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—a long 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 $33,000, 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 third. The 2021 race marks the 20th year of title sponsorship by the Credit Union Miracle Network. Since 2002, more than $10 million has been raised for the Children’s Miracle Network Hospitals. In 2020, $439.90 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 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 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 Bow 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 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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Chris Derrick (455) 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 6th place and $4,400 in prize money ($700 in overall, $2,500 second U.S. citizen, and $1,200 RRCA Road Scholar/Ron Pro Camper bonus). 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 of 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 Koirt, 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.

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 (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 the other teams heading to Killington; Diony Ph learns Weekly, I don’t expect I’ll be as fast for the distance as I was then, being in the middle of a marathon block. But it will be a fun test.”

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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 USA Track and Field 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

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

Thanks for Making a Difference with Us!

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

CREDIT UNION SUPPORTERS

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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
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.cbaltimorerun.com/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 and 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 the strongest theme that came through all the responses we got: a sense of gratitude—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 promotions for running orga-
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. In fact, he stopped to throw up three times—for which he blames a pre-race dinner of spaghetti and meat balls. Despite having quite 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 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, 35-race PB of 350 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 TwoSome 10 mile run in New York City and finished in 90 minutes. Eight weeks later she ran 4:18:20 in the Marine Corps Marathon, 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, bat- 

ting cold crowned 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 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 opened the door to move to Washing- 

ton 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. But he was 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 that 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 innate 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 rec-

dords 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 Wash-

ington, the Credit Union Cherry Blossom Race Committee held out hope as long as possible when races in different states had newly announced a cancellation on March 13 when told by the National Park Service that the pandemic prohibited an in-person race.
Male Athletes

#03 Tanui, Josaphat (27)
DOB: 2/14/94
Citizen of: Kenya
Team: Adidas
Previous Top 10 Credit Union Cherry Blossom Finishes: 2nd, '19 46:38:45 (4th).

#07 (USATF CHAMPIONSHIP) Zienasellassie, Futsam (28)
DOB: 12/1/92
Residence: Flagstaff, AZ
Citizen of: USA
Team: McKee Training
Life Time PRs: J-4:56:10 10 mi. PRs in last three years: J- J - Career: 14th, 20th Aramco Half Marathon (1:01:44 PB); 5th, '19 USA Half Marathon Championship (1:03:38); 1st, '19 Great Cow Harbor 10k (29:36); 2nd, '19 Monterey Bay Half Marathon (1:32:33 PB/COR); 11th, '19 Faxon Law New Haven Road Race 25K USA Men's and Women's 25K 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 (46:47:08).

#09 Sambu, Stephen (33)
DOB: 7/7/88
Residence: Tucson, AZ
Citizen of: USA
Team: ASICS
Life Time PRs: J-4:20:10 10K PRs in last three years: J- J - Career: 6th, '19 Lilac Bloomsday Run 12k (42:00); 3rd, '19 B.A.A. 10K (28:11); 7th, '19 AACC Peachtree 10k (28:38); 4th, '19 Boldermaker 15k (44:13); 3rd, '19 Boldermaker 15k (43:36); 4th, '19 Quad City Bix 6 Mile (33:05); 2nd, '19 New Balance Falmouth Road Race 7 Mile (32:39); 7th, '19 TCYS New York City Marathon (2:11:11); 7th, '19 Avance Half Marathon (1:00:41); 6th, '18 UA Healthly Kidney 10k (20:08); 3rd, '18 B.A.A. 10K (28:36); 2nd, '18 TD Beach to Beacon 10K (44:27); 4th, '18 New Balance Falmouth 7 Mile Race (25:51); 2nd, '18 EQT Pittsburgh 10 Mile (46:56); 3rd, '17 World's Best 10K (33:34); 1st, '17 Bank of America Shamrock Shuffle 4k (22:47); 3rd, '17 UA Healthly Kidney 10k (28:31); 2nd, '17 B.A.A. 10k (28:22); 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, '14 (46:39); 5th, '14 (46:55).

#11 (USATF CHAMPIONSHIP) Maiyo, Augustus (38)
DOB: 5/10/83
Residence: Colorado Springs, CO
Citizen of: USA
Team: US Army
Previous Top 10 Credit Union Cherry Blossom Finishes: 10th/2nd US, '19 (47:28).

#13 (USATF CHAMPIONSHIP) Menches, Girma (33)
DOB: 11/8/86
Residence: Colorado Springs, CO
Citizen of: USA
Team: US Army
Life Time PRs: J-4:22:10 10K PRs in last three years: J- J - Career: 2nd, '20 Under Armour Seattle Tour 10,000m (27:56 PB); 40th, '20 Sugar Run 5K Classic (3:14:39); 3rd, '18 Army Ten Mile (50:30); 11th, '18 Lilac Bloomsday Run 10K (45:21).
Previous Top 10 Credit Union Cherry Blossom Finishes: 10th/2nd US, '14 (47:22); 2nd US '15 (43:43:34).

#15 (USATF CHAMPIONSHIP) Bor, Emmanuel (33)
DOB: 4/18/88
Residence: Lilac Bloomsday Run 10K (45:21).
Citizen of: USA
Team: US Army
Life Time PRs: J-4:38:10 10K PRs in last three years: J- J - Career: 1st, '16 Sugar Run 5K Classic (13:37); 1st, '16 Corridor of Language 10K (25:33 PB); 3rd, '16 Le 10km de Port Gentil (25:37 PB); 4th, '18 USA Indoor Championships (3000m (8:00.17); 4th, '18 Gobi River Run 15K (U.S. National Championships) (43:35 PB); 10th, '18 Grand Blue Mile (USA Road Race Mile Championships) (4:05.77); 5th, Lilac Bloomsday Run 12k (3:41:01); 5th, '18 USATF Outdoor Track & Field Championships (10000m (31:52); 7th, '18 Abbott Dash 5K Finish Line 5K (USA Championships For Men and Women) (14:01 PB); 3rd, '17 Applied Materials Silicon Valley Turkey Trot/Ellie 5K (14:53 PB).

Gregg, Brendan (32)
Athlete Contacts - Males

2021 Performances: 2nd, '21 The Track Meet 10000m (27:23 PB/GQ); 3rd, '21 Edorford City Marathon (1:10:10); 10th, '21 USA Olympic Trials (28:06 PB); 5th, '21 USA Olympic Trials 5000m (13:31); 3rd, '21 Aliso Foothall Road Race 7 Mile (5:26:02 PB).

#19 (USATF CHAMPIONSHIP) Gregg, Brendan (32)
DOB: 5/18/89
Citizen of: USA
Team: Hanson Books
Life Time PRs: J-4:45:10 10K PRs in last three years: J- J - Career: 14th, '20 US Olympic Trials Marathon (2:13:37); 12th, '20 Michigan Pro Half-Marathon (1:32:41); 14th, '19 Pacific 10K (24:44); 14th, '19 America's Finest City Half Marathon (1:04:50); 13th, '18 Gate River Run 10K (U.S. 15K Championships) (44:25); 1st, '18 B.A.A. Run 10K (29:52); 4th, '18 HARP Cold 10 Mile Road Race (46:42); 10th, '18 Fastest Mile Near Haven Road Race 25K USA Men's and Women's 25K Championships (1:02:42); 4th, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:12:27 PB).
Previous Top 10 Credit Union Cherry Blossom Finishes: 2nd, '20 (1:01:44).
Athlete Contacts - Males

McCandless, Tyler (34)

Preceding Top 10 Credit Union Cherry Blossom Finishes: 9th/3rd US, 17 (46:58/PB); 9th/6th US, 19 (47:05); 7th, US, 18 (46:37).

#31 (USATF CHAMPIONSHIP) Drodjy, Noah (30)

DOB: 9/22/90

Residence: Boulder, CO

Citizen of: USA

Team: Roots Running

Lifeline PRs: J - 47:28/10-mi. PRs in last three years: J - J - Career: 2nd, '20 The Marathon Project (2:29:09 PB); 5th, '18 United Airlines NYC Half (2:32:39); 9th, '18 TD Beach to Beacon 10K (29:05); 6th, '19 New Balance Falmouth Race 7 Mile (33:01); 4th, '19 Rock 'n' Roll Philadelphia Half Marathon (1:13:35); 9th, '18 Oasis Coastal City Half Marathon (2:11:53); 7th, '17 Boston Marathon (2:13:50); 10th, '17 NYC Marathon (2:14:57); 7th, '16 Houston AAI Half Marathon (1:09:06); 9th, '15 Men's USA Olympic Trials Marathon (2:15:27); 6th, '16 Health Capital City Half Marathon - USA Half Marathon Championships (1:04:23); 20th, '16 Medtronic TC Mile (Bring Back the Mile GP)(4:10.7); 8th, '17 New Balance Falmouth Race 7 Mile (32:41).

#33 (USATF CHAMPIONSHIP) Serrafini, Louis (29)

DOB: 9/20/91

Residence: Cambridge, MA

Citizen of: USA

Team: Tracksmith Half


#35 (USATF CHAMPIONSHIP) Biwott, Shadrack (30)

DOB: 9/21/90

Residence: Chapel Hill, NC

Citizen of: Kenya

Team: Tilman

Lifeline PRs: J - 47:53/10-mi. PRs in last three years: J - J - Career: 15th, '19 Boston Marathon (2:14:28); 16th, '19 Oasis Coastal City Half Marathon (1:13:35); 9th, '18 Oasis Coastal City Half Marathon (2:11:53); 7th, '17 Boston Marathon (2:13:18); 10th, '17 NYC Marathon (2:14:57); 7th, '16 Houston AAI Half Marathon (1:09:06); 9th, '15 Men's USA Olympic Trials Marathon (2:15:27); 6th, '16 Health Capital City Half Marathon - USA Half Marathon Championships (1:04:23); 20th, '16 Medtronic TC Mile (Bring Back the Mile GP)(4:10.7); 8th, '17 New Balance Falmouth Race 7 Mile (32:41).

#37 (USATF CHAMPIONSHIP) Fischer, Reed (26)

DOB: 7/9/95

Residence: Boulder, CO

Citizen of: USA

Team: Tilman

Lifeline PRs: J - 47:50/10-mi. PRs in last three years: J - J - Career: 12th, '20 Arkansas Half Marathon (1:01:37); 7th, '19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:04:23); 7th, '19 Boldermap 10K (44:44); 5th, '19 Faxon Law New Haven Road Race 20k (USA Championships)(59:48.OB).

2021 Performances:

- 8th, '21 Gate River Run 15k (USA 15K Championships for Men and Women)
- 4:02.02 PB.

Previous Top 10 Credit Union Cherry Blossom Finishes: 7th/3rd US, 19 (47:03/47:14).

#39 (USATF CHAMPIONSHIP) Kibet, Elkanah (38)

DOB: 6/2/83

Residence: Colorado Springs, CO

Citizen of: USA

Team: US Army

Lifeline PRs: J - 47:45/10-mi. PRs in last three years: J - J - Career: 12th, '20 Publix Gasparilla Half Marathon (1:11:24); 11th, '19 Bronx Marathon (2:11:51); 9th, '19 BOLT Pittsburgh 10 Mile (44:33); 1st, Publix Gasparilla Distance Classic Half Marathon (1:03:39); 9th, '18 Gate River Run 15k (USA 15K Championships)(43:53.pb); 8th, '18 Boston Marathon (2:23:37); 3rd, '18 USAUTOF 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 20K Championships)(1:04:14); 13th, '18 Bank of America Chicago Marathon (2:12:23); 6th, '17 Cheyenne Houston Mar-athon (2:17:22); 4th, '17 Publix Gasparilla Half Marathon (1:04:51); 8th, '17, '16 USA Half Marathon Peachtree Road Race 10k (USA 10K Championships)(29:04); 3rd, '17 BOLT Pittsburgh 10 Mile (47:15).

2021 Performances:

- 5th, '21 AJC Peachtree Road Race 10k (28:18.57t/1:01:52 PB); 5th, '21 Asics Falmouth Road Race 7 Mile (32:24).

#41 (USATF CHAMPIONSHIP) Raneri, John (29)

DOB: 10/22/90

Residence: Flagstaff, AZ

Citizen of: USA

Team: McKindy Training

Lifeline PRs: J - 47:45/10-mi. PRs in last three years: J - J - Career: 5th, '20 Michigan Pro Half Marathon (1:05:51); 9th, '19 United Airlines NYC Half (1:02:51); 13th, '19 Boldermap 15k (45:14); 6th, '19 HAP CDT 10 Mile Race Road (47:53).

2021 Performances:

- 10th, '21 Gate River Run 15k (USA 15K Championships for Men and Women)
- 44:15 PB.

- 7th, '21 Asics Falmouth Road Race 7 Mile (32:39).

#43 (USATF CHAMPIONSHIP) McCandless, Tyler (34)

DOB: 10/4/96

Residence: Ft. Collins, CO

Citizen of: USA

Team: AllPro Running

Lifeline PRs: J - 47:56/10-mi. PRs in last three years: J - J - Career: 1st, '20 Pocatello Double Bridge Run (45:01 PB); 4th, '19 Road to Colorado 8 Mile (36:37); 4th, '19 Amway River Bank Run 25k (USA 25k Open Championships)(1:15:45); 4th, '19 Fifth Third River Bank Run 25k (USA 25k Open Championships)(1:15:44).
Female Athletes

#10 (USATF CHAMPIONSHIPS) Natasha Rogers (30) 
DOB: 5/7/91
Residence: Lithonia, GA
Citizen of: USA
Team: Hanson Brooks
Lifetim PRs: -/ -/ 1:08:07/hmar

#12 (USATF CHAMPIONSHIPS) Paige Stoner (25) 
DOB: 10/19/96
Residence: Charlotteville, VA
Citizen of: USA
Team: Reebok Boston TC
Lifetim PRs: -/ -/ -/10-k

#14 (USATF CHAMPIONSHIPS) Diane Nukuri (36) 
DOB: 12/1/84
Residence: Boulder, CO
Citizen of: USA
Team: ASICS
Lifetim PRs: -/ -/ 1:18:04/hmar

#30 (USATF CHAMPIONSHIPS) Annie Froebishe (24) 
DOB: 12/9/86
Residence: Minneapolis, MN
Citizen of: USA
Team: MDE
Lifetim PRs: -/ -/ 1:29:26/hmar

#2 (USATF CHAMPIONSHIPS) Amy Davis (24) 
DOB: 2/15/97
Residence: Rochester Hills, MI
Citizen of: USA
Team: Hanson Brooks
Lifetim PRs: -/ -/ 50:07/hmar

#24 (USATF CHAMPIONSHIPS) Jennifer Bergman (29) 
DOB: 11/1/91
Residence: Erie, CO
Citizen of: USA
Team: Roots Running
Lifetim PRs: -/ -/ 1:09:39/10-k

#28 (USATF CHAMPIONSHIPS) Bria Wetsch (31) 
DOB: 5/24/88
Residence: Broomfield, CO
Citizen of: USA
Team: Reebok Boston TC
Lifetim PRs: -/ -/ -/10-k

#30 (USATF CHAMPIONSHIPS) Annie Froebishe (24) 
DOB: 12/9/86
Residence: Minneapolis, MN
Citizen of: USA
Team: MDE
Lifetim PRs: -/ -/ 1:29:26/hmar

#4 (USATF CHAMPIONSHIPS) Amy Davis (24) 
DOB: 2/15/97
Residence: Rochester Hills, MI
Citizen of: USA
Team: Hanson Brooks
Lifetim PRs: -/ -/ 50:07/hmar

#2 (USATF CHAMPIONSHIPS) Jennifer Bergman (29) 
DOB: 11/1/91
Residence: Erie, CO
Citizen of: USA
Team: Roots Running
Lifetim PRs: -/ -/ 1:09:39/10-k

#28 (USATF CHAMPIONSHIPS) Bria Wetsch (31) 
DOB: 5/24/88
Residence: Broomfield, CO
Citizen of: USA
Team: Reebok Boston TC
Lifetim PRs: -/ -/ -/10-k

#30 (USATF CHAMPIONSHIPS) Annie Froebishe (24) 
DOB: 12/9/86
Residence: Minneapolis, MN
Citizen of: USA
Team: MDE
Lifetim PRs: -/ -/ 1:29:26/hmar

#4 (USATF CHAMPIONSHIPS) Amy Davis (24) 
DOB: 2/15/97
Residence: Rochester Hills, MI
Citizen of: USA
Team: Hanson Brooks
Lifetim PRs: -/ -/ 50:07/hmar
## Elite Women Bios

<table>
<thead>
<tr>
<th>Athlete Contacts - Females</th>
<th>Sara Hall (38)</th>
</tr>
</thead>
</table>

### 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) Neil Rojas (33)
**DOB:** 11/27/87  
**Residence:** Boulder, CO  
**Citizen of:** USA  
**Team:** Rojas Athletics  
**Life Time PRs:** J-J: 1:10:45/10-K PRs in last three years: 11th, '21 AJC Peachtree Road Race 10-K (34:18); 12th, '21 Asics Falmouth Road Race 7 Mile (39:00).  
**PRs in last three years:** 1st, '19 Grand Prix USA (2:38:59 PB); 9th, '19 New Balance Falmouth Road Race 7 Mile (1:10:06); 10th, '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  
**Life Time PRs:** J-J: 5:57:10-mi PRs in last three years: 2nd, '21 Valley O.N.E 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  
**Life Time PRs:** 14:56/5k PRs in last three years: 1st, '19 Payton Jordan Invitational 5000m (15:22); 4th, '19 Golden Gate 10K Men (15:02 PB); 2nd, '19 USA 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 PB); 2nd, '18 USA Outdoor Track & Field Championships 1500m (4:07); 1st, '18 New Balance Fifth Avenue Mile (4:18.8); 1st, '18 IAAF World Championships in Athletics 1500m (4:18.8); 1st, '18 New Balance Fifth Avenue Mile (4:16.8).

### #50 (USATF CHAMPIONSHIPS) Sydney Devore (29)
**DOB:** 9/27/91  
**Residence:** Ferndale, MI  
**Citizen of:** USA  
**Team:** McKirdy Trained  
**Life Time PRs:** J-J: 1:14:21 Half Marathon PRs in last three years: 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  
**Life Time PRs:** J-J: 58:16-10-mi PRs in last three years: J-J:  

### #54 (USATF CHAMPIONSHIPS) Sara Hall (38)
**DOB:** 4/15/83  
**Residence:** Flagstaff, AZ  
**Citizen of:** USA  
**Team:** ASICS  
**Life Time PRs:** 3:13:33/2:02:20/1:08:15-hmar PRs in last three years: 1st, '20 The Marathon Project 10-Mile (1:08:44); 2nd, '18 Modesto Twin Cities 10 Mile (1:10:10 PB); 1st, '18 Modesto Twin Cities USA 10 Mile Championships (1:07:50); 2nd, '17 Twin Cities USA 10 Mile Championships (1:08:25); 3rd, '16 Twin Cities USA 10 Mile Championships (1:05:41); 3rd, '15 Twin Cities USA 10 Mile Championships (1:01:30); 3rd, '14 Twin Cities USA 10 Mile Championships (1:05:41); 3rd, '13 Twin Cities USA 10 Mile Championships (1:01:30); 3rd, '12 Twin Cities USA 10 Mile Championships (1:04:51).  
**Previous Top 10 Credit Union Cherry Blossom Performances:** 4th, '14 (52:54)

### 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)

Credit of Road Race Management.