

Credit Union Cherry Blossom

April 5&6, 2025

Official Program

52nd Running



2024's overall winner Wesley Kiptoo of Kenya surged to a win in the last half mile. Kiptoo returns to defend his title in 2025.

2024's American women's winner Emily Durgin gave it her all, falling four seconds short of an American record

2025 Credit Union Cherry Blossom 10 Mile & USATF 10 Mile Championships

Four hotly contested races in one: It doesn't get much better.

For the third year in a row, the Credit Union Cherry Blossom 10 Mile will host the Men's and Women's USATF National Ten Mile Championships in Washington D.C.

international winner gets \$6,000. American runners may "double dip"—for example an American placing 3rd in the U.S. Championships but 5th overall would get

Camper program, team awards, and time bonuses available to all runners. For a breakdown of the prize money click on <https://www.cherryblossom.org/pre-race/elites-seeded/prize-money/>

Before looking at individual competitors, it's worth noting that out of the top ten men and top ten women, 11 have run the Cherry Blossom race at least once before—six women and five men, with a cumulative total of 27 appearances among them. Susanna

The event will once more wrap four races into one: the men's "international" race with a prize purse open to all pro men, the Men's American Championships race with prizes for Americans only; and a corresponding pair of races on the women's side. Elite runners will be contending for a \$74,600 total prize purse. The U.S. Championships prize money totals \$42,600 and prizes go 10 deep; the "International" purse open to all pro runners totals \$32,000, with prizes also going 10 deep. The U.S. Championships winner gets \$10,000; the



If you get the right bib number, you can perform a duet with race mascot Stumpy

\$2,500 in championships money plus \$1,000 in international money. There are additional prizes for Americans in the RRCA's RunPro

The 10 Mile is part of the Professional Road Racing Organization (PRRO) Circuit, which comprises five events in the U.S. The male and female winners at Cherry Blossom will be eligible (as will be winners of other events in the circuit) to compete for the \$20,000 PRRO Super Bonus to be awarded at this year's PRRO Championships at the Boilermaker 15K in Utica, NY, on July 13th. Top non-winning finishers will earn PRRO points which could qualify them to compete for the Super Bonus as well. For details click on <http://www.prro.org/races.html>.



Every year a mock dinosaur spurs runners on

Championships continued on page 2



Having waited since first light, volunteers finally get to cheer on the runners

Sullivan, who won the race in 2022, leads with eight runs. This year will be her 9th.

Note: in the narrative below, “PB” stands for a runner’s personal best, the official term for what is popularly known as “PR” or personal record.

Men’s International Field: Hot contest expected up front

Picking favorites in this year’s race—on both the men’s and women’s sides—is a bit like throwing darts with your eyes shut. You may have a general idea of where the target is, but your throws could be just as likely to miss it altogether as to hit the bullseye.

The closest matchup in this

year’s race could be a rematch between Kenyan **Wesley Kiptoo** and American **Hillary Bor**. How close could it get? In winning last year, Kiptoo beat Bor by all of 2 seconds: 45:54 to 45:56 (an American record at the time). This year, Bor has beaten Kiptoo twice: 1:00:20 to 1:00:34 in the Aramco Houston Half Marathon, and 59:55 to 1:00:56 in the United Airlines NYC Half Marathon. After NYC, Bor said he was getting the hang of the half marathon distance, having finished three this year (Bor also ran the Publix Atlanta Half Marathon in 1:00:59 before NYC, where Kiptoo was absent.) Bor, in fact, clocked 45:44 at the 10 mile split in the Aramco Half. (It was a fast day in the Aramco Houston race, where Conner Mantz set a pending American record of 59:15; Mantz’s 10 mile split there was 45:16, another pending American record, which, when ratified by USATF in December, eclipses Bor’s 45:56 from last year’s CUCB.)

Behind Kiptoo and Bor comes a fast cast of rivals—mostly Americans vying for U.S. Championships spots—including at least six capable of holding their own with the top two on a good day: Brit-

ain’s **Patrick Dever**, Americans **Joe Klecker**, **Drew Hunter**, and **Alex Maier**, Mexican **Marcelo Laguera**, and Eritrean **Tsegay Tuemay**. Patrick Dever bested Bor and Kiptoo in the Aramco Half, the three placing 5th, 6th, and 7th respectively with 23 seconds spanning the three. In the NYC Half, Bor placed 3rd in 59:55, Dever 4th in 1:00:19, and Kiptoo 5th in 1:00:56 (these guys like to mix things up). Dever may pose the greatest danger to Kiptoo and Bor for the top spot.

Joe Klecker and Drew Hunter are best known for their exploits on the track and in cross country. Klecker ran 5000m indoors in 12:54.99(i) in Boston in 2023; Hunter’s best at that distance is 13:08.57 outdoors in Los Angeles in 2024.

This year Hunter scored 5th place in this year’s Last Chance Indoor National Qualifier 5000m, running 13:17.35(i). Hunter has never run a road race longer than 10K (7th in last year’s Beach to Beacon 10K).

Klecker, in contrast, opted for two half marathons this year: he was 18th at the Aramco Houston Half Marathon in 1:01:06, a PB, and 8th in the Atlanta Half Marathon in 1:01:34. If Klecker’s 18th place at Aramco sounds less than stellar, consider Klecker was only 32 seconds behind Kiptoo and 46 seconds behind Bor in a crowded field.

Mexico’s Marcelo Laguera is another threat for top three; this year he placed 11th in the Aramco Half in a PB 1:00:53, 13 seconds ahead of Klecker. Eritrean Tsegay Tuemay is off to a relatively slow start, having placed 37th at the Aramco Half in 1:02:40. Last year, however, he ran a marathon best, winning the California International Marathon in 2:07:35—a course record by more than two minutes; he was 3rd last year in the Philadelphia Distance Run half marathon in 1:01:50 and 4th in the Medtronic Twin Cities



The first obligation of a race is to keep runners safe. The medical crew is a major part of that mission.

10 Mile in 46:15.

Abbabiya (Biya) Simbassa, 2021 U.S. champion in 46:18 and 5th last year in 46:17, will place high if his fitness returns to the level it was in 2024, when he ran the Valencia Marathon in 2:06:53 (PB), was 4th in the Aramco Half Marathon in 1:00:45, and 11 other top-10 placings in elite road races. He also won the U.S. 10K Championships in the Cow Harbor 10K in 28:18. Other challengers for top spots are Americans **Sam Chelanga**, **Leonard Korir**, **Futsum Zienasellassie**, and Irishman **Peter Lynch**. But there’s a wild card: American **Shadrack Kipchirchir**, whose peak years may be behind him (9th at the 2017 World Championships 10,000m in 27:07.55, and multiple wins both on road and track from 2016 to 2018). In the spring of last year, he managed a relatively sluggish 10th in Cherry Blossom in 47:45, and 7th in the Gate River Run 15K in 44:49. However, come last October, Kipchirchir finished 16th in the Chicago Marathon in 2:11:05 (PB) and he sizzled in this year’s Publix Atlanta Half Marathon, nabbing 2nd place in 1:00:58—edging out Hillary Bor by one second, and ahead of Joe Klecker by 36 seconds. (Atlanta was another crowded men’s race, with 46 seconds separating 1st from 8th.) If this year marks a return to peak performance for this 36-year-old, he will be with the leaders for at least nine miles.



2024’s top three American women—Annie Frisbie (left), Emily Durgin (center), and Rachel Smith feel the joy: all got personal bests. In the American standings, they went Durgin-Smith-Frisbie.

This year, Cherry Blossom welcomes two elite Japanese runners who were brought courtesy of the Embassy of Japan. The swiftest of the two is Hirotsugu Yoshikawa, who in February ran a half marathon in 1:00:45 in Yamaguchi, Japan. Yoshikawa has a 10 mile best of 48:30. Shota Taguchi, who scored a PB 31:38.46 for 10,000m last year in Yokohama, will participate as well.

Men's U.S. Championships Field: much like the international field

With so few foreigners in the men's field, the competition in the U.S. Championships will look much like the above, with Bor, Klecker, Hunter, Simbassa, Chelanga, Korir, and Zienasellassie all in the hunt for top earnings out of the \$42,600 Championships prize purse. Other men with a good shot at U.S. prize money are **Josh Izewski, Daniel Mesfun, Afewerki Zulu, James Mwaura, Alex Maier, and Nick Hauger.**

Women's International Field: A big group should make it through nine miles.

As with the men, many of the top seeds ran one or more of three half marathons this year: the Aramco Houston Half Marathon on January 19th, the Publix Atlanta Half Marathon on March 2nd, and the United Airlines New York City Marathon on March 16th. If these half marathons augur how the women will run on April 6th, at least three or four are likely to hang together through the first nine miles. **Fiona O'Keeffe** is the favorite to win the women's race, although her 2024 season had a worrisome low following a big high. The high was when she won last year's Olympic Trials Marathon with an event record 2:22:10 in her marathon debut (she had qualified with a fast-enough half marathon). Alas for O'Keeffe, pain in her left hip drove her to drop out of the Olympic Marathon. It wasn't until after the Olympics that a high-resolution MRI revealed a femoral stress fracture. The recovery took months. But according to *Run-*



A history of T-shirt designs

ner's World, by November she was running pain-free.

A combination of rest, cross-training, and regained confidence propelled O'Keeffe into 2nd place at this year's NYC Half Marathon with a time of 1:07:46—just four seconds off her personal best of 1:07:42 set in the 2022 Aramco Half Marathon. Her background at all distances is strong, starting with her win in last year's Trials. 2:22:10 is not spectacular, but it was a Trials record and her debut on a hot day; she left 2nd-place Emily Sisson 32 seconds back and 3rd place Dakotah Lindwurm almost three minutes back. Her running resume includes personal bests of half marathon in 1:07:42 (Houston 2022), 10 miles in 51:42 (St. Paul, 2022), 10,000m 30:52.77 (Walnut, CA, 2023), 10K road 32:24 (St. Elizabeth, ME, 2023), and 5000m 15:01.34(i) (Boston, indoors, 2023).

But any individual can have an off day, and some have exceptionally good days, as did **Emily Durgin**, who surpassed expectations winning the women's USATF Championship at Cherry Blossom in 2024 in a time of 51:26. That time was just four seconds off the national record for an all-women's race (the Cherry Blossom 10 Mile counts as an all-women's race for elites, who are given a 12 minute

head start before the elite men).

Durgin is not returning, but one of the runners who witnessed Durgin's 2024 run—from three places back—is one of this year's top seeds, **Annie Frisbie**. Frisbie was the 3rd American in the 2024 race and 5th overall, replicating her places in 2021, also when Cherry Blossom was the U.S. Championships. Frisbie finished in 52:26 in 2021 and 52:01 in 2024. Frisbie's season shifted into high gear for the rest of 2024: she won the Gary Bjorklund Half Marathon in 1:07:34, was runner-up in the Amway River Bank 25K (U.S. 25K Championships) in 1:22:37 (with a half marathon split of 1:09:10), 7th in the Mastercard New York Mini 10K in 31:49—a stride behind and with the same time as Emily Durgin—4th in the Faxon Law New Haven Road Race 20K (U.S. 20K Championships) in 1:07:19, and two other top-10 places. Earlier in the year, she finished 10th in the Olympic Marathon Trials in 2:27:56 and 4th in the Gate River 15K (U.S. 15K Championships) in 49:28.

A friendly but relentless rival to Frisbie on the roads is **Emma Grace Hurley**, returning to Cherry Blossom after finishing 4th in 2023 with a time of 52:41—a race where she towed the lead group

hard into the wind through the 9th mile. In 2024, Hurley raced against Frisbie five times: one place and 24 seconds behind Frisbie at Gate River in 49:52; three places and 22 seconds behind Frisbie in the New York Mini in 32:11; one place and .04 seconds ahead of Frisbie in the Grand Blue Mile in 4:37.55; three places and 26 seconds ahead of Frisbie in the Crazy 8s 8K (U.S. 8K Championships); and one place and 10 seconds behind Frisbie in the New Haven 20K.

While Hurley was *not* racing against Annie Frisbie in 2024, she was romping to 2nd place in the USATF Cross-Country Championships 10K (33:36), 3rd place in the Women's 6-K Festival (18:20); 3rd in the Falmouth 7 Mile (36:25); 3rd in the Great Cow Harbor 10K (U.S. 10K Championships) (32:05); and 3rd in the Abbott Dash to the Finish Line 5K in New York (U.S. 5K Championships)(15:31). In fact, Hurley was so prolific in U.S. races that she won the 2024 USATF Running Circuit on points, worth \$30,000—having finished eight of the 11 events in the circuit, with high marks.

Hurley began this year with a bang: 1:07:35 in the Publix Atlanta Half Marathon (U.S. Half Marathon Championships), good for 2nd place. Frisbie had an atypically lackluster 1:13:31 in Atlanta while coping with an injury, but as of March 26 Frisbie said she is back in fast racing shape. Five others entered in this



Never too late for encouragement – in the last half mile.



Runners cross the National Mall twice in Saturday's 5K race

year's Cherry Blossom 10 Mile ran in Atlanta. That six-strong group was topped by **Taylor Roe**, the winner in 1:07:22. After Roe came Hurley (13 seconds down), **Emily Venters** (5th in 1:09:03), **Aubrey Frentheway** (7th in 1:09:24), **Carrie Ellwood** (formerly Carrie Verdon, 8th in 1:09:36), **Sara Hall** (9th in 1:09:45), and **Molly Bookmyer** (14th in 1:11:22). All six will be contesting prize money in this year's Cherry Blossom.

As the youngest of the American elites at age 24, Taylor Roe deserves a close look. On March 29th, she flew through 10,000m in a PB 30:38.66. Most of her background is on the track. She placed 3rd in the 2024 NCAA Div I outdoor championships 10,000m in 32:17.45, and 2nd in the indoor 5000m (15.12.71).



There's never a lack of enthusiasm in the kids' run on Saturday

Was the 1:07:22 half marathon win in Atlanta—where she beat Emma Grace Hurley by 13 seconds—a fluke? Nay, because she finished 8th in the Aramco Half in 1:08:48. Those are the only long road races she has run, but they were both in the last three months. Expect the up-and-coming Roe to be near the front through nine miles and more. Emily Venters is another force to be reckoned with. On an upward trajectory at age 25, she edged Roe in the Aramco Half Marathon by less than a second (both timed in 1:08:48, 7th and 8th place), and came in 5th in the Atlanta Half, although 1:41 behind Roe. Venters zipped through 5000m in 14:58.71 (indoors) to place 4th at the David Hemery Invitational on February 15th in Boston. Last November, Venters took 2nd place in the Abbott Dash to the Finish line 5K in 15:25, with a six-second gap over 3rd-place Emma Grace Hurley, and 18 seconds over 8th-place Taylor Roe. Venters took 6th place in the Beach to Beacon 10K (32:36) in August. In October, she came in 3rd in the Boston 10K for Women (32:11). Ethiopian **Adane Anmaw** (or Adane Animew) should have no trouble staying with the top Americans long into the race. At age 21 she lacks experience, but

history tells us eyes have to be on any young East African showing up at Cherry Blossom. This year, Anmaw finished 6th in the Ras Al Khaimah Half Marathon in February, timed in 1:08:02, and in October of last year raced to 4th place in the Cardiff, Wales, Half Marathon in 1:07:47. She has a lifetime PB of 34-flat run at age 19 in the 2022 Addis Ababa 10K. **Susanna Sullivan**, running her 9th Cherry Blossom 10 Mile, can be expected to push the leaders. She won outright in 2022 in a daring solo break starting at Mile One that stuck for another nine miles. The rest of 2022 went well for her—3rd in Grandma's Marathon (2:26:56), 6th in the Boilermaker 15K (49:48), and 6th in the Bank of America Chicago Marathon (2:25:14). 2023 was similar, the high point being 8th in the USATF Cross-Country Championships 10K in 33:14. Fast forward to 2024, where she



2024 American champion Hillary Bor is once again a favorite

won the Philadelphia Distance Run Half Marathon in 1:09:42 in September (a PB), and followed up with a marathon PB of 2:21:56 in October, placing 7th in the Chicago Marathon. Earlier, she put 14 seconds between her and Emily Venters in the Beach to Beacon 10K, finishing 3rd in 32:22 to Venters 6th in 32:36. In 2025, she took 10th place in the Aramco Half, setting another PB of 1:08:59, and followed up with 9th place in the NYC Half Marathon in 1:09:25. Setting a marathon best once and a half-marathon best twice in the space of six months suggests that Sullivan, at age 34, has momen-

tum that could take her high in the 10 Mile standings this year.

Women's U.S. 10 Mile Championships

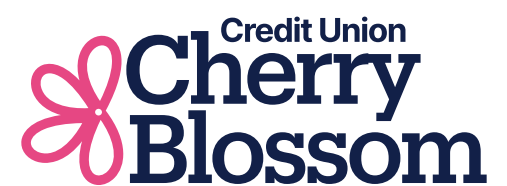
Since there is only one non-American (Ethiopian Adane Anmaw) among this year's top seeds, the cast for the U.S. Championships will look much like the cast named above.



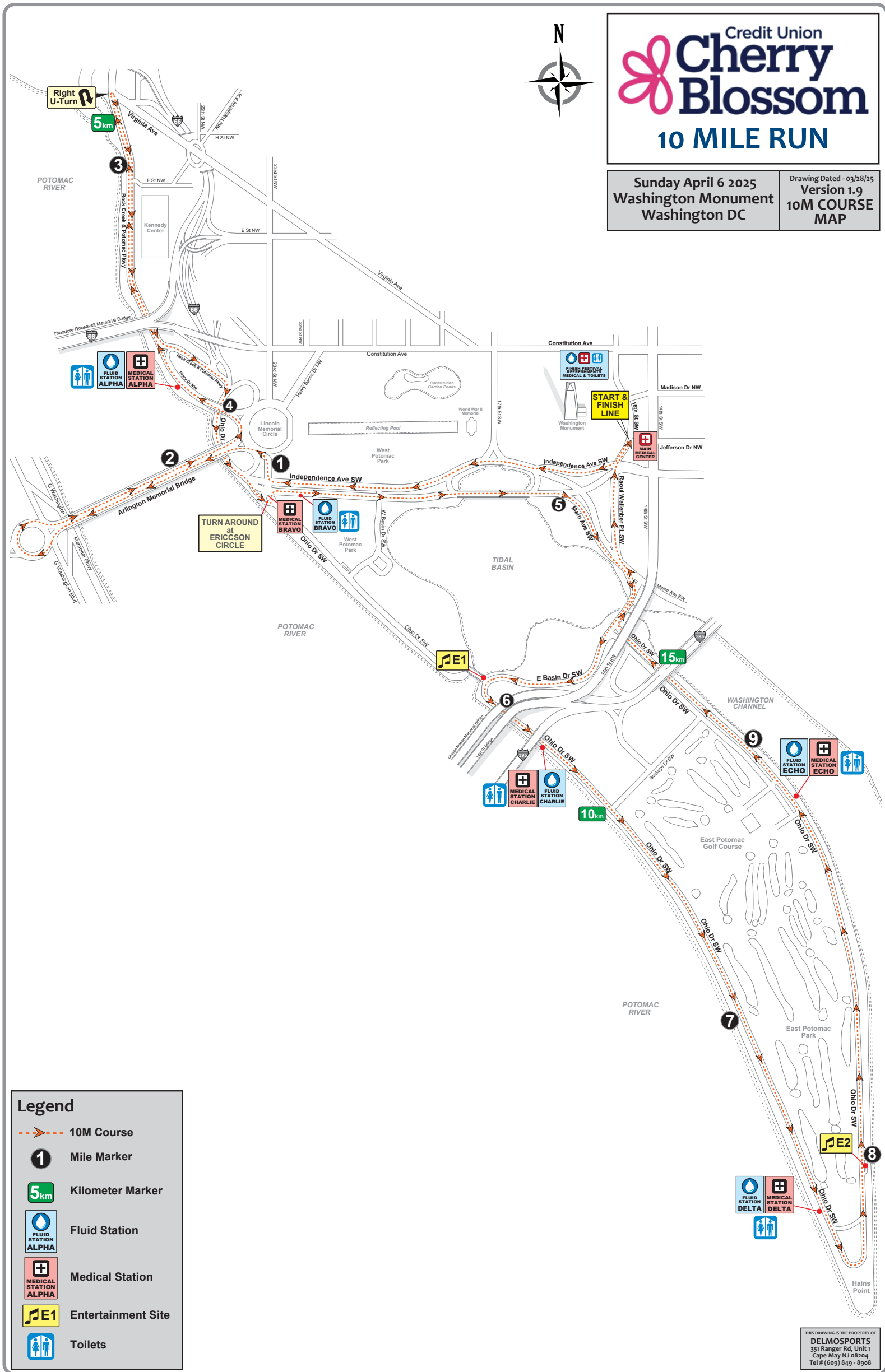
For most of the last mile, the Washington Monument is visible through the trees



The late Stumpy the cherry tree, having long withstood floods from the nearby Potomac River, is a symbol of resilience. The tree was inspiration for Stumpy the race mascot. See more about Stumpy on page 12.

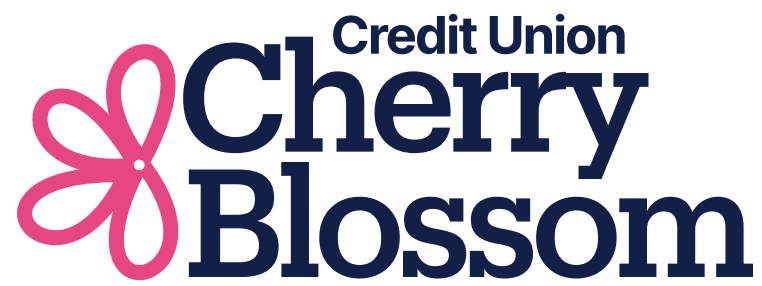
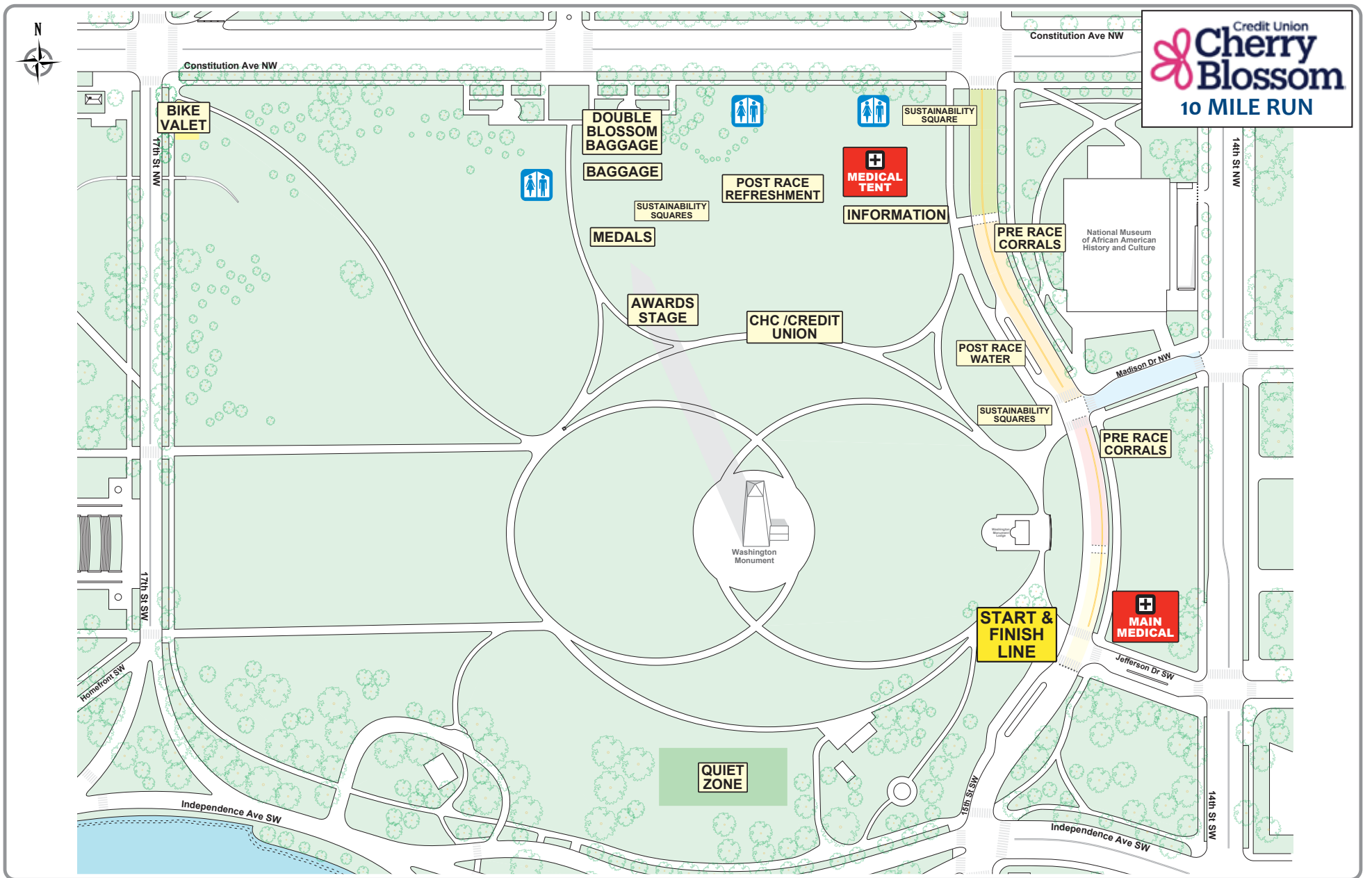


Course Maps



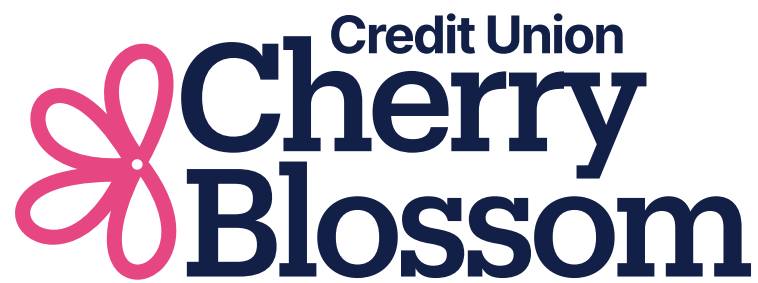
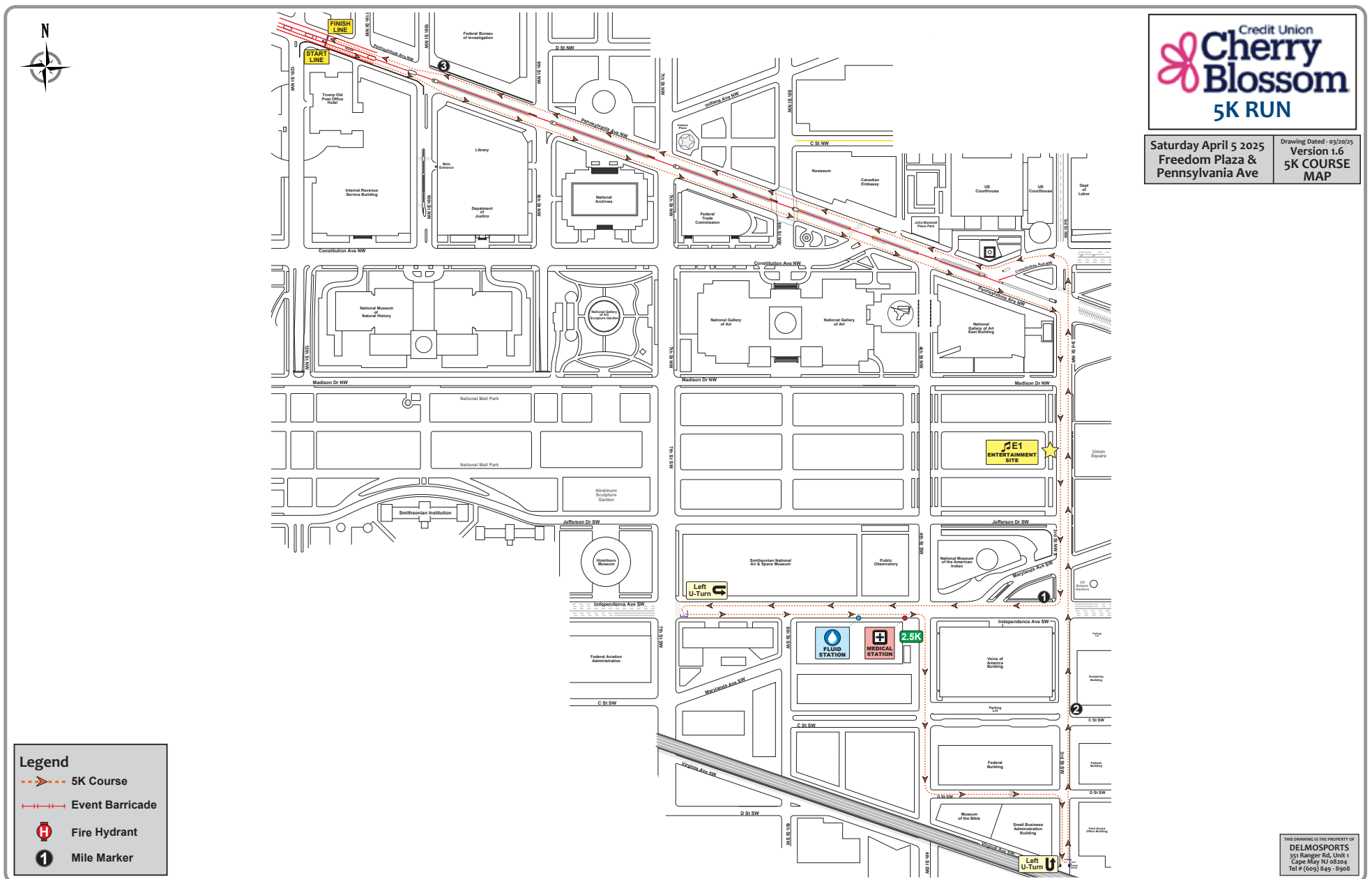
Course Maps

Credit Union Cherry Blossom 10 Mile Staging Area

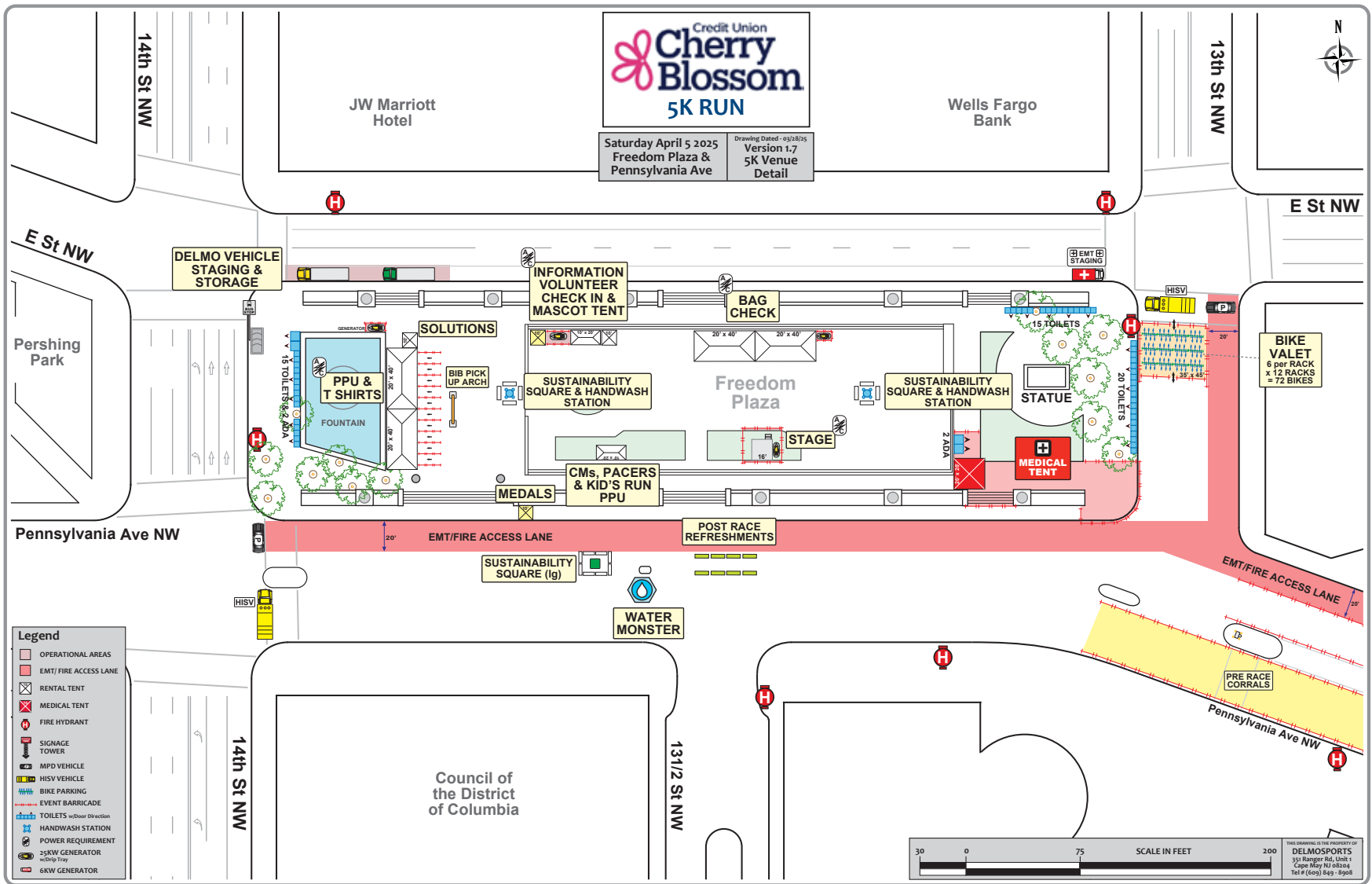


Course Maps

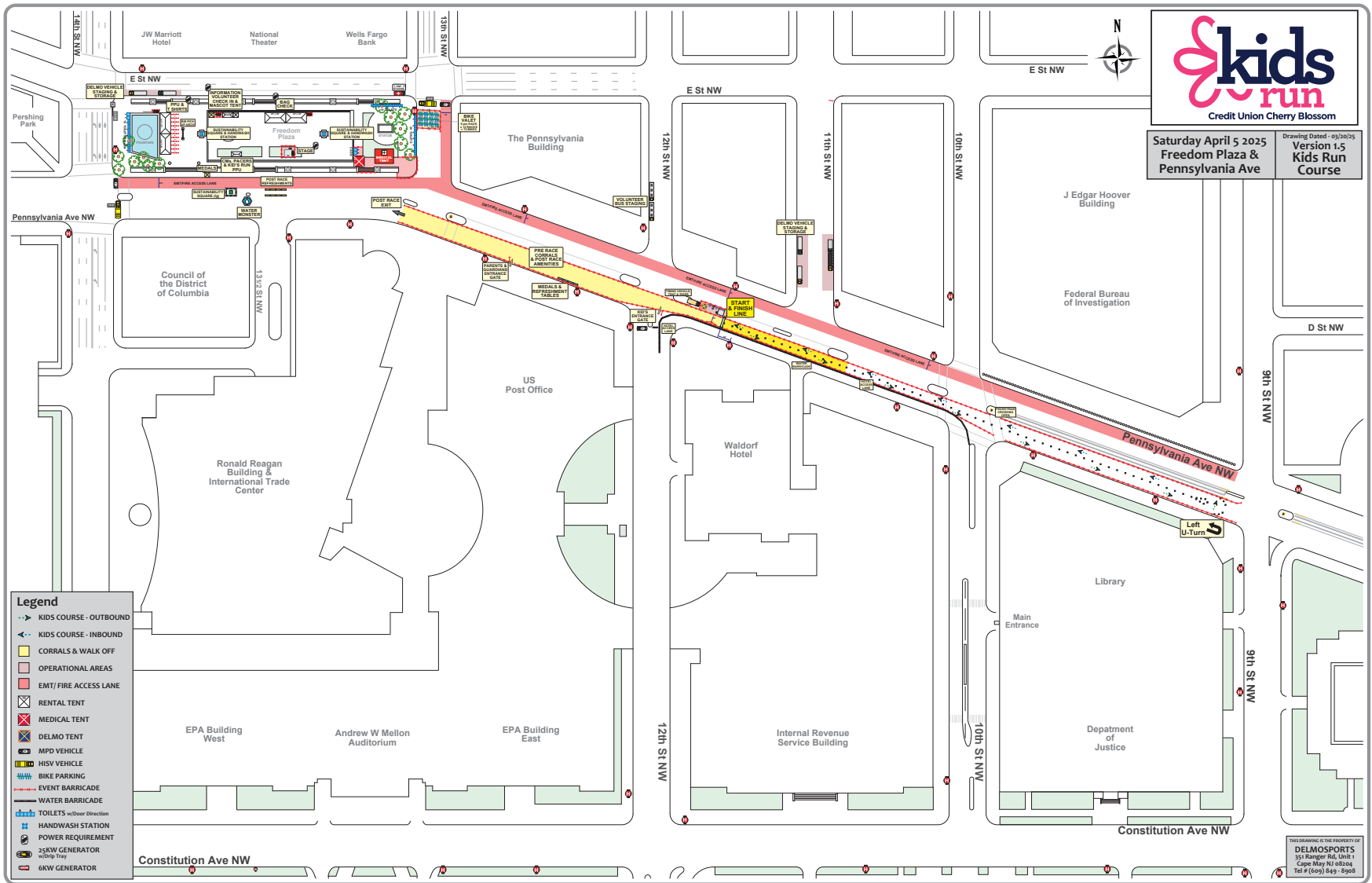
Credit Union Cherry Blossom 5K Course



Credit Union Cherry Blossom 5K Staging Area



Credit Union Cherry Blossom Kids Run Course



Event Director's Greeting

Spring is returning, Stumpy's offspring are growing at the National Arboretum and it is time for the 52nd running of the Credit Union Cherry Blossom 10 Mile, 5K and Double Blossom.

Just five months ago, we had a record number of nearly 29,000 runners apply through our 10 Mile lottery for a spot at the starting line. Our 5K closed out in the shortest amount of time ever (about three weeks). Since that time, we have been working hard to bring you our event which goes by two slogans – “The Runner's Rite of Spring” and one of “America's Classic Road Races”.

We pleased to be hosting – for the third year in a row – the USATF Men's and Women's 10 Mile Championships. It will be exciting to see so many top Americans mixing it up with our traditional international field. I would not be surprised to see Americans as the overall winners this year.

We take great pride that the event serves a most worthy cause as well — helping children receive World Class medical care through the Children's Miracle Network Hospitals. Since the Credit Unions became the title sponsor, the event has raised over \$11.5 million dollars for the Children's Miracle Network Hospitals. We will be announcing our 2025 fundraising total at the start of each race on Saturday and Sunday morning.

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, Programs Director Shannon Ross, the Cherry Blossom Inc. Board of Directors, the 90- member organizing committee and our 2,000 volunteers, like to welcome everyone to the Nation's Capital bursting with springtime.

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, our three presenting sponsors, Asics, the presenting sponsor of the 5K; Amazon, the presenting sponsor of the Kids Run; and Wegmans presenting sponsor of the Health and Fitness Expo; and all of our Supporting Sponsors who are shown on right. We would be unable to conduct these events without the full cooperation of the National Park Service; the United States Park Police; the District of Columbia Government, especially the Mayor's Special Events Task Group; and the Metropolitan Police Department.

Sincerely,
Phil Stewart
Event Director

• Sanctioned by •



Title Sponsor



Presenting Sponsors

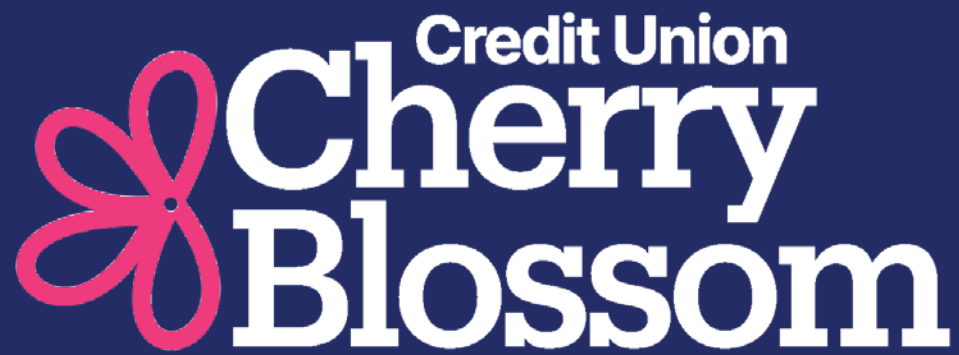


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Thanks for Making a **Difference with Us!**

The Credit Union Cherry Blossom 10 Mile & 5K Run effectively showcases credit unions' core belief that doing good in, and for, our communities improves the financial well-being of the people we serve.

Over 9,000 runners in this year's race are members of a credit union.

A very special THANK YOU to all the runners who generously donated over **\$90,000** to Children's Miracle Network Hospitals when registering for the Run this year! Your contributions are helping us raise funds so that millions of kids across the U.S. can have access to advanced and affordable healthcare through CMN Hospitals.

Since becoming the title sponsor in 2002, credit union sponsorship of this race has raised over

\$11.5 Million

for Children's Miracle Network Hospitals



**Children's
Miracle Network
Hospitals**

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Four Leaf FCU	Nebraska CU League
Commonwealth One FCU	NIH FCU
Community Financial CU	Northwest FCU
Congressional FCU	OAS FCU
DC Credit Union	PAHO/WHO FCU
Dept. of Commerce FCU	Patriot FCU
Educational Systems FCU	PenFed
EP FCU	Point Breeze FCU
Everwise CU	Seaport FCU
Fed Choice FCU	SecurityPlus FCU
First Financial FCU (New Mexico)	Signal Financial Foundation
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GoWest Credit Union Association	Spectra CU
GPO FC	State Department FCU
Howard Co. Education FCU	State Employees of NC
IBEW 26 FCU	The Summit FCU
Illinois Credit Union System	Tower FCU
IDB Global FCU	Transportation FCU
Interior FCU	US Postal Service FCU
Johns Hopkins FCU	U.S. Senate FCU
	Wepco FCU

Elite Athlete Bios

We have an exciting array of elite U.S. and international athletes competing in the 2025 Credit Union Cherry Blossom 10 Mile. Bios of the top athletes appear below:

Men

[Hillary Bor](#)

[Sam Chelanga](#)

[Drew Hunter](#)

[Patrick Dever](#)

[Shadrack Kipchirchir](#)

[Wesley Kiptoo](#)

[Joe Klecker](#)

[Leonard Korir](#)

[Marcelo Laguera](#)

[Peter Lynch](#)

[Biya Simbassa](#)

[Tsegay Tuemay](#)

[Additional Notable Athletes \(click here for all\)](#)

Cody Baele

Joey Berriatua

Tom Brady

Graham Crawford

Charles Hicks

Josh Izewski

Alex Maier

Daniel Mesfun

James Mwaura

Joel Reichow

Joseph Trojan

Hirotsugu Yoshikawa

Futsum Zienasellassie

Afewerki Zeru

Women

[Adane Anmaw](#)

[Asayech Ayichew](#)

[Carrie Verdon Ellwood](#)

[Annie Frisbie](#)

[Emma Grace Hurley](#)

[Fiona O’Keeffe](#)

[Taylor Roe](#)

[Nell Rojas](#)

[Susanna Sullivan](#)

[Emily Venters](#)

[Additional Notable Athletes \(click here for all\)](#)

Anne-Marie Blaney

Molly Bookmyer

Amy Davis-Green

Aubrey Frentheway

Jessa Hanson

Elena Hayday

Makena Morley

Danielle Polerecky

A Tale of Two Stumpys

On November 29, 2023, at the intersection of 19th and E Streets in Washington, DC, Tracy Fox was walking in a crosswalk when she was hit by a motorcoach that knocked her down and ran over her legs. This was the first of 58 consecutive days in three hospitals during which Tracy endured 10 surgeries in 30 days on her left leg. The “limb team” headed by Dr. Christopher Attinger at MedStar Georgetown University Hospital strove to keep Tracy’s foot and leg intact, but saving the leg would have meant more surgeries, skin grafts, and the possibility of lifelong antibiotics for Tracy,

up in Tracy’s room. Since Jo is Tracy’s middle name, “Stumpy Jo” emerged as a leading candidate.

Meanwhile, in parallel with Tracy’s accident and recovery in the winter of 2023-2024 came two developments in the evolution of the Credit Union Cherry Blossom 10 Mile & 5K. One was the recognition that a cherry tree near the race course, celebrated for its survival of years of flooding by the Potomac River at high tide, had potential as a race mascot. It already had a nickname fondly bestowed on the actual tree by its legions of fans as it gained popularity during the COVID-19 pandemic—“Stumpy.” Stumpy had become a kind of folk hero—the horticultural embodiment of an indomitable resilience, much like that of a dedicated long-distance runner. Creation of a race mascot with the name “Stumpy” was a no-brainer.

The second development—of which the race was unaware at the time of the mascot’s adoption—was the formation of a plan to restore a seawall by the National Park Service, requiring the elimination of 153 cherry trees along the river. One of the targets was

Stumpy. Stumpy, although his years were numbered, was to succumb not to the forces of Nature but to the hand of Man. (Nevertheless, human hands subsequently conferred a kind of immortality on the tree, by propagating five clones of Stumpy through cuttings taken before his demise.) Stumpy the tree happened to reside along the 10 Mile race course just before the six-mile mark (now a zone of constructing the seawall), a location having been passed by hundreds of thousands of runners in the race’s history. The 51st running of the race became a celebration of Stumpy’s tenacious spirit (the tree was removed a month after the race).

Stumpy the mascot became a celebrity in his own right, appearing along with the “real” Stumpy on national news shows and on the cover of *Washingtonian Magazine*. Despite Stumpy’s widening reputation, Tracy Fox was not aware of the parallels between her and a cherry tree near the Cherry Blossom 10 Mile race course—although a connection did exist through an avid runner, Sam Farnum, who happens to be married to Dr. Attinger’s daughter Thalia, one of the nurse practitioners who

attended to Tracy.

Race mascot Stumpy’s rise to national fame was not unnoticed by members of Dr. Attinger’s limb team, and talk of the similarity between the mascot of the Cherry Blossom 10 Mile to the newly named Stumpy Jo became more and more frequent. Without disclosing details of the contest, we can report that although “Stumpy Jo” did not receive a majority of votes, Tracy made the ultimate decision in its favor. No other “also ran” has received a greater tribute. If you talk to Tracy Fox today—the kind of person who, when given lemons, makes the proverbial lemonade—she makes light of her ordeal and gets a chuckle out of her stump’s name. She does not, however, make light of the fact that after participating in a Thanksgiving Day turkey trot last year, challenged by her sister who is an avid 5K runner, she vowed she would never do *that* again. But when her husband David and Thalia conspired to have Stumpy Jo meet Stumpy at this year’s Cherry Blossom 5K—who could resist the chance to join in an event that has helped to make a venerable Yoshino cherry tree into a (nearly) household name?—Tracy fell for the temptation.

She and David—he’s been the mainstay throughout her accident and recovery—are now entered in this year’s 5K, hoping to inspire anyone watching to live each day in gratitude, positivity, and the desire to make a difference. Tracy says we never know how many races we have left in this life so make each one count just like Stumpy and Stumpy Jo!



Photo: David Fox

Tracy Fox poses with the forever-young Stumpy the tree (left), and her forever companion Stumpy Jo (lower right).

so Tracy and her medical team made the decision to amputate her left leg below the knee. Amputation offered the best path forward so Tracy could return to her life in Southwest Florida. It was a decision soon reinforced when, on December 25, 2023, the infection became life-threatening.

Since everyone involved—multiple doctors and nurses along with Tracy’s family—thought to use humor to keep up their spirits, a contest ensued to name Tracy’s stump. A whiteboard with “Name the Stump” candidates and votes was put



Photo: David Fox

Tracy with members of D.C. Fire and Emergency Medical Services Engine 23, who rescued her from the accident that crushed her left leg. Captain Philip Stevens is second from right.