the postponements from the spring has been a packed late summer/fall season, with the packing most extreme on the holiday weekend of October

9-11. Then, four major races—including two World Marathon Majors—will occur in the span of two days. Both the Broad Street Run 10 Mile in Philadelphia and the Utica Boilermaker 15K are now scheduled for October 10—the traditional date of the Chicago Marathon. (Note that the Broad Street Run has emulated Utica by requiring vaccinations.) The Chicago Marathon is not going to budge. The postponed Boston Marathon is scheduled for the very next day.

The Cooper River Bridge Run having been postponed to September 25, and the London Marathon to October 3, the Credit Union Cherry Blossom Ten Mile Run now occupies a relatively sweet spot in the fall calendar. The only fly in that scheduling ointment is the coincidence with the Fifth Avenue Mile that posed a conflict for Jenny Simpson. But as reported elsewhere in this newsletter, Simpson is moving on in her career from middle distances on the track to long(er) distances on the road, with the Cherry Blossom Ten Mile Run to be her road baptism by possible fire.

Forebodingly, there are COVID clouds gathering anew as the Delta variant continues to rage. Organizers of October races are bracing for a potential clampdown. A premonition of dark days to come has taken shape in the decision of the London Marathon to postpone their 2022 race from April to October. Let's count our blessings for at least the next six days.



Elite Men Bios

Male Athletes	
#03 Tanui, Josphat (27)	DOB: 2/4/94
Residence: Team: Adidas	
Citizen of: KEN	
Lifetime PRs: -/ -/ 43:41-15K. PRs in last three years: -/ -/ - Career: 8th, '18 Sportismo Prague Half Marathon (1:01:14); 2nd, '17 Sportismo Prague Half Marathon (1:00:38 DB); 2nd, '17 Mattoni Ustif Half Marathon (59:22 PB).	
2021 Performances: 2nd, '21 Generali Berliner Halbmarathon (59:40).	
Previous Top 10 Credit Union Cherry Blossom Finishes: 2nd, '19 (45:38/45:48).	
#07 (USATF CHAMPIONSHIP) Zienasellassie, Futsum (28)	DOB: 12/16/92
Residence: Flagstaff, AZ	
Citizen of: USA	
Team: McKirdy Trained	
Lifetime PRs: -/ -/ 46:55/10-mi. PRs in last three years: -/ -/ - Career: 14th, '20th Aramco Half-Marathon (1:01:44 PB); 5th, '19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:03:55); 1st, '19 Great Cow Harbor 10k (29:36); 1st, '19 Monterey Bay Half Marathon (1:02:33 PB/CR); 11th, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:03:04); 8th, '18 Medtronic Twin Cities USA 10 Mile Championships (47:28).	
Previous Top 10 Credit Union Cherry Blossom Finishes: 2nd/2nd US, '19 (46:57/47:08).	
#09 Sambu, Stephen (33)	DOB: 7/7/88
Residence: Tucson, AZ	
Citizen of: KEN	
Team: ASICS	
Lifetime PRs: -/ -/ 45:29-10M PRs in last three years: -/ -/ - Career: 6th, '19 Lilac Bloomsday Run 12k (35:23); 3rd, '19 B.A.A. 10k (28:11); 7th, '19 AJC Peachtree 10k (28:38); 4th, '19 Boilermaker 15k (44:13); 3rd, '19 Boilermaker 15k (43:36); 4th, '19 Quad-City Bix 7 Mile (33:05); 2nd, '19 New Balance Falmouth Road Race 7 Mile (32:29); 7th, 'TCS New York City Marathon (2:11:11); 7th, Aramco Half Marathon (1:00:41 PB); 6th, '18 UAE Healthy Kidney 10k (29:08); 3rd, '18 B.A.A. 10k (28:36); 2nd, '18 TD Beach to Beacon 10k (28:27); 4th, '18 New Balance Falmouth Road Race 7 Mile (28:51); 2nd, '18 EQT Pittsburgh 10 Miler (46:56); 3rd, '17 World's Best 10k (28:34); 1st, '17 Bank of America Shamrock Shuffle 8k (22:47); 3rd, '17 UAE Healthy Kidney 10k (28:31); 2nd, '17 B.A.A. 5k (13:22); 4th, '17 TD Beach to Beacon 10k (28:16) 1st, '17 New Balance Falmouth 7 Mile Road Race (32:14); 5th, '17 Bank of America Chicago Marathon (2:11:07 PB).	
Previous Top 10 Credit Union Cherry Blossom Finishes: 1st, '15 (46:10); 1st, '14 (45:29); 4th, '13 (46:59); 5th, '19 (46:55).	
#11 (USATF CHAMPIONSHIP) Maiyo, Augustus (38)	DOB: 5/10/83
Residence: Colorado Springs, CO	
Citizen of: USA	
Team: US Army	
Lifetime PRs: -/ -/ 47:05/10-mi. PRs in last three years: -/ -/ - Career: 5th, '20 USA Olympic Trials Marathon (2:10:47 PB); 3rd, '19 Publix Gasparilla Half Marathon (1:05:22); 13th, '19 Boston Marathon (2:12:40); 11th, '19 AJC Peachtree 10k (29:26); 5th, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (47:05); 4th, '19 EQT Pittsburgh 10 Miler (48:30); 7th, '17 Boston Marathon (2:13:16 PB); 6th, '17 EQT Pittsburg 10 Miler (47:36).	
2021 Performances: 10th, '21 AJC Peachtree Road Race 10-K (29:08).	
#13 (USATF CHAMPIONSHIP) Mecheso, Girma (33)	DOB: 1/16/88
Residence: Colorado Springs, CO	
Citizen of: USA	
Team: US Army	
Lifetime PRs: -/ -/ 47:22/10-mi. PRs in last three years: -/ -/ - Career: 2nd, '20 Under Armour Sunset Tour 10,000m (27:50 PB); 4th, '20 Sugar Run 5k Classic (13:49); 3rd, '18 Army Ten Miler (50:30); 11th, '16 Utica Boilermaker 15k (45:21).	
Previous Top 10 Credit Union Cherry Blossom Finishes: 10th/2nd US, '14 (47:22); 2nd US '15 (43:43/46:34).	
#15 (USATF CHAMPIONSHIP) Bor, Emmanuel (33)	DOB: 4/14/88
Residence: Colorado Springs, CO	
Citizen of: USA	
Team: US Army	
Lifetime PRs: -/ -/ 47:39/10-mi. PRs in last three years: -/ -/ - Career: 1st, '20 Sugar Run 5k Classic (13:37); 1st, '19 Corrida de Langueux 10k (27:53 PB); 3rd, '19 Le 10km de Port-Gentil (27:53 PB); 4th, '18 USA Indoor Championships 3000m (8:00.17); 4th, 18 Gate River Run 15k (U.S. 15k Championships) (43:35 PB); 10th, '18 Grand Blue Mile (USA Road Mile Championships)(4:05.77); 5th, Lilac Bloomsday Run 12k (34:51); 5th, '18 USATF Outdoor Track & Field Championships 5000m (13:31.52); 7th, '18 Abbott Dash to Finish Line 5k (USA 5k Championships for Men and Women (14:02); 7th, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships)(33:38); 7th, '17 Abbott Dash to the Finish Line 5-K (USA 5-K Championships for Men and Women)(14:01 PB); 3rd, '17 Applied Materials Silicon Valley Turkey Trot/Elite 5k (13:43 PB).	

Gregg, Brendan (32)	Athlete Contacts - Males
2021 Performances: 2nd, '21 The Track Meet 10,000m (27:23 PB/OGQ); 3rd, '21 Eldoret City Marathon (2:11:10), 10th, '21 USA Olympic Trials 10,000m (28:06); 5th, '21 USA Olympic Trials 5000m (13:31); 3rd, '21 Asics Falmouth Road Race 7 Mile (32:21).	
#19 (USATF CHAMPIONSHIP) Gregg, Brendan (32)	DOB: 5/15/89
Residence: Davis, CA	
Citizen of: USA	
Team: Hanson Brooks	
Lifetime PRs: -/ -/ 44:25-15K PRs in last three years: -/ -/ - Career: 14th, '20 USA Olympic Trials Marathon (2:13:27); 12th, '20 Michigan Pro Half-Marathon (1:03:41); 14th, '19 AJC Peachtree 10k (29:44); 3rd, '19 America's Finest City Half Marathon (1:04:00); 7th, 18 Gate River Run 15k (U.S. 15k Championships) (44:25) 1st, '18 Bellin Run 10k (29:52); 4th, '18 HAP Crim 10 Mile Road Race (48:42); 10th, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20k Champion-ships)(1:02:42); 5th, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:13:27 PB).	
2021 Performances: 2nd, '21 Valley O.NE Half Marathon (1:04:41).	
#21 (USATF CHAMPIONSHIP) Patel, Dhruvil (24)	DOB: 11/14/96
Residence: Minneapolis, MN	
Citizen of: USA	
Team: MDE	
Lifetime PRs: -/ -/ 48:37/10-mi. PRs in last three years: -/ -/ - Career: 10th, '15 Gate River Run 15k (45:10 DB).	
#23 (USATF CHAMPIONSHIP) Simbassa, Abbabiya (28)	DOB: 6/30/93
Residence: Flagstaff, AZ	
Citizen of: USA	
Team: Underarmour	
Lifetime PRs: -/ -/ 46:57/10-mi. PRs in last three years: -/ -/ - Career: 3rd, '15 Gate River Run 15k (44:45); 2nd, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (46:57); 2nd, '19 EQT Pittsburgh 10 Miler (48:06); 4th, '19 Flanigan's Rockin' Rib 10k (29:09); 6th, '18 Medtronic Twin Cities USA 10 Mile Championships (47:26); 6th, '18 Manchester Road Race 4.748 mile (21:49); 8th, '17 Gate River Run 15k (USATF Championships) (44:04); 5th, '17 Abbott Dash to the Finish Line 5-K (USA 5-K Championships for Men and Women)(13:59 PB).	
2021 Performances: 2nd, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (43:56 PB); 5th, '21 USATF Golden Games and Distance Open at Mt. SAC 5000m (13:34); 7th, '21 USA Olympic Trials 10,000m (28:00 SB); 2nd, '21 Asics Falmouth Road Race 7 Mile (32:19).	
Previous Top 10 Credit Union Cherry Blossom Finishes: 8th/2nd US, '18 (47:04).	
#25 Korir, Dominic (28)	DOB: 5/12/93
Residence: Colorado Springs, CO	
Citizen of: KEN	
Lifetime PRs: -/ -/ 1:01:45/hmar PRs in last three years: -/ -/ - Career: 3rd, '19 Cooper River Bridge Run (28:08 PB); 3rd, '19 Crescent City Classic 10k (28:27); 5th, '19 Lilac Bloomsday Run 12k (35:09); 1st, '19 Mercedes Benz Cotton Row Run 10k (29:36); 6th, '19 B.A.A. 10k (28:48); 5th, '19 Quad-City Bix 7 Mile (33:17); 2nd, '19 America's Finest City Half Marathon (1:02:41); 3rd, '19 HAP Crim 10 Mile Road Race (47:04); 3rd, '19 Genworth Virginia Ten Miler (47:43); 4th, '19 B.A.A. Half Marathon (1:02:44); 6th, '18 Grandma's Marathon (2:16:26); 3rd, '18 EQT Pittsburgh 10 Miler (47:12); 1st, '17 Blue Cross Broad Street Run 10 Mile (47:38); 2nd, '17 America's Finest City Half-Marathon (1:03:27).	
2021 Performances: 2nd, '21 Gum Tree 10K (29:13); 3rd, 21 Fresh 15K (45:08).	
Previous Top 10 Credit Union Cherry Blossom Finishes: 6th, '17 (46:45).	
#27 (USATF CHAMPIONSHIP) Derrick, Chris (30)	DOB: 10/17/90
Residence: Portland, OR	
Citizen of: USA	
Team: Bowerman TC	
Lifetime PRs: -/ -/ 46:53/10-mi. PRs in last three years: -/ -/ - Career: 11th, '20 Michigan Pro Half-Marathon (1:03:25); 8th, '19 TD Beach to Beacon 10k (29:03); 8th, '18 United Airlines NYC Half (1:03:25); 1st, '18 Dick's Sporting Goods Pittsburgh Half-Marathon (USA Half-Marathon Champion-ships) (1:02:37); 6th, '18 B.A.A. 10k (29:00); 10th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (29:29); 10th, '18 TCS New York City Marathon (2:13:08).	
2021 Performances: 9th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:04).	
Previous Top 10 Credit Union Cherry Blossom Finishes: 5th, '18 (46:53 PB).	
#29 (USATF CHAMPIONSHIP) Dandena, Kiya (32)	DOB: 4/14/89
Residence: Flagstaff, AZ	
Citizen of: USA	
Team: Run Flagstaff	
Lifetime PRs: -/ -/ 46:58/10-mi. PRs in last three years: -/ -/ - Career: 12th, '19 Gate River Run 15k (45:48); 3rd, '19 Amway River Bank Run 25k ((U.S. 25k Open Championships)(1:15:38 PB); 3rd, '18 Publix Gasparilla Distance Classic Half Marathon (1:04:09); 6th, '18 Fifth Third River Bank Run 25k (U.S. 25k Open Championships)(1:16:25); 3rd, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:00:34); 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).	

Elite Men Bios

Athlete Contacts - Males	McCandless, Tyler (34)
<p>Previous Top 10 Credit Union Cherry Blossom Finishes: 9th/3rd US, ‘17 (46:58PB); 9th/5th US, ‘19 (47:26); 7th, US, ‘18 (48:37).</p> <p>#31 (USATF CHAMPIONSHIP) Droddy, Noah (30) DOB: 9/22/90</p> <p>Residence: Boulder, CO Team: Roots Running</p> <p>Citizen of: USA Lifetime PRs: -/-/ 47:28/10-mi. PRs in last three years: -/-/ - Career: 2nd, ‘20 The Marathon Project (2:09:09 PB); 5th, ‘19 United Airlines NYC Half (1:02:39); 9th, ‘19 TD Beach to Beacon 10k (29:05); 6th, ‘19 New Balance Falmouth Road Race 7 Mile (33:01); 4th, ‘19 Rock ‘n’ Roll Philadelphia Half Marathon (1:03:35); 9th, ‘16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:04:08 PB); 5th, ‘16 Half-Marathon on Monterey Bay (1:04:29).</p> <p>#33 (USATF CHAMPIONSHIP) Serafini, Louis (29) DOB: 9/20/91</p> <p>Residence: Cambridge, MA Team: Tracksmith Hare</p> <p>Citizen of: USA Lifetime PRs: -/-/ 47:35/10-mi. PRs in last three years: -/-/ - Career: 6th, ‘19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:04:00 PB); 9th, ‘19 Medtronic Twin Cities Marathon 10 Mile (USA 10 Mile Championships) (47:35); 9th, ‘18 B.A.A. 10k (29:04 PB); 3rd, ‘17 NYRR Midnight Run 4 Mile (18:56); 10th, ‘16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:04:17 PB).</p> <p>Previous Top 10 Credit Union Cherry Blossom Finishes: 10th/6th US, ‘19 (47:38).</p> <p>#35 (USATF CHAMPIONSHIP) Biwott, Shadrack (36) DOB: 2/19/85</p> <p>Residence: Folsom, CA Team: Tracksmith TC</p> <p>Citizen of: USA Lifetime PRs: -/-/ 47:53/10-mi. PRs in last three years: -/-/ - Career: 15th, ‘19 Boston Marathon (2:13:11); 3rd,‘18 Boston Marathon (2:18:35); 9th, ‘18 TCS New York City Marathon (2:12:52); 4th, ‘17 Boston Marathon (2:12:08); 10th, ‘17 TCS New York City Marathon (2:14:57); 7th, ‘16 Houston Aramco Half Marathon (1:02:30); 7th, ‘16 Men’s USA Olympic Trials Marathon (2:15:23);4th, ‘16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:03:19); 8th, ‘16 Laxon Law New Haven Road Race (USA Men’s and Women’s 20k Championships (1:00:10); 5th, ‘16 TCS New York City Marathon (2:12:01 PB).</p> <p>#37 (USATF CHAMPIONSHIP) Fischer, Reed (26) DOB: 7/9/95</p> <p>Residence: Boulder, CO Team: Tinman</p> <p>Citizen of: USA Lifetime PRs: -/-/ 47:50/10-mi. PRs in last three years: -/-/ - Career: 12th, ‘20th Aramco Half-Marathon (1:01:37 PB); 7th, ‘19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:04:23); 7th, ‘19 Boilermaker 15k (44:44); 5th, ‘19 Faxon Law New Haven Road Race 20k (USA Championships) (59:48 DB).</p> <p>2021 Performances: 8th, ‘21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:02 PB).</p> <p>Previous Top 10 Credit Union Cherry Blossom Finishes: 7th/3rd US, ‘19 (47:03/47:14).</p> <p>#39 (USATF CHAMPIONSHIP) Kibet, Elkanah (38) DOB: 6/2/83</p> <p>Residence: Colorado Springs, CO Team: US Army</p> <p>Citizen of: USA Lifetime PRs: -/-/ 47:15/10-mi. PRs in last three years: -/-/ - Career: 2nd, ‘19 Publix Gasparilla Half Marathon (1:05:13); 11th, ‘19 Boston Marathon (2:11:51); 5th, ‘19 EQT Pittsburgh 10 Miler (48:33); 1st, ‘18 Publix Gasparilla Distance Classic Half Marathon (1:03:39); 5th, 18 Gate River Run 15k (U.S. 15k Championships) (43:53 PB); 8th,‘18 Boston Marathon (2:23:37); 3rd, ‘18 USATF Outdoor Track & Field Championships 10,000m (29:06); 9th, ‘18 Atlanta Journal Constitution Peachtree Road Race 10k (29:20); 5th, ‘18 Faxon Law New Haven Road Race 20k (USA Men’s and Women’s 20-K Championships)(1:01:44); 13th, ‘18 Bank of America Chicago Marathon (2:12:35); 6th, ‘17 Chevron Houston Marathon (2:17:25); 4th, ‘17 Publix Gasparilla Half Marathon (1:04:51); 8th, ‘17 Atlanta Journal Constitution Peachtree Road Race 10k (USA 10k Championships)(29:04); 3rd, ‘17 EQT Pittsburg 10 Miler (47:15).</p> <p>2021 Performances: 5th, ‘21 AJC Peachtree Road Race 10-K (28:59); 11th, ‘21 Asics Falmouth Road Race 7 Mile (32:41).</p> <p>#41 (USATF CHAMPIONSHIP) Raneri, John (29) DOB: 10/23/91</p> <p>Residence: Flagstaff, AZ Team: McKirdy Trained</p> <p>Citizen of: USA Lifetime PRs: -/-/ 47:53/10-mi. PRs in last three years: -/-/ - Career: 5th, ‘20 Michigan Pro Half-Marathon (1:02:23); 8th, ‘19 United Airlines NYC Half (1:02:51); 13th, ‘19 Boilermaker 15k (45:14); 6th, ‘19 HAP Crim 10 Mile Road Race (47:53).</p> <p>2021 Performances: 10th, ‘21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:15 PB); 7th, ‘21 Asics Falmouth Road Race 7 Mile (32:35).</p> <p>#43 (USATF CHAMPIONSHIP) McCandless, Tyler (34) DOB: 10/14/86</p> <p>Residence: Ft. Collins, CO Team: Altra Running</p> <p>Citizen of: USA Lifetime PRs: -/-/ 47:56/10-mi. PRs in last three years: -/-/ - Career: 1st, ‘20 Pensacola Double Bridge Run (45:01 PB); 4th, ‘19 Road to Gold 8 Mile (38:37); 4th,‘19 Amway River Bank Run 25k ((U.S. 25k Open Championships)(1:15:45); 4th, ‘18 Fifth Third River Bank Run 25k (U.S. 25k Open Champi-</p>	
Courtesy of Road Race Management	3

Austin, Brogan (29)	Athlete Contacts - Males
<p>onships)(1:15:24); 20th, ‘18 Bank of America Chicago Marathon (2:16:37); 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).</p> <p>Previous Top 10 Credit Union Cherry Blossom Finishes: 8th, ‘13 (49:01); 6th US, ‘18 (48:34); 7th US, ‘14 (48:21); 8th US, ‘17 (48:32).</p> <p>#45 (USATF CHAMPIONSHIP) Austin, Brogan (29) DOB: 10/5/91</p> <p>Residence: Longmont, CO Team: Tinman</p> <p>Citizen of: USA Lifetime PRs: 28:18.57/ 2:18:36/ 1:01:52 PRs in last three years: -/-/ - Career: 1st, ‘19 Road to Gold 8 Mile (38:07); 1st, ‘18 California International Marathon (USA Marathon Championships For Men & Women) (2:12:38 PB)</p> <p>#47 (USATF CHAMPIONSHIP) Llano, Matt (33) DOB: 8/1/88</p> <p>Residence: Flagstaff, AZ Team: Under Armour</p> <p>Citizen of: USA Lifetime PRs: 28:43/ 2:11:14/ 1:01:47-hmar PRs in last three years: -/-/ - Career: 2nd, ‘18 California International Marathon (USA Marathon Championships For Men & Women) (2:12:59)</p> <p>2021 Performances: 3rd, ‘21 Elite Atlanta Half-Marathon (1:04:19); 6th, ‘16 Men’s USA Olympic Trials Marathon (2:15:16)</p> <p>#49 (USATF CHAMPIONSHIP) Lara, Frank (25) DOB: 9/25/95</p> <p>Residence: Westminster, CO Team: Tracksmith TC</p> <p>Citizen of: USA Lifetime PRs: -/-/ 48:37/10-mi. PRs in last three years: -/-/ - Career: 2nd, ‘15 Gate River Run 15k (44:44); 2nd, ‘20 Michigan Pro Half-Marathon (1:02:17); 13th, ‘19 AJC Peachtree 10k (29:35); 2nd, ‘19 FORTitude 10k (30:40); 5th, ‘19 Monterey Bay Half Marathon (1:04:23 DB).</p> <p>2021 Performances: 7th, ‘21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:02 PB); 4th, ‘21 Asics Falmouth Road Race 7 Mile (32:22).</p> <p>#53 (USATF CHAMPIONSHIP) Reichow, Joel (28) DOB: 7/24/93</p> <p>Residence: Richfield, MN Team: MDE</p> <p>Citizen of: USA Lifetime PRs: -/-/ 48:41/10-mi. PRs in last three years: -/-/ -</p> <p>#55 (USATF CHAMPIONSHIP) Monroe, Alex (29) DOB: 3/30/92</p> <p>Residence: Superior, CO</p> <p>Citizen of: USA Lifetime PRs: -/-/ 48:57/10-mi. PRs in last three years: -/-/ - Career: 1st, ‘20 Pumpkin Pie 5k (14:49); 10th, ‘19 Lilac Bloomsday Run 12k (36:01); 12th, ‘19 AJC Peachtree 10k (29:28); 9th, ‘17 Medtronic TC Mile (Bring Back the Mile GP)(4:10.7); 8th, ‘17 New Balance Falmouth 7 Mile Road Race (34:29); 5th, ‘17 Applied Materials Silicon Valley Turkey Trot/Elite 5k (13:49 PB).</p> <p>2021 Performances: 12th, ‘21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:41 PB).</p> <p>#57 (USATF CHAMPIONSHIP) Milam, Willie (29) DOB: 2/3/92</p> <p>Residence: Louisville, CO Team: Roots Running</p> <p>Citizen of: USA Lifetime PRs: -/-/ 49:10/10-mi. PRs in last three years: -/-/ - Career: 5th,‘19 Amway River Bank Run 25k ((U.S. 25k Open Championships)(1:16:40 PB); 8th, 18 Gate River Run 15k (U.S. 15k Championships) (44:33); 14th, ‘16 Lilac Bloomsday Run 12k (37:12).</p> <p>Previous Top 10 Credit Union Cherry Blossom Finishes: 8th/4th US, ‘19 (47:07/47:18).</p> <p>#59 Roudolff, Emmanuel (26) DOB: 7/30/95</p> <p>Residence: Chapel Hill, NC Team: Puma</p> <p>Citizen of: FRA Lifetime PRs: -/-/ 1:04:08/hmar PRs in last three years: -/-/ - Career: 11th, ‘20 The Marathon Project (2:11:20 PB).</p> <p>#61 Mwangangi, Elijah (25) DOB: 9/10/96</p> <p>Residence: Ngong Hills, KEN</p> <p>Citizen of: KEN Lifetime PRs: 30:11/ -/ 1:06:53-hmar PRs in last three years: -/-/ - Career: Grandson of 1983 Chicago Marathon winner Joseph Nzau. Raising money for his career on a GoFundMe page.</p> <p>2021 Performances: 30:11 10K in Colorado Springs on July 24.</p> <p>#63 Kimutai, Edwin (28) DOB: 2/19/93</p> <p>Residence:</p> <p>Citizen of: KEN Lifetime PRs: 28:42/ 2:08:15/ 1:00:57-hmar PRs in last three years: -/-/ -</p>	
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Athlete Contacts - Males	Hine, Zach (34)
<p>2021 Performances: 4th, ‘21 Harmony Geneva Marathon for UNICEF (2:08:15)</p> <p>#141 (USATF CHAMPIONSHIP) Hine, Zach (34) DOB: 10/5/87</p> <p>Residence: Kensington, MD Team: Georgetown Running Club</p> <p>Citizen of: USA Lifetime PRs: 28:37/ 2:16:36/ 1:03:54-hmar PRs in last three years: -/-/ - College: Cornell. Career: 7th, ‘19 Cal Int'l Marathron (2:16:36-PR); 8th, ‘19 Houston Marathon; 3-time Olympic Marathon Trials qualifier, Two-time indoor Ivy League 5000m champ; 1x outdoor 10,000m champ while at Cornell Univ.</p> <p>2021 Performances: 2nd, East Coast Relays 5,000m (14:39).</p>	

Elite Women Bios

Female Athletes

#10 (USATF CHAMPIONSHIPS) Natosha Rogers (30)	DOB: 5/7/91
Residence: Littleton, CO	
Citizen of: USA	
Team: Hansons Brooks	
Lifetime PRs: -/-/ 53:45/10-mi. PRs in last three years: -/-/ - Career: 2nd, '15 Gate River Run 15k (49:50 PB); 4th, '20 Under Armour Sunset Tour 10,000m (32:25); 2nd, '19 Great Cow Harbor 10k (34:05); 5th, '17 Gate River Run 15k (USATF Championships) (50:02); 1st, '17 Ohio Health Capital City Half Marathon (USA Half Marathon Championships)(1:10:45); 3rd, '17 Bolder BOULDER 10k (33:42); 8th, '17 New Balance Falmouth 7 Mile Road Race (38:07); 1st, '17 Cow Harbor 10k (33:24); 2nd, '17 Tufts Health Plan 10k for Women (33:44); 3rd, '17 Abbott Dash to the Finish Line 5-K (USA 5-K Championships for Men and Women)(15:39 PB).	
2021 Performances: 2nd, '21 Elite Atlanta Half-Marathon (1:10:49); 7th, '21 USA Olympic Trials 10,000m (32:00).	
#12 (USATF CHAMPIONSHIPS) Paige Stoner (25)	DOB: 1/31/96
Residence: Charlottesville, VA	
Citizen of: USA	
Team: Reebok Boston	
Lifetime PRs: 31:53.89/ 2:28:43/ 9:39.10-3000m sc PRs in last three years: -/-/ - Career: 8th, '15 Gate River Run 15k (50:36 PB); 4th, '20 Michigan Pro Half-Marathon (1:11:53); 7th, '20 The Marathon Project (2:28:43 DB)	
2021 Performances: 11th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (50:48)	
#14 (USATF CHAMPIONSHIPS) Diane Nukuri (36)	DOB: 12/1/84
Residence: Boulder, CO	
Citizen of: USA	
Team: ASICS	
Lifetime PRs: -/-/ 53:56/10-mi. PRs in last three years: -/-/ - 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 (34:34); 3rd, '18 Publix Gasparilla Distance Classic Half Marathon (1:13:05); 11th, '18 Lilac Bloomsday Run 12k (41:32); 3rd, '15 Freihofer's Run for Women 5k (15:56); 6th, '18 NYRR New York Mini 10k (32:49); 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).	
2021 Performances: 10th, Gate River Run 15k (50:44 PB); 7th, Mastercard New york Mini 10k (32:26); 4th, AJC Peachtree Road Race 10k (32:27); 9th, Women's 6k Festival (18:54); 5th, Asics Falmouth Road Race 7 Mile (37:35).	
Previous Top 10 Credit Union Cherry Blossom Performances: 5th/1st US, '18 (53:56PB).	
#18 Caroline Rotich (38)	DOB: 5/13/83
Residence: Santa Fe, NM	
Citizen of: KEN	
Lifetime PRs: -/-/ 52:45/10-mi. PRs in last three years: -/-/ - Career: 7th, '20th Aramco Half-Marathon (1:08:53);6th, '19 Boston Marathon (2:28:27); 3rd, '19 B.A.A. 10k (31:58); 1st, '19 Boilermaker 15k (49:08); 1st, '19 Rock 'n' Roll Philadelphia Half Marathon (1:11:00); 5th, '19 Mainova Frankfurt Marathon (2:24:42); 10th, '18 United Airlines NYC Half (1:13:38); 2nd, '18 B.A.A. 10k (31:57); 2nd, '18 Quad-City Times Bix 7 Mile (36:13); 4th, '17 HAP Crim 10 Mile Road Race (53:06); 2nd, '17 American Association for Cancer Research Rock 'n' Roll Philadelphia Half-Marathon (1:09:41); 5th, '17 TCS Amsterdam Marathon (2:26:26).	
Previous Top 10 Credit Union Cherry Blossom Performances: 1st, '13 (52:46).	
#20 Iveen Chepkemai (24)	DOB: 8/20/97
Residence: Colorado Springs, CO	
Citizen of: KEN	
Lifetime PRs: -/-/ 51:43/10-mi. PRs in last three years: -/-/ - Career: 4th, '19 Crescent City Classic 10k (32:12); 4th, '19 Lilac Bloomsday Run 12k (40:26) 4th, '19 B.A.A. 10k (31:59 PB); 2nd, '19 Great Buffalo Chase 5k (15:51); 2nd, '19 Boilermaker 15k (49:09); 2nd, '19 Buffalo Subaru 4-Mile Chase (20:31); 7th, '19 Quad-City Bix 7 Mile (37:57); 3rd, '19 Debbie Green Memorial 5k (16:22); 2nd, '19 HAP Crim 10 Mile Road Race (51:43); 2nd, '19 Medical Center 10k Classic (32:55); 2nd, '19 Genworth Virginia Ten Miller (54:50); 2nd, '19 Reebok 10k for Women (31:56 PB); 2nd, '18 Crescent City Classic 10k (32:28); 6th, '18 Lilac Bloomsday Run 12k (40:30); 3rd, '18 Debbie Green Memorial 5k (16:39); 3rd, '18 HAP Crim 10 Mile Road Race (55:13 PB).	
2021 Performances: 1st, '21 Gum Tree 10K (32:53); 4th, '21 Fresh 15K (50:27); 8th, '21 Asics Falmouth Road Race 7 Mile (38:09).	
Previous Top 10 Credit Union Cherry Blossom Performances: 9th, '19 (53:21/53:33).	
#22 Antonina Kwambai (29)	DOB: 4/1/92
Residence: Tuiyabeli, KEN	
Citizen of: KEN	
Team: ASICS	
Lifetime PRs: -/-/ 1:08:07/hmar PRs in last three years: -/-/ - Career: 5th, '19 10k Valencia Ibercaja (31:02 PB); 3rd, '19 Huawei Maratonina Roma-Ostia (1:07:50 PB); 1st, '19 Hyundai Meia Maratona do Porto Half Marathon (1:09:42); 1st, '18 fitbit Semi-Marathon de Paris (1:08:07); 5th, '18 Sportismo	

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Amy Davis (24)	Athlete Contacts - Females
Prague Half Marathon (1:09:48); 1st, '17 Mitja Marato Internacional Vila de Santa Pola Half Marathon (1:09:49).	
2021 Performances: 5th, '21 Xiamen Marathon & Tuscany Camp Global Elite Race (2:24:20 PB).	
#24 (USATF CHAMPIONSHIPS) Amy Davis (24)	DOB: 2/15/97
Residence: Rochester Hills, MI	
Citizen of: USA	
Team: Hanson Brooks	
Lifetime PRs: 32:13.5/ -/ - PRs in last three years: -/-/ -	
#26 (USATF CHAMPIONSHIPS) Jennifer Bergman (29)	DOB: 11/1/91
Residence: Erie, CO	
Citizen of: USA	
Team: Roots Running	
Lifetime PRs: -/-/ - PRs in last three years: -/-/ -	
#28 (USATF CHAMPIONSHIPS) Bria Wetsch (31)	DOB: 5/24/88
Residence: Broomfield, CO	
Citizen of: USA	
Lifetime PRs: -/-/ 54:14/10-mi. PRs in last three years: -/-/ - Career: 3rd, '20 Pumpkin Pie 5k (16:57); 10th, '20 The Marathon Project (2:29:50 PB); 7th, '19 Gate River Run 15k (51:50); 6th, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (54:14); 3rd, '19 EQT Pittsburgh 10 Miler (55:10)7th, '16 EQT Pittsburgh 10 Miler (58:33).	
2021 Performances: 13th, '21 Mastercard New York Mini 10-K (33:41 PB); 10th, '21 AJC Peachtree Road Race 10-K (33:43).	
#30 (USATF CHAMPIONSHIPS) Annie Frisbie (24)	DOB: 12/31/96
Residence: Minneapolis, MN	
Citizen of: USA	
Team: MDE	
Lifetime PRs: -/-/ 54:00/10-mi. PRs in last three years: -/-/ - Career: 5th, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (54:00).	
2021 Performances: 3rd, '21 AJC Peachtree Road Race 10-K (32:06 PB); 6th, '21 Women's 6k Festival (18:46).	
#32 (USATF CHAMPIONSHIPS) Susanna Sullivan (31)	DOB: 5/13/90
Residence: Reston, VA	
Citizen of: USA	
Team: Capital Area Runner	
Lifetime PRs: -/-/ 54:22/10-mi. PRs in last three years: -/-/ - Career: 4th, '20 Up Dawg Ten-Miler (54:22 PB); 19th, '20 The Marathon Project (2:33:27 PB); 9th, '17 Atlanta Journal Constitution Peachtree Road Race 10k (USA 10k Championships)(34:04).	
2021 Performances: 8th, '21 AJC Peachtree Road Race 10-K (33:02); 9th, '21 Asics Falmouth Road Race 7 Mile (38:28).	
Previous Top 10 Credit Union Cherry Blossom Performances: 8th/4th US, '14 (54:31); 10th/3rd US, '17 (56:12); 5th US, '15 (51:44/55:06).	
#34 (USATF CHAMPIONSHIPS) Bethany Sachtleben (29)	DOB: 2/9/92
Residence: Fairfax, VA	
Citizen of: USA	
Lifetime PRs: -/-/ 54:42/10-mi. PRs in last three years: -/-/ - Career: 2nd, '19 Gate River Run 15k (51:08); 6th, '19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:12:28); 13th, '19 NYRR New York Mini 10k (33:29); 2nd, '19 Garry Bjorklund Half-Marathon (1:10:44 PB); 2nd, '19 Pan American Games Marathon (2:31:20 PB); 1st, '19 EQT Pittsburgh 10 Miler (54:42); 9th, 18 Gate River Run 15k (U.S. 15k Championships) (52:18); 4th, '18 Garry Bjorklund Half Marathon (1:12:24 PB); 8th, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:12:55); 6th, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:31:20 PB); 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).	
2021 Performances: 16th, '21 Mastercard New York Mini 10-K (33:55).	
Previous Top 10 Credit Union Cherry Blossom Performances: 8th/3rd US, '18 (54:59); 10th/2nd US, '19 (53:40/53:52).	
#38 (USATF CHAMPIONSHIPS) Katja Goldring (31)	DOB: 8/11/90
Residence: Flagstaff, AZ	
Citizen of: USA	
Lifetime PRs: 33:02.78/ 2:31:30/ 1:14:06-hmar PRs in last three years: -/-/ - Career: 2nd, '21 Grandma's Marathon (2:31:30 PB); 9th, '16 Women's USA Olympic Trials Marathon (2:35:21 PB)	
2021 Performances: 2nd, '21 Grandma's Marathon (2:31:30 PB)	
#40 (USATF CHAMPIONSHIPS) Abbie McNulty (25)	DOB: 2/25/96
Residence: Charlottesville, VA	
Citizen of: USA	
Team: Reebok Boston TC	
Lifetime PRs: 33:07/ -/ - PRs in last three years: -/-/ - Career: 13th, '20 Michigan Pro Half-Marathon (1:14:25 DB); 7th, '19 New Balance Falmouth Road Race 7 Mile (38:18).	

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Elite Women Bios

Athlete Contacts - Females		Sara Hall (38)
2021 Performances: 11th, '21 AJC Peachtree Road Race 10-K (34:18); 12th, '21 Asics Falmouth Road Race 7 Mile (39:00).		
#42 (USATF CHAMPIONSHIPS) Nell Rojas (33)	DOB: 11/27/87	
Residence: Boulder, CO		
Citizen of: USA	Team: Rojas Athletics	
Lifetime PRs: -/-/ 1:10:45/hmar PRs in last three years: -/-/ - Career: 9th, '20 USA Olympic Trials Marathon (2:30:26); 8th, '19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:14:17 PB); 1st, '19 Grandma's Marathon (2:28:09 PB); 8th, '19 New Balance Falmouth Road Race 7 Mile (38:26); 7th, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:31:22 PB).		
#44 (USATF CHAMPIONSHIPS) Carrie Verdon (27)	DOB: 3/8/94	
Residence: Boulder, CO		
Citizen of: USA	Team: Boulder TC	
Lifetime PRs: -/-/ 56:57/10-mil. PRs in last three years: -/-/ - Career: 8th, '20 Michigan Pro Half-Marathon (1:13:11 PB).		
2021 Performances: 2nd, '21 Valley O.NE Half Marathon (1:10:11 PB).		
#46 (USATF CHAMPIONSHIPS) Jennifer Simpson (34)	DOB: 8/23/86	
Residence: Boulder, CO		
Citizen of: USA	Team: New Balance	
Lifetime PRs: -/-/ 14:56/5k PRs in last three years: -/-/ - Career: 1st, '19 Payton Jordan Invitational 5000m (15:22); 4th, '19 Golden Gala Pietro Mennea 1500m (4:02 SB); 2nd, '19 USATF Outdoor Track & Field Championships 1500m (4:03.41); 1st, '19 New Balance Fifth Avenue Mile (4:16.1 CR); 8th, '19 IAAF World Athletics Championships 1500m (3:59 SB); 2nd, '18 USATF Outdoor Track & Field Championships 1500m (4:07); 1st, '18 New Balance Fifth Avenue Mile (4:18.8); 2nd, '17 IAAF World Championships in Athletics 1500m (4:03); 1st, '17 New Balance Fifth Avenue Mile (4:16.6).		
#50 (USATF CHAMPIONSHIPS) Sydney Devore (29)	DOB: 9/27/91	
Residence: Ferndale, MI		
Citizen of: USA	Team: McKirdy Trained	
Lifetime PRs: -/-/ - PRs in last three years: -/-/ - Career: 4th, '18 Publix Gasparilla Distance Classic Half Marathon (1:14:21); 11th, '18 Credit Union Cherry Blossom 10 Mile Run (55:44)		
#52 (USATF CHAMPIONSHIPS) Emma Kertesz	DOB: 7/24/90	
Residence: Boulder, CO		
Citizen of: USA	Team: Boulder UG	
Lifetime PRs: -/-/ 58:16-10-mi PRs in last three years: -/-/ -		
#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/ 1:08:18-hmar PRs in last three years: -/-/ - Career: 1st, '20 The Marathon Project (2:20:32 PB/#2 USA all-time); 1st, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (53:11); 1st, '18 Medtronic Twin Cities USA 10 Mile Championships (52:47); Twelve National championships won: 5K, '06; 1 mile, '11; xc, '12; 10 mile, '17; marathon, '17; 20K, '18; 10K, '18; 10 mile, '18; 10K, '19; 20K, '19; 10 mile, '19; 10K, '21.		
2021 Performances: 1st, '21 Mastercard New York Mini 10-K (31:33 PB); 1st, '21 AJC Peachtree Road Race 10-K (31:41); 1st, '21 Row River Half Marathon (1:08:44)		
Previous Top 10 Credit Union Cherry Blossom Performances: 4th, '14 (52:54)		