



Official 2023 Media Guide



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Welcome Letters



We are very excited to be celebrating the 50th anniversary of the Credit Union Cherry Blossom 10 Mile this year! This is an amazing running event and credit unions nationwide have enthusiastically united to be a part of it for 21 of those 50 years.

The impact of our long-standing partnership is remarkable. Since becoming the title sponsors in 2002, we have donated over **\$10.3 million to Children's Miracle Network Hospitals**, locally and across the country, which treat 10 million children annually. This amount includes generous donations from runners and credit union members, employees, volunteers and business partners.

While our philanthropic achievements are notable, what's really impressive is that credit unions help consumers reach their financial dreams faster. They have the scale, services and cutting edge products needed for consumers and their families to succeed. By returning earnings back to their customers through higher rates on savings accounts and lower rates on loans, credit unions not only save their members an average of \$184 a year, they are also the best financial partners for life.

Credit Unions are proud to be part of this event's family. It's obvious when you see the hundreds of credit union employees who volunteer on race weekend at packet pickup, water stops, corrals, and other stations and to the thousands of credit union members running this year's race.

Thank you for your support and happy 50th anniversary!

John Bratsakis
Chair of Credit Union Miracle Day
President/CEO of MD|DC Credit Union Association

Welcome Letters



Fifty years is not a trifling amount of time. To put it in perspective, over 82% of the entrants in this year's race were not even born on April 1 1973, when 129 runners, mostly members of the DC Road Runners Club, finished the 1st edition of the "Cherry Blossom Invitational Run." A lot has happened in the following 50 years -- 221,626 unique finishers, six world and five American records and over \$10.2 million raised for charity -- which the organizing committee feels is worth celebrating. So welcome to our Gala 50th Anniversary Celebration. With not counting the 2020 Virtual Run as an actual edition of the event, our 50th anniversary aligns neatly with our 50th running as well. Through Watergate, gas crises, the fall of the Berlin Wall, the invention of the internet, the first and second Iraq Wars, the 2008 financial crisis, American's first Black President, two impeachments, an insurrection and the War in Ukraine, runners have returned each spring for what is known as the "Runners Rite of Spring." We will be celebrating this year with 11 past champions on hand race weekend from 2022's winners Nicholas Kosimbei and Susannah Sullivan all the way back to 1973 women's winner Kathrine Switzer and 1975 and 1976 men's winner Carl Hatfield. We will be providing all entrants with 50th anniversary commemorative magnetic race "pins" and a history lesson throughout the weekend. We hope you enjoy it.

We couldn't celebrate our 50th without bringing in some new touches, most notably a new look featuring new logos thanks to our nearly-year long rebranding project, and the moving of our 5K to a standalone event on Saturday designed to showcase the thousands of runners for whom running 3.1 miles is a fitness goal.

We also are calling 2023 our "Championship" year as the event is hosting the championships of all three major U.S. road running organizations – USA Track & Field, the Road Runners Club of American and the PRRO Circuit. This is the first time ever all three Championships have been held simultaneously. Just to spur our elite athletes on, we are offering a \$50,000 shared bonus split among winners who break the World or American records. There will be plenty of fast running to go along with the celebrating over the weekend.

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 \$10.2 million dollars for the Children's Miracle Network Hospitals. We will be announcing this 2023 fundraising total on Saturday and Sunday mornings. Stay tuned for some impressive numbers and thank you to the runners and credit unions who made this possible.

I would, on behalf of myself, Deputy Director Becky Lambros, the Cherry Blossom Inc. Board of Directors, the 90 member organizing committee and our 2,000 volunteers, like to welcome everyone to the 50th running of the Credit Union Cherry Blossom 10 Mile and 5K.

Of course, we are deeply indebted to the generous support of our sponsors, headlined by Credit Union Miracle Day, a collective of credit unions and business partners serving the credit union industry which has served as the title sponsor since 2002.

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.

And finally, a huge thank you goes to our tireless 100-member organizing committee. Quite frankly, they are the true super stars of the weekend.

Sincerely,
Phil Stewart
Event Director

Event Timetable

March 20 — April 16, 2023

Anytime, everywhere: Credit Union Cherry Blossom Virtual Run.
Registration closes April 9, see CherryBlossom.org for details.

Friday, March 31 National Building Museum

3:00 P.M. — 8:00 P.M.

Health and Fitness Expo Presented by Wegmans
(Packet pickup for 10 Mile, 5K and Kids' Run closes at 7:45 P.M.)

4:00 P.M. — 7:30 P.M.

Speakers Program in National Building Museum Auditorium

5:00 P.M. — 7:30 P.M.

Book signings in the expo hall

Saturday, April 1 Freedom Plaza

7:00 A.M. — 8:45 A.M.

5K race bib and t-shirt pickup

9:00 A.M. — 9:15 A.M.

Opening Ceremonies for Credit Union Cherry Blossom 5K presented by REI

9:15 A.M. — 10:30 A.M.

Red, White and Blue Waves start at 9:15, 9:19 and 9:25 respectively
Starting line closes at 9:40
5K course closes at 10:30

10:15 A.M.

5K Awards Ceremony

Saturday, April 1 National Building Museum

9:00 A.M. — 5:00 P.M.

Health and Fitness Expo Presented by Wegmans
(Packet pickup for 10 Mile closes at 4:45 P.M.)

9:10 A.M.

Opening Ceremony for Credit Union Cherry Blossom Kids Run presented by REI

9:30 A.M. — 10:30 A.M.

Credit Union Cherry Blossom Kids Run presented by REI
(Warm-up activities begin at 8:00 A.M.)

11:00 A.M. — 4:00 P.M.

Speakers Program in National Building Museum Auditorium

12:00 P.M. — 4:00 P.M.

Book signings in the expo hall

Sunday, April 3, 2022 Washington Monument Grounds

6:00 A.M.

Bike Valet opens

6:15 A.M.

Bag Check opens

7:00 A.M.

Deadline for check in at media tent for anyone seeking press truck access — first come, first served

7:13 A.M.

Presentation of the colors by the Navy Ceremonial Guard and singing of the National Anthem by Jonny Hartwell

7:18 A.M.

Advance start for elite and seeded women

7:25 A.M.

Credit Union Miracle Day check presentation at start line

7:29 A.M.

Wheelchair start

7:30 A.M.

10 Mile start for elite international and U.S. men as well as the first of five mass start waves, four more of which will depart every 1-2 minutes thereafter

7:54 A.M.

Final wave of 10 Mile starts

8:00 A.M.

Starting line closed; no late starters allowed

8:09 A.M.

Expected arrival time of female winner

8:15 A.M.

Expected arrival time of male winner

9:10 A.M.

10 Mile course closes at 5-mile mark for entrants moving slower than 14-minutes-per-mile pace

10:00 A.M.

Random Awards begin at stage

10:15 A.M.

Formal awards ceremony begins (age group and team awards are not given out on race day)

10:18 A.M.

10 Mile course closes — all runners must exit the 10 mile course — access to finish line will be sealed at 15th and Independence Ave., S.W.

10:20 A.M.

10 Mile finish line closes

8:00 P.M.

Results posted at www.CherryBlossom.org

Sunday, April 9

Online registration closes for Credit Union Cherry Blossom Virtual Run Presented by MedStar Health; results will be accepted through April 16.

Race Day Media Information

Keith Peters is the media coordinator for the 2023 Credit Union Cherry Blossom 10 Mile, 5K and Kids Run. Please contact Keith at kpeters@CherryBlossom.org or (307) 690-6803 to request media credentials for the 5K Run or Kids Run, to be held on Saturday, April 1, and/or the 10 Mile on Sunday, April 2. There will not be a press truck preceding the Kids Run, but there will be a press truck for the 5K. There will be separate trucks leading the men's and women's 10-mile races. Space on these trucks is extremely limited, so call Keith to ensure seating. TV crews should also call in advance to secure parking for trucks on either race morning.

There will be limited space at the finish for photographers. Please be respectful of race officials and volunteers as they try to keep the area clear and safe for all involved.

Leigh Philibosian is the media contact for all credit union related race activities. Please contact Leigh at lphilibosian@mddccua.org or 443-325-0768 for more information about the credit union title sponsorship benefitting Children's Miracle Network Hospitals across the United States.

One final note: The event's website features a comprehensive results database, searchable by name and/or age group for the 10 mile race dating back to 1973, and for the 5K Run dating back to 2006, when the 5K was upgraded from an untimed run to a fully-timed and scored event: <http://www.cballtimeresults.org>



Photo: Karen Mitchell

Last year, Susanna Sullivan, a fifth grade teacher from Reston, Virginia, became the first local runner to win the Credit Union Cherry Blossom 10 Mile since 1982



Photo: Karen Mitchell

Race announcer Creigh Kelley congratulates 2022 champion Nicholas Kosimbei, who dropped the men's field early and tied the race course and event record of 45:15

10 Mile Run Background



For runners in Washington since 1973, the true beginning of spring is marked not by a date on the calendar but by the running of the Credit Union Cherry Blossom 10 Mile Run, also known as *The Runner's Rite of Spring*.® (See the Runner's Rite of Spring section toward the end of this guide for a synopsis of every one of the 49 10 Mile runs.) Elite competitors have used the race as a final competitive tune-up for the Boston Marathon two weeks later. Bill Rodgers, Greg Meyer, and Lisa Larsen Weidenbach all went on to win Boston after their victories here.

For lesser mortals, Cherry Blossom typically means a chance to doff the warm-up suits, turtlenecks, caps and gloves of winter and join other runners in a celebration of the season. Here in Washington, the race has been as fixed a rite of spring as the Easter Egg Roll at the White House or the lighting of the Japanese lanterns on the Tidal Basin — at least until Covid-19 came along and caused the cancelation of the 2020 in-person race, and the postponement of the 2021 race to a one-time-only post-Labor Day race date of September 12.

Things returned more or less to normal in 2022, with the race returning to its usual early April slot on the road racing calendar. With Covid still on everyone's mind, the number of runners and volunteers were both down a bit. Lottery participation for the 10 Mile, and first-come first-served registration for the 5K this year, however, was as robust as ever.

The staging area for the 10 Mile is on the Washington Monument Grounds, and the course passes in sight of all of the major Washington, DC Memorials. While there have been numerous iterations of the 10 Mile course over the years, one element has been constant—*The Runner's Rite of Spring* has always been the only truly elite running race to be held in the Nation's Capital.

The event serves as a fundraiser for the Children's Miracle Network Hospitals, a consortium of 170 premier children's hospitals across the United States. About one-third of the funds raised support Washington, DC's own Children's National Medical Center. To date, over \$10.2 million has been raised for Children's Miracle Network Hospitals across the United States. The event also funds two \$5,000 Road Runners Club of America "Roads Scholar" grants designed to support up-and-coming U.S. distance running talent.

Credit Union Miracle Day, Inc., a consortium of credit unions and credit union suppliers, is the title sponsor of the Credit Union Cherry Blossom 10 Mile, 5K, Kids Run and Virtual Run. Current presenting sponsors include ASICS, REI Co-op and Wegmans; supporting sponsors include CACI, Co-op Solutions, CUNA Mutual Group, FinisherPix, Gatorade Endurance, Guayaki, MedStar Health, Outside+, PSCU, Potomac River Running, Suburban Solutions, The MO Apartments and UPS.

The Credit Union Cherry Blossom Run is committed to environmental and social responsibility. The event believes in inclusion, respect, and tolerance. These beliefs guide our actions in conducting our events. The Credit Union Cherry Blossom Run has been awarded Gold Level Inspire Certification from the Council for Responsible Sport since 2017 in recognition of its legacy of certified responsible performance as well as its commitment to mentor other events interested in becoming more sustainable (www.councilforresponsiblesport.org).



5K Walk Background



From day-one, there has always been an alternative to the 10 Mile. With families traveling to Washington DC for the race and/or the National Cherry Blossom Festival, dad or mom could run the 10 Mile, and the rest of the family could enter a two-mile fun run and collect commemorative patches as well. Sometime between 1973 and 2006, the two-mile fun run grew to 3K and then 5K, and in 2006 the 5K Run-Walk was upgraded from an untimed fun run to a fully-timed and scored event, though it always played a secondary role to the 10 Mile.

In a major change for its 50th anniversary celebration, CUCB organizers have reimagined and renamed the 5K as a standalone event to be held on Saturday, April 1. The 5K will stage on Freedom Plaza and traverse the route of Presidential Inaugurations down Pennsylvania Avenue before crossing the National Mall in the shadow of the Capitol Building and returning by the same route. REI Co-op will be the presenting sponsor of the 5K.

All 5K participants receive the same amenities as 10 Mile runners, including an official race shirt, their overall times and places in the event, and post-race food and drink. All runners will be scored on net times. Also new this year, runners were allowed to register for both the 10 Mile and 5K — dubbed the “Double Blossom” by race organizers. Some 2400 runners will pursue recognition as Double Blossom runners this year.

For both the 5K and Double Blossom, the top-five men and women and top-three non-binary runners will receive awards, as will the first place finishers in the push rim and hand-crank wheelchair races.



Photo: Team Mallet

Evan Fallor won the 2022 5K in 16:05.



Photo: Team Mallet

Christina Burbach, at age 47, nailed the 2022 5K women's win in 21:08 against 2,054 other women.

Kids Run



The Credit Union Cherry Blossom Kids Run presented by REI debuted in 2016 on the grounds of the Washington Monument. In 2017, the Kids Run moved to a new day — Saturday — and location at the National Building Museum. This 1/2 mile fun run for kids ages 5-10 will see the first wave of 5-year olds take off at 9:30 a.m. on Saturday, April 1, at the corner of 5th Street and F Street NW.

The Kids Run, like the Credit Union Cherry Blossom Ten Mile and 5K helps increase race weekend focus on the charity for which credit unions and runners fundraise year-round —Children's Miracle Network Hospitals (CMN), including Children's National in Washington, D.C. Since credit unions became the became the title sponsor of Credit Union Cherry Blossom Run in 2002, over \$10.2 million has been donated to CMN Hospitals.

Packet pick-up for registered Kids Run participants will take place on Friday, March 31 at the National Building Museum between 3:00 P.M. and 7:45 P.M. and Saturday, April 1 between 8:00 A.M. and 9:15 A.M. at the registration tent outside the National Building Museum.

Registration is limited to 500, and is closed for 2023. No times or places will be kept, but all finishers will receive a medal.

The Kids Run will be run in single-age heats, beginning with the five-year-olds. The race is on an out-and-back course and is closely monitored by sentries, but parents are allowed to run with their children..

Photo: George Banker



Photo: Bob Burgess



The Credit Union Cherry Blossom 1/2 Mile Kids' Run starts and finishes at the National Building Museum site of the Health and Fitness Expo.

Photo: George Banker

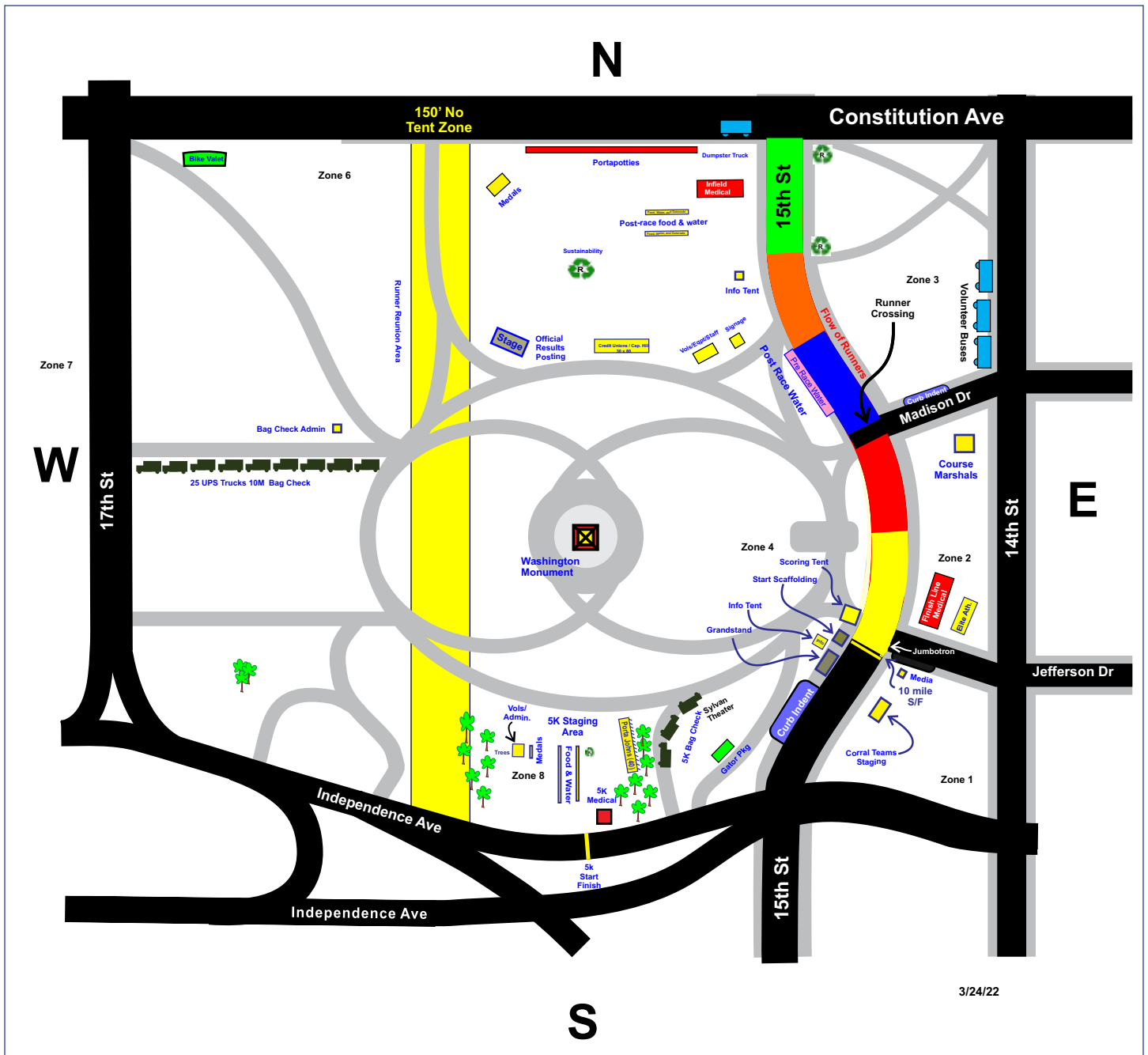


Photo: George Banker



Course Maps

Credit Union Cherry Blossom 10 Mile Staging Area



Course Maps



Course Maps



Event Sponsors



Credit Union Miracle Day (CUMD) is a consortium of over 100 credit unions, credit union suppliers, and credit union supporters from across the country. CUMD serves as the title sponsor of the Credit Union Cherry Blossom Ten Mile Run benefitting Children's Miracle Network Hospitals, an affiliation of children's hospitals throughout the country that treat millions of children each year. To date, over \$10.2 million has been donated to the Children's Miracle Network Hospitals since credit unions became the title sponsors of the event in 2002.

Each year, the Credit Union Cherry Blossom Ten Mile Run in Washington, D.C. brings together credit unions from across the country with a shared vision of fund raising and helping children – and driving awareness of the “credit union difference.” Not only will credit unions work together this year to support the Credit Union Cherry Blossom Ten Mile Run, but they will continue to work even harder to reach and support their own communities.

Presenting sponsors include ASICS, REI Co-op and Wegmans; supporting sponsors include CACI, Co-op Solutions, CUNA Mutual Group, Gatorade Endurance, Guayaki, MedStar Health, Outside⁺, PSCU, Potomac River Running, Suburban Solutions, The MO Apartments and UPS.

Presenting Sponsors



Supporting Sponsors



Honorary Race Chairs

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

Alabama

Rep. Barry Moore (2nd)

Rep. Mike Rogers (3rd)

Alaska

Rep. Mary Sattler Peltola (At Large)

Arizona

Sen. Kyrsten Sinema

Rep. Raul Grijalva (7th)

Arkansas

Sen. John Boozman

California

Sen. Dianne Feinstein

Rep. Doris Matsui (7th)

Rep. Barbara Lee (12th)

Rep. Anna Eshoo (16th)

Rep. Zoe Lofgren (18th)

Rep. Jimmy Panetta (19th)

Rep. Jim Costa (21st)

Rep. Salud Carbajal (24th)

Rep. Tony Cardenas (29th)

Rep. Adam Schiff (30th)

Rep. Pete Aguilar (33rd)

Rep. Sydney Kamlager-Dove (37th)

Rep. Mark Takano (39th)

Rep. Young Kim (40th)

Rep. Maxine Waters (43rd)

Rep. Nannette Barragan (44th)

Rep. Ken Calvert (41st)

Rep. Maxine Waters (43rd)

Rep. Darrell Issa (48th)

Rep. Scott Peters (50th)

Colorado

Rep. Diana DeGette (1st)

Connecticut

Sen. Richard Blumenthal

Sen. Christopher Murphy

Rep. Rosa DeLauro (3rd)

Rep. Jahana Hayes (5th)

Delaware

Sen. Thomas Carper

District of Columbia

Rep. Eleanor Holmes Norton (At Large)

Florida

Rep. Aaron Bean (4th)

Rep. Cory Mills (7th)

Rep. Gus Bilirakis (12th)

Rep. Sheila Cherfilus-McCormick (20th)

Rep. Lois Frankel (22nd)

Rep. Debbie Wasserman Schultz (25th)

Georgia

Sen. Rev. Raphael Warnock

Rep. Sanford Bishop (2nd)

Rep. Buddy Carter (1st)

Rep. Nikema Williams (5th)

Guam

Rep. James Moylan (At Large)

Hawaii

Sen. Mazie Hirono

Rep. Ed Case (1st)

Rep. Jill Tokuda (2nd)

Idaho

Sen. Jim Risch

Rep. Mike Simpson (2nd)

Illinois

Rep. Mike Quigley (5th)

Rep. Eric Sorensen (17th)

Indiana

Sen. Mike Braun

Rep. Greg Pence (6th)

Iowa

Rep. Mariannette Miller-Meeks (1st)

Kansas

Sen. Jerry Moran

Kentucky

Rep. Hal Rogers (5th)

Louisiana

Rep. Troy Carter Sr. (2nd)

Rep. Mike Johnson (4th)

Maine

Sen. Angus King

Maryland

Sen. Ben Cardin

Rep. John Sarbanes (3rd)

Massachusetts

Sen. Ed Markey

Sen. Elizabeth Warren

Rep. Jim McGovern (2nd)

Rep. Lori Trahan (3rd)

Rep. Stephen Lynch (8th)

Michigan

Sen. Gary C. Peters

Rep. Jack Bergman (1st)

Rep. Shri Thanedar (3rd)

Rep. Bill Huizenga (4th)

Rep. Debbie Dingell (6th)

Rep. Lisa McClain (9th)

Rep. Rashida Tlaib (12th)

Minnesota

Rep. Angie Craig (2nd)

Rep. Betty McCollum (4th)

Rep. Pete Stauber (8th)

Mississippi

Sen. Roger Wicker

Sen. Cindy Hyde-Smith

Rep. Mike Ezell (4th)

Nevada

Rep. Susie Lee (3rd)

New Hampshire

Sen. Jeanne Shaheen

Rep. Chris Pappas (1st)

New Jersey

Rep. Donald Payne, Jr. (10th)

Rep. Bonnie Watson Coleman (12th)

New York

Sen. Kirsten Gillibrand

Rep. Gregory Meeks (5th)

Rep. Nydia M Velazquez (7th)

Rep. Adriano Espaillat (13th)

Rep. Paul Tonko (20th)

Rep. Nick Langworthy (23rd)

Rep. Brian Higgins (26th)

North Carolina

Rep. Greg Murphy, MD (3rd)

Rep. Richard Hudson (9th)

Ohio

Rep. Robert Latta (5th)

Rep. Max Miller (7th)

Rep. Marcy Kaptur (9th)

Rep. Mike Turner (10th)

Oklahoma

Rep. Tom Cole (4th)

Rep. Stephanie Bice (5th)

Oregon

Sen. Ron Wyden

Rep. Earl Blumenauer (3rd)

Pennsylvania

Sen. Bob Casey

Rep. Brian Fitzpatrick (1st)

Rep. Brendan Boyle (2nd)

Rep. Mary Gay Scanlon (5th)

Honorary Race Chairs

Rep. Chrissy Houlahan (6th)

Rep. Susan Wild (7th)

Rep. John Joyce, MD (13th)

Rep. Glenn “GT” Thompson (15th)

Rep. Mike Kelly (16th)

Rhode Island

Rep. David Cicilline (1st)

South Carolina

Rep. Jeff Duncan (3rd)

Tennessee

Sen. Marsha Blackburn

Rep. Scott Desjarlais (4th)

Texas

Rep. Keith Self (3rd)

Rep. Al Green (9th)

Rep. Michael McCaul (10th)

Rep. Randy Weber (14th)

Rep. Veronica Escobar (16th)

Rep. Sheila Jackson Lee (18th)

Rep. Henry Cuellar (28th)

Rep. Sylvia Garcia (29th)

Rep. Jasmine Crockett (30th)

Rep. Marc Veasey (33rd)

Rep. Lloyd Doggett (37th)

Virginia

Sen. Mark Warner

Rep. Ben Cline (6th)

Rep. Abigail Spanberger (7th)

Rep. Gerry Connolly (11th)

Vermont

Sen. Peter Welch

Washington

Rep. Suzan DelBene (1st)

Rep. Rick Larsen (2nd)

West Virginia

Sen. Joe Manchin III

Sen. Shelley Moore Capito

Rep. Alex Mooney (2nd)

Wisconsin

Rep. Gwen Moore (4th)

Rep. Tom Tiffany (7th)

Wyoming

Sen. John Barrasso

Sen. Cynthia Lummis



PRRO Circuit Information



PRRO Circuit 2022-23 Summary

Overall 2022-23 Circuit events will award more than \$285,000 in prize money; 50th Credit Union Cherry Blossom 10 Mile to host 26th PRRO Championship

The **PRRO Circuit** showcases world class competition at America's Classic Road Races, the **Credit Union Cherry Blossom 10 Mile** in Washington, DC, the **Lilac Bloomsday Run 12K** in Spokane, WA and the **Boilermaker 15K** in Utica, NY. The current Circuit prize purse totals more than \$285,000 in guaranteed prize money overall, including \$95,000 in U.S.-only money. The PRRO Circuit, a nationwide series of premier non-marathon road racing events, is organized and promoted by the **Professional Road Running Organization (PRRO)**, an alliance of race directors. Due to the impacts of COVID-19, the 2019-20 and 2020-21 PRRO Circuit seasons were cancelled.

The **26th PRRO Championship** presented by Credit Union Cherry Blossom 10 Mile will be contested on Sunday, April 2. The 50th edition will offer a generous guaranteed prize purse of \$71,000 (\$40,000 in the international division and \$31,000 for U.S.-only) plus another \$50,000 for World and American records and time bonus incentives (sub-46 men and sub-52 women). In addition, at the PRRO Championship, 2022 PRRO Circuit winners are eligible to compete for the **\$10,000 PRRO Super Bonus**, which is awarded to the PRRO Championship winner (bonus split if an eligible male and female win the PRRO titles).

As PRRO Super Bonus qualifiers on the 2022-23 PRRO Circuit, **Nicholas Kosimbei** and **Susanna Sullivan** could earn big paydays by defending their titles at the 2023 Credit Union Cherry Blossom 10 Mile. If they finish in places 2-10, they each would take home the \$1500 **PRRO Event Champion's Bonus**. If a non-eligible athlete wins the PRRO Championship, he or she will earn a \$2500 bonus in addition to the prize money at Cherry Blossom.

"The Credit Union Cherry Blossom 10 Mile hosts our PRRO Championship for the second time, and at the 2023 spring classic, we expect the competition to be fierce and fast among the world class American and international runners," said PRRO President **Don Kardong**.

The 2022 **Boilermaker 15K** hosted the **25th PRRO Championship**, winning titles were **Jemal Yimer Mekonnen** of Ethiopia and **Rosemary Wanjiru** of Kenya in 42:38 and 48:54, respectively.

Schedule and PRRO Super Bonus event qualifiers below:

PRRO CIRCUIT EVENTS 2022-23

Credit Union Cherry Blossom 10 Mile, April 3, 2022, Washington, DC

\$71,000 in prize money (\$31,000 U.S. prize money) plus performance & record bonuses

WINNERS: *Nicholas Kosimbei**, Kenya, 45:15 (tied course record) and *Susanna Sullivan**, USA, 52:32

PRRO Circuit Information

[Lilac Bloomsday Run 12K](#), May 1, 2022, Spokane, WA

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

WINNERS: *Charles Wanjiku**, Kenya, 35:07 and *Biruktayit Degefa**, ETH, 38:48

[45th Boilermaker 15K](#), July 10, 2022, Utica, NY

\$65,100 in prize money (\$14,500 U.S. prize money)

WINNERS: *Jemal Yimer Mekonnen**, Ethiopia, 42:38 and *Rosemary Wanjiru**, Kenya, 48:54

*Qualified to compete for the \$10,000 PRRO Super Bonus at the 2023 PRRO Championship.

THE 26th PRRO CHAMPIONSHIP

[50th Credit Union Cherry Blossom 10 Mile](#), April 2, 2023, Washington, DC

\$71,000 in prize money (\$31,000 U.S. prize money) plus performance & record bonuses

To-date, PRRO Circuit events have produced 17 world and 17 U.S. road records, awarded more than \$7.9 million in prize money and seen more than 2.5 million runners cross their finish lines. In addition, since 1996, the PRRO Championship race has paid out more than \$2 million including \$177,000 in PRRO Championship bonus money.

PRRO Championship and Circuit Year

The PRRO Circuit, launched in 1995, starts and finishes the Circuit Year at the same event that will also host the season-ending PRRO Championship race. The reigning titlists of the PRRO Championship and the event winners on the current Circuit are eligible to compete for the [PRRO Super Bonus](#) at the PRRO Championship.

Visit [PRRO.org](https://prro.org) for more information, including its history and past champions, as well as how to join the PRRO Circuit. Circuit are eligible to compete for the PRRO Super Bonus at the PRRO Championship.

Visit [PRRO.org](https://prro.org) for more information, including its history and past champions, as well as how to join the PRRO Circuit.



Prize Money Structure

When Nike became title sponsor in 1984, \$13,400 in prize money was offered for the first time, paid equally to the top-seven men and women. A complete history of the evolution of prize money and record bonuses is detailed in the race history section of this guide. The total amount of prize money paid since 1984 surpassed the \$1 million mark in 2017. (See prize money history)

This year's race will offer a \$50,000 record bonus, to be divided equally* among any man and woman setting a World Best and/or American 10 mile record at The Runner's Rite of Spring®. The bonus payouts will be in addition to \$71,000 in guaranteed prize money, with \$40,000 paid to the top ten men and women in the international field, \$25,000 to the top ten American men and women (double dipping allowed for the Americans), and \$6,000 in RRCA RunPro Development Awards (see <https://www.rrca.org> for more information on this special prize purse).(*Because World Athletics does not keep official world records for ten miles, the time standards race organizers will use are those world best maintained by the Association of Road Racing Statisticians.)

The addition of the \$50,000 record bonus pool brings the total amount of prize money and bonuses up for grabs in 2023 to \$139,500. 2022-2023 PRRO Championship bonus money could add another \$2,500-10,000 (see PRRO Circuit Information page for details).

On the local level, the Washington Metropolitan Area Team Championship Division offers \$500 each to the first place men's and women's teams consisting of talented, open-division DC-area Running Club Store of Running Club teams.

2023 International Prize Structure

Place	Men	Women
1st	\$8000	\$8000
2nd	\$4000	\$4000
3rd	\$2000	\$2000
4th	\$1500	\$1500
5th	\$1000	\$1000
6th	\$900	\$900
7th	\$800	\$800
8th	\$700	\$700
9th	\$600	\$600
10th	\$500	\$500

2023 U.S. Prize Structure

Place	Men	Women
1st	\$5000	\$5000
2nd	\$2500	\$2500
3rd	\$1500	\$1500
4th	\$1000	\$1000
5th	\$800	\$800
6th	\$600	\$600
7th	\$400	\$400
8th	\$300	\$300
9th	\$200	\$200
10th	\$200	\$200

Prize Money History

With the advent of Nike as title sponsor in 1984, \$13,400 in prize money was offered for the first time, paid equally to the top-seven men and women. In 1985, the total purse was increased to \$16,500, with equal allocation between men and women—a policy that remains in place today. From 1987—2008, the top-12 finishing places earned prize money; in 2009, the race went back to paying top-ten finishers only. In 2016, the Credit Union Cherry Blossom 10 Mile achieved the milestone of having distributed over \$1 million in prize money since 1984.

The 2013 race also served as the USA 10 Mile Championship for women, and an additional \$14,400 was added to the prize purse to reward the top-ten American women finishers*. In 2014, the Credit Union Cherry Blossom 10 Mile Run served as both men's and women's USA 10 Mile Championships, and a total of \$28,800 was set aside for the top-ten American men and women finishers.

In 2019 a separate prize purse of \$1,500, \$1,000, \$500 for the top three men and women eligible to compete for the RRCA Roads Scholar RunPro Alumni Challenge was added. See RRCA.

In 2021, both the men's and women's USATF 10 Mile Championships were held in conjunction with the Credit Union Cherry Blossom Ten Mile. A total of \$26,000 was paid to the top-10 American men and women finishers. And, yes, American runners placing in the overall top-ten were able to “double-dip” and collect both international and “American Development prize money.

Without USATF Championship races in 2022, prize money for Americans totaled \$25,000, with an additional \$40,000 in the international purse. See the table below for the breakdown.

In addition to pay-for-place prize money, the event first introduced bonuses for records set in 2007. With this year's \$50,000 bonus pool for world best and/or American Records, plus \$3,500 in time bonuses for the first two men or women to break 46:00 or 52:00 respectively means a possible total of \$53,500 could be paid out in record and time bonuses in 2023. The tables below document the event's prize money and record bonus history. To limit the size of the tables, separate columns for men and women have been eliminated; given the fact that equal prize money has been paid to men and women since 1984, payment for place figures represent money paid to men or women (*except for 2013 as noted above and in the table below).

Credit Union Cherry Blossom Prize Money History

	International Purse	American Purse
2022 Total Purse	\$40,000	\$25,000
First	\$8,000	\$5,000
Second	\$4,000	\$2,500
Third	\$2,000	\$1,500
Fourth	\$1,500	\$1,000
Fifth	\$1,000	\$800
Sixth	\$900	\$600
Seventh	\$800	\$400
Eighth	\$700	\$300
Ninth	\$600	\$200
Tenth	\$500	\$200
2021 Total Purse	\$23,500	\$26,000
First	\$5,000	\$5,000
Second	\$2,500	\$2,500
Third	\$1,000	\$1,000
Fourth	\$750	\$900
Fifth	\$500	\$800
Sixth	\$450	\$700
Seventh	\$400	\$600
Eighth	\$350	\$500
Ninth	\$300	\$500
Tenth	\$250	\$500

Prize Money History

	International Purse	American Purse
2015-2019 Total Purse	\$40,000	\$25,000
First	\$8,000	\$5,000
Second	\$4,000	\$2,500
Third	\$2,000	\$1,500
Fourth	\$1,500	\$1,000
Fifth	\$1,000	\$800
Sixth	\$900	\$600
Seventh	\$800	\$400
Eighth	\$700	\$300
Ninth	\$600	\$200
Tenth	\$500	\$200
2014 Total Purse	\$41,000	\$28,800
First	\$8,000	\$5,000
Second	\$4,500	\$2,500
Third	\$2,000	\$2,000
Fourth	\$1,500	\$1,500
Fifth	\$1,000	\$1,000
Sixth	\$900	\$800
Seventh	\$800	\$600
Eighth	\$700	\$500
Ninth	\$600	\$300
Tenth	\$500	\$200
2013 Total Purse	\$41,000	\$14,400
First	\$8,000	\$5,000
Second	\$4,000	\$2,500
Third	\$2,000	\$2,000
Fourth	\$1,500	\$1,500
Fifth	\$1,000	\$1,000
Sixth	\$900	\$800
Seventh	\$800	\$600
Eighth	\$700	\$500
Ninth	\$600	\$300
Tenth	\$500	\$200

Prize Money History

From 2009-2012, total prize money stayed constant at \$39,000, broken down as follows:

2009-2012	International Purse
Total Purse	\$39,000
First	\$7,500
Second	\$4,000
Third	\$2,000
Fourth	\$1,500
Fifth	\$1,000
Sixth	\$900
Seventh	\$800
Eighth	\$700
Ninth	\$600
Tenth	\$500

From 1984-2008, total prize money grew consistently from \$13,400 to 32,500:

1984-2008	Total Purse
2008	\$32,500
2007	\$32,000
2006	\$31,500
2005	\$31,000
2004	\$30,200
2003	\$29,500
2002	\$29,000
2001	\$28,500
2000	\$28,000



A small fraction of 3,938 pounds of bananas (about 14,000 bananas await runners before and after the run).

Prize Money History

1984-2008	Total Purse
2008	\$32,500
2007	\$32,000
2006	\$31,500
2005	\$31,000
2004	\$30,200
2003	\$29,500
2002	\$29,000
2001	\$28,500
2000	\$28,000
1999	\$27,500
1998	\$27,000
1997	\$26,000
1996	\$26,000
1995	\$23,500
1994	\$23,000
1993	\$22,500
1992	\$22,000
1991	\$21,500
1990	\$21,000
1989	\$20,000
1988	\$19,500
1987	\$19,500
1986	\$18,700
1985	\$16,500
1984	\$13,400



Photo: Bob Burgess

At 12 minutes after professional women's start, the open race begins with professional and other seeded men in front

Bonus Payment History

A schedule of record bonus payments was first introduced in 2007, with \$750 on offer to the first two men to run under 46:00 and the first two women to run under 52:00. In 2013 the sub-46:00 and sub-52:00 bonus payment schedule was changed to pay \$1,000 to the first man or woman to achieve their respective benchmarks, and \$750 to the second man or woman to do so.

In 2015, race organizers were forced to re-route the course between four and six miles due to an accident on the course that occurred about an hour prior to the start of the elite women's race. The exact distance was measured as 9.39 miles after the race – making it just a fraction over 15K. Nevertheless, race organizers decided to pay bonuses based on projected times, as shown in the table below.

In 2019, post-race analysis of the course revealed that the turn-around point in West Potomac Park had been misplaced, resulting in a course-as-run that was 240 feet short of 10 miles. Nevertheless, race organizers paid the first two men and women the time bonuses for running faster than 46:00 and 52:00 respectively.

Credit Union Cherry Blossom Open Time Bonus Payments

	Sub-46:00 Bonus	Sub-52:00 Bonus
2022		
Nicholas Kosimbei (45:15)	\$1,000	
Wilfred Kimiti (45:43)	\$750	
2021		
Edwin Kimutai (45:45)	\$1,000	
2019		
Jemal Yimer (45:36*)	\$1,000	

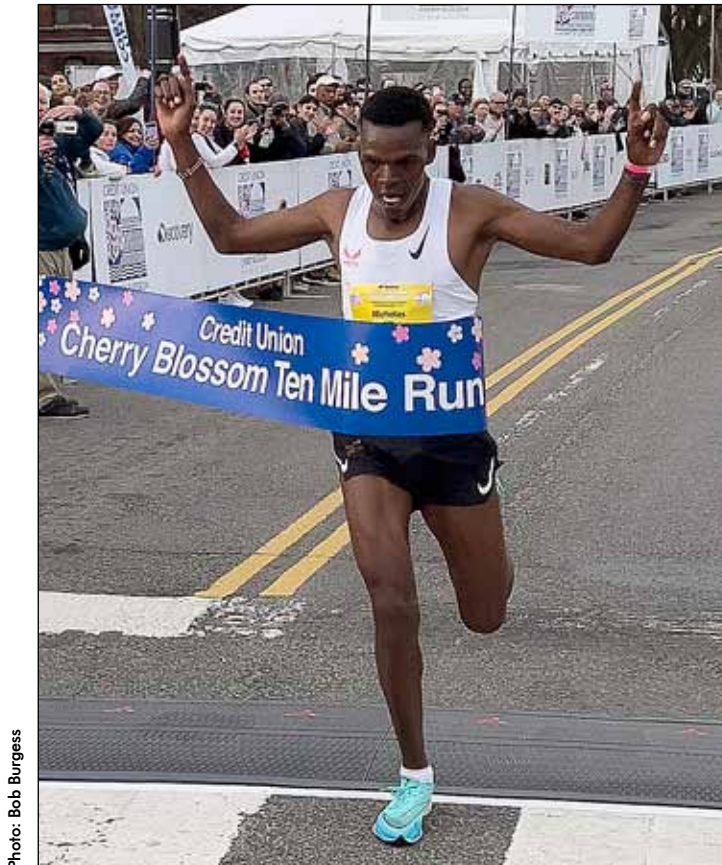


Photo: Bob Burgess

Nicholas Kosimbei tied the course record of 45:15 set by fellow Kenyan Alan Kiprono a decade earlier in 2012.

Bonus Payment History

Josphat Tanui (45:38*)	\$750	
Rosemary Wanjiru (50:42*)		\$1,000
Gotytom Gebreslase (50:47*)		\$750
2015		
Mary Wacera (51:45*)		\$1,000
Cynthia Jeretich Limo (51:46*)		\$750
2014		
Stephen Sambu (45:29)	\$1,000	
Daniel Salel (45:29)	\$750	
2012		
Allan Kiprono (45:15)	\$750	
2011		
Lelisa Desisa (45:36)	\$750	
Allan Kiprono (45:41)	\$750	
2010		
Stephen Tum (45:53)	\$750	
Lilisa Desisa (45:44)	\$750	
Lineth Chepkurui (51:51)		\$750
2009		
Ridouane Harroufi (45:56)	\$750	
Feyisa Liesa (45:58)	\$750	
2008		
Tebya Erkesso (51:44)		\$750



Bonus Payment History

When the Credit Union Cherry Blossom Run first hosted the USA 10 Mile Championships for women in 2013, an American Record bonus of \$2,500 was offered. In 2014, when both men's and women's USA 10 Mile Championships were hosted, the \$2,500 American Record bonus was offered to both men and women.

Credit Union Cherry Blossom American Record Bonus Payments

	American Record Bonus Payments
2019	
Stanley Kebenei (46:00*)	\$10,000
2014	
Janet Bawcom (52:12)	\$2500
2013	
Janet Bawcom (53:28)	\$2500

In 2015 race organizers introduced a \$10,000 American Record bonus (fastest time beating the U.S. men's 10-mile record of 46:13 or the U.S. women's-only record of 52:12), to be split equally if both records are broken. In 2017, race organizers added an additional \$10,000 to the American record bonus pool, doing away with the split bonus if both men's and women's records were broken in the same race.

*In 2019, Stanley Kebenei crossed the finish line in 46:00, apparently breaking Greg Meyer's long-standing American record of 46:13. Unfortunately, post-race analysis revealed that a set of misplaced traffic cones at the turn-around in West Potomac Park resulted in the course-as-run being 240 feet short of 10 miles. Race organizers paid Kebenei the \$10,000 bonus, even though his effort would go unrecognized as a new American record.

For the 50th Anniversary, race organizers are providing a \$50,000* shared bonus available for any World or American record times set at this year's Runner's Rite of Spring®.

If World Best times and American Records for men and women are set by the winners at the event (i.e. four records set), the \$50,000 record bonus would be split into four \$12,500 shares. If only one World or American record is set for either men or women, the athlete setting the record would get the full \$50,000. If an American sets an American record and no other World or American records are set, he or she would receive the entire \$50,000 as well. Currently, the times to beat are as follows:

Haile Gebreselassie's (ETH) World Athletics Best of 44:24, run at the Tilburg 10 Mile in Tilburg, Netherlands, September 4, 2005; Keira D'Amato's World Athletics Best in a women's only race of 51:23, run at the UpDawg 10 Mile in Washington, DC, November 24, 2020;

Greg Meyer's American Record of 46:13, run at the Cherry Blossom Ten Mile in Washington, DC, March 27, 1983; and Keira D'Amato's previously listed World Best 51:23, which is also the American Record for a women's only race.



Photo: Bob Burgess

Credit Union Cherry Blossom race committee member Keira D'Amato setting the American and World Record of 51:23 at the November 2020 Up Dawg Ten Miler

Elite Men Athlete Bios

2023 Credit Union Cherry Blossom - Elite Men (3/27/23)

#03

Langat, Charles (26)

DOB: 4/28/96

Residence:

Citizen of: KEN

Team: Asics

Lifetime PRs: 26:57/ - / 45:14:00/10 mi.

Career: 1st, '22 Dam tot Damloop 10 Mile (45:14).

2023 Times: 2nd, '23 10k Valencia Ibercaja (26:57 PB); 1st, '23 eDreams Mitja Marató de Barcelona Half Marathon (58:53 CR/PB).

#09

Kimining, Shadrack (27)

DOB: 2/10/96

Residence:

Citizen of: KEN

Team: Nike

Lifetime PRs: 28:08/ - / 45:58:00/10 mi.

Career: 5th, '22 Aramco Half Marathon (1:00:53); 3rd, '22 Medio Maratón Internacional Electrolit Guadalajara Half-Marathon (1:01:33); 6th, '22 AJC Peachtree Road Race 10k (28:08); 4th, '22 Boilermaker 15k (43:23); 3rd, '22 Antrim Coast Half-Marathon (1:01:08); 5th, '22 B.A.A. Half Marathon (1:02:39); 3rd, '21 Antrim Coast Half Marathon (1:00:32); 3rd, '20th Aramco Half-Marathon (59:27 PB); 8th, '20 AirTel Delhi Half-Marathon (59:51); 2nd, '19 Cardiff University Cardiff Half Marathon (59:32 PB); 5th, '19 Medio Maratón Valencia Trinidad Alfonso EDP Half Marathon (59:40); 3rd, '18 Yangzhou Jianzhen International Half Marathon (1:01:35).

2023 Times: 4th, '23 Publix Atlanta Half-Marathon (1:02:37).

Past CUCB Top 10 Finishes: 3rd, '22 (45:58).

#11

Kidanu, Tsegay (21)

DOB: 12/28/01

Residence:

Citizen of: ETH

Team: Asics

Lifetime PRs: 27:14/ - / 59:52:00/hmar

Career: 6th, '22 FBK-Games Hengelo 10,000m (27:17 PB); 2nd, '22 B.A.A. Half Marathon (1:02:10).

2023 Times: 1st, '23 Publix Atlanta Half-Marathon (1:00:42).

#13

Bor, Hillary (33)

DOB: 11/22/89

Residence: Colorado Springs, CO

Citizen of: USA

Team: Hoka

Lifetime PRs: - / - / 46:06:00/10 mi.

Career: 3rd, '22 Gate River Run 15-K (43:14 PB); 1st, '22 USATF Outdoor & Field Championships 3000m S/C (8:16); 8th, '22 World Athletics Championships 3000m S/C (8:30); 1st, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (46:06 PB/CR); 2nd, '22 Abbott Dash to the Finish Line 5-K - USATF 5-K Championships for Men and Women (13:29 PB); 2nd, '22 Sugar Run 5k Classic (13:46); 5th, '22 Manchester Road Race 4.748 m (21:15); 1st, '21 USA Olympic Trials 3000m S/C (8:22); 5th, '21 Meeting International d'Athlétisme Herculis (Wanda Diamond League) 3000m S/C (8.15 SB); 1st, '20 Boulder Track Meet #1 mile (4:05.63); 5th, '19 Manchester Road Race 4.748 Mile (21:34); 8th, '18 Manchester Road Race 4.748 mile (22:03); 9th, '17 Gate River Run 15k (USATF Championships) (44:22).

2023 Times: 1st, Gate River Run 15k (43:11); 8th, '23 USATF Cross Country Championships 10k (28:57).

#15

Chelanga, Samuel (38)

DOB: 2/23/85

Residence: Colorado Springs, CO

Citizen of: USA

Lifetime PRs: 28:11/ 2:15:02/ 46:14:00/10 mi.

Career: 6th, '22 United Airlines NYC Half (1:01:49); 7th, '21 B.A.A. 5k (13:45); 4th, '22 Track Meet Presented by On Running (27:55); 10th, '22 Prefontaine Classic 10,000m (28:36); 4th, '22 Portland Track Meet 5000m (13:24); 8th, '22 AJC Peachtree Road Race 10k (28:36); 3rd, '22 Boilermaker 15k (43:09); 4th, '22 Ballad Health & Niswonger Children's Hospital Crazy 8's 8-K (USATF Men's 8k Championships) (22:58); 3rd, '22 Quad-City Times Bix 7 (32:45); 6th, '22 Asics Falmouth Road Race 7 Mile (32:53); 3rd, '22 Faxon Law New Haven Road Race 20k (USATF 20k Championships) (59:15); 3rd, '22 Great Cow Harbor 10k (USATF 10k Championships (28:36); 2nd, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (46:14 PB); 11th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:21 PB); 5th, '21 The Track Meet 10,000m (27:43 OTQ); 8th, '21 USA Olympic Trials 10,000m (28:03); 1st, '21 AJC Peachtree Road Race 10-K (28:43); 6th, Cooper River Bridge Run 10k (29:11); 3rd, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:14:28 PB); 3rd, '21 Manchester Road Race 4.748 mi (21:37); 2nd, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:00:59); 4th, '19 Army Ten-Miler (50:19); 6th, '18Aramco Half Marathon (1:00:37 PB); 2nd, '18 Gate River Run 15k (U.S. 15k Championships) (43:16); 14th, '18 IAAF/Trinidad Alfonso World Half-Marathon Championships (1:01:23); 1st, '18 Fifth Third River Bank Run 25k (U.S. 25k Open Championships) (1:14:52); 9th, '18 Bolder BOULDER 10k (29:20); 4th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (28:58).

2023 Times: 5th, '23 USATF Cross Country Championships 10k (28:49).

Past CUCB Top 10 Finishes: 1st, '16 (48:26).

#17

Simbassa, Abbabiya (29)

DOB: 6/30/93

Residence: Flagstaff, AZ

Citizen of: USA

Team: Under Armour

Lifetime PRs: 28:39/ - / 46:18:00/10 mi.

Career: 4th, '22 Gate River Run 15-K (43:22 PB); 8th, '22 United Airlines NYC Half (1:02:09); 6th, '22 Track Meet Presented by On Running (28:02); 11th, '22 Prefontaine Classic 10,000m (28:36); 5th, '22 Boilermaker 15k (43:37); 2nd, '22 Asics Falmouth Road Race 7 Mile (32:32); 5th, '22 Faxon Law New Haven Road Race 20k (USATF 20k Championships) (59:19 PB); 1st, '22 Great Cow Harbor 10k (USATF 10k Championships (28:13 CR); 3rd, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (46:29); 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); 2nd, '21 Faxon New Haven Road Race 20k Championships (59:54); 2nd, '21 Credit Union Cherry Blossom 10-Mile (USATF 10 mile Championships) (46:18); 3rd, Cooper River Bridge Run 10k (28:39); 1st, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:14:27 DB); 9th, '21 Abbott Dash to the Finish Line 5k (USATF 5k Championships) (13:58); 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).

2023 Times: 9th, '23 USATF Cross Country Championships 10k (29:02); 4th, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:02:41).

Past CUCB Top 10 Finishes: 2nd, '21 (USATF 10 mile Championships) (46:18); 8th, 6th US, '18 (47:04).

#19

Pennel, Tyler (35)

DOB: 12/21/87

Residence: Blowing Rock, NC

Citizen of: USA

Lifetime PRs: 28:30/ 2:12:16/ 46:48:00/10 mi.

Career: 11th, '20 USA Olympic Trials Marathon (2:12:34 PB); 16th, '19 AJC Peachtree 10k (30:06); 4th, '18 Publix Gasparilla Distance Classic Half Marathon (1:04:17); 4th, '18 Boston Marathon (2:18:57); 3rd, '18 Atlanta Journal Constitution Peachtree Road Race 10k (28:50); 6th, '17 B.A.A. Half Marathon (1:05:33); 7th, '17 EQT Pittsburg 10 Miler (47:44); 5th, '16 Men's USA Olympic Trials Marathon (2:14:57); 8th, '16 TCS New York City Marathon (2:15:09).

2023 Times: 5th, '23 Chevron Houston Marathon (2:12:16 PB).

#23

Flanagan, Ben (28)

DOB: 1/11/95

Residence: Ann Arbor, MI

Citizen of: CAN

Team: ON Running

Lifetime PRs: - / - / 1:01:00/hmar

Career: 1st, '22 Tamrack Ottawa 10k (28:40); 5th, '22 B.A.A. 10k (28:11 NR); 1st, '22 Ryan Shay Memorial Mile (3:54 CR); 1st, '22 Asics Falmouth Road Race 7 Mile (32:25); 1st, '22 Medavie Athletics Canada 5k Championships (13:38); 1st, '21 Asics Falmouth Road Race 7 Mile (32:16); 1st, '21 Scotiabank Toronto Waterfront Marathon 10-K (28:41 PB); 1st, '21 Manchester Road Race 4.748 mi (21:23); 3rd, '20 Under Armour Sunset Tour 10,000m (28:07 PB); 1st, '20 Mortgage Network Half-Marathon (1:03:19 DB); 4th, '19 B.A.A. 5k (13:49 PB); 8th, '19 Manchester Road Race 4.748 Mile (22:16); 2nd, '18 Quad-City Times Bix 7 Mile (32:56); 1st, '18 New Balance Falmouth Road Race 7 Mile (28:50); 6th, '18 Hoka One One Long Island Mile (3:57.75 PB).

2023 Times: 5th, '23 New Balance Indoor Grand Prix 3000m (7:44 PB).

#25

Thomson, Jacob (28)

DOB: 11/29/94

Residence: Flagstaff, AZ

Citizen of: USA

Team: Under Armour

Lifetime PRs: 29:00/ 2:11:52/ 47:23:00/10 mi.

Career: 1st, '22 Mesa Half-Marathon (1:02:25); 10th, '22 Gate River Run 15-K (44:09 PB); 3rd, '22 OneAmerica Mini-Marathon (USATF Half-Marathon Championships) (1:02:46); 6th, '22 Boilermaker 15k (43:51); 7th, '22 Ballad Health & Niswonger Children's Hospital Crazy 8's 8-K (USATF Men's 8k Championships) (23:12); 8th, '22 Great Cow Harbor 10k (USATF 10k Championships (29:20); 2nd, '22 California International Marathon (2:11:52 PB); 8th, '21 Faxon New Haven Road Race 20k Championships (1:00:27); 12th, '21 Bank of America Chicago Marathon (2:15:49 DB); 9th, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:16:24 DB); 7th, '15 Gate River Run 15k (45:02); 5th, '20 Sugar Run 5k Classic (13:50); 8th, '19 Payton Jordan Invitational 10,000m (28:10 PB); 9th, '19 B.A.A. 10k (29:13); 3rd, '19 Great Buffalo Chase 5k (14:13); 10th, '19 New Balance Falmouth Road Race 7 Mile (33:19); 10th, '19 Manchester Road Race 4.748 Mile (22:24).

2023 Times: 1st, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:02:38); 5th, Gate River Run 15k (44:11).

#27

Tiernan, Patrick (28)

DOB: 9/11/94

Residence:

Citizen of: AUS

Team: Puma

Lifetime PRs: - / - / 47:45:00/10 mi.

Career: 1st, '22 Portland Track Festival 5000m (13:20 MR); 9th, '22 AJC Peachtree Road Race 10k (28:37); 1st, '22 Quad-City Times Bix 7 (32:32); 8th, '22 Asics Falmouth Road Race 7 Mile (32:59); 1st, '21 Las Vegas Gold Half-Marathon (1:02:38); 3rd, '20 Row River Half-Marathon (1:06:43); 7th, '17 Hoka One One Long Island Mile (4:00:43).

#29

Ferro, Blaise (25)

DOB: 10/2/97

Residence: Chapel Hill, NC

Citizen of: USA

Team: Puma Elite

Lifetime PRs: 27:56/ - / -

#33

Dressel, John (25)

DOB: 5/2/97

Residence: Chapel Hill, NC

Citizen of: USA

Team: Puma Elite

Lifetime PRs: 28:38/ 2:21:45/ 1:02:17/hmar

Elite Women Athlete Bios

2023 Credit Union Cherry Blossom - Elite Women (3/27/23)

#02

Sullivan, Susanna (32)

DOB: 5/13/90

Residence: Reston, VA

Citizen of: USA

Lifetime PRs: 33:02/ 2:25:14/ 52:32:00/10 mi.

Career: 8th, '21 B.A.A. 5k (15:39 PB); 5th, '22 Track Meet Presented by On Running 10,000m (31:57 PB); 3rd, '22 Grandma's Marathon (2:26:56 PB); 6th, '22 Boilermaker 15k (49:48); 11th, '22 Asics Falmouth Road Race 7 Mile (38:03); 6th, '22 Bank of America Chicago Marathon (2:25:14 PB); 2nd, '22 Alexandria Turkey Trot (25:37); 8th, '21 AJC Peachtree Road Race 10-K (33:02); 9th, '21 Asics Falmouth Road Race 7 Mile (38:28); 1st, '21 Project 13.1 (1:10:50 PB); 9th, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:11:58); 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).

2023 Times: 8th, '23 USATF Cross Country Championships 10k (33:14).

Past CUCB Top 10 Finishes: 1st, 1st US, '22 (52:32); 8th, 4th US, '14 (54:31); 10th, 3rd US, '17 (56:12); 8th US, '21 (54:37); 12th, '21 (54:37).

#04

Rojas, Nell (35)

DOB: 11/27/87

Residence: Boulder, CO

Citizen of: USA

Team: Nike

Lifetime PRs: 31:52/ 2:25:57/ 52:13:00/10 mi.

Career: 5th, '22 Gate River Run 15-K (49:58 PB); 6th, '22 Cooper River Bridge Run 10k (32:54); 10th, '22 Boston Marathon (2:25:57 PB); 3rd, '22 Faxon Law New Haven Road Race 20k (USATF 20k Championships) (1:07:02 PB); 2nd, '22 Great Cow Harbor 10k (USATF 10k Championships (31:57); 4th, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (52:20); 10th, '22 TCS New York City Marathon (2:28:32); 1st, '21 Cooper River Bridge Run 10k (31:52); 6th, '21 Boston Marathon (2:27:12 PB); 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); 4th, '19 Manchester Road Race 4.748 (24:44); 7th, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:31:22 PB).

2023 Times: 3rd, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:11:08).

Past CUCB Top 10 Finishes: 1st, 1st US, '21 (52:13).

#06

Rotich, Caroline (38)

DOB: 5/13/84

Residence: Colorado Springs, CO

Citizen of: KEN

Lifetime PRs: 31:30/ 2:23:22/ 52:25:00/10 mi.

Career: 1st, '22 Dick's Sporting Goods Half-Marathon (1:09:31 CR); 8th, '22 Mastercard New York Mini 10k (31:30 PB); 2nd, '22 Quad-City Times Bix 7 (36:32); 11th, '21 Boston Marathon (2:29:54); 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); 4th, '15 United Airlines NYC Half (1:09:53); 1st, '15 Boston Marathon (2:24:55); 3rd, '15 Quad-City Times Bix 7 Mile (37:08); 1st, '15 Crim 10 Mile Road Races (53:06); 10th, '15 TCS New York City Marathon (2:33:19).

Past CUCB Top 10 Finishes: 1st, '13 (52:46); 4th, '21 (52:25).

#16

Verdon, Carrie (30)

DOB: 3/8/94

Residence: Boulder, CO

Citizen of: USA

Lifetime PRs: 36:36/ 2:31:51/ 52:37:00/10 mi.

Career: 9th, '22 Prefontaine Classic 10,000m (31:47); 1st, '22 Bank of America 13.1 (1:11:15 CR); 5th, '22 Boilermaker 15k (49:37); 9th, '22 Great Cow Harbor 10k (USATF 10k Championships (33:06); 1st, '22 Fort Collins Thanksgiving Day 4-Mile (21:07); 2nd, '21 Valley O.N.E Half Marathon (1:10:11 PB); 7th, '21 Bank of America Chicago Marathon (2:31:51 DB); 8th, '20 Michigan Pro Half-Marathon (1:13:11 PB).

2023 Times: 10th, '23 USATF Cross Country Championships 10k (33:33).

Past CUCB Top 10 Finishes: 2nd, 2nd US, '22 (52:37 PB); 7th, 5th US, '21 (52:51).

#18

Wood, Paige (27)

DOB: 1/31/96

Residence: Flagstaff, AZ

Citizen of: USA

Team: Hoka Naz E

Lifetime PRs: 33:30/ 2:26:02/ 52:38:00/10 mi.

2023 Times: 6th, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:11:32).

#20

Hall, Sara (39)

DOB: 4/15/83

Residence: Flagstaff, AZ

Citizen of: USA

Team: Asics

Lifetime PRs: 31:33/ 2:20:32/ 1:09:31/hmar

Career: 2nd, '22 Aramco Half Marathon (1:07:15 AR); 8th, '22 Tokyo Marathon (2:22:56); 12th, '22 United Airlines NYC Half (1:10:54); 5th, '22 Great Manchester Run 10k (31:50); 9th, '22 Mastercard New York Mini 10k (31:41); 4th, '22 World Athletics Championships Women's Marathon (2:22:10); 3rd, '21 The Track Meet 10,000m (31:22 PB/OGQ); 1st, '21 Mastercard New York Mini 10-K (31:33 PB); 6th, '21 USA Olympic Trials 10,000m (31:55); 1st, '21 AJC Peachtree Road Race 10-K (31:41); 1st, '21 Row River Half Marathon (1:08:44); 6th, '21 Credit Union Cherry

Blossom 10-Mile (USATF 10 mile Championships) (52:43); 3rd, '21 Bank of America Chicago Marathon (2:27:19); 9th, '20th Aramco Half-Marathon (1:08:58 PB); 2nd, '20 Virgin Money London Marathon (2:22:01 PB); 1st, '20 The Marathon Project (2:20:32 PB/#2 USA all-time); 15th, '19 Boston Marathon (2:35:34); 2nd, '19 USA Half Marathon Championships (Pittsburgh Half Marathon) (1:11:04); 2nd, '19 Amway River Bank Run 25k (U.S. 25k Open Championships)(1:25:34 PB); 1st, '19 NYRR New York Mini 10k (32:27); 2nd, '19 New Balance Falmouth Road Race 7 Mile (36:34); 1st, '19 Faxon Law New Haven Road Race 20k (USA Championships) (1:06:47 PB); 5th, '19 BMW Berlin Marathon (2:22:16 PB); 1st, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (53:11); 1st, '18 Publix Gasparilla Distance Classic Half Marathon (1:12:01); 2nd, '18 Dick's Sporting Goods Pittsburgh Half-Marathon (USA Half-Marathon Championships) (1:10:07); 3rd, '18 Atlanta Journal Constitution Peachtree Road Race 10k (32:41); 1st, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:09:04); 1st, '18 Medtronic Twin Cities USA 10 Mile Championships (52:47); 6th, '17 Tokyo Marathon (2:28:26 PB); 1st, '17 Freihofer's Run for Women 5k (15:49); 3rd, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships)(37:53); 5th, '17 Mainova Frankfurt Marathon (2:27:21 PB); 1st, '17 California International Marathon (2:28:10); 5th, '16 Houston Aramco Half Marathon (1:10:07 PB); 2nd, '16 Credit Union SacTown 10 Miler (53:35); 12th, '16 Virgin Money London Marathon (2:30:06 PB); 2nd, '16 Freihofer's Run for Women 5k (15:56); 6th, '16 TD Beach to Beacon 10k (32:46); 7th, '16 New Balance Falmouth Road Race 7 Mile (38:12); 9th, '16 TCS New York City Marathon (2:36:12); 4th, '15 USA Half Marathon Championships (1:10:50 PB); 5th, '15 U.S. Cross Country Championships Women's 8k (28:26); 20th, IAAF World Cross Country Championships Women's 8k (28:19); 2nd, '15 Fifth Third River Bank Run 25k US Championships (1:27:41); 12th, '15 USA Outdoor Championships Women's 10,000m (34:03.25); 2nd, '15 Falmouth Road Race 7 Mile (37:10 PB); 10th, '14 Bank of America Chicago Marathon (2:31:14 PB); 2nd, '15 US National Road Racing Championships (39:02); 4th, '14 Credit Union Cherry Blossom 10 Mile (52:54 PB); 2nd, '14 Bay to Breakers 12k (40:27); 9th, '14 Oakley New York Mini 10k (33:02); 2nd, '14 Peachtree Road Race 10k (32:28 PB); 2nd, '14 Quad-City Times Bix 7 Mile (37:21); 8th, '14 Tufts Health Plan 10k for Women (32:14 PB); 4th, '14 US 12K National Road Racing Championships (38:48 PB); 4th, '15 USA Half-Marathon Championships Houston (1:10:50 PB).

2023 Times: 11th, Lisbon Half Marathon (1:09:31).

Past CUCB Top 10 Finishes: 4th, 2nd US, '14 (52:54); 6th, 4th US, '21 (52:43).

#24

Hagans, Lauren (36)

DOB: 6/27/86

Residence: Flagstaff, AZ

Citizen of: USA

Team: Hoka Naz E

Lifetime PRs: - / - / 52:56:00/10 mi.

#26

Grabill, Molly (30)

DOB: 8/31/92

Residence: Louisville, CO

Citizen of: USA

Team: Rise

Lifetime PRs: 33:25/ 2:29:17/ 53:10:00/10 mi.

Career: 10th, '22 Prefontaine Classic 10,000m (31:50 PB); 7th, '22 Great Cow Harbor 10k (USATF 10k Championships (32:55); 7th, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (53:10 PB); 3rd, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:24:32 PB); 2nd, '21 California International Marathon (2:29:17 PB); 10th, '19 Li-lac Bloomsday Run 12k (42:03); 4th, '19 Amway River Bank Run 25k (U.S. 25k Open Championships)(1:27:33 PB); 7th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (33:25 PB).

2023 Times: 4th, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:11:17).

#28

Nukuri, Diane (38)

DOB: 12/1/84

Residence: Flagstaff, AZ

Citizen of: USA

Team: Asics

Lifetime PRs: 31:49/ 2:27:50/ 53:23:00/10 mi.

Career: 13th, '22 Gate River Run 15-K (52:30); 3rd, '22 Monterey Bay Half Marathon (1:13:08); 10th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (50:44 PB); 7th, '21 Mastercard New York Mini 10-K (32:26); 4th, '21 AJC Peachtree Road Race 10-K (32:27); 9th, '21 Women's 6k Festival (18:54); 5th, '21 Asics Falmouth Road Race 7 Mile (37:35); 11th, '21 Bank of America Chicago Marathon (2:34:25); 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); 2nd, '16 Marugame Half Marathon (1:09:23); 9th, '16 World's Best 10k (32:45); 4th, '16 Carlsbad 5000 (15:34 NR); 4th, '16 B.A.A. 5k (15:43); 4th, '16 UAE Healthy Kidney 10k (32:23); 3rd, '16 Great Manchester Run 10k (31:49 NR); 3rd, '16 NYRR New York Mini 10k (32:18); 3rd, '16 New Balance Falmouth Road Race 7 Mile (36:59); 5th, '16 TCS New York City Marathon (2:33:04); 3rd, '15 Sportismo Prague Half Marathon (1:09:33); 5th, '15 Great Manchester Run 10k (32:27); 7th, '15 Freihofer's Run for Women 5k (16:07); 4th, '15 Oakley New York Mini 10k (32:47); 4th, '15 Quad-City Times Bix 7 Mile (37:10); 2nd, '15 TD Beach to Beacon 10k (32:00); 1st, '15 Falmouth Road Race 7 Mile (36:47); 8th, '14 Bank of America Chicago Marathon (2:29:13); 1st, '15 Manchester Road Race 4.748 mile (24:19); 6th, '14 NYC Half (1:10:09); 1st, '14 Bay to Breakers 12k (40:19); 8th, '14 Oakley New York Mini 10K (32:38 PB); 3rd, '14 TD Beach to Beacon 10k (31:52 PB); 4th, '14 Falmouth Road Race 7 Mile (36:17); 3rd, '14 Amsterdam Marathon (2:29:35 PB); 1st, '14 Manchester Road Race 4.748 Mile (24:38).

Past CUCB Top 10 Finishes: 5th, 1st US, '18 (53:56); 8th, 6th US, '21 (53:23).

#30

Hurley, Emma Grace (25)

DOB: 12/19/97

Residence: Roswell, GA

Citizen of: USA

Team: Atlanta Track Club

Open and Age Group Records

Over the years, numerous 10-mile records have been set at the Credit Union Cherry Blossom 10 Mile Run — a total of 10 World records and 10 American records. None has lasted as long as the 46:13 time Greg Meyer ran in 1983. Back then it was an American and World Record, at press time it is still the American Record.

Prior to the 2014 race, which served as both the USA Men's and Women's 10 Mile Championships, Meyer said: "While it's an honor to hold an American Record, it's time someone else owned it! My gosh, it's older than most of the Americans competing! I can't wait to see someone break it!"

When Stanley Kebenei crossed the finish line in 2019 in 46:00, Meyer and race organizers thought the men's American record had finally fallen. Unfortunately, post-race analysis revealed that the turn-around point in West Potomac Park had been misplaced, resulting in a course-as-run that was 240 feet short of the full 10 miles, thus negating Kebenei's apparent American record. The women's winner, Kenyan Rosemary Wanjiru, was also a victim of the short course, which kept her time of 50:42 from being recognized as the fastest all-comers time in a women's only race.

Despite the shortened route taken by the runners, race organizers paid Kebenei \$10,000 for posting a time faster than Meyer's American record of 46:13. Race organizers also paid \$1,000 and \$750 respectively to the first two men and women who ran faster than 46:00 and 52:00 minutes: race winners Jemal Yimer (45:36) and Rosemary Wanjiru (50:42), and second place finishers Josphat Tanui (45:38) and Gotytom Gebreslase (50:47). There was no bonus offered for a U.S. all-comers record.

Stay tuned for 2023 race results. In the meantime, take a look at the progression of various 10-mile records that have been set at Cherry Blossom since the inaugural race in 1973.

Year	Elite Men	World Record	American Record	Event Record
1973	Sam Bair			51:22
1974	Jack Mahurin			50:50
1976	Carl Hatfield			49:09
1978	Bill Rodgers			48:57
1979	Bill Rodgers			48:00
1980	Bill Rodgers			47:09
1983	Greg Meyer	46:13	46:13	46:13
1994	William Sigei			46:01
1995	Ismael Kirui	45:38		45:38
2011	Lelisa Desisa			45:36
2012	Allan Kiprono			45:15
2022	Nicholas Kosimbei			45:15

Year	Elite Women	World Record (mixed race)	World Record (single sex*)	American Record (mixed race)	American Record (single sex*)	Event Record
1973	Kathrine Switzer					71:19
1974	Carol Fridley					62:41
1975	Julie Shea					59:55
1976	Julie Shea	57:04		57:04		57:04
1977	Julie Shea	56:08		56:08		56:08
1979	Aileen O'Connor			56:02		56:02
1980	Anne Sullivan			55:34		55:34
1983	Eleanor Simonsick					54:46
1985	Lisa Weidenbach					53:30

Open and Age Group Records

Year	Elite Women	World Record (mixed race)	World Record (single sex*)	American Record (mixed race)	American Record (single sex*)	Event Record
1986	Rosa Mota	53:09				53:09
1987	Lisa Martin	52:23				52:23
1989	Lisa Weidenbach			52:34		
1991	Jill Hunter					51:57
1995	Rose Cheruiyot	51:39				51:39
1998	Colleen De Reuck	51:16				51:16
2006	Lydia Grogoryeva		52:11			52:11
2006	Turena Johnson				55:42	
2007	Teyba Erkesso		51:44			51:44
2009	Sally Meyerhoff				54:38	
2013	Janet Bawcom				53:28	
2014	Janet Bawcom				52:12	

*In 2006, record keeping standards were changed to recognize the difference between women running with men in a mixed race, and women running in an all-women's race. Cherry Blossom race organizers implemented a 10-minute advanced start for women that year, and all subsequent women's World and American records have been set under this format.

While countless age group records have been set at the Credit Union Cherry Blossom 10 Mile Run over the years, the tables below list current age group event records for men and women.

Credit Union Cherry Blossom Age Group Records

	Age Group Men	Time	Age	Year
40-44	Steve Jones	48:26	40	1996
45-49	Bill Rodgers	52:22	49	1997
50-54	Norm Green	52:53	50	1983
55-59	Jim O'Neill	54:25	56	1994
60-64	Norm Green	57:48	60	1993
65-69	Ken Youngers	1:02:43	65	2022
70-74	Charles Rose	1:06:35	70	2003
75-79	Ed Benham	1:12:13	76	1984
80-84	Ed Benham	1:13:23	81	1989
85-89	George Yannakakis	1:44:08	85	2017
90-94	George Yannakakis	2:33:04	90	2022

Open and Age Group Records



Photo: George Banker

George Yannakakis from Towson, MD is all smiles after setting the American 90-95 age group record in his 29th Cherry Blossom Ten Mile

	Age Group Women	Time	Age	Year
40-44	Priscilla Welch	53:51	42	1987
45-49	Priscilla Welch	56:33	46	1991
50-54	Joan Samuelson	1:00:52	52	2010
55-59	Joan Samuelson	1:03:55	59	2017
60-64	Joan Samuelson	1:07:56	60	2018
65-69	Jennifer Macdonell	1:12:31	65	2022
70-74	Hedy Marque	1:22:58	73	1991
75-79	Hedy Marque	1:25:40	75	1993
80-84	Hedy Marque	1:31:24	80	1998
85-89	Hedy Marque	1:57:38	87	2005
90-94	Ruth Rothfarb	3:27:30	91	1993

All-Time Champions

Ten Mile Run

On a picture-perfect day for running in our Nation's Capital, the Runners' Rite of Spring® returned to the Washington Monument Grounds in full force in 2022, and so did a massive crowd of spectators. With temperatures in the high 40s, overcast skies and virtually no wind, nearly 15,000 runners were led by a very fast field of elite runners. The top-three men hailed from Kenya and the rest of the men's top-10 were American, while all 10 of the prize-money winning women were American.

In an occurrence rarely heard of in long-distance events, men's winner Nicholas Kosimbei tied the course record of 45:15 set by fellow Kenyan Alan Kiprono a decade earlier in 2012. It was Kosimbei's first time running here in Washington, DC. Susanna Sullivan, a fifth-grade teacher from Reston, VA, had run the Credit Union Cherry Blossom Ten Mile (CUCB) six times before, with her eighth place finish in 2014 being her previous best. Sullivan's time today was 52:32, beating her personal best for 10 miles of 54:22 by nearly two minutes.

*On a picture-perfect day in 2019, with Washington DC's cherry trees in full bloom, defending champion Jemal Yimer, from Ethiopia, won the men's race in a time of 45:36. Kenyan Rosemary Wanjiru won the women's race in 50:42. Unfortunately the full impact of their very fast times was negated by the fact that the course-as-run ended up being 240 feet short of the full 10 miles, due to a misplaced set of traffic cones at the turn-around in West Potomac Park.

**In 2016, weather conditions for the event were less than ideal, with temperatures in the mid-30s and winds gusting up to 40 miles per hour during the race, thus slowing all runners' times considerably. For the first time in 10 years, the elite women started with the men, and surely benefited from running in the larger pack.

***In 2015, race organizers were forced to re-route the course between four and six miles due to an accident on the course that occurred about an hour prior to the start of the elite women's race. The exact distance was measured as 9.39 miles after the race – making it just a fraction over 15K. The times listed in the table below for 2015 represent projected 10-mile finish times; Stephen Sambu ran 43:20 for 9.39 miles, while Mary Wacera ran 48:35.

Year	Male Winner	Time	Female Winner	Time
2022	Nicholas Kosimbei	45:15	Susanna Sullivan	52:32
2021	Edwin Kimutai	45:45	Nell Rojas	52:13
*2019	Jemal Yimer	45:36	Rosemary Wanjiru	50:42
2018	Jemal Yimer	46:17	Buze Diriba	53:45
2017	Stanley Kebenei	46:36	Hiwot Gebrekidan	53:37
**2016	Sam Chelanga	48:26	Veronica Nyaruai Wanjiru	53:12
***2015	Stephen Sambu – Kenya	43:20	Mary Wacera – Kenya	51:45
2014	Stephen Sambu – Kenya	45:29	Mamitu Daska – Ethiopia	52:05
2013	Daniel Salel– Kenya	46:06	Caroline Rotich – Kenya	52:46
2012	Allan Kiprono – Kenya	45:15	Julliah Tenega – Kenya	54:02
2011	Lelisa Desisa – Ethiopia	45:36	Julliah Tenega – Kenya	54:02
2010	Stephen Tum – Kenya	45:43	Lineth Chepkurui – Kenya	51:51
2009	Ridouane Harroufi – Morocco	45:46	Lineth Chepkurui – Kenya	53:32
2008	Ridouane Harroufi	46:14	Lineth Chepkurui – Kenya	54:21
2007	Tadesse Tola – Ethiopia	46:01	Tebya Erkesso – Ethiopia	51:44
2006	Gilbert Okari – Kenya	47:24	Lidiya Grigoryeva – Russia	52:11
2005	John Korir – Kenya	46:53	Nuta Olaru – Romania	52:00
2004	Nelson Kiplagat – Kenya	48:12	Isabella Ochichi – Kenya	52:06
2003	John Korir – Kenya	46:55	Olga Romanova – Russia	53:42
2002	Reuben Cheruiyot – Kenya	47:13	Luminita Talpos – Romania	52:50
2001	John Korir – Kenya	46:12	Elana Meyer – South Africa	52:15
2000	Reuben Cheruiyot – Kenya	46:07	Teresa Wanjiku – Kenya	55:50
1999	Worku Bikila – Ethiopia	46:59	Jane Omoro – Kenya	53:37
1998	Simon Rono – Kenya	45:51	Colleen De Reuck – South Africa	51:16
1997	Peter Githuka – Kenya	46:29	Valentina Yegorova – Russia	54:28
1996	Lazarus Nyakeraka – Kenya	46:37	Joan Nesbit – USA	53:25
1995	Ismael Kirui – Kenya	45:38	Rose Cheruiyot – Kenya	51:39
1994	William Sigei – Kenya	46:01	Helen Chepngeno – Kenya	54:05

All-Time Champions

Year	Male Winner	Time	Female Winner	Time
1993	William Sigei – Kenya	46:29	Judi St. Hilaire – USA	52:27
1992	Richard Chelimo – Kenya	47:06	Albina Galliamova – Russia	53:44
1991	Carl Thackery – Great Britain	46:25	Jill Hunter – Great Britain	51:57
1990	Chris Fox – USA	47:06	Lisa Weidenbach – USA	53:28
1989	Brian Sheriff – Zimbabwe	46:43	Lisa Weidenbach – USA	52:34
1988	J.P. Ndaysienga – Belgium	47:33	Anne Audain – New Zealand	52:36
1987	Jon Sinclair – USA	46:48	Lisa Martin – Australia	52:23
1986	Thom Hunt – USA	46:15	Rosa Mota – Portugal	53:09
1985	Simeon Kigen – Kenya	46:24	Lisa Weidenbach – USA	53:30
1984	Simeon Kigen – Kenya	47:25	Rosa Mota – Portugal	54:16
1983	Greg Meyer – USA	46:13	Eleanor Simonsick – USA	54:46
1982	Terry Baker – USA	49:29	Eleanor Simonsick – USA	58:16
1981	Bill Rodgers – USA	47:17	Laurie Binder – USA	56:44
1980	Bill Rodgers	47:09	Anne Sullivan – USA	55:34
1979	Bill Rodgers – USA	48:00	Aileen O'Connor – USA	56:02
1978	Bill Rodgers – USA	48:57	Jenifer White – USA	56:35
1977	Dan Rincon – USA	49:44	Julie Shea – USA	56:08
1976	Carl Hatfield – USA	49:09	Julie Shea – USA	57:04
1975	Carl Hatfield – USA	51:47	Julie Shea – USA	59:55
1974	Jack Mahurin – USA	50:50	Carol Fridley – USA	1:02:41
1973	Sam Bair – USA	51:22	Kathrine Switzer – USA	1:11:19

5K Run

While the idea of having a “fun run” traces all the way back to the first event in 1973, when the fun run was two miles long, it wasn't until 2006 that the 5K Run-Walk was upgraded from an untimed run to a fully timed and scored event.

Year	Male Winner	Time	Female Winner	Time
2022	Evan Fallor	16:05	Christina Burbach	21:08
2021	Rob Halliday	18:38	Jocelyn Kelley	19:49
2019	Jose Donato	18:24	Madeline Hanley	21:08
2018	Logan Yu	16:05	Hibah Abuhamdich	20:24
2017	Iber Gonzales Vidals	17:58	Lisa Gallagher	21:15
2016	Sylvain Clarenne (30)	18:31	Melanie Nakagawa (35)	22:47
2015	Dylan Eddinger (18)– Bally, PA	17:02	Ashley Kollme (32)– Washington, DC	18:29
2014	Nathan Davis (13) – Frederick, MD	17:58	Jessica McGuire (33) – Arlington, VA	20:34
2013	Nathan Davis (12) – Frederick, MD	17:22	Maggie Brill (36) – Pottstown, PA	19:43
2012	Barry Fischer (27) – Washington, DC	17:27	Win Persina (52) – Washington, DC	20:36
2011	Luke Holman (27) – McLean, VA	17:07	Nilda Cruz-Acevedo (47) – Laurel, MD	19:07
2010	Mitchell Lango (26) – Washington, DC	18:32	Britton Miller (30) – Arlington, VA	19:03
2009	Eric Sonnenschein (35) – Washington, DC	19:17	Marjorie Censer (26) – Arlington, VA	21:05
2008	Guy Cipolla (30) – Elmendorf AFB, AK	18:00	Erin Burlovich (27) – Chevy Chase, MD	21:34
2007	Daniel Bennett (36) – Dunkirk, MD	18:37	Erin Burlovich (26) – Chevy Chase, MD	20:42
2006	Michael Stanton-Geddes (24) – Washington, DC	17:54	Mary Margaret Peter (15) – Virginia Beach, VA	21:48

Past Winners' Notable Accomplishments

Over the years, a victory at the Credit Union Cherry Blossom Run has proven to be a stepping stone to success at the Boston Marathon shortly thereafter. And some Cherry Blossom victors have gone on to Olympic success in the same year. The table below lists Cherry Blossom winners who have distinguished themselves at the Boston Marathon and/or Olympic Games.

Boston Marathon Champions

Name	Country	Won Cherry Blossom	Won Boston
Men			
Bill Rodgers	USA	'78, '79, '80, '81	'75, '78, '79, '80
Greg Meyer	USA	'83	'83
Lelisa Desisa	ETH	'11	'13, '15
Name	Country	Won Cherry Blossom	Won Boston
Women			
Rosa Mota	POR	'84, '86	'87, '88, '90
Lisa Weidenbach	USA	'85, '89, '90	'85
Lidiya Grigoreyeva	RUS	'06	'07
Teyba Erkesso	ETH	'07	'10
Caroline Rotich	KEN	'13	'15

Olympic Medalist

Name	Country	Won Cherry Blossom	Medal	Event
Rosa Mota	POR	'84	3rd, '84; 1st, '88	Marathon
Richard Chelimo	KEN	'92	2nd, '92	10,000m
Lisa Martin	AUS	'97	2nd, '88	Marathon
Elana Meyer	RSA	'01	2nd, '92	10,000
Isabella Ochichi	KEN	'04	2nd, '04	5,000m



It's hard to compete with Bill Rodgers' four Cherry Blossom and four Boston Marathon wins, but Rosa Mota's three Boston wins and two Olympic medals may take the prize.

Returning Age Group Champions

2022 Age Group	Age in 2023	First Name	Last Name	Hometown
Men U20	20	Cody	Slutzky	Glenview, IL
Men 25-29	26	Nicholas	Kosimbei	Kenya
Men 40-44	41	Dickson	Mercer	Takoma Park, MD
Men 45-49	47	David	Wertz	Springfield, VA
Men 50-54	55	Matthew	Waite	Saint Paul, MN
Men 55-59	60	Patrick	Billig	Roseville, MN
Men 65-69	66	Ken	Youngers	Tucker, GA
Men 70-74	71	John	Kilduff	Falls Church, VA
Men 75-79	76	Ben	Harvie	Kemah, TX
Men 90+	91	George	Yannakakis	Towson, MD
Women U20	17	E.	McNichols	Alexandria, VA
Women 20-24	23	Elena	Hayday	Bethesda, MD
Women 25-29	29	Carrie	Verdon	Boulder, CO
Women 30-34	32	Susanna	Sullivan	Reston, VA
Women 50-54	51	Abby	Dean	Wilmington, DE
Women 55-59	57	Shannon	Smith	Washington, DC
Women 60-66	61	Cindy	Conant	Kensington, MD
Women 65-69	66	Jennifer	Macdonell	Ottawa, ON
Women 70-74	74	Mary	Kessler	Harbeson, DE
Women 75-79	78	Pat	Welch	Vienna, VA
Women 80-84	81	R.	Schwartzbard	Arlington, VA



Photo: Clay Shae

Watch your step! Women negotiate 180-degree turn on Rock Creek Parkway. It's the first of two sharp turnarounds on the course.

Capitol Hill Competition

The Capitol Hill Competition at the Credit Union Cherry Blossom Ten Mile started in 2002 and is organized for Members of Congress and their staff, who compete against each other within the broader Credit Union Cherry Blossom race. The Capitol Hill Competition is made possible by the support of the Congressional Federal Credit Union, the United States Senate Federal Credit Union, the Credit Union National Association (CUNA), and the National Association of Federal Credit Unions (NAFCU).

This year there will be a total of 77 teams, with 50 teams from the Senate, 24 from the House of Representatives, and 3 representing federal agencies.

Display Name/Team Name	Employing Office
Budget Recovery	Congressional Budget Office
Model Runners	Congressional Budget Office
Run Models Not Miles	Congressional Budget Office
Team CAO	Chief Administrative Officer
603-RUN-NERS	Rep. Annie Kuster
Carperdiem	Rep. Shri Thanedar
Chukar Cherry Blossoms	Rep. Gluesenkamp Perez
Dean Team	Rep. Madeleine Dean
Foster Than You	Rep. Bill Foster
Fox Trotters	Rep. Ami Bera
Going Going Gonzales	Rep. Tony Gonzales
Grit & Grace	Rep. Jim Himes



Photo: Brian Kapur

The Congressional Cup goes every year to the fastest team on the U.S. House and Senate sides combined. In 2022, the cup went to the team of Delaware Senator Chris Coons. They ran under the name of "It's Good to be First," a play on Delaware's motto as the first U.S. state.

Capitol Hill Competition

Display Name/Team Name	Employing Office
HoulaTeam	Rep. Chrissy Houlahan
Josie and the Charlie Cats	Rep. Mike Quigley
Motion To Run for it	Rep. Ro Khanna
Rayburn Runners	Rep. Troy Balderson
Reclaiming Our Time	House Financial Services Committee
Red Rock Running Club	Rep. Susie Lee
Rolling Blackouts	Rep. Ken Calvert
Run Forest(er) Run!	House Committee on Natural Resources
Sprinting Saguaros	Rep. Raul Grijalva
Team Bonamici	Rep. Suzanne Bonamici
Team BWC	Rep. Bonnie Watson Coleman
The Gavel Masters	Rep. Steve Womack
The Lloyd Joggetts	Rep. Lloyd Doggett
TriadAthletes	Rep. Kathy Manning
Wile E Coyote & the RailRunner	Rep. Stansbury
America's Schatz Talent	Sen. Brian Schatz
Best Virginia	Senate Energy Committee
Bookin it with Booker	Sen. Cory Booker
Cardin Cruisers	Sen. Ben Cardin
Casablanca	Senate Budget Committee
Country Roadsters	Sen. Joe Manchin III
Cow Crown	Sen. Angus King
Cruz Control	Sen. Ted Cruz
DAINESger Zone	Sen. Steve Daines
Difi's Desert Tortoises	Sen. Dianne Feinstein
Fighthouse	Sen. Sheldon Whitehouse
Fueled by Tuna Melts	Sen. Mark Warner
Green Hot Chile Peppers	Sen. Martin Heinrich
Heinrich Maneuver	Sen. Martin Heinrich
HERE COMES THE BLUME!!!!	Sen. Richard Blumenthal
Hirono HiRunnerz	Sen. Mazie K. Hirono
Hit Me With Your Best Schatz	Sen. Brian Schatz
Hoosier Hustle	Sen. Mike Braun
It's Good To Be First (State)	Sen. Chris Coons
Joggers for James	Sen. James Lankford
Jon's Joggers	Sen. Jon Tester
King's Mustache Milers	Sen. Angus King
Last Best Pace	Sen. Jon Tester
Marcothon	Sen. Marco Rubio
Markey On Your Left	Sen. Edward J. Markey
Merkley Milers	Sen. Jeff Merkley

Capitol Hill Competition

Display Name/Team Name	Employing Office
Motor City Marathoners	Sen. Gary Peters
Murphy's Lawmakers	Sen. Chris Murphy
OmniRuns	Senate Appropriations Committee
On Your Markey!	Sen. Edward J. Markey
Peak Blume	Sen. Richard Blumenthal
Racing Cowboys	Sen. Cynthia Lummis
Ready Set Dirigo!	Sen. Susan Collins
Ready Set Dirigo!!	Sen. Susan Collins
Ready Set Dirigo!!!	Sen. Susan Collins
Reed's Rangers	Sen. Jack Reed
Space Racers	Sen. Mark Kelly
Speedy Padillas	Sen. Alex Padilla
Team Baldwin	Sen. Tammy Baldwin
Team Durbin	Sen. Richard Durbin
Team Sinema	Sen. Kyrsten Sinema
The Burger Kings	Sen. Angus King
Tillis Track Club	Sen. Thom Tillis
U Can Run But U Cant HydeSmith	Sen. Cindy Hyde-Smith
Van Hooligans	Sen. Chris Van Hollen
Van Hooligans II	Sen. Chris Van Hollen
Vermonters	Sen. Peter Welch
West Coasters	Sen. Alex Padilla
Yes We Kaine	Sen. Tim Kaine
You just got Welch'd	Sen. Peter Welch



Congressional Federal Credit Union supports the Capitol Hill Competition

Capitol Hill Results

The Capitol Hill Competition at the Credit Union Cherry Blossom Ten Mile started in 2002 and is organized for Members of Congress and their staffs, who compete against each other within the broader Credit Union Cherry Blossom race. It is sponsored by the Congressional Federal Credit Union and the United States Senate Federal Credit Union, with support from the Credit Union National Association and the National Association of Federally-insured Credit Unions.

Out of the 29 Capitol Hill teams that competed in 2022, “It’s Good to be First” prevailed among Senate teams in a time of 3:37:58, and Legitimate Winning DisCourse, was the fastest House team in 3:54:50.

The table below lists the winning Senate and House of Representatives teams since 2002 (times listed represent the sum total of the three fastest times among as many as 11 team members):

Winning Senate and House Teams

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
2022			
It’s Good to be First (State)/ Senator Chris Coons	3:37:58	Legitimate Winning DisCourse/ Representative Mike Levin	3:54:50
2021			
Merkeley Milers/Senator Jeff Merkeley	3:54:26	Live Laugh Larson/Representative John Larson	4:40:53
2019			
Bourne to Run Senate Intelligence Committee	3:33:18	Red White and Blumenauer Representative Earl Blumenauer	3:52:21
2018			
Heinrich Maneuver Senator Martin Heinrich	3:21:18	Model Runners Congressional Budget Office	3:00:34
2017			
All the Kings Men Senator Angus King	3:21:35	Red, White and Blumenauer Representative Earl Blumenauer	3:18:15
2016			
Carper Diem Senator Tom Carper	3:21:21	Red, White and Blumenauer Representative Earl Blumenauer	3:18:43
2015			
Carper Diem Senator Tom Carper	3:13:58	Red, White and Blumenauer Representative Earl Blumenauer	3:06:42
2014			
Minnesota Nice and Fast Senator Amy Klobuchar	3:23:46	White Cheddar Shredders Representative Peter Welch	3:23:50
2013			
Foreign Relaytions Senate Energy Committee	3:30:03	Red, White and Blumenauer Representative Earl Blumenauer	3:18:24
2012			
Too Extreme for Colorado Senator Michael Bennet	3:21:14	Red, White and Blumenauer Representative Earl Blumenauer	3:31:38

Capitol Hill Results

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
2011			
Running Back Home Again Senator Richard Lugar	3:35:36	Red, White and Blumenauer Representative Earl Blumenauer	3:46:23
2010			
Team Frenzi Senator Michael Enzi	3:39:32	Stark Running Mad Representative Peter Stark	3:42:56
2009			
Run Io-way With Me Senate Agriculture Committee	3:54:01	Markey's Glacial Pacers Representative Edward Markey	3:31:15
2008			
Ken's Salad Bar Senator Ken Salazar	3:26:43	Red, White and Blumenauer Representative Earl Blumenauer	3:43:03
2007			
Crapo Couch Potatoes Senator Mike Crapo	3:25:03	Project Blue Hen Representative Mike Castle	3:46:46
2006			
Crapo Couch Potatoes Senator Mike Crapo	3:30:37	Green Milers Representative Mark Green	3:15:48
2005			
Team Frenzi Senator Michael Enzi	3:49:51	Green Milers Representative Mark Green	3:25:15
2004			
Couch Potatoes Senator Mike Crapo	3:07:28	The Green Monsters Representative Mark Green	3:51:37
2003			
Murray's Milers Senator Patty Murray	3:40:37	Team Ryan Representative Tim Ryan	3:49:52
2002			
Murray's Milers Senator Patty Murray	3:28:34	Dancing Homers	3:57:26

Past USATF 10 Mile Championships

The 2021 USATF 10 Mile Championships Presented by Toyota were held in conjunction with the one-time-only fall running of the Credit Union Cherry Blossom Ten Mile. This was the third time one or more of the USATF 10 Mile Championships have been hosted by Credit Union Cherry Blossom race organizers: the women's championships were part of the 2013 event, while Cherry Blossom hosted both the men's and women's championships in 2014.

While the Credit Union Cherry Blossom Ten Mile has offered a prize purse for elite runners of all nationalities since 1984, the 2013 USATF Women's 10 Mile Championships marked the first time race organizers introduced a separate prize purse of \$14,400 for American women. When the Men's 10 Mile championships were added to the slate in 2014, so, too, was an additional \$14,400 for the American men's prize purse.

The prize pool for the 2021 USATF 10 Mile Championships totaled \$26,000 for men and women. An additional \$10,000 bonus would have been awarded if a man or woman broke the American Records of sub-45:54 or sub-51:23 respectively. American runners placing in the top-10 overall were eligible to receive both open and American-only prize money; seven American men and seven American women double-dipped on race day by placing in their respective overall top-10s.

One other bonus for victory in the 2021 USATF 10 Mile Championships — the top American man and woman each earned a spot on Team USA for the 2022 World Athletics Half Marathon Championships, to be held in Yangzhou, China, on November 13, 2022.

When the Credit Union Cherry Blossom Ten Mile hosted both the men's and women's USATF 10 Mile Championships in 2014, Janet Bawcom set an American women's-only record of 52:12 — a time which Cherry Blossom race committee member Keira D'Amato lowered to 51:23 in November 2020 in an elite-only, women's-only pop-up event called the Up Dawg Ten Mile in DC's Anacostia Park.

Participants in the Women's Championships started 12 minutes before the men so performances would be eligible for ratification as women's-only records.

2021 USATF 10 Mile Championships

Place among Americans	Men	Time	Women	Time
1	Abbabiya Simbassa	46:18	Nell Roja	52:13
2	Augustus Maiyo	46:23	Jenny Simpson	52:16
3	Reed Fischer	46:59	Annie Frisbie	52:26
4	Frank Lara	47:13	Sara Hall	52:43
5	Shadrack Biwott	47:35	Carrie Verdon	52:51
6	Joel Reichow	47:36	Diane Nukuri	53:23
7	Elkanah Kibet	47:39	Amy Davis	54:23
8	Chris Derrick	47:42	Susanna Sullivan	54:37
9	John Raneri	47:43	Bria Wetsch	54:38
10	Noah Droddy	47:47	Madeline Alm	54:41

2014 USATF 10 Mile Championships

Place among Americans	Men	Time	Women	Time
1	Christo Landry	46:41	Janet Bawcom	52:12
2	Girma Mecheso	47:21	Sara Hall	52:54
3	Mo Trafah	47:27	Frances Koons	54:30
4	Ben Bruce	47:33	Susanna Sullivan	54:31
5	Tim Young	47:45	Brianne Nelson	54:33
6	Matt Tegenkamp	47:57	Jen Rhines	54:38
7	Joseph Gray	48:04	Heather Cappello	54:40
8	Tyler McCandless	48:21	Meghan Peyton	54:42
9	Ian Burrell	48:42	Sara Slattery	55:14
10	Lucas Meyer	48:45	Blake Russell	55:26

Past USATF 10 Mile Championships

2013 USATF Women's 10 Mile Championships

Place	Name	Time
1	Janet Bawcom	53:28
2	Brianne Nelson	54:01
3	Sarah Crouch	54:15
4	Kellyn Johnson	54:19
5	Jen Rhines	54:54
6	Katie DiCamillo	55:19
7	Heather Cappello	55:31
8	Ladia Albertson Junk	55:32
9	Stephanie Pezzullo	56:13
10	Clara Grandt	56:40



Abbabiya (Biya) Simbassa exults in his first U.S. National Championships win in 2021. His time of 46:18 was the third fastest ever in the event by an American.

Environmental & Social Sustainability

The Credit Union Cherry Blossom has a long history of reducing its environmental footprint and expanding its positive social impacts.

Race organizers first identified Children's National Medical Center as the race's charitable beneficiary in the mid-1990s, and the focus on raising money for Children's Miracle Network Hospitals continues to this day. They also work with under-represented groups and non-profit organizations, such as Teens Run DC (<http://www.teensrundc.org/>), to reduce barriers to participation in the event.

Since 2011, race organizers have been working with the Council For Responsible Sport (<http://www.council-forresponsiblesport.org>) to quantify the results of their environmental and social efforts through the Council's certification program. Following three consecutive biennial certifications by the group—Silver in 2011 and 2013, Gold in 2015—in 2017, the Credit Union Cherry Blossom Run was invited to participate in a new program called *Inspire*. The Council's Inspire events represent the pinnacle of achievement and stand as an example and inspiration to others.

Inspire event status is awarded by invitation to events that have achieved multiple certifications from the Council, with the intention of recognizing the legacy that sporting events committed to sustainability and thoughtful resource management provide to their audiences and communities. Inspire certified events are required to provide important sustainability metrics and are expected to share their story with fellow event organizers. Inspire event organizers are also asked to mentor other Council-affiliated events on aspects of their responsible sport program.

Sustainability highlights from the 2015 Credit Union Cherry Blossom Run can be found here: (http://cherryblossom.org/images/2016/2015_Sustainability_Report_web.pdf).



Photo: Team Mailer



The Credit Union Cherry Blossom Ten Mile Run has achieved Gold Level Inspire status by the Council for Responsible Sport

Social Media Race Ambassadors

The Credit Union Cherry Blossom Social Media team is responsible for keeping the event's runners, volunteers, sponsors and supporters informed and engaged throughout the year on Facebook, Twitter, Instagram and -- for the first time this year -- TikTok.

The social media team is led by **Sarah Beth Hensley House, Kristen Byers, Jina Freiberg and Nicholas Brown**. Part of the social media promotion of the race involves our race ambassador program. It's an opportunity for everyday runners to share their experiences with the thousands of followers on Credit Union Cherry Blossom's social media channels. These goodwill ambassadors receive a race entry as well as gear from sponsors like ASICS, they participate in training programs and more, in exchange for the ambassadors sharing their experiences on their social media platforms. In 2023, we selected four new race ambassadors: **Carlos Bonnett-Castillo, Hannah Abel, Erin Helbling and Nick Arrington**.

Be sure to follow CUCB on Facebook, Twitter and Instagram to get the latest information about the race and see posts and updates from the race ambassadors!

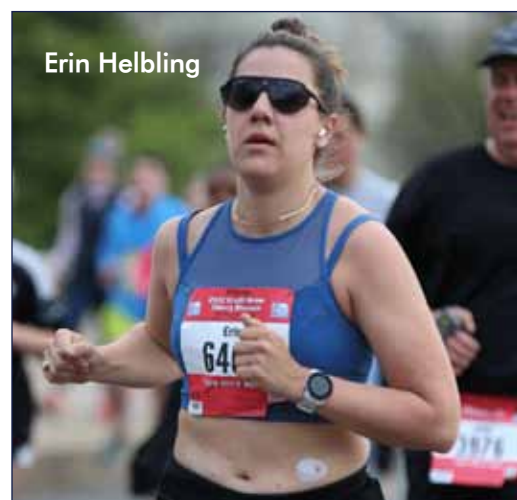
Facebook: <https://www.facebook.com/CreditUnionCherryBlossom>

Twitter: <https://twitter.com/CUCB>

Instagram: <https://www.instagram.com/cucb/>

TikTok: cucbindc

Hashtag: #CUCB2023



Charity Donations

Each year, the Credit Union Cherry Blossom Ten Mile Run in Washington, D.C. brings together credit unions from across the country with a shared vision of fundraising and helping children. One very effective fundraising program is the Charity Race Entry program.

With a field limit of 17,000 established by the National Park Service and selected by lottery, not everyone who wants to run is accepted through the lottery process. So, each year a limited number of Charity Race Entrants gain entry by raising a minimum of \$500 for the Children's Miracle Network Hospitals.

In 2022 participants were given the opportunity to make donations directly to the Children's Miracle Network Hospitals when entering the race. In 2022, Charity Donations totaled \$323,000 with more that \$63,000 coming from race entry donations.

The event also funds two \$5,000 Road Runners Club of America "Roads Scholar" grants designed to support up-and-coming U.S. distance running talent (<http://www.rrca.org/programs/roads-scholars/>).



Photo: Karen Mitchell

Celebration of 2022 contribution of the race to Children's Miracle Network Hospitals. In front: John Bratsakis, CEO of Credit Union Miracle Day and Kristin Schulz, CEO of Spectra Credit Union hold "big check" while on right Executive Director of Credit Union Miracle Day Leigh Philobosian savors the moment.

Donations to Children's Miracle Hospitals

Credit Union Miracle Day, Inc. has been the organization behind the title sponsorship of the Credit Union Cherry Blossom Ten Mile Run since 2002. Dedicated to fundraising to benefit Children's Miracle Network Hospitals, the fundraising effort has generated over \$10.2 million dollars as of the 2022 race.



The largest big check donation to Children's Miracle Hospitals was \$858,684 in 2010



2022 Elite Athlete Results

OPEN AWARD WINNERS

1	Nicholas Kosimbei, 25, Mill Valley, KEN	45:15	\$8,000	1	Susanna Sullivan, 31, Reston, VA	52:32	\$8,000
2	Wilfred Kimitei, 37, Iten, KEN	45:43	\$4,000	2	Carrie Verdon, 28, Boulder, CO	52:37	\$4,000
3	Shadrack Kiminiy, 26, Edinburgh, KEN	45:48	\$2,000	3	Paige Stoner, 26, Charlottesville, VA	52:38	\$2,000
4	Futsum Zienasellassie, 29, Flagstaff, AZ	46:53	\$1,500	4	Sarah Pagano, 30, Boston, MA	52:46	\$1,500
5	Reid Buchanan, 29, San Diego, CA	46:57	\$1,000	5	Kim Conley, 36, Flagstaff, AZ	53:40	\$1,000
6	Lawi Lalang, 30, Colorado Springs, CO	47:29	\$900	6	Molly Bookmyer, 31, Columbus, OH	53:55	\$900
7	Brogan Austin, 30, Longmont, CO	47:32	\$800	7	Katja Goldring, 31, Flagstaff, AZ	54:11	\$800
8	Diego Estrada, 32, Flagstaff, AZ	47:41	\$700	8	Taylor Tuttle, 25, Boulder, CO	54:20	\$700
9	Joel Reichow, 28, White Bear Lake, MN	48:11	\$600	9	Elaina Tabb, 30, Boston, MA	54:23	\$600
10	Zach Herriott, 28, Washington, DC	48:47	\$500	10	Elena Hayday, 22, Bethesda, MD	54:32	\$500
11	Tom Slattery, 26, Alexandria, VA	48:58		11	Rosie Edwards, 33, Scottsdale, AZ	54:48	
12	Max McNeill, 28, Arlington, VA	49:01		12	Molly Culver, 31, Richmond, VA	54:50	
13	Cody Baele, 26, Des Moines, IA	49:07		13	Stephanie Twell, 32, Teddington, GBR	55:29	
14	Eduardo Garcia, 29, Greenville, SC	49:14		14	Lexi Zeis, 25, Boulder, CO	55:42	
15	Caleb Kerr, 28, Zionsville, IN	49:17		15	Julia Griffey, 29, Flagstaff, AZ	55:53	
16	Brian Rich, 27, Washington, DC	49:22		16	Allie Schaich, 29, Lakewood, CO	56:26	
17	Harrison Toney, 28, Richmond, VA	49:28		17	Bridget Belyeu, 34, Newnan, GA	56:38	
18	Garret Lee, 29, Littleton, CO	49:31		18	Maura Knestout, 29, Sykesville, MD	56:54	
19	William McGovern, 24, Brookline, MA	49:50		19	Annmarie Kirkpatrick, 40, Fort Collins, CO	57:27	
20	Michael Babinec, 27, Durham, NC	50:35		20	Michelle Vaccaro, 24, Cambridge, MA	57:29	
21	Robert Hiegel, 25, Lynchburg, VA	50:35		21	Emma Spencer, 32, Durham, NC	57:32	
22	Chris Sloane, 38, Rockville, MD	50:43		22	Theresa Hailey, 33, Portland, OR	57:36	
23	Garrett Patrick, 29, Baltimore, MD	50:43		23	Cleo Whiting, 27, Washington, DC	57:43	
24	Kevin Monogue, 25, Philadelphia, PA	50:52		24	Clarissa Whiting, 27, Philadelphia, PA	57:45	
25	Matthew Beamer, 34, Washington, DC	50:54		25	Kerry Allen, 33, Washington, DC	57:47	

TOP 10 AMERICAN MEN

1	Futsum Zienasellassie, 29, Flagstaff, AZ	46:53	\$5,000
2	Reid Buchanan, 29, San Diego, CA	46:57	\$2,500
3	Lawi Lalang, 30, Colorado Springs, CO	47:29	\$1,500
4	Brogan Austin, 30, Longmont, CO	47:32	\$1,000
5	Diego Estrada, 32, Flagstaff, AZ	47:41	\$800
6	Joel Reichow, 28, White Bear Lake, MN	48:11	\$600
7	Zach Herriott, 28, Washington, DC	48:47	\$400
8	Tom Slattery, 26, Alexandria, VA	48:58	\$300
9	Max McNeill, 28, Arlington, VA	49:01	\$200
10	Cody Baele, 26, Des Moines, IA	49:07	\$200

TOP 10 AMERICAN WOMEN

1	Susanna Sullivan, 31, Reston, VA	52:32	\$5,000
2	Carrie Verdon, 28, Boulder, CO	52:37	\$2,500
3	Paige Stoner, 26, Charlottesville, VA	52:38	\$1,500
4	Sarah Pagano, 30, Boston, MA	52:46	\$1,000
5	Kim Conley, 36, Flagstaff, AZ	53:40	\$800
6	Molly Bookmyer, 31, Columbus, OH	53:55	\$600
7	Katja Goldring, 31, Flagstaff, AZ	54:11	\$400
8	Taylor Tuttle, 25, Boulder, CO	54:20	\$300
9	Elaina Tabb, 30, Boston, MA	54:23	\$200
10	Elena Hayday, 22, Bethesda, MD	54:32	\$200

TOP LOCAL FINISHERS

1	Clint McKelvey, 29, Arlington, VA	48:33	1	Susanna Sullivan, 31, Reston, VA	54:37
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2022 Age Group Results

MEN

PI	Name, Age, Hometown	Official Time	Age Graded	PI	Name, Age, Hometown	Official Time	Age Graded
AGES 01 to 19				AGES 50 to 54			
1	Cody Slutzky, 19, Glenview, IL	59:38	0.7337	1	Matthew Waite, 54, Saint Paul, MN	59:19	0.8574
2	B. Waterman, 17, Bethesda, MD	01:02:34	0.7052	2	Alexander Hetherington, 54, Vienna, VA	59:48	0.8505
3	Jake Ravitch, 19, Bethesda, MD	01:06:48	0.6549	3	Alan Dixon, 50, Washington, DC	01:01:13	0.8022
AGES 20 to 24				4	Shawn Kyle, 51, Huntingtown, MD	01:03:53	0.7754
1	William McGovern, 24, Brookline, MA	49:50	0.8779	5	Michael Naff, 51, Arlington, VA	01:03:57	0.7746
2	Ronan O'Shea, 24, Austin, TX	50:58	0.8584	AGES 55 to 59			
3	Jack Sebok, 24, Arlington, VA	51:05	0.8564	1	Patrick Billig, 59, Roseville, MN	01:00:00	0.8873
4	Gerard Connelly, 24, New York, NY	51:07	0.8559	2	Ed Wilson, 59, Ellicott City, MD	01:02:30	0.8518
5	Joe Maguire, 24, Cherry Hill, NJ	51:57	0.8422	3	Wilco Lagendyk, 56, Vienna, VA	01:03:42	0.8130
AGES 25 to 29				4	S. Peterson, 56, Fairfax Station, VA	01:04:30	0.8029
1	Nicholas Kosimbei, 25, Mill Valley, KEN	45:15	0.9669	5	A. Fekade-Sellassie, 55, Silver Spring, MD	01:05:16	0.7863
2	Shadrack Kimining, 26, Edinburgh, KEN	45:48	0.9552	AGES 60 to 64			
3	Futsum Zienasellassie, 29, Flagstaff, AZ	46:53	0.9332	1	Mark Neff, 60, Derwood, MD	01:00:23	0.8900
4	Reid Buchanan, 29, San Diego, CA	46:57	0.9318	2	Jeff Duyn, 61, Garrett Park, MD	01:01:33	0.8815
5	Joel Reichow, 28, White Bear Lake, MN	48:11	0.9080	3	Hernan Garbini, 60, Charlottesville, VA	01:02:49	0.8555
AGES 30 to 34				4	Casey Hannan, 62, Atlanta, GA	01:03:02	0.8690
1	Lawi Lalang, 30, Colorado Springs, CO	47:29	0.9214	5	Michael Sinisi, 61, Springfield, VA	01:05:56	0.8229
2	Brogan Austin, 30, Longmont, CO	47:32	0.9204	AGES 65 to 69			
3	Diego Estrada, 32, Flagstaff, AZ	47:41	0.9180	1	Ken Youngers, 65, Tucker, GA	01:02:43	0.8993
4	Matthew Beamer, 34, Washington, DC	50:54	0.8629	2	Gerald Graf, 68, N. Myrtle Beach, SC	01:07:19	0.8634
5	Andrew Brodeur, 31, Bethesda, MD	51:08	0.8556	3	Peter Merrill, 67, Bethesda, MD	01:10:20	0.8181
AGES 35 to 39				4	David Andrews, 65, Bethesda, MD	01:11:53	0.7846
1	Wilfred Kimitei, 37, Iten, KEN	45:43	0.9713	5	Robert Judson, 65, Bethesda, MD	01:13:07	0.7714
2	Chris Sloane, 38, Rockville, MD	50:43	0.8802	AGES 70 to 74			
3	Brian Flynn, 38, Ashland, VA	51:15	0.8710	1	John Kilduff, 70, Falls Church, VA	01:13:57	0.8024
4	Jared Bell, 35, Atlanta, GA	51:31	0.8550	2	C. Hayes, 70, Colorado Springs, CO	01:18:34	0.7553
5	Gregory Mariano, 36, Alexandria, VA	51:48	0.8535	3	James Rittmueller, 71, Cheyenne, WY	01:21:49	0.7332
AGES 40 to 44				4	Lee Payton, 70, Chevy Chase, MD	01:25:06	0.6973
1	Dickson Mercer, 40, Takoma Park, MD	54:07	0.8357	5	Charlie Morris, 71, New York, NY	01:26:58	0.6898
2	Marty McCormick, 41, Arlington, VA	54:21	0.8385	AGES 75 to 79			
3	Joe Borg, 41, Fairfax, VA	55:15	0.8248	1	Ben Harvie, 75, Kemah, TX	1:18:13	0.8102
4	Brock Butler, 44, West Chester, PA	55:34	0.8404	2	Harold Rosen, 79, Potomac, MD	1:29:17	0.7648
5	Colin Fishwick, 44, Silver Spring, MD	56:08	0.8319	3	Bill Reamer, 76, Cotati, CA	1:29:41	0.7185
AGES 45 to 49				4	D. Clements, 75, Fredericksburg, TX	1:31:26	0.6931
1	David Wertz, 46, Springfield, VA	52:51	0.8982	5	Tom Vollrath, 75, Jeffersonton, VA	1:33:38	0.6768
2	Michael Wardian, 47, Arlington, VA	56:39	0.8450	AGES 90+			
3	James Greenham, 45, Austin, TX	58:22	0.8066	1	George Yannakakis, 90, Towson, MD	02:33:04	0.6377
4	Jason Tripp, 49, Ellicott City, MD	58:36	0.8309				
5	Steve Monnier, 45, Catonsville, MD	58:44	0.8016				

2022 Age Group Results

WOMEN

Pl	Name, Age, Hometown	Official Time	Age Graded	Pl	Name, Age, Hometown	Official Time	Age Graded
AGES 01 to 19				3	Carrie Dunn,46,Arlington,VA	01:06:32	0.7989
1	E. McNichols,16,Alexandria,VA	01:08:31	0.75489	4	Michelle Paxton,45,Lincoln,NE	01:07:04	0.7853
2	Lauren Cerda,19,Washington,DC	01:11:35	0.6909	5	Erin Rapallini,45,Edina,MN	01:08:44	0.7662
3	M. Ostertag,19,Washington,DC	01:11:56	0.68769	AGES 50 to 54			
AGES 20 to 24				1	Abby Dean,50,Wilmington,DE	01:03:09	0.8787
1	Elena Hayday,22,Bethesda,MD	54:32	0.8985	2	Hilary Cairns,51,Washington,DC	01:08:15	0.8227
2	Michelle Vaccaro,24,Cambridge,MA	57:29	0.8524	3	Daryle Lademan,51,Arlington,VA	01:10:42	0.7942
3	Grace Lowden,24,Washington,DC	59:37	0.8219	4	Melissa Grady,51,Bethesda,MD	01:12:10	0.7780
4	Gabrielle Glime,24,Westminster,CO	01:00:25	0.8110	5	Andrea Sikora,50,Downingtown,PA	01:13:40	0.7533
5	Kathryn Gearhart,23,Vienna,VA	1:02:03	0.7897	AGES 55 to 59			
AGES 25 to 29				1	Shannon Smith,56,Washington,DC	01:12:14	0.8257
1	Carrie Verdon,28,Boulder,CO	00:52:37	0.9313	2	Carol David,59,Stafford,VA	01:15:07	0.8248
2	Paige Stoner,26,Charlottesville,VA	00:52:38	0.9310	3	Martha Merz,59,Alexandria,VA	01:15:35	0.8197
3	Taylor Tuttle,25,Boulder,CO	00:54:20	0.9018	4	Lisa Tuffy,55,New Canaan,CT	01:15:39	0.77879
4	Lexi Zeis,25,Boulder,CO	00:55:42	0.8797	5	Wendy Kuhn,57,Bethesda,MD	01:15:52	0.7961
5	Julia Griffey,29,Flagstaff,AZ	00:55:53	0.8769	AGES 60 to 64			
AGES 30 to 34				1	Cindy Conant,60,Kensington,MD	01:08:52	0.9115
1	Susanna Sullivan,31,Reston,VA	52:32	0.9344	2	Nina Caron,62,Portsmouth,NH	01:12:10	0.8932
2	Sarah Pagano,30,Boston,MA	52:46	0.9293	3	Mary Catherine Malin,62,Arlington,VA	01:14:42	0.8629
3	Molly Bookmyer,31,Columbus,OH	53:55	0.9104	4	Michele Keane,60,Atlanta,GA	01:16:08	0.8245
4	Katja Goldring,31,Flagstaff,AZ	54:11	0.9060	5	Mimi Newcomer,63,Lancaster,PA	01:16:14	0.8571
5	Elaina Tabb,30,Boston,MA	54:23	0.9016	AGES 65 to 69			
AGES 35 to 39				1	Jennifer Macdonell,65,Ottawa,ON	01:12:31	0.9263
1	Kim Conley,36,Flagstaff,AZ	53:40	0.9268	2	Amy Subar,66,Potomac,MD	01:14:53	0.9098
2	Jaclyn Range,39,Westlake,OH	58:01	0.8695	3	Angela Cason,65,Damascus,MD	01:19:10	0.84859
3	Chelsea Benson,39,Ithaca,NY	58:10	0.8672	4	Stacy Nigrelli,67,Pittsburgh,PA	01:19:46	0.8664
4	Georganne Watson,37,Lititz,PA	59:24	0.8408	5	Sidney Letendre,67,Florence,MA	01:21:27	0.8485
5	Sarah Bishop,39,Fairfax,VA	59:43	0.8447	AGES 70 to 74			
AGES 40 to 44				1	Mary Kessler,73,Harbeson,DE	01:28:34	0.8543
1	Annmarie Kirkpatrick,40,Fort Collins,CO	57:27	0.8831	2	Mary Ann Roberts,70,Washington,DC	01:29:42	0.8053
2	Silvia Baage,41,Rockville,MD	01:00:07	0.8493	3	J. Serues,74,North Myrtle Beach,SC	01:29:57	0.8546
3	Allison Wiedman,41,New York,NY	01:00:27	0.8446	4	Cindy Ingalls,70,Bethesda,MD	01:33:48	0.7701
4	Kristin Lemos,40,Bethesda,MD	01:02:42	0.8092	5	Sue Landa,72,Lagrange,GA	01:35:13	0.7823
5	Adrienne Glasheen,42,Aldie,VA	01:02:47	0.8188	AGES 75 to 79			
AGES 45 to 49				1	Pat Welch,77,Vienna,VA	01:45:22	0.7675
1	Karen Dunn,45,Trappe,PA	01:03:49	0.8253	2	Muffet Chatterton,77,Crofton,MD	02:05:10	0.6461
2	Tatyana Steis,47,Arlington,VA	01:06:20	0.8093	AGES 80 to 84			
				1	R. Schwartzbard,80,Arlington,VA	02:08:49	0.6693
				2	Wilma King,80,Chantilly,VA	02:09:47	0.6644

2022 Team Results

Running Club Teams

Female Open Running Club

1	Howard County Striders Women	3:03:56
	Hannah Cocchiaro, Caroline Bauer, Kayla Campasino, Miranda Edo, Leah Williams	
2	Pacers/NB Select	3:04:33
	Andrew Brodeur, Tara Landy, Breanna Bruhalo	

Male Open Running Club

1	FRNY A	2:37:56
	Craig Nelson, Scottie Nelson, Jacob Caswell, Kellen Sandvik, Rene Ugarte	
2	Howard County Striders	2:47:54
	Andrew Madison, Adam Sachs, Jason Tripp, Adam Wytko, Nathaniel Dordai	
3	Athletics East	3:04:19
	Jacob Miller, Peter Guevara, Jeff Duyn, Michael Naff	
4	Athletics East B	3:24:28
	Robert Martin, Stephen Crelli, Dabney Carver	
5	FRNY Qween B's	3:29:20
	Justin Solle, Rami Tellez, Gilbert Gaona	

Co-ed Masters Running Club

1	Atlanta Teack Club Masters	3:21:53
	Ken Youngers, Casey Hannan, Michele Keane, Laurie Wharton	
2	PR Masters I	3:22:34
	Michael Wardian, Brian Szabos, Kim Isler	
3	PR Masters II	4:11:21
	Ze Dagher, Theo Haast, Nancy Avitabile	

Elite Teams

Females Metro Elite Teams

1	Pacers/GRC NB Women	2:56:02
	Cleo Whiting, Kerry Allen, Frankie Brillante	

Mens Metro Elite Teams

1	Pacers/GRC NB Men	2:27:07
	Zach Herriott, Tom Slattery, Brian Rich, Matthew Beamer, Jerry Greenlaw	

Capitol Hill Competition

U.S. Senate

1	It's Good To Be First (State)	3:37:58
	Chris Avila, Thomas Mancinelli, Lizzie Hunsaker, Anna Yelverton, Will Baskin-Gerwitz	
2	Cow Crown	3:50:19
	Sawyer Nicholson, Whitney Boone, John Brady, Nathan Paxton	
3	Heinrich Maneuver	3:57:16
	Russell Page, Peter Rothfeld, Felipe Galvis-Delgado, Yvette Coddington	
4	Murphy's Lawmakers	3:58:20
	Rebecca Drago, Anthony Reyes, Sujith Cherukumilli, Elizabeth Darnall, Peter Mills	
5	Time To Speed Up	3:58:37
	Michael Chernin, Richard Davidson, Daniel Dudis, Amalea Smirniotopoulos, Stephanie Mack	

6	Unidentified Athletic Phenomena	3:59:01
	Casey Jones, Jess Fassler, Jasmin Palomares, Sachin Mathur, Anisa Dhillon	
7	Tillis Track Club	4:00:52
	Cirilo Perez, William Crouch, John Webb, Megan Galindo, Emily Fromke	
8	Merkley Milers	4:00:58
	Jackson Thein, Mike Zamore, Mike McKiernan, Elvia Montoya	
9	Mount Runmore	4:01:59
	Ryan Donnelly, Alex Sachtjen, Harrison Costello, Daffnei Riedel	
10	Louisianimals	4:02:33
	Mark Wiltz, Lee Cotton, Patrick Fox, Blake Schindler, Sally Fox	
11	Booking It With Booker	4:02:39
	Jeff Giertz, Nora Ryan, Mitchell Smith, Casey Doss	
12	Hauling Harbaughs	4:04:56
	Conor McCabe, Mike Stoeve, Zade Alsawah, Sean Sibley, Brennan Sullivan	
13	Honoring Our Commitment To Run	4:17:30
	Cam Smith, Sarah Aldrich, Matthew Capaldo, Hank Montalbano, Jay Maroney	
14	The Chile Blossoms	4:18:59
	Aaron Trujillo, Sebastian Garcia, Alanna Purdy, Shelby Boxenbaum	
15	Cheesehead Caucus	4:21:40
	Nicholas Graham, Samuel Martin, Brian Kaplun, Anna Owens	
16	California Soles	4:22:42
	Jill Reilly, Nate Bentham, Aidan Camas	
17	Never Say Di	4:22:45
	Sean Mullin, Alec Bartishevich, Bradley Stokes, Megan Roessing	
18	Spartan Sprinters	4:25:42
	Josh Fendrick, Cody Anderson, David Hartzler, Caitlyn Stephenson, Daniel LaBonte	
19	197s	4:30:35
	Jason McMahon, Maddie Dunn, Rachel Erlebach, Megan Fariel	
20	Van Hooligans	4:31:40
	Matt Slavoski, Harry Stein, Kenneth Simons, Alexandra Wilcox, Alyssa Ramirez	
21	The Speedy Padillas	4:32:10
	Vanessa Valdivia, Jose Villalvazo, Sarah Swig, Greg Mikhjanjian	
22	Team Lummis 1.0	4:35:12
	Darin Miller, Abigail Cave, Kaite Krell, Erin Jarnagin	
23	Cardin Cruisers	4:39:17
	Martha Cramer, Andrew Perlstein, Shannon Frede	
24	Jerry Duty	4:39:30
	Judd Gardner, James Kelly, Timothy Brand, Lindsay Dearing, Christiana Reasor	
25	Please Run Toomey	4:45:27
	Audra Kinney, Kerry Hunt, Joe Caplis	
26	Capital Daines	4:46:45
	Joshua Sizemore, Holly Hinojosa, Rachel Green, Rachel Dumke, Riley O'Leary	
27	Team Leahy: Running Since '74	4:56:03
	Alexandra Morris, Jay Tilton, Katherine Long	
28	Markey On Your Left	4:57:03
	Paige Rodrigues, Karlee Popken, Andrew Cohen, Arnab Pal	
29	James' Joggnernauts	4:57:35
	Stephen Boyd, James Mann, Joshua Sharum, Maggie Sharum	
30	We're Running - Rob's Not	5:03:36
	Loren Terry, Wayne Jones, Adeline Ewing, Sarah Peery	
31	The Majori-team	5:21:06
	Jillian McGrath, Dilipan Sundaramoorthy, Bre Sonnier-Thompson	

U.S. House

1	Legitimate Winning Dis Course	3:54:50
	Jack Baisley, Eric Mee, Eileen Lee	
2	Slow is Smooth & Smooth is Fast	3:57:38
	Aisha Woodward, Kamil Bahadar, John Faherty	
3	LaMafia	4:02:02
	Seth Enderson, Sage Milestone, Gregory Vickers, Payson Peabody, Raymond Celeste	

2022 Team Results

4	Foster Than You	4:03:21
	Elise Sugarman, Tim Weiler, Hector Arias, Maggie Schmidt	
5	Cali Cruisers	4:06:49
	Chandler Smith, Daniel Hartl, Terry Mickens, Lisa Kempker	
6	Hudson Hustlers	4:10:20
	Anthony Palumbo, Stephen Sisel, Molly Brimmer, Tim Lolli, Billy Con- stangy	
7	Run Forest(er) Run	4:22:25
	Jake Corsi, William Layden, Elizabeth Teed, Baylee Seeman	
8	Team BWC	4:22:58
	Owen Stidman, Alex Huang, Kari Osmond	
9	Ro's Colored Glasses	4:37:59
	Jessica Hatcher, Kevin Fox, Marie Baldassarre, Sarah Drory	
10	Houlagans	4:42:53
	Kat Cosgrove, Harrison Leighninger, Bart Houlahan, Aubrey Stuber	
11	The UnderDoggetts	5:03:19
	Mark Rickling, Michael Mucchetti, Doug Molof, Afton Cissell	
12	Team Quigley	5:04:33
	Isabella Spinozzi, Charlie Chamness, Victoria Oms	
13	Reclaiming Our Time Too	5:22:44
	Avyark Mallik, Scott Lee, Christine Baltazar	

Corporate

1	Booz Allen Running Club	03:37:14
	Madeline Hartlieb, David Perry, Robert Denmark, Leonard Go	
2	Marriott #1	04:06:07
	Rosemary Berger, Stuart Koltov, Hugo Garcia	
3	Marriott #2	04:24:24
	James Snee, Mark Griffin, Ram Timsina, Christina Papoulis	
4	Marriott #4	05:34:39
	Kathryn Kilburg, Bridget Higgins, Mark Giaudrone	

Credit Union

1	NASA FCU	03:32:59
	Shawn Kyle, Denise Knickman, Zoran Kahrlic	
2	LCFCU-Adams	03:53:55
	John Gorman, David Smole, Celeste Pace	
3	LCFCU-Madison	04:12:52
	Elena Humphreys, David Hank, Wendy Ginsberg	

Capitol Hill Agency Competition

1	10-Mile Budget Outlook	4:04:02
	Kathryn McGinnis, Eamon Molloy, Madeleine Fox, Tamara Hayford, Fiona Forrester	
2	Team CAO	4:11:16
	Frank Cadle, Benjamin Weldon, Salley Wood, Paige Beatty	

Embassy

1	TECRO	03:52:46
	Tsung-han Wu, Robin Cheng, Huiling Pan, CHIH-CHENG CHOU, Chien-Hsin Chen	



Interesting 2022 Race Statistics

Category	2022	2021
Total dollars raised for Children's Miracle Network this year	\$383,000	\$180,000
Total dollars raised by participants for Children's Miracle Network	\$64,531	\$25,472
Total dollars raised for Children's Miracle Network since 2002	\$10,500,000+	\$10,000,000+
Carbon Offset Contribution	\$13,285	\$6,700
Total number of 10 mile finishers	14,649	5,888
Total number of male finishers	6313	2921
Total number of female finishers	8323	2967
Total number of non-binary finishers	23	Not report
Percentage male finishers	43.10%	49.61%
Percentage female finishers	56.82%	50.39%
Percentage of non-binary finishers	0.16%	Not reported
Total number of finishers in 1973 event	129	129
Total prize money earned by elite athletes	\$72,350	\$59,000
First place open prizes	\$8,000 for Kosimbei; \$14,500 for Sullivan;	\$5,000 for Kimutai; \$10,000 for Rojas
Total First place U.S. checks	\$22,500 (\$8,000 for Ziensellass; \$14,500 for Sullivan)	\$18,500 (\$8,550 for Biya; \$10,000 for Rojas)
Last U.S. male champion and year	Stanley Kebenei, 2017	Stanley Kebenei, 2017
Last U.S. female champion and year	Susanna Sullivan, 2022	Nell Rojas, 2021
Total number of 5K Run-Walk finishers	2864	1677
Percentage of 5K male finishers	28.14%	28.74%
Percentage of 5K female finishers	71.75%	71.26%
Percentage of 5K non-binary finishers	0.10%	Not reported
Number of sponsoring Credit Unions and partners	63	61
Number of states represented	49	50
Number of foreign countries represented	14	9
Number of volunteers	1700	850
Number of app downloads	9194	unknown
Number of volunteers from Credit Unions	261	190
Average age of all entrants	38.89	40.75
Average age of female entrants	37.98	39.68
Average age of male entrants	41.38	42.17
Average age of non-binary entrants	33.35	Not reported
First time entrants in 10 Mile or 5K	11628	4854
Entrants who have run either race previously	11189	7071
Youngest 10 mile finisher	9	9
Oldest 10 mile finisher	90	83
Kids Run participants	447	0 (not held due to pandemic)
Virtual Run participants	763	2782
Number of Park Police Officers working the event	86	85
% White/Caucasian participants	72%	71%
% Asian/Pacific Islander participants	10%	10%
% Hispanic/Latino participants	7%	8%
% Black/African American participants	6%	7%
% Other race participants	1%	2%
% Mixed Race participants	3%	2%
% Native American participants	0%	0%
% Unspecified	1%	Not reported

Interesting Runner Data

Browsing the Credit Union Cherry Blossom Run's all-time searchable database (<http://www.cballtimeresults.org>) reveals a treasure trove of interesting runner data: finish line details for every runner since 1973 are available, as are annual age group results. But the Top Charts tab is, perhaps, the most interesting—revealing lists of Top Streakers (consecutive runs) and Top Finishers (most total runs/miles).

Here's a sample of the data you'll find:

Bennet Beach, from Bethesda, Maryland, leads all Cherry Blossom finishers with an active streak of 49 years and 483 miles. **Karen Craney**, from North Potomac, Maryland, has the longest active streak among women with 19 years and 190 miles.

Betty Blank, from Falls Church, Virginia, and **Lizzie Sadoff**, from Washington, DC have both run the race 36 times for a total of 360 miles each.

All told, 16 men and 4 women have run the Ten Mile 30 or more times.

But membership in the Top Finishers or Top Streakers lists isn't limited to just Ten Mile runners. Ninety-five year-old **Dixon Hemphill**, from Fairfax Station, Virginia, has crossed a Credit Union Cherry Blossom finish line 31 times between 1978-2019, having run the Ten Mile 22 times and the 5K eight times for a total of 248 miles.

And here are some interesting facts that aren't so easily tallied: 1) there are 2,177 members of the 100-mile club, and they've run a total of 292,366 miles, an increase of 143 members of the 100-mile club in the past year; 2) there have been 221,626 unique finishers over the years, and 402,521 total performances; 3) 188,438 men and 181,615 women have run the 10 Mile over the years; and 4) 8,360 men and 21,644 women have run some version of the "fun run" over the years as well (2K, 3K, 5K).



Photo: Karen Mitchell

Just prior to the 2019 race, Event Director Phil Stewart presents Ben Beach with a bib reflecting his quest for a 47th consecutive finish of the Cherry Blossom Ten Miler. Ben will be wearing #49 this year.

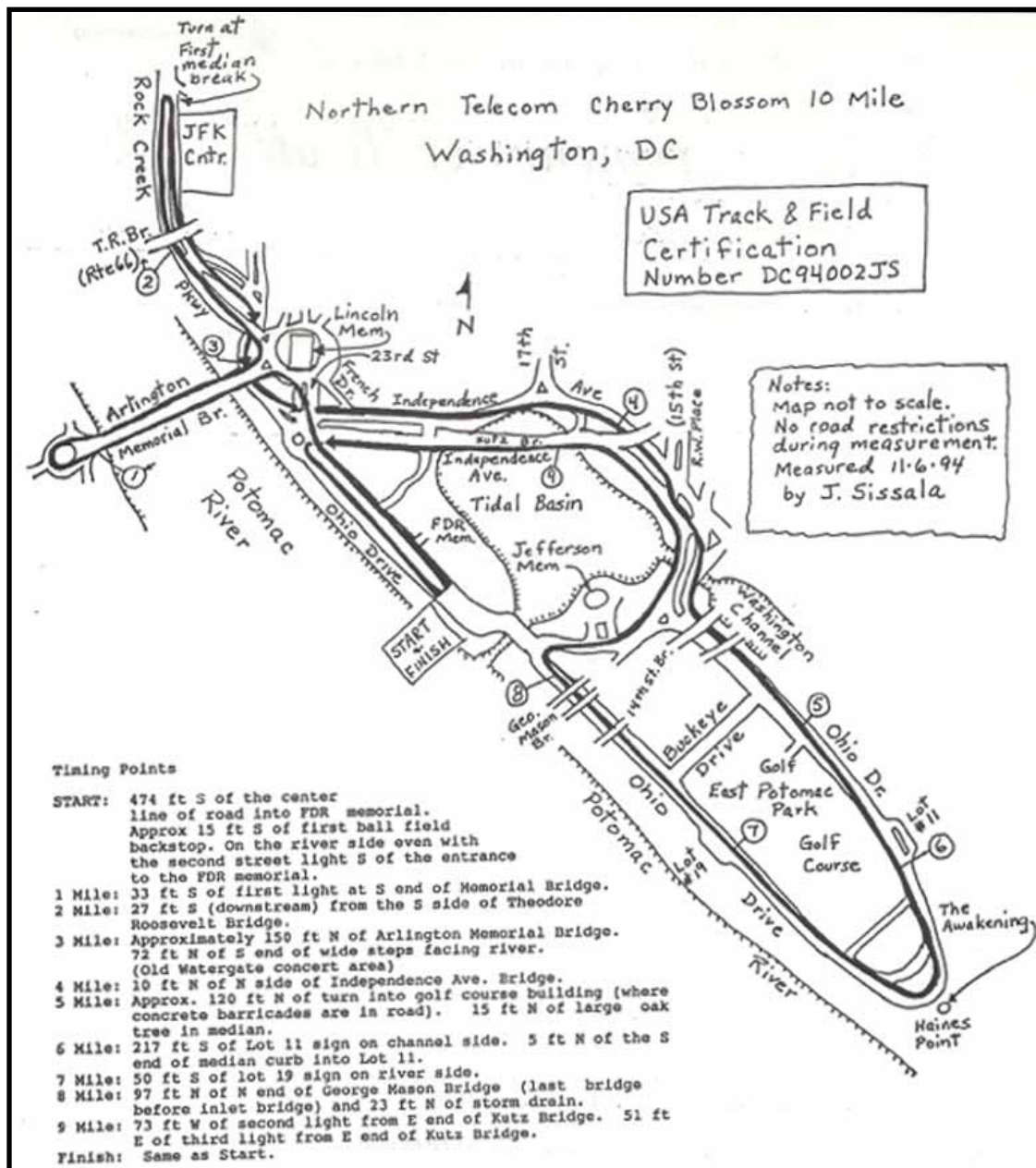
Evolution of the 10 Mile Course

In 1970s the event started and finished near the golf course in East Potomac Park and ran clockwise around Hains Point before crossing over the Inlet Bridge and looping the Tidal Basin twice, running clockwise. Runners then returned back around Hains Point to the finish line at the same location as the start. The growing field soon made the out-and-back portions on Hains Point as well as the two loops around the Tidal Basin too tight, so the course was moved onto Ohio Dr. in West Potomac Park.

Frequent construction during the 1980s and 1990s meant the course was frequently modified, but the start and finish remained in West Potomac Park.

The first crossing of Memorial Bridge took place in 1993 and in 1998 the course included an out-and-back section up into Rock Creek Parkway. The staging area made the dramatic move out of West Potomac Park onto the Washington Monument Grounds in 1998, setting up a string of years with the same course through the 2017 event.

The long-needed rehabilitation of Memorial Bridge began to be a regular topic of discussion by 2014, which prompted officials to certify a new course—which was used in 2019—for the non-Memorial Bridge version with the staging area remaining on the Washington Monument Grounds. After two years of construction, Memorial Bridge became runnable once again, just in time for the 2021 race.



1994 Course Map

Event Participant Statistics

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

	Event	Women	Men	Total
2022*	10M	8323	6313	14636
2022**	5K	1932	752	2684
2021	10M	2967	2921	5888
2021	5K	1195	482	1677
2019	10M	10291	7146	17437
2019	5K	2023	892	2915
2018	10M	9868	6791	16659
2018	5K	1801	728	2529
2017	10M	10446	6996	17442
2017	5K	1821	698	2519
2016	10M	9908	6378	16,279
2016	5K	1393	539	1932
2015	10M	11042	6839	17881
2015	5K	1673	629	2302
2014	10M	10600	7277	17871
2014	5K	1545	598	2142
2013	10M	10323	7215	17538
2013	5K	1457	547	2004
2012	10M	9729	7195	16938
2012	5K	1328	520	1849
2011	10M	9030	7009	16046
2011	5K	1272	459	1731
2010	10M	8853	6910	15763
2010	5K	1247	449	1696
2009	10M	8323	6652	14975
2009	5K	1057	412	1469
2008	10M	6395	5904	12299
2008	5K	683	242	925
2007	10M	5529	5217	10749
2007	5K	471	154	625
2006	10M	5435	5236	10669
2006	5K	473	173	646

	Event	Women	Men	Total
2005	10M	4333	4323	8655
2004	10M	3900	4157	8026
2003	10M	3526	3923	7449
2002	10M	3333	3723	7056
2001	10M	2972	3559	6530
2000	10M	2166	3016	5182
1999	10M	2358	3190	5548
1998	10M	2462	3750	6212
1997	10M	2149	3513	5662
1996	10M	1825	3412	5237
1995	10M	1744	3463	5207
1994	10M	1428	3105	4533
1993	10M	967	2445	3412
1992	10M	767	2100	2867
1991	10M	886	2441	3327
1990	10M	869	2557	3427
1989	10M	737	2465	3199
1988	10M	769	2620	3387
1987	10M	691	2366	3057
1986	10M	678	2513	3192
1985	10M	634	2386	3021
1984	10M	600	2573	3173
1983	10M	542	2424	2965
1982	10M	533	2657	3190
1981	10M	591	2756	3347
1980	10M	431	2459	2891
1979	10M	494	2529	2982
1978	10M	297	1967	2261
1977	10M	143	1465	1608
1976	10M	93	849	942
1975	10M	46	518	564
1974	10M	27	314	341
1973	10M	12	115	127

*10M: 23 non-binary

** 5K: 2 non-binary

Race Director History

1973 — Gar Williams and Ralph Reynolds

1974 — 1982 Jeff Darman and Ed Murray

1982 — 1988 Jeff Darman, Race Director

1988 — 1990 Jeff Darman, Race Director and Phil Stewart, Deputy Race Director

1991 — present Phil Stewart, Race Director

2005 — 2011 Irv Newman, Deputy Race Director

2012 — present Becky Lambros, Deputy Race Director



Becky Lambros, Deputy Race Director



Phil Stewart, Race Director

Title Sponsor History

1973 – The race debuts as the *Acacia Cherry Blossom Invitational Run*, thanks to Acacia Mutual Life.

1974 – The race name is changed to *Acacia Cherry Blossom Classic*, and the entry fee is dropped for the ten-miler, a tradition that would last for twenty years.

1977 – Union First Bank of Washington replaces Acacia Mutual Life as title sponsor.

1978 – Perrier becomes the new title sponsor and brings four-time winner-to-be Bill Rodgers along with them.

1984 – Nike replaces Perrier as title sponsor, bringing with it \$13,400 in prize money.

1991 – After seven years as title sponsor, Nike turns the top role over to Northern Telecom, a major telecommunications company which had just recently opened a World Headquarters in the Washington, DC metropolitan area. Under Northern Telecom the prize money grows to \$21,500, the largest purse ever.

2002 – After an 11-year run as title sponsor, Nortel Networks steps down – its sponsorship a victim of the collapse of the internet bubble. Greg Farmer, Nortel's Senior VP Global Government and Community Relations, says, "I do not believe that any other sponsorship has provided Nortel with such a high profile with Washington policy-makers." By the end of the summer, a group of approximately 40 Credit Unions, mostly from the Washington, DC Metropolitan area, forms an organization called the "Credit Union Miracle Day Committee," and signs on. It is a win-win situation as the event helps the Credit Unions raise nearly \$100,000 for the Children's Miracle Network and hundreds of Credit Union employees and members sign up as volunteers.

To this day, Credit Union Miracle Day remains the collaborating group behind the sponsorship of *Credit Union Cherry Blossom 10 Mile, 5K and Kids Run*. Their fundraising efforts have resulted in over \$10.2 million being donated to Children's Miracle Network Hospitals across the United States.



The Runner's Rite of Spring[®]

Capsule Histories of all 46 Editions of the Credit Union Cherry Blossom 10 Mile Run

1973-2021

For runners in Washington since 1973, the true beginning of spring is marked not by a date on the calendar but by the running of the Cherry Blossom Ten-Mile.

Elite competitors have used the race as a final competitive tuneup for the Boston Marathon two weeks later. Bill Rodgers, Greg Meyer, and Lisa Larsen Weidenbach all went on to win Boston after their victories here.

For lesser mortals, the Cherry Blossom means a chance to doff the warmup suits, turtlenecks, caps and gloves of winter and join other runners in a celebration of the season. Here in Washington, the race has become as fixed a rite of spring as the Easter Egg Roll at the White House or the lighting of the Japanese lanterns on the Tidal Basin.

1973 (April 1)

Who would have believed, in 1973, that a family-style gathering of fewer than 200 runners would become an event so popular that it is necessary to hold a lottery to keep people away?

The Cherry Blossom Invitational Run, as it was christened, was the brainchild of Gar Williams, then president of the DC Road Runners Club, and Ralph Reynolds, program director of Washington's Central YMCA. The two men conceived of a race to coincide with the Cherry Blossom Festival, a high point of the city's tourist season, when mag-

nolias, forsythia and cherry blossoms bloom along the roads and paths bordering the Potomac River.

Williams and Reynolds settled on the ten-mile distance. "If it was longer, you'd be too pooped out for Boston," Williams once recalled. "We didn't want it too short, though. The idea was to have an attractive alternative to a marathon." Families could come to Washington as tourists. Dad or Mom could run the ten-miler, and the rest of the family could enter the two-mile fun run and collect commemorative patches as well.

A local insurance company, Acacia Mutual Life, was persuaded to serve as a sponsor, and entrants were recruited through the DC Road Runners Club and through pink flyers distributed at the YMCA.

Winners of that inaugural race, held in muggy weather, were Sam Bair of Pennsylvania in 51:22 and Kathy Switzer of New York City in 71:19. The organizers congratulated themselves on attracting over 100 runners to the ten-miler - a big field in those days.

1974 (March 31)

The following year, 1974, the race came into its own. At the suggestion of DCRRC official Dave Theall, the race was renamed the "Cherry Blossom Classic," and the entry fee was dropped for the ten-miler, a tradition that would hold up for twenty years. Nearly 400 runners showed up to run on a raw, cloudy day. Jack Mahurin, then a graduate student at the University of Maryland, lowered the men's event record to 50:50, and Carol Fridley, of Pennsylvania, won the women's in 62:41.

1975 (April 6)

The field doubled again in 1975 - some 575 finishers in the ten-miler, and 275 in the fun run - for a race held in brilliant sunshine but Arctic temperatures. Carl Hatfield of West Virginia battled frigid winds gusting up to 30 mph to win the race in 51:47. Julie Shea, a then-unknown North Carolina schoolgirl, took the women's crown in 59:55, the first in a series of three consecutive victories.

1976 (April 4)

It was Hatfield and Shea again in 1976 as the field for the ten-miler topped 1,500. Hatfield lowered the men's event record to 49:09, while Shea set a U.S. women's record for the ten miles at 57:04.

1977 (April 3)

By 1977 the running boom was starting to crest, and race organizers instituted an entry cutoff for the first time as the number of applicants swelled above 2,000. The field was



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limited to 2,230, with 500 disappointed runners turned away. There was also a new sponsor - Union First Bank of Washington, which filled the breach when Acacia Mutual Life decided to bow out. Maryland runner Dan Rincon won the race in 49:44, while Julie Shea lowered her U.S. Women's record to 56:08.



Dan Rincon wins 1977 race

1978 (April 2)

The era of Perrier and Bill Rodgers began with the 1978 race. When Union First failed to renew as a sponsor, race organizers found Perrier, which, in turn, brought in Rodgers. Competing with a cold just one day after a race in Jacksonville, Florida, Rodgers cruised to his first Cherry Blossom victory in 48:57 over a field limited to 4,000 entrants. Jenifer White of Alexandria, Virginia, took the women's title in 56:35.



Perrier became title sponsor in 1978

1979 (April 1)

In 1979 the glamour of Rodgers led to a flood of race applications. Entries were closed on February 5, only a few days after they had opened. Organizers Jeff Darman and Ed Murray begged unofficial runners to stay away as a massive field chased Rodgers to another event record of 48 minutes flat. Maryland schoolgirl Aileen O'Connor lowered the U.S. record to 56:02 in the women's race.

1980 (March 30)

1980 brought two innovations: a lottery to choose race entrants, and a star-studded field of invited runners. Over 12,000 applicants vied for 4,000 places in the lottery. Meanwhile, the spreading fame of the race attracted nearly 100 runners capable of running ten miles in less than 53 minutes. When the race was over, Bill Rodgers had set a new U.S. record of 47:09, and 24 other runners had gone under 50 minutes for the distance.

The women's field was also impressive. Anne Sullivan of Brown University, who set a U.S. women's record of 55:34, was followed by five other women under 60 minutes.

1981 (April 5)

Rodgers repeated again in 1981 with a 47:17 victory despite windy, warm weather. Laurie Binder of San Diego led 11 women under the one-hour barrier with a 56:44 performance. A field of 4,500 entrants toured the course on a humid, overcast morning.

1982 (April 4)

The 1982 race will be remembered as the War of the Winds, as chill winds gusting up to 50mph slowed the entire field. Terry Baker, a vocational education teacher from Hagerstown, Maryland, took the lead with less than a mile to go to upset defending champion Bill Rodgers by seven seconds in 49:29. Eleanor Simonsick, a policy research consultant living in Washington, broke the tape in 58:16 to give the race its first pair of local winners. Only four male runners broke the 50-minute barrier, and an equal number of women finished under an hour.

1983 (March 27)

After the disastrous weather of 1982, ideal conditions prevailed in 1983. On a cool, rainy morning with almost no wind, both Greg Meyer and Eleanor Simonsick set event records in winning their respective divisions. Running alone almost from the start, Meyer cruised to a 46:13 victory, setting a World record, breaking the former event record by 56 seconds and beating his nearest rival by over a minute. Overshadowed by Meyer's performance was that of 31 other runners who broke 50 minutes for the distance.

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Repeating her victory of 1982, Simonsick took the lead at three miles and kept adding to it, recording the fourth fastest ten-mile time by a woman and breaking the event record by almost two minutes in 54:46. Simonsick led 15 other female finishers under the one-hour barrier.



Greg Meyer sets record with a 46:13 finish

1984 (April 1)

The 1984 race brought several surprises. Perrier dropped sponsorship, and Nike stepped in, adding prize money to the race for the first time. A less pleasant surprise was the weather. Despite the bizarre conditions that have characterized this early spring event, no one anticipated a flooded course. Heavy storms the previous week left the tip of Hains

Point under six inches of water, causing worried race officials to consider shortening the course to 15 kilometers as late as race morning.

Prestige and prize money gave the Cherry Blossom its first foreign winners. Olympic hopefuls Simeon Kigen of Kenya and Rosa Mota of Portugal sloshed through ankle-deep water to win their respective divisions. Kigen took the men's title in 47:25 as 22 men broke 50 minutes. Mota nipped Lisa Larsen in 54:16 to lead 12 women under the one-hour mark.



Jon Sinclair (6) wins in 1987

1985 (March 31)

In 1985, Kigen won again, posting a near-record 46:24 as favorable weather returned to the event. With temperatures in the low 50s and moderate wind, Lisa Larsen Weidenbach, runnerup the previous year, surprised everyone, including herself, by running an event record of 53:30 to take the women's crown.

Masters champion Barry Brown, with an age-group record 49:46, was the last of 31 runners to break 50 minutes for the distance. Some 25 women dipped under the one-hour barrier.

1986 (April 6)

In 1986, Rosa Mota eclipsed the women's World Best 10 mile, while Thom Hunt came to within two seconds of Greg Meyer's 1983 world best time. Mota, the bronze medalist in the Los Angeles Olympic Marathon and 1984 Cherry



Race winner Simeon Kigen and Race Director Jeff Darman in 1984

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Blossom winner, shaved nine seconds off Joan Samuelson's World Best time with a 53:09 clocking despite running on a tender achilles tendon. Hunt began a series of surges to break away from English Olympic steeplechaser Roger Hackney at the 8-1/2 mile mark, which brought him to the finish just off the all-time best with a 46:15. The top 37 men broke 50 minutes, while 20 women bettered one hour.

1987 (April 5)

April showers stopped the night before the 1987 race and low tide right at race time ensured that the tip of Hains Point would not be submerged. Both the runners and the fully in-bloom cherry blossoms were pushed by favorable southerly winds. The women responded in remarkable fashion—the top three broke Rosa Mota's year-old World Best time. Lisa Martin of Australia finished first in 52:23, a whopping 46-seconds under the previous mark. Runners-up Anne Audain (52:30) and Carla Beurskens (53:00) also bettered the old record. Jon Sinclair reversed a series of major race runner-up finishes by kicking early and moving away from J.P. Ndasienga and Larry Green for a 46:48 win.

Priscilla Welch, 42, won the women's masters division and placed fourth overall with an astonishing 53:51, a world best time for masters.

1988 (March 27)

The winds shifted to the northwest for the 1988 race, with gusts up to 25 miles per hour. Belgium's J.P. Ndasienga, the 1987 runner up, took the lead at 3 miles, got caught by a pack at 7 miles, but emerged in the front of a wild four-man sprint to the finish. He clocked 47:33, with Martyn Brewer second in 47:35, Jon Sinclair third in 47:40, and Joseph Kipsang fourth in 47:45. Anne Audain reversed the previous year's standings with Lisa Martin with a 53:26 to 54:06 victory in the women's race.



1993 saw the first use of Memorial Bridge on the Cherry Blossom course.

1989 (April 2)

Perfect running weather was sandwiched between high winds on Saturday and showers on Monday for the 1989 race. Lisa Weidenbach responded with her second victory in an American record time of 52:34 – just 11 seconds shy of Lisa Martin's World Best time. The men's race featured a near-photo finish with Zimbabwe's Brian Sheriff outleaning Mexico's Dionicio Ceron, 46:43 to 46:44. Steve Jones of Wales followed five seconds back in 46:49.

1990 (April 1)

Lisa Weidenbach returned in 1990 to match Julie Shea ('75, '76, '77) as the only female three-time winner. She cruised to a relatively easy win over Anne Audain, 52:38 to 53:18. Chris Fox, a Hagerstown, MD resident who had dreamed of winning this race since he was in high school, had his dream come true when he bested Ashley Johnson 47:06 to 47:07—the second one-second winning margin in a row.

1991 (March 31)

After seven years as title sponsor, Nike turned the top role over to Northern Telecom, a major telecommunications company which had just recently opened a World Headquarters in the Washington, DC metropolitan area. Under Northern Telecom the prize money grew to \$21,500, the largest purse ever. With the cherry blossoms in full bloom, Great Britain's Carl Thackery and American Bill Reifsnyder went charging after the event record. Thackery prevailed in



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

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the match up, but missed the record by just 12 seconds with a time of 46:25. Reifsnnyder followed in 46:30. Fellow Brit Jill Hunter reduced the women's event record to 51:57 – a time just 10 seconds off Carl Hatfield's winning time in 1975 and 26 seconds under Lisa Martin's event mark.

1992 (April 5)

In 1992, the Kenyans made their marks here as elsewhere. Running into 30-35 mph winds, Richard Chelimo (who won a silver medal that summer at 10,000-meters in the Olympics) and William Koech went 1-2 with respective times of 47:06 and 47:15. They went after the 1983 event record (46:13), passing 5 miles in 22:46 before the winds slowed them. Russian Albina Galliamova won the women's race in 53:44.

1993 (April 4)

Runners tried out a new course which featured an out-and-back crossing of Memorial Bridge (pending construction of the FDR Memorial forced the shift). Last year's runner-up William Koech was joined by several of his Kenyan teammates including William Sigei, who had won the World Cross Country only a week before. Once again the Kenyans were under world record pace at five miles, only to ease the up during the second half of the race. Sigei triumphed over Anthony Kiprono, 46:29 to 46:33. Judi St. Hilaire swept past early pacesetter Pauline Konga of Kenya after nine miles and scored a 3-second win in 52:27.

1994 (April 10)

After 11 years Greg Meyer's men's world record of 46:13 fell to Kenya's William Sigei. On a relatively warm, windy day (a thunderstorm blew in later that morning) Sigei and Kenyan teammates Josphat Machuka and Thomas Osano broke away from the pack early, but the pace sagged to over world record pace by nine miles. However, Sigei upped the tempo and closed with a 4:29 last mile to claim the mark with a 46:01. Both the 18-year-old Machuka (46:05) and his uncle, Osano (46:07), bested Meyer's longstanding mark as well. Kenya's Helen Chepngeno and Jane Omoro produced the closest finish ever with World Cross Country Champion Chepngeno declared the winner by inches in 54:05. With a revised race course, the number of finishers grew to over 4,600.

1995 (April 9)

Pre-race speculation centered on the Kenyans cracking the 46:00 barrier for the first time. With world cross country runner up Ismael Kirui and 1994's third place finisher Josphat Machuka as the top seeds, the stage was set (Sigei was out due to injury). Race day dawned with no wind, although temperatures were in the upper 50s and the humidity was high. As expected, Kirui and Machuka went right to work, dropping further below world record pace with each pass-

ing mile. Suffering from blisters, Machuka dropped off by 5 miles. Kirui slowed to a 4:41 ninth mile, but responded with a 4:31 closer to smash Sigei's year-old mark with a 45:38. Just over six minutes later Rose Cheruiyot of Kenya, who had set a world 5K record a week before, collected the second world record of the day as she sprinted home far in front of the women's field in 51:39, chopping 2 seconds off Jill Hunter's 1991 world record set in New York City. U.S. marathon champion Debbi Kilpatrick finished second in 55:05. Over 5,200 runners finished.

1996 (March 31)

Lazarus Nyakeraka, 20, the hottest Kenyan on the U.S. road circuit in the early months of 1996 with wins in major races the two preceding weekends, toed the line with a number of his Kenyan teammates who were looking to steal a little of his luster. On a perfect race morning with only a 100-yard puddle on Hains Point remaining from the worst winter of flooding in over 20 years in Washington, DC, Joseph Kariuki remained with the youthful Nyakeraka for 8 miles. At that point, Nyakeraka surged away for a 46:37 to 46:49 win. Joan Nesbit became the first American winner since 1993 with a methodical dismantling of the women's field in 53:25. Steve Jones of Wales, a frequent top 10 finisher over the years, turned 40 and demolished the late Barry Brown's 1985 masters event record of 49:46 when he posted a remarkable 48:26, finishing 11th overall. The prize money



Joan Nesbit

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was upped to \$26,000 with \$5000 going to the top male and female.

1997 (April 6)

The event celebrated its 25th running in 1997 and a number of former champions (including the first women's winner, Kathrine Switzer) came to join in the festivities. A group of a dozen runners who had run the 1973 event — and Ben Beach, the only individual who has completed the race every year it has been run — were feted at the Saturday night dinner. On race day, special coffee mugs were awarded to 24 men and 94 women who ran faster than the winning times in the first race (51:22 and 71:19). Runners from Kenya continued to dominate the men's competition — this year it was Peter Githuka upsetting defending champion Lazarus Nyakeraka in 46:29. On the women's side, Olympic marathon gold ('92) and silver ('96) medallist Valentina Yegorova of Russia took the lead from the start and captured the women's title in 54:28. A total of \$35,000 was given to Children's Hospital, bringing the total charity contribution to over \$140,000.

1998 (April 5)

A new course featuring an out-and-back section on Rock Creek Parkway delighted the 5,800 finishers. South African Colleen DeReuck proved that the layout was fast as she shattered Rose Cheruiyot's World Record for 10 Miles of 51:39 — set in the 1995 race — with a scintillating 51:16

performance that placed her 23rd overall. (She would have been the overall winner of the 1973 race!) DeReuck finished over two minutes ahead of runner-up Marian Sutton of Great Britain. On the men's side Simon Rono, who would go on to be the top road runner of the year, produced a fast sub-46:00 time with a 45:51, the second fastest time ever in the event. He pulled Kenyan teammate Joseph Kariuki under 46:00 as well (45:58). Kenyans secured the top eight places in the men's race.

1999 (April 11)

Construction along Independence Ave. meant another revision in the course for 1999. The popular Rock Creek Park section was retained, but a new section took runners through the West End and Foggy Bottom sections of Washington, DC. It was the first time the course had ventured off of National Park Service land. A cool rain greeted 6,000 starters. The many turns in the course slowed the times. For the first time since 1991, a non-Kenyan male won the race, as Ethiopian Worku Bikila outsprinted three Kenyans to take the overall title in 46:59. Lazarus Nyakeraka (47:01), James Kariuki (47:03) and William Kiptum (47:07) followed. Interestingly, Bikila got off his plane in Pittsburgh where it had stopped and went to the Doubletree Hotel in Pittsburgh. Some frantic calling got him D.C. bound shortly thereafter to the Doubletree race headquarters hotel here. Apparently the distraction to him was minimal. The women's race was even closer than the men's as Kenyan Jane Omoro bested teammate Jane Ngotho by a single second, 53:37 to 53:38. The win was satisfying to Omoro, who had lost the 1994 race on a lean to Helen Chepnego.

2000 (April 9)

At 6:30 a.m. on race day, snow was swirling in the staging area in West Potomac Park. The good news is that it stopped by the race time of 8:00 a.m.; the bad news is it was replaced by a howling, cold northwest wind. Runners throughout the field reported that they were nearly slowed to a walk on the completely exposed out-and-back crossing of Memorial Bridge. However, with much of the course similar to 1998 and within the closed confines of Rock Creek Park once again, Reuben Cheruiyot was still able to clock 46:07 as he blazed the final two miles — with the wind at his back — in 8:44. On the women's side, defending champion Jane Omoro narrowly lost to Kenyan teammate Teresa Wanjiku, 55:50 to 55:56. In honor of the race being held in Washington and it being a presidential election year, the organizers staged a "Foot Poll." Using a transponder chip laced into their shoes, runners crossed mats about a quarter mile from the finish line marked "Democrat," "Republican," or "Neither/Undisclosed." "Votes" were tallied at the finish line. In the end the Democrats prevailed with 44%; Republicans and



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

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“Neither/Undisclosed” tied for second with 28%. Republicans were heard to remark that the mat marked “Democrat” was along the shortest route to the finish, a charge instantly denied by the organizers.

The event marked ten years with Nortel Networks as the title sponsor.

2001 (April 8)

For the first time since 1993, the cherry blossoms were at their peak on race day with “perfect-for-running” temperatures near 50-degrees. For the first time since 1992, the event used the same course for two years in a row. A few sprinkles of rain fell early in the morning, but runners were glad they weren’t last year’s snowflakes! Kenyans Reuben Cheruiyot and John Korir waged an epic battle which resulted in the closest men’s finish ever, with Korir edging Cheruiyot, 46:12 to 46:13. A dramatic photo appeared in the *Washington Post* showing both men with their arms raised



2001 Women’s Champion Elana Meyer

in expectation of the win. South African Elana Meyer, making her first appearance, dominated the women’s field, finishing in 52:16, nearly a minute up on Lydiya Grigorieva, who clocked 53:15. The event had its largest number of finishers ever, 6,515.

2002 (April 7)

After an 11-year run as title sponsor, Nortel Networks stepped down – its sponsorship a victim of the collapse of the internet bubble. Greg Farmer, Nortel’s Senior VP Global Government and Community Relations, said, “I do not believe that any other sponsorship has provided Nortel with such a high profile with Washington policymakers.” By the end of the summer, a group of approximately 40 Credit Unions, mostly from the Washington, DC Metropolitan area, formed an organization called the “Credit Union Miracle Day Committee,” and signed on. It was a win-win situation as the event helped the Credit Unions raise nearly \$100,000 for the Children’s Miracle Network, and hundreds of Credit Union employees and members signed up as volunteers. The blossoms joined the festivities for the second year in a row as Kenyans John Korir and Reuben Cheruiyot picked up where they left off in 2001. This time Cheruiyot prevailed by 5 seconds with a time of 47:13. Luminita Talpos equaled Cheruiyot’s 5-second margin of victory in a time of 52:50 to become the first Romanian winner. Ethiopia’s Teyba Erkesso followed. Legally blind U.S. runner Marla Runyan finished fifth in 53:37. The event grew to a record 7,061 finishers.

2003 (April 6)

For the third straight year, race day dawned with the Tidal Basin and West Potomac Park awash in a blaze of pink and white cherry blossoms. Race officials were glad simply to be in West Potomac Park at all. Three weeks before the race,



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

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the War in Iraq had raised security levels in Washington to "Code Orange," one step down from "Code Red," which likely would have meant cancellation of the event. The race committee scouted out an alternative site in Poolesville, MD, 25 miles outside of Washington, as a contingency. John



Olga Romanova wins 2003 race in 53:42

Korir and Reuben Cheruiyot, who else, were at it again, and when the dust settled, Korir had evened the score at 2 victories each with a 46:56 to 47:03 triumph. Russian Olga Romanova bested pre-race favorite Ashi Gigi of Ethiopia for the women's title. Through the efforts of the event and the Credit Unions, over \$190,000 was raised for the Children's Miracle Network. Bethesda's Ben Beach continued his streak as the only runner to have finished all 32 editions of the race with a time of 1:02:15. The perfect day produced the largest number of finishers ever at 7,488.

2004 (April 4)

The blossoms greeted the runners for the fourth year in a row, but so did howling winds with gusts in excess of 40-miles an hour. A pelting rain and winds pummeled the staging area about 5:30 a.m. on race morning, followed by an eerie calm almost like the eye of the storm during which the organizers decided to go ahead and put up the tents, overhead scaffolding and signage. The winds returned shortly after the 8 a.m. start, prompting all the aforementioned items to be taken down for safety reasons. The men's times reflected the conditions, with unknown Kenyan Nelson Kiplagat winning in 48:12 – the slowest men's winning time since 1982 when Terry Baker bested Bill Rodgers in similar near-gale force winds. Rodgers was in this year's field, placing 3rd in the men's 55-59 division in 1:02:55. But track-trained Kenyan Isabella Ochichi ran the performance of the day in winning the women's title in 52:07 – the 4th fastest women's winning time ever. Boston Marathon prep- ping Catherine Ndereba finished a distant second in 53:00.

Both women would go on to claim silver medals in the Athens Olympics, Ochichi in the 5,000-meters and Ndereba in the marathon. With the National Park Service allowing an increase in the number of finishers, the race had 8,057 people go the distance. For the first time, over 50% of the entrants were women, although more men finished (4,157 to 3,900).

2005 (April 3)

Kenyan John Korir collected his third win and established a streak of winning the event in odd-numbered years only. His other two wins came in 2001 and 2003. With the victory Korir moved into second place among male repeat winners, just one victory shy of Bill Rodgers' four consecutive titles between 1978 and 1981. Does anyone know how to say "2007?" Korir employed the same wait and kick strategy which had made him the most feared road racer competing on the U.S. roads over the last six years, passing runner up Reuben Chebii in the final 400-meters. Romanian Nuta Olaru took the opposite tack and ran away from the women's field to earn her first title in 52:01. Her time was the fastest performance since Colleen DeReuck's world record time of 51:16 in 1998. The event established a reciprocal relationship with the Himeji Castle 10 mile in Japan. Three Japanese runners from the top 10 came to participate here, while top American Michael Wardian traveled to Japan to run the Himeji race the following February. Under cold and blustery conditions a record number of 8,630 participants finished the event. Alexandria's Hedy Marque, 87, was the oldest finisher (1:57:38), and Ben Beach of Bethesda maintained his status as the only finisher in all 33 editions of the race with a 1:10:08 time.

2006 (April 2)

After the race, Event Director Phil Stewart handed out special t-shirts to the organizing committee members that said "The Year of Many Changes." The entire staging area of the race was redesigned to make it resemble a small city complete with two roadways named "Gary Dr.," after longtime logistics coordinator Gary Ceponis, who had just retired, and "Brian Blvd.," after Brian Laush, who undertook the changes. There was a big change up front as well, as the elite women started 10 minutes ahead of the men. The new format gave far greater visibility to the women's race and produced a world record for 10 miles in an all-women's event, simply because this was the first All-Women's 10 mile event to be run under current record keeping standards. Russia's Lidiya Grigoryeva established the mark of 52:11 on a beautiful morning awash with cherry blossoms at their peak. American Turena Johnson Lane notched the American 10 Mile record in an all women's race when she finished sixth overall in 55:42. The 5K was upgraded from an untimed run to a fully-timed and scored event. The event finally cracked the 10,000-runner mark with 10,670 participants.

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The Credit Unions and race participants together raised over \$500,000 for Children's Miracle Network, bringing the total funds raised during the Credit Union era to over \$1.5 million. Women's champion Grigorieva warmed everyone's heart when she donated 5% of her first-place \$6,000 check to the charity.

2007 (April 1)

To celebrate the 35th running of the race, the organizers invited back numerous past winners including Kathrine Switzer ('73), Carl Hatfield ('75, '76), Bill Rodgers ('78, '79, '80, '81), Greg Meyer ('83), Lisa Rainsberger ('85, '89, '90), Jon Sinclair ('87), Colleen DeReuck ('98), and John Korir ('01, '03, '05) for a picture perfect weekend with the blossoms at their peak. Times were fast under the excellent conditions and when it was over, Ethiopia joined the U.S., Kenya, and Great Britain as the only countries to sweep both the men's and women's titles in the same year, as Tadesse Tola won the men's race in a quick 46:01, and Teyba Erkesso topped the women's division in 51:44. With the advance start for



2007 Women's Champion Teyba Erkesso

women used again, Erkesso's time established a new world record for a women's only 10 mile. John Korir failed in his bid to match Bill Rodgers' 4 wins when he finished third in 46:11. The organizers received a scare when they were told that construction on Rock Creek Parkway would start before race day and the course would be unusable. Fortunately, it was delayed until the day after the race. Washington's

newly elected Mayor, Adrian Fenty, finished in a respectable time of 1:08:47. A record number of 10,748 runners finished the 10-mile, and 756 finished the 5K Run-Walk. The funds raised by the Credit Union Miracle Day Committee swelled to \$850,000.

2008 (April 6)

With the construction on Rock Creek Parkway underway, the organizers knew a new course needed to be developed for 2008, and they started work on it almost immediately after the 2007 event. With the cooperation of the National Park Service, the start and finish lines were moved from West Potomac Park to a spectacular new location on 15th St., with the staging area on the Washington Monument Grounds. The new site was also only ¼ mile from the Smithsonian Metro stop, which eliminated an unwieldy shuttle bus service. The new course was a big hit as it incorporated the blossoms around Hains Point in addition to those around the Tidal Basin. The race filled its expanded allotment of 12,000 finisher slots just four hours after online registration opened in Dec., 2007. This was less than 1/6th the amount of time it had taken the previous several years. Heavy rains flooded the staging area on the Monument Grounds and all the start-finish area tents, porta-potties, etc. had to be shifted to the "Folk Life Festival Grounds" on the east side of 15th St. just 48 hours before the start of the race. Race day featured intermittent rain, chilly temperatures in the 40s, and blossoms a smidge beyond peak – not bad conditions for the record number of 12,294 finishers under the newly imposed timing limit of 2 hours and 20 minutes for completing the 10 miles. Young Kenyan Lineth Chepkurui, 20, raced away from Olympic marathon silver medallists Lidia Simon ('00) and Catherine Ndereba ('04) to take the women's title in a sluggish time of 54:21. Ridouane Harroufi became the first Moroccan to capture a title as he outlegged Nichola Kamakya of Kenya by a single second in 46:14. The other big news of the day was the Credit Union Miracle Day Committee cracked the \$1 million dollar mark in funds raised for the Children's Miracle Network when it signed over a check for \$1,036,000.

2009 (April 5)

2009 was the year that all of the pillars of the event changed – the course was run in reverse in order to avoid a narrow section during the first mile on the 2008 route; the staging area was completely redesigned; there was a new headquarters hotel, the Grand Hyatt Washington; and there was a new expo site at the National Building Museum. The entire organizing committee was exhausted by the time race weekend rolled around. However in a show of magnanimity, Mother Nature provided one of the most perfect days ever, with brilliant sunshine, temperatures about 50-degrees rising to the mid-60s for the awards ceremony, and blossoms just a tinge past peak. However, some things remained the

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same, most notably the winners, as Ridouane Harroufi and Lineth Chepkurui repeated as champions, both running faster (45:56 and 53:32 respectively) than in 2008. A relatively unknown American woman, Sally Meyerhoff, raced to a new American record for a women's only race when she clocked 54:38 to finish 7th overall. For some unexplained reason the number of no-shows plummeted, resulting in a record number of 14,969 finishers, some 3,000 over the number stated on the National Park Service Permit. Due to the committee's and volunteer's extraordinary efforts to clear the streets by 10:30 a.m. for the cherry blossom tourists, the NPS did not protest. Despite a tightening economy, Credit Union Miracle Day still raised \$1 million dollars for the Children's Miracle Network.

2010 (April 11)

With the race a week later than its traditional first weekend in April date due to Easter, the blossoms were nearly gone but a glorious spring day was enjoyed by all 15,600 finishers. The action at the front of the men's pack was never tighter with a photo finish that had to be decided by the finish line judges (and then was protested by the runner-up who felt he had been impeded in the final sprint). In the end Stephen Tum of Kenya was declared the winner over Lelisa Desisa of Ethiopia (Desisa later dropped the protest). Almost lost in the drama was that Tum was a scant 5 seconds off Ismael

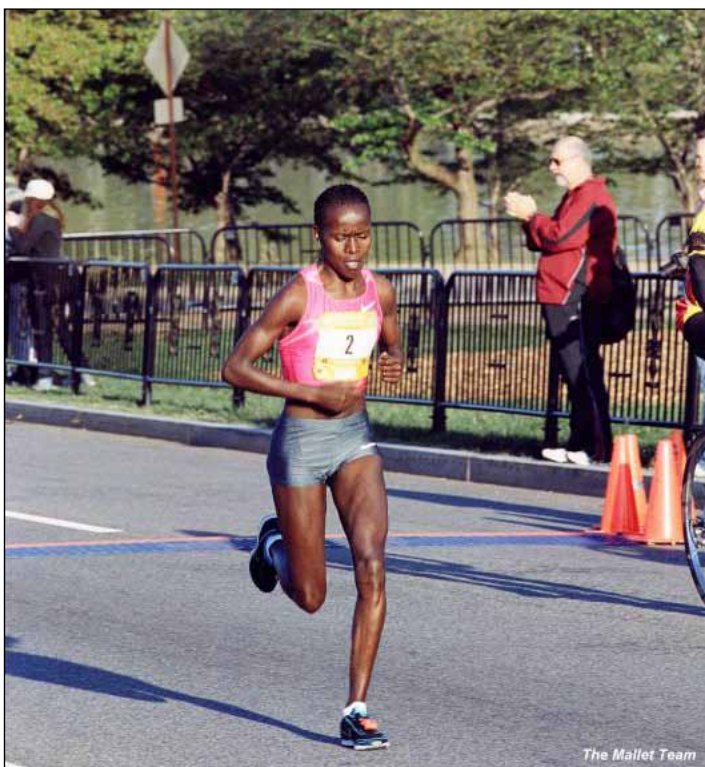
Kirui's event record set back in 1995, with a finishing time of 45:43. The women's race was a run-away and a three-peat by Kenya's Lineth Chepkurui, who has gotten faster every year. Her time of 51:51 eclipsed Julliah Tinega of Kenya by 48 seconds. Chepkurui's third consecutive win tied her with Julie Shea, who won three in a row between 1975 and 1977. The sponsoring Credit Unions raised \$923,000 for Children's Miracle Network. The event also hired an environmental consultant to look for ways to reduce its environmental footprint. The plan was to have the event certified as "Green" by the Council for Responsible Sport in 2011. Deputy Race Director Irv Newman relinquished his role and the event hired longtime volunteer Becky Lambros as the second salaried staff member.

2011 (April 3)

Ethiopian Lelisa Desisa was not a happy man after losing the 2010 race in a photo finish. After initially protesting the judge's call, he backed down. A year later, he ran like a man with something to prove as he broke Ismael Kirui's 1995 event record by two seconds, clocking 45:36. His five-second margin over Kenyan Allan Kiprono seemed vast in comparison with his 2010 loss. Desisa's interpreter said, "He wanted to make sure it didn't come down to the finish again this year." Three-time winner Lineth Chepkurui was unable to return for her attempt at matching Bill Rodgers' four consecutive wins, paving the way for Julliah Tinega, who, like Desisa, was runner up in 2010. Tinega powered her way home in 54:02, a single second up on fellow Kenyan Risper Gesabwa. The event earned a "Silver Level" designation by the Council for Responsible sport as environmentally-friendly. The 2011 race marked the 10th year of sponsorship by Credit Union Miracle Day. With an additional \$578,000 raised for the Children's Miracle Network, the total amount of funds raised during the Credit Union era eclipsed the \$5 million dollar mark. Just a year before the 40th running, the event logged its 200,000th all-time finisher, Adrianna Swinson of Centreville, VA. After the race, the organizers unveiled an all-time searchable database listing every finisher since 1973.

2012 (April 1)

The Gala 40th Running of the race featured some dazzling solo front-running by Kenyan Allan Kiprono, who, like Lelisa Desisa in 2011, was out to avenge a runner-up finish at the previous year's race. After teammate Lani Kiplagat suggested pushing the pace around the three-mile mark, Kiprono followed the advice and surged into a lead which only grew larger with each additional stride. By the finish line, he had amassed a 1:13 lead over Kiplagat and reduced the 2011 event record by a stunning 21 seconds with a time of 45:15. On the women's side Jelliah Tinega repeated as champion by matching her 2011 winning time of 54:02, 22 seconds up on Ethiopian Malika Mejdoub. The anniversary run at-



Lineth Chepkurui en route to her third consecutive victory in 2010

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tracted some special VIPs, including Greg Meyer, who still owns the fastest time by an American, 46:13, for the event; Colleen DeReuck, who owns the current women's event mark of 51:16; and Gar Williams, one of the race founders in 1973 and former DC Road Runners and Road Runners Club of America President. The race also feted 39-year-old Gerri Baer of Rockville, who was born on April 1, 1973, the date of the first race. Bethesda's Ben Beach finished the race for the 40th consecutive time, the only runner with perfect attendance. The Children's Miracle Network fundraising juggernaut continued with an additional \$515,000 raised by the sponsoring Credit Unions and runners.

2013 (April 7)

USATF's USA Women's National Championship 10 Mile Presented by America's Credit Unions made its first appearance at the race. An extra prize purse of \$14,400 for American women (added to the existing \$42,000 in open prize money) produced a deep elite field featuring strong American talent on the women's side. With U.S. 2012 Olympian Janet Bawcom in the field, hopes ran high of having the first U.S. female overall champion since Joan Nesbit in 1996. Bawcom hung with the lead pack for about 2/3rds of the race but succumbed to the relentless pressure of Kenyan Caroline Rotich, who powered to a 52:46 victory. Bawcom placed 4th in 53:28 but still bested the late Sally Meyerhoff's single sex American record by 70 seconds. Brianne Nelson (7th in 54:01) and Sarah Crouch (9th in 54:15) also bettered the old mark. Alan Kiprono, who ran away from the field and broke the event record in 2012, returned as the favorite in the men's division. However, fellow Kenyan Daniel Salel would not shake loose as the twosome traded surges over the closing miles. Cresting the incline at 15th and Independence, Kiprono appeared to have victory in hand. However one final burst right at the finish tape brought Salel across the line first, according to the judges who viewed the near photo finish. Salel clocked 46:06, with Kiprono posting 46:07. There were some heads turned in the 5K Run-Walk when 12-year-old Nathan Davis of Frederick, MD was the overall winner in 17:22. A cool spring kept the cherry blossoms just short of their peak on a near perfect day for running with temperatures in the 50s. The sponsoring Credit Union Miracle Day added another \$483,000 in donations to Children's Miracle Network, bringing the total funds raised since becoming the title sponsor of the race to over \$6 million dollars. Just over 17,500 runners finished the race.

2014 (April 6)

With a positive reaction to hosting the USA Women's National Championship in 2013, the organizers bid on and received both the USA Men's and Women's National 10 Mile championships from USA Track and Field. The added infusion of top American runners raised the possibility that the event could see its first American champions

since Chris Fox won the men's race in 1990 and Joan Nesbit won the women's race in 1996. However, it was not to be. On the men's side Kenyans Stephen Sambu and Daniel Salel finished 1-2 with the 2nd and 3rd fastest men's times ever recorded for the event (both were timed in 45:29 with Sambu given the win). Christo Landry finished sixth in 46:41, the fourth fastest American time for the event behind Greg Meyer, Thom Hunt and Bill Reifsnnyder and less than 30 seconds off Meyer's 1983 American 10 Mile record (still standing) of 46:13. Meyer had returned to hold the finish tape in hopes of seeing his mark bettered after more than 30 years. On the women's side, American Janet Bawcom gave serious chase to Ethiopian Mamitu Daska but fell seven seconds short of Daska at the end as the Ethiopian claimed the title 52:05 to Bawcom's 52:12. Bawcom's consolation was the single-sex American 10 mile record, bettering the mark she had set a year earlier by 1:16. Nathan Davis, now 13-years-old, repeated as 5K champion in 17:58. A long and cold winter meant the cherry blossoms were just shy of blooming for the second straight year. The credit unions, in the 13th year of their sponsorship, donated another \$487,000 to Children's Miracle Network.



2013 and 2014 USA 10 Mile Women's Champion Janet Bawcom

2015 (April 12)

For the first time in its history, the Credit Union Cherry Blossom was not a 10 mile. Due to an accident on the course just 90 minutes before race time, organizers had to scramble to come up with an alternate route because of the accident investigation. The results showed some eye-popping times for anyone

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who did not read the explanation that the course was 9.39 miles long after the re-routing. Any disappointment over the shortened course was more than counterbalanced by the most spectacular display of blossoms at their absolute peak on a windless, gorgeous morning. Stephen Sambu notched his second title in a row, this time with a more comfortable 9-second margin instead of his eyelash win in 2014. He clocked 43:20. American Jake Riley finished in second place eight seconds later, the highest men's finishing place by an American since Bill Reifsnyder was the runner-up in 1991. Daniel Salel, who was on the short end of the eyelash in 2014, ended up in third. Training partners Mary Wacera and Cynthia Limo separated themselves from the rest of the women's field by the eight-mile mark and ran together toward the finish line. Wacera edged ahead by a few yards for the win - both received the identical time of 48:35. The top American woman was Serena Burla in sixth place with a time of 50:18. Ben Beach kept his perfect attendance intact as the only runner to have run all 43 editions of the race with a 1:27:59 finish. Dixon Hemphill, 90, finished the 5K and said, "I gave this race my all." He clocked 47:01, two minutes faster than his 2014 time. Longtime Deputy Race Director Irv Newman received the first Les Kinion Outstanding Service Award, named for long time race volunteer Les Kinion who died in the summer of 2014.



2015 Men's winner, Stephen Sambu, and runner-up, Jake Riley, share a laugh during the awards ceremony.

2016 (April 3)

The 2016 race hardly felt like "The Runner's Rite of Spring," as wind gusts clocked as high as 47 miles per hour howled across the Washington Monument Grounds during the pre-dawn set up hours, prompting the organizers to dismantle anything that could become a projectile, including tents and signs. The decision to allow the race to take place at all wasn't made until

5:00 a.m. on race morning and wind gusts between 30 and 40 miles an hour greeted the over 16,000 runners who showed up. The \$10,000 bonus offered to the first U.S. male or female to break the American record (split if both records fell) was safe on this day. The elite mens race was won by Sam Chelanga, the first U.S. male to win the race since Chris Fox took the title in 1990. Chelanga, a naturalized U.S. citizen born in Kenya, prevailed by a single second over Silas Kipruto of Kenya with a wind-impeded time of 48:26. A second American, Martin Hehir, finished third in 48:29. Due to the winds, the women's



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

advance start was mercifully abandoned. Kenyan Veronica Nyaruai Wanjiru of Kenya won in 53:12 and said, "Because of the wind, I didn't look at the time." She prevailed by eight-seconds over Ethiopian Buze Diriba. Two American women with local connections placed in the top six — Maegan Krifchin of Silver Spring, MD was third in 55:01 and Serena Burla of Stafford, VA was sixth in 55:58. The most recognizable runner of the weekend was 2004 Olympic silver medalist, 2009 New York City Marathon winner and 2014 Boston Marathon winner Meb Keflezighi who opted to pace runners hoping to break 1:00:00 just six weeks after placing second in the 2016 U.S. Olympic Marathon trials. Despite the conditions, 16,228 finished the 10 mile and 1,932 completed the 5K. Children's Miracle Network received a check for \$505,000 bringing the credit union era contributions to \$7.5 million dollars. It seemed fitting that Logistics Coordinator George Tarrico who supervised the construction and the quick dismantling of the Washington Monument Grounds due to the winds was awarded the second Les Kinion Outstanding Service Award.

2017 (April 2)

The organizing committee approached the 2017 race, which

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marked the 45th running of the event, with the modest goals of no wind and running a full 10 miles after the two difficult years in 2015 and 2016. These expectations were exceeded handily with a close to perfect day for running and cherry blossoms, which had been forecast to bloom two weeks before the event, in the final stages of peak bloom. After Sam Chelanga broke a 27-year drought for an American male winner, Stanley Kebenei made it two in a row for the Red, White and Blue with a surge after nine miles which brought him across the line in 46:35, good for a three-second win over Kenyan James Kibet. Ethiopian Hiwot Gebrekidan, only 21-years old, had an easier time winning the women's competition over country woman Buze Diriba 53:37 to 53:52. The 45th running celebration brought a host of past luminaries to town and two of them showed their longevity with excellent finishes in their age groups. Katharine Switzer, the first woman's winner in 1973, captured the women's 70-74 division in 1:30:31 and four-time winner Bill Rodgers clocked 1:19:15 to place 7th in the men's 65-69 division. Of course Ben Beach kept his streak going as the only runner to have finished all 45 editions with a time 1:34:18. Beach completed his 50th Boston Marathon in a row just over two weeks later. Joan Samuelson, the 1984 Olympic gold medalist in the inaugural women's marathon, showed her excellence remains some 33 years after her win in Los

Angeles by setting an American women's 55-59 age group mark of 1:03:55. In keeping with the five-year anniversary tradition of offering (I would have won this race in 1973) mugs to all runners who ran faster than Sam Bair's and Switzer's winning times of 51:12 and 1:11:19, the organizers handed out mugs to 36 men and 218 women. After years of being held on the Washington Monument Grounds at the conclusion of the 10 mile, the Kids Run was moved to Saturday and held in conjunction with the Health and Fitness Expo. The change was well received. Longtime Volunteer Coordinator Michelle Carter won the third Les Kinion award for outstanding service to the event.

2018 (April 7)

Dubbed "Our Championship Year," the 2018 race hosted both the PRRO Circuit Championship and the RRCA National 10 Mile Championship held in conjunction with the RRCA's 60th Annual Convention held in Washington, DC. The PRRO Championship which rotates among the PRRO Circuit races, was being held at the race for the first time. Winners of the other PRRO Circuit Events can earn the \$10,000 PRRO "Super Bonus" by winning the Championship as well. Ethiopian Buze Diriba did exactly that and pocketed \$18,000 for winning – \$10,000 from PRRO and



Virtual Run participants show off their medals

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\$8,000 from the Credit Union Cherry Blossom with a time of 53:45. On the men's side Ethiopian Jemal Yimer picked up \$2,500 in PRRO cash since he had not won another PRRO race to augment his \$8,000 first place prize in 46:17. Both runners won the RRCA National Championship titles as well. A chilly morning awash in blossoms greeted some 17,000 starters in the 10 mile and 2,000 in the 5K Run-Walk, but for the first since 1992 the runners did not cross Memorial Bridge which was closed for construction. Continuing its commitment to helping young Americans just out of college, the race teamed up with the RRCA to offer a special \$1,200 purse to the top RRCA Roads Scholar grant recipient and RRCA RunPro Camp alumni. Abbabiya Simbassa(RunPro) and Emma Bates (Roads Scholar) earned these awards. And yes, Ben Beach finished again for the 46th consecutive year.

2019 (April 7)

There was an organizational race before the running race in 2019 when just six weeks before race day a lane of the race course along Rock Creek Parkway was closed down for

construction with no advance notice given to the organizing committee. Since the prospect of 17,000 runners passing through a 12' wide opening along the road way was hardly appealing, the course was re-routed for the first four miles, taking the route off National Park Service land and onto Washington, DC city streets. Gaining approval from the city for the permit on an accelerated basis was complicated but ultimately successful with a permit received less than 36 hour before the start. Then, a week out, a bulldozer appeared and proceeded to dig up an area near the starting line where several tents were scheduled to be constructed. The result? A quick recasting of the starting line area in the last few days. All the of the tensions of the lead-up were allayed when race day dawned with the perfect blossoms and perfect weather. It appeared that the elite runners responded with lightning fast times. Men's winner Jimal Jimer blazed a 45:36 clocking. Not far behind, Stanley Kebenei, the 2017 winner crossed, the line in 46:00, faster than Greg Meyer's 46:13 American record time from 1983, and broke into euphoria in the center of the road way no doubt in part due to the \$10,000 bonus being offered for a new American record. On the women's side, Kenyan Rosemary Wanjiru clocked in at 50:42, 34 seconds faster than Colleen DeReuck's course record set in 1997. Behind the winners came scores of happy faces on runners with new PRs. Or so it seemed. By mid-week, the organizers determined that the turn-around in West Potomac Park had been misplaced on a temporary measurement mark and the course was 80 yards short. They agreed to pay Kebenei his \$10,000 bonus even with the short course. (Kebenei's adjusted



Buze Diriba won 2018 PRRO Championships and an additions \$10,000 bonus, on top of the \$8,000 she earned by winning the race itself.



Top American and second place overall Stanley Kebenei celebrates his apparent American Record and its \$10,000 bonus. When race officials determined the race as run was not the full 10 miles, Kebenei "lost" his record, but got to keep his bonus.

time would have placed him at the finish line within a second or two either way of Meyer's record.) Kebenei vowed to return in 2020 to go for the mark again.

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2020 (April 5)

Elements of nature have come perilously close to cancelling the race in the past -- flooding, high winds and snow have jeopardized the event but ultimately have been overcome. One could have never imagined that something 0.12 microns in size and first reported in Wuhan, China would cause the event to tumble. As the highly virulent Corona virus (COVID-19) spread across the globe during the winter, large running events suddenly became potential incubators. In early March, the first U.S. spring races began to cancel or postpone, prompting the organizing committee to tell participants it would "monitor the situation" and look for Federal and Public Health agency guidance about cancelling. When the Boston Marathon, just over two weeks after the Credit Union Cherry Blossom, postponed until September, the necessity of cancelling was apparent. (The complexity of the numerous permits made postponement impossible.) This was announced to participants on March 14 with options of receiving a lottery exemption for the 2021 race (with no entry fee refund), a full 2020 refund, or donating the entry fee to Children's Miracle Network. About 50% took the lottery exemption, 5% made donations and 45% asked for a refund. A free Virtual Run was offered as a way for participants to celebrate their preparation with nearly 2,300 people participating, many posting joyful pictures and narratives about their experiences. Later in the year there were two developments regarding records set at the Cherry Blossom. On October 30, Galen Rupp broke Greg Meyer's American 10 mile record of 46:13 set at the Cherry Blossom in 1983 (three years before Rupp was born) with a time of 45:54 recorded at the 10 mile split of the Row River Half Marathon in Dorena, OR. Just 24 days later, the Credit Union Cherry Blossom organizing committee put together the Up Dawg Ten Miler in order to provide committee member Keira D'Amato with an opportunity to break the All-Women's 10 mile record of 52:12 set by Janet Bawcom at the 2014 Credit Union Cherry Blossom (ironically, D'Amato was holding the tape when Bawcom set the mark). D'Amato didn't disappoint, shattering the record by 49 seconds with a time of 51:23. The time also established a new U.S. "All-comer's mark, the fastest time ever run by a runner of any nationality in an All-Women's competition on U.S. soil (breaking the time of Ethiopia's Teyba Erkesso of 51:44 set at the 2008 Credit Union Cherry Blossom). D'Amato would go on to break Deena Kastor's long standing American Record in the marathon with a stunning 2:19:12 performance at the Houston Half Marathon in January, 2022.

2021 (September 12)

As the unrelenting Covid-19 pandemic continued to ravage the globe and just couple of months after vaccines to protect individuals from the virus began to be introduced, the possibility of holding the race in its traditional April

timeframe was a non-starter. However the organizing committee simply could not bear the thought of a three-year gap between the last in-person edition of the event and the 2022 event, so they elected to stage an event that celebrates the annual blossoming of the trees in September when there would not be a cherry blossom in sight. To bring an element of excitement, the race was awarded the Men's and Women's USATF National 10 Mile Championship for the first time since 2014.

Although the event caught a window between the Delta and Omicron Covid-19 variants when both cases and deaths had dropped significantly, plans still had to be developed for social distancing at the start and possible mask wearing throughout the weekend. Many runners were still cautious as the event attracted only 12,000 registrants with 7,000 finishers. On race day, no social distancing was mandated and masks were required only before and after, but not during, the event. Competition-starved American and International runners responded with fast times on a pleasant September morning (heat had been feared). Kenya's Edwin Kimutai clocked 45:45, the 9th fastest time ever run on the course, to win the men's division, while Nell Rojas captured the both



Nell Rojas

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women's open race (the first American woman to win the race since Joan Nesbit earned the title in 1996) and the U.S. Women's Championship in 52:13. Ironically, if the race organizing committee had not organized the UpDawg 10 Mile in November, 2020 in which Keira D'Amato set the American record of 51:23, Rojas' time would have bettered the old mark set by Janet Bawcom in the 2014 championship event by a single second. Abbabiya Simbassa claimed the U.S. 10 mile men's title in 46:18 while finishing second over all. The event was enthusiastically embraced by the runners who took part, but everyone was already hoping for a return to April in 2022.

The organizers had not let the traditional April, 2021 weekend go by unnoticed as they hosted a virtual run between March 20 and April 11 which attracted 1941 finishers in the 10 mile and 5K events .

2022 (April 3)

For the first time in three years, the 2023 Credit Union Cherry Blossom took place on its traditional first weekend in April date – and only seven months after the fall 2021 edition, a reality which left members of the race committee feeling little let up between the two events. The numbers rebounded significantly from 2021's 5,888 official finishers, swelling to 14,649, but not back to the last-pre-pandemic total of 17,437 in 2019. The biggest organizational challenge of the year was the addition of bike lanes on 15th St. robbing the runners of 20% of their line up area.

There were good stories at the head of both the men's and women's elite competitions which took place on a cool (46-degrees), calm morning under just-past-peak blossoms. On the men's side, Nicholas Kosimbei wasted no time separating himself from the field at the two mile mark and running solo for the win. With no one to push the pace, he crossed the finish line in 45:15 which tied the exactly 10-year-old course record set by Alan Kiprono in 2012! Wilfred Kimitei finished second, 28 seconds back in 45:43. Interestingly, Kimitei ran his last mile one second faster than Kosimbei, leaving one to wonder what might have happened to the record had the two Kenyans remained knotted deeper into the race. In the women's race Reston, VA elementary school teacher Susannah Sullivan found herself in a familiar position at half way, in the thick of the elite women's competition. However, unlike her other appearances (8th in 2014 and

10th in 2017) which found her near the front for only a few miles, this year she was with the leaders at five miles and then accelerated away over the second half of the race. Although her closest pursuers Carrie Verdon, Paige Stoner and Sarah Pagano closed in over the final mile, Sullivan prevailed in 52:32, making her the first local woman to win the race since Eleanor Simonsick in 1983. Sullivan's time was her personal best by nearly two minutes and the sixth fastest U.S. women's time ever in the race. In the 5K, Evan Fallor had a busy day, winning the race which started at 9:00 a.m. in 16:05 and getting married at 4:30 p.m. in the afternoon. Cristina Burbach prevailed in the women's race in 21:08. With in-person running back in full swing, the Virtual Run still attracted 763 registrants.



Les Kinion Award

By trade, Les Kinion was a Baltimore fire fighter with Engine Company 43. By passion, he was first a runner and then a running club officer and race director. In 1970, Les co-founded the Baltimore Road Runners Club, one of the earliest chapters of the Road Runners Club of America. In 1973 he helped launch the first Maryland Marathon. After retiring in 1986, Les moved to Bishopville, MD and worked on hundreds of races on the Maryland-Delaware Coast. He became involved with the Cherry Blossom Run over 20 years ago, and was active until he passed away in July 2014 at the age of 78.

In 2015, race organizers established the Les Kinion Outstanding Service Award, which was awarded to former Deputy Race Director Irv Newman. In 2016, longtime Logistics Coordinator, George Tarrico won the award. In 2017, longtime Volunteer Coordinator Michelle Carter was recognized for her many contributions. In 2018, Jean Arthur was awarded the Les Kinion Outstanding Service Award in recognition of her 20 years of service to the event. In 2019, Glenn Klenk was recognized for his eagerness to take on tedious and unglamorous tasks that few, if any other people would seek out. And in summer 2020, Nita Lalla Rincone was surprised by a socially distanced presentation on her front porch after her big moment at the pre-race dinner never came to be because of the Covid caused cancellation of the 2020 in-person race.

In September 2021, when runners and race officials were once again able to gather in person, Marsha May was awarded the 2021 Les Kinion Outstanding Service Award.

Last year, Danny Talmage was awarded the 2022 Les Kinion Outstanding Service Award.

In presenting the award, Deputy Director Becky Lambros had this to say about Danny's significant contribution to the event: "Danny manages the shed with an iron hand. He knows where everything is and who it belongs to. Nothing moves in the shed without Danny's approval.

Race Director Phil Stewart added: "There are a lot of glamorous aspects to organizing a road race like dealing with world class runners, signing new sponsors, doing media interviews, and more. But one ever-so-critical function usually elicits eye rolling and groans — the task of organizing and managing the event's storage shed. That's hardly the case for this year's Les Kinion award winner, Danny Talmage. Danny loves, defends and organizes the shed to his own high standards, and for that, we are eternally grateful and promise him the job for life."

Press releases about Irv, George, Michelle, Jean, Glenn, Nita, Marsha and 2022 recipient Danny Talmage can be found in the archives at: <http://www.cherryblossom.org/press-social-media/newsroom/past-releases/>.



Long-time Credit Union Cherry Blossom Ten Mile volunteer Danny Talmage (center) receives the 2022 Les Kinion Award from Race Director Phil Stewart (L) and Deputy Race Director Becky Lambros.

Road Runners Club of America

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



In 2018, the Road Runners Club of America (RRCA) awarded \$2,400 in prize money to the top the finishers in the Credit Union Cherry Blossom Ten Mile Run that were either an RRCA Roads Scholar or RunPro Camp alumni. The race also served as the 2018 RRCA Ten Mile National Championship.

In 2023, building upon the long tradition of cooperation and mutual support between the Credit Union Cherry Blossom Ten Mile and the RRCA—America's oldest and largest grass roots organization of running clubs—race organizers and the RRCA will jointly award \$1,500, \$1,000 and \$500 to the top-three men and women alumni.

Among the many special elements of the 50th Anniversary Credit Union Cherry Blossom 10 Mile is that it will serve as the RRCA's National 10 Mile Championships. The RRCA Championship is open to both International and American runners, with the winners in the open, 40+, 50+ and 60+ age groups earning the title of 2023 RRCA National Champion.

This years list of athletes eligible to earn RunPro Camp Alumni Development Awards includes:

Susanna Sullivan
Sara Hall
Jeralyn Poe
Breanna Sieracki
Maddie Van Beek
Abbabiya Simbassa
Tyler Pennel
Tyler Jermann
Matt McClintock
Kevin Lewis
Joel Reichow
Colin Bennie



Photo: Clay Shaw

Emma Bates (8) from Boise, ID, took home a total of \$9,000 in prize money in 2019, including \$1,500 for winning the RRCA Roads Scholar/RunPro Alumni challenge; Samantha Palmer (34) from Northport, AL, ran away with \$2,500, including \$1,000 for being the second RRCA Roads Scholar/RunPro Camp alum among the women.

Press Releases for Current Year's Race

Copies of pre-race releases can be found on the event website (<https://www.cherryblossom.org/press-releases/>). Here's a list of releases that have been issued to date in regards to the 2023 race:

March 22, 2023

Defending Champions Return to Run 50th Anniversary Credit Union Cherry Blossom 10 Mile

March 14, 2023

Credit Union Cherry Blossom Features an Outstanding Lineup of Speakers at Health and Fitness Expo Presented By Wegmans

March 1, 2023

Credit Union Cherry Blossom To Host USATF Ten Mile Championships at 50th Anniversary Celebration

November 30, 2022

Lottery Opens for Credit Union Cherry Blossom 10 Mile on Thursday, December 1, 2022

November 4, 2022

After 50 Years and Billions of Blossoms, the 2023 Credit Union Cherry Blossom Reveals a Fresh New Look

November 2, 2022

50th Credit Union Cherry Blossom Expands to Two Days with 5K Moving to Saturday, April 1, 2023

October 7, 2022

Credit Union Cherry Blossom 10 Mile Run to Celebrate 50th Anniversary on April 2, 2023



Photo: Clay Shaw

Crossing Memorial Bridge minutes into the race, American Annie Frisbie (#30) and Kenyan Antonia Kwambai (#22) take over pacemaking duties.