



51<sup>st</sup>

# ASICS FALMOUTH ROAD RACE

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DIGITAL PARTICIPANT'S GUIDE



SUNDAY, AUGUST 20, 2023

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## Falmouth Road Race, Inc. Mission Statement

Falmouth Road Race, Inc. is committed to supporting and promoting local organizations with specific focus on youth athletics and programming that promotes health and wellness. These efforts are realized by consistent community involvement and ongoing philanthropic endeavors including donations, scholarships, grants, and sponsorships. Its annual, internationally recognized 7-mile road race features an iconic seaside course enjoyed by elite and recreational runners since 1973.

# Welcome to the Falmouth Road Race!



Dear Participants, Sponsors, and Supporters,

On behalf of the Falmouth Road Race Committee, it is my utmost pleasure to welcome you to the 51st running of this iconic event. We gather here this weekend not only to celebrate our beloved race's history but also to express our gratitude to the numerous individuals and organizations that make this race possible year after year.

First and foremost, I want to extend a heartfelt thank you to ASICS, our title sponsor, whose unwavering support has been instrumental in ensuring the success of this event. Your generosity has enabled us to maintain the spirit of camaraderie and athleticism that the Falmouth Road Race is known for. ASICS and our many other incredible sponsors allow us to carry out our mission to give back. Your dedication to our community and commitment to promoting a healthy lifestyle are deeply appreciated.

I would also like to express our gratitude to the public safety officials and the town administration. Their dedication and hard work in planning and executing the logistics for this race have been invaluable. Their commitment to ensuring the safety and well-being of all participants and spectators is commendable, and we are grateful for their continuous efforts in making this event a secure and memorable one.

This year, we have the pleasure of welcoming new key members to our town's leadership team. Chief Jeffrey Lourie, our new police chief, brings with him a wealth of experience and a passion for community engagement. We are excited to work alongside Chief Lourie as we strive to uphold the highest standards of safety during the race and beyond. Additionally, we extend a warm welcome to our new Town Manager, Mike Renshaw. We are confident that his expertise and vision will contribute significantly to the growth and development of our town, ensuring an even brighter future for the Falmouth Road Race.

To my fellow board members, I want to express my sincere appreciation for your dedication and hard work. Your commitment to preserving the Falmouth Road Race's legacy and fostering its continued success is truly commendable. It is an honor to collaborate with each of you on this journey.

No event of this magnitude can run smoothly without the tireless efforts of our amazing operations team, **DMSE Sports**, and a legion of dedicated volunteers. Your hard work and passion for this race shine through, making it a world-class event that brings joy to thousands. Without you, none of this would be possible, and for that, we are deeply grateful.

Last but certainly not least, I want to extend a special thank you to our tremendous staff led by Jennifer Edwards our Executive Director and Megan Faulkner our Director of Sponsorships & Special Events. Year after year, your expertise, professionalism, and attention to detail have been invaluable. Your unwavering support and dedication to ensuring every aspect of the race and its ancillary events is flawlessly executed are nothing short of extraordinary.

The 51st running of the ASICS Falmouth Road Race represents not only a celebration of athleticism but also a testament to the power of community and collaboration. Together, we create an event that brings joy and inspiration to people from all walks of life and from all over the world. It is an honor to be a part of this incredible journey, and we look forward to many more years of success.

Thank you, once again, to everyone involved in making this event possible. Your contributions are deeply appreciated, and we are excited to witness the continued growth and success of the Falmouth Road Race.

With warm regards (just not too warm on race day),

Scott Ghelfi, President  
Falmouth Road Race, Inc.



# A Letter from ASICS



Welcome to the 2023 ASICS Falmouth Road Race!

On behalf of ASICS, it is an honor to welcome you to Falmouth, MA for the ASICS Falmouth Road Race Weekend.

The 2023 race marks ASICS' third year as the title sponsor of this iconic summer event. As a brand, we have supported athletes for over 70 years with a heritage steeped in innovation and performance running. Our ambition is to empower as many people as possible to experience the physical and mental benefits of movement through a "sound mind, sound body" approach to endurance.

As you make your way to the start line, we encourage you to reflect on the journey that got you here. Each training run has prepared you to embark on this 7 mile race, and to feel good at the finish line. Remember to absorb the energy of the race community around you, from fellow runners to spectators who are all invested in your success. Also, please remember to thank the volunteers and organizers out there who make this experience possible.

On behalf of ASICS, we wish you a great race and hope you enjoy the beautiful seaside course.

We look forward to welcoming you across the finish line!

Alex Vander Hoeven  
CEO, ASICS Apps  
ASICS Corporation



The Falmouth Road Race, Inc. Board of Directors and race management team want to thank the following for their contributions, so vital to the success of the race.



## Title Sponsor



FALMOUTH HOSPITAL



## What is the Race Benefactor Program?

Over the years, many have reached out to ask how they can support the race. As a result, we established the Race Benefactor program (previously called “Patrons & Benefactors”) where their direct contribution helps produce the event. For their donation, they receive race entries, official race shirts for their team, recognition and VIP treatment.

The individuals and organizations who have generously donated funds to Falmouth Road Race, Inc. as Race Benefactors through the years have contributed to the overall success of the race as well as Falmouth Road Race Inc.’s ability to give back to the community through its philanthropic endeavors.



If you are interested in becoming a Race Benefactor for the 2024 ASICS Falmouth Road Race, please check out website [here](#) for more information or email the race office: [info@falmouthroadrace.com](mailto:info@falmouthroadrace.com)

The Falmouth Road Race, Inc. Board of Directors and Staff would like to extend a warm **Thank You** to the following who have generously donated funds to this year's race:

## 2023 RACE BENEFACTORS

American Lung Association of Massachusetts  
Anonymous Benefactor  
Blue Star Families of New England  
Boggs / Oppenheim  
Cape Cod Theatre Project  
David Johnson Family  
Denis McDonald  
Dr. Margaret A. Fitzgerald  
Dream Day on Cape Cod  
Exclusive Escapes supporting St. Anthony Shrine  
Experience Camps  
Friends of Liz Hatch  
Glenn and Judy Bell  
Henry's Eagles  
Jim Hoben, El Pelon Taqueria  
K9 Kitt Foundation  
Lani and Dan Cathcart  
Laurie Melchionda Foundation  
Michael Stephen  
Michelle & Jeff Camuso  
MiraKind  
Miskovsky Landscaping, Inc.  
Molly and Cory Law in honor of Jake Jespersen

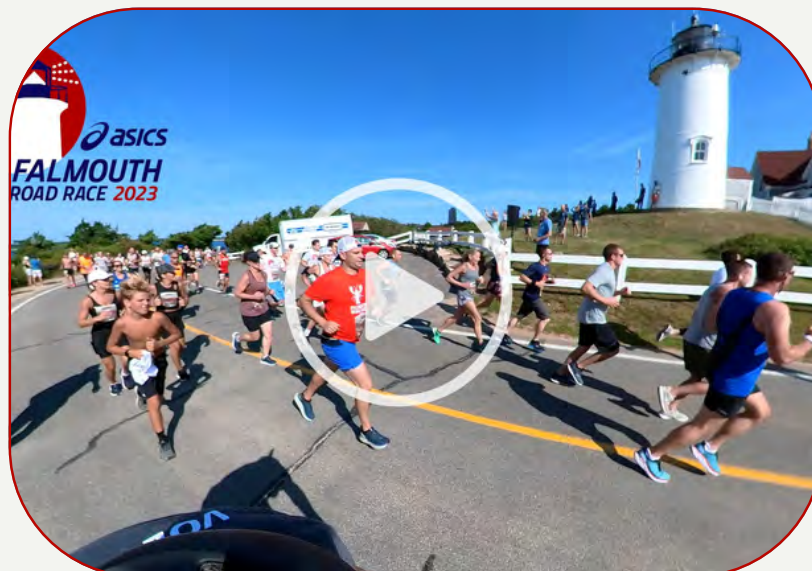
Natick Service Council  
New England Mechanical Contractors Association  
Old Colony Hospice  
Paul Magnus Foundation  
Peter Libby, MD  
Richard M. Schilder  
Rotary Club of Falmouth  
Sandy and Ann Davies Family  
Semper Fi & America's Fund  
South Shore Peer Recovery  
The George Family  
The Heyda Family  
The Kibby Fund  
The Lead Out Foundation  
The Powderly Family  
The Price Family and Friends  
The Robertson Family  
The Travis Family  
The Willie Fund  
Thompson Island Outward Bound Education Center  
Why Me & Sherry's House  
Woods Hole Oceanographic Institute  
YMCA of Greater Boston  
Z-TECH IT Solutions

# Course Map



Find our course map, including course elevation, mile markers, and locations of entertainment, transportation, portable restrooms, and medical and water stations below!

Follow the embedded links to find our interactive 2023 course map, as well as a course tour video.





## 2023 Notes to Runners

**Welcome Runners!** We are so excited to have you at the 51st ASICS Falmouth Road Race. Here are some important things you may want to know prior to race day!

### RUNNER SHUTTLE BUSES

Once again, Falmouth Public Safety and organizers of the ASICS Falmouth Road Race urge runners to use our bus service to access the Start Line in Woods Hole.

Our team has worked especially hard to improve our transportation plan to include an efficient and runner-friendly, 2-zone bus loading system at the **Lawrence School** on Lakeview Ave.

### YOU MUST BE ONSITE AT LAWRENCE BY 7:20AM

*\*If you are a charity runner or live locally and you RSVP'd for the drop-off only option, you must be onsite by 7:15AM\**

### LEAVE YOUR BAGS AT HOME

Runners in need of medical attention at the start will find a 10'x10' tent with several medical volunteers on the grass just behind the "Candle House" on Water St.

### PLEASE ASSIST US BY ARRIVING BEFORE 7:00 AM

Too many runners arriving after 7:00 AM leads to longer waits and lines for everyone.

### PER FALMOUTH PUBLIC SAFETY

You must arrive at Lawrence School - across the mat and on the field - **no later than 7:15 AM** to guarantee a ride to the start.

### PLAN EXTRA TIME FOR RACE-DAY TRAFFIC AND PARKING

If you arrive after 7:00 AM, you are not guaranteed a ride to the start. **Please** plan accordingly!

### START AREA

One of the unique experiences our runners have is the opportunity to stage in downtown Woods Hole while waiting to start their race. Woods Hole is a quaint, wonderful village surrounded by a harbor and Vineyard Sound, the body of water between Martha's Vineyard and Cape Cod. The views are beautiful and there is plenty of water available at several locations around the start area.

### MEDICAL STATION

Runners in need of medical attention at the start will find a 10'x10' pop-up tent with several medical volunteers on the grass just behind the "Candle House", the building on Water Street with a foundation made of large rocks.

There are over 200 portable restrooms scattered throughout Woods Hole. You are probably well aware of the row of restrooms in the parking lot near the harbor, but did you know there are also restrooms over by the Woods Hole Aquarium on Albatross Street? Often, there are no lines for those restrooms.

### PULSE START SYSTEM

Once again the race will utilize a "Pulse Start" system, which starts groups of 1,000 runners onto the course at a time with a two-minute interval between each pulse. Which pulse you start in is all up to you! The only exception are runners who requested (and sent in proof) to be seeded in either the elite start or the seeded corral - bib number assignments between 1 and 899. Elite men will start at 9:00 AM and seeded runners will start at 9:03 AM. **Please Note:** If you have not submitted proof for assignment to the seeded corral and were not assigned a number lower than 899, you will not have access to the front corral on race day.



# Race Day: What You Need to Know ...



## **FINISH AREA:**

This year, each runner will be given a bag for refreshments provided by our sponsors after they cross the finish line. These bags are for runners only but the traditional hot dogs provided by Kayem are located on the ballfield and available to all! The Friends & Family Meet-Up Zone located on the ballfield, is a great place to find your family and friends. Enjoy music by CapeCodRadio.com.

**PLEASE help us to keep Falmouth Heights clean!** As we strive to become a Zero Waste event, we ask for your cooperation. How can you help? Deposit your recyclables in the recycling bins on the way out of Falmouth Heights and bring any and all food, paper, and plastic waste to one of our Recycling Stations. A big thank you to Cavossa Disposal Corporation for partnering with us in this endeavor. Thanks in advance for making the extra effort to support us in this goal!

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## **OTHER RACE DAY INFO:**

### **RUNNER TRACKING & LIVE RESULTS:**

Encourage your family and friends to follow your progress through the [RTRT app](#), available in google play and the apple store. You will find a results tent on the ballfield as well.

### **AWARDS:**

Top Finishers will be presented with their awards at the finish line.

Top overall and top Falmouth resident age-group winners and course Cheer Contest awards will be presented with their awards in September upon verification.

### **BE SOCIAL:**

Be sure to share your race photos on Facebook and Instagram and tag [#FalmouthRoadRace](#) [#FRR51st](#)

### **ALERTS:**

Race Day alerts will be shared on our social sites and through our [RTRT app](#).

### **EXIT:**

To get back to downtown Falmouth and the Lawrence School area, exit the ballfield at the corner opposite to the finish line and walk by the harbor, taking a left on Main Street and beyond. There will be plenty of directional signage and volunteers on Race Day.

### **RESULTS:**

Your race bib will record your official time, but if you would like to time your run on your smartphone for immediate results and mile splits, please download the [ASICS Runkeeper app](#). A complete list of unofficial results will be available by 2:00 PM on Race Day on our website and on the [RTRTme app](#).

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*We hope your experience is a fun one, whether it's your first or your 51st. A huge thank you to ASICS, our title sponsor, and to all of our sponsors, vendors, and volunteers; and to our medical team, our organizing committee and each of our community partners as well!*



# Race Day: What You Need to Know ...



< **HEARTS** on the race bibs will help identify our Numbers for Nonprofits runners!

Charity runners who are going the extra mile and raising funds for charities in our **Numbers for Nonprofits program** will have a large red heart outline on their bibs. Be sure to thank them for their dedication and hard work in raising funds for some wonderful organizations. We have a special gift for our charity runners at the NFNP booth located in the Number Pick-up room. Be sure to get yours when you pick up your runner bib!

## THE COURSE:

Water, medical, and cheer stations are located along the course. Please reference our [Official Course Map](#) for details. Below is the course progression chart and the latest times that runners should reach a specific mile to stay within the time limit of our course. Runners falling behind this schedule may be asked by public safety officials to move to the side of the road.

## LOCATION

## MILE

## TIME

**START: Captain Kidd, Water St. in Woods Hole**

**9:30**

**158 CHURCH STREET**

**1**

**9:45**

**NOBSKA ROAD** down the hill

**2**

**10:00**

**OYSTER POND ROAD** after **BELLEVUE AVE.**

**3**

**10:15**

**SURF DRIVE** before **MILL ROAD**

**4**

**10:30**

**CLINTON AVE.** and **SHERIDAN AVE.**

**5**

**10:45**

**101 FALMOUTH HEIGHTS ROAD**

**6**

**11:00**

**FINISH: Grand Ave. & Central Park Ave.**

**7**

**11:15**

**NOTE: BASED ON APPROXIMATE TIME THAT LAST RUNNER CROSSES THE START LINE, AND A 16 MIN/MILE PACE TO FINISH.**

## BIKE VALET:

The ASICS Falmouth Road Race Bike Valet program will continue to operate at the intersection of Crescent and Grand Avenues, adjacent to the 10K mark on the course. There are limited spaces available and the program has closed each year because it has reached capacity. Buses for the program will start at 6:15 AM, with the last bus departing at 7:15 AM. Only registered runners, with a bike, a visible 2023 race bib, and who have pre-registered for the program, are eligible to board a bus at the Bike Valet location.

## WHERE TO PARK:

One of the most challenging questions the race gets asked each year is “Where do I park?” The best answer is: any municipal building/parking lot and/or business that is NOT open on Race Day. There is no single lot in Falmouth that can accommodate the vehicles of all the runners and spectators who participate in the race. Businesses that are open on Race Day have towed runners’ cars in the past, so please be respectful of private properties and businesses in town when you are parking your vehicle. Please note, per Falmouth Police Department, that there is **no parking on Worcester Court**, so please plan accordingly if you have parked in this area in the past

## RACE START TIMES

8:00 AM:	EARLY START <i>for Adaptive Athletes</i>
8:40 AM:	ELITE WHEELCHAIR START
8:50 AM:	ELITE WOMEN START
9:00 AM:	ELITE MEN START
9:03 AM:	SEEDED RUNNERS & DUOS START
9:05 AM:	OPEN FIELD START



 For a full guide to everything you will need to know on race day, check out our 2023 Race 101 PSA here!

## Race Day Closure Timeline: 2023

### Woods Hole (Starting Line Area)

- *Road Closures*
  - Water Street, School Street, Albatross Street, MBL Street, North Street, Millfield Street, and Quissett Avenue (between Millfield Street and Harbor Hill Road) will be closed to vehicle traffic at 5 AM until about 10 AM – there will be no access.
  - Woods Hole Road, between Harbor Hill Road and Water Street/Crane Street, will be closed from 5 AM until about 10 AM. (see below for ferry terminal access)
  - Quissett Avenue, between Harbor Hill Road and Quissett Harbor Road, will have limited access from 5 AM until about 10 AM.
  - Please also refer to the road closure maps below.
- *Other*
  - Woods Hole Ferry Terminal – Access to and from the Woods Hole Ferry Terminal will be limited until about 8 AM and closed completely until about 10 AM. All inbound vehicles will be stopped at Woods Hole Rd. & Harbor Hill Rd. to be screened. Vehicles without a Steamship Authority vehicle reservation will be denied access to the ferry terminal. Outbound ferry terminal traffic will be allowed until about 8 AM.
  - Woods Hole Dock Access – Private and commercial boats will be restricted from accessing the Eel Pond Bridge Dock on Water Street and the Commercial Fishing Dock on Albatross Street from 5 AM to 10 AM.

### Falmouth Heights (Finish Area)

- *Road Closures*
  - Grand Avenue will be closed from Walden Avenue to Worcester Court at 4 AM and reopen later in the afternoon (est. 2 PM).
  - Several streets in Falmouth Heights (see map below) will close at 5 AM and stay closed long enough for runners to clear the finish line, and for crews to properly clean up the area. Limited access to Falmouth Heights residences may be granted until the race starts–proof of residency will be required.
  - Please also refer to the road closure maps below.

### Falmouth (Race Route)

- *Road Closures*
  - All other roads along the race route leading from Woods Hole to Falmouth Heights will be closed to ALL vehicular traffic at approximately 8:15 AM and reopened soon after the last runner has passed.
  - Please also refer to the road closure maps below.

*NOTE: All planned closure times are subject to change per the Falmouth Police Department – to stay updated on any changes visit: <https://falmouthpolice.com/events/falmouth-road-race/>*

## What is the NFNP Program?

The official charity program of the ASICS Falmouth Road Race, Numbers for Nonprofits, was started in 2000. Since then, it has amassed to include over 300 different Massachusetts-based 501(c)3 organizations, with about 3,500 runners each year.

In 2022, for the 50th running of the ASICS Falmouth Road Race, the NFNP program brought in over \$6.5 million - the largest amount ever raised in the program.



## 2022's Youngest Charity Runners

During last year's race, four 10-year old charity runners, **Hazel Glynn**, **Alexi Romanowsky**, **Waylon Page**, and **James Benson**, raised a combined total of \$6,726! 10 is the age minimum for the race, and each of these four runners ran for incredibly inspiring reasons.

Both **Hazel** and **Alexi** ran for the William's Be Yourself Challenge charity, which honors William Shaw – a friend of theirs – following his passing.

**Waylon** has the rare bleeding disorder Qualitative Platelet Dysfunction, and ran for the New England Hemophilia Association. **James** ran for the Massachusetts Breast Cancer Coalition, in honor of his mother, Lindsay, who was diagnosed with breast cancer last year.



# Numbers for Nonprofits



## What is what3words?

Splitting the entire planet up into one meter long squares, **what3words** is an app that helps to ensure safety at large public events in case of emergency by providing as exact locations of users as possible. The Falmouth Road Race team has been using the what3words app since 2021.

## How Do You Use It?

Upon opening the what3words app, your location will be marked with a blue dot. Select the square the blue dot is inside, and then you'll be able to see your 3 words!

## Try It!

If you put in the directions to the Falmouth Road Race Finish Line, the what3words address is **login.sensing.position**. Select any of the navigation app options to find yourself at the finish!





## Honoring the Legendary Team Hoyt Duo

By Meg Treat

Many incredible athletes have taken on the ASICS Falmouth Road Race, but few are as inspiring as the late Dick and Rick Hoyt!

Born with cerebral palsy, Rick, a nonverbal quadriplegic, got on his computer and wrote, “Dad, can I run a race to help raise money for an injured college athlete?” Dick said the now-famous words to his son, “Yes, you can!”

After the race, Rick got back on his computer and wrote, “Dad, when we are running it feels like my disability disappears.” Dick and Rick became Team Hoyt.

Dick pushed Rick in over 1,100 races, including the Boston Marathon 32 times and the Ironman Triathlon 6 times. Team Hoyt utilized a wheelchair at first, then developed a running chair to facilitate their participation as a duo. Dick and Rick Hoyt held their longest road race streak at the ASICS Falmouth Road Race with a record 37 races completed.

Dick passed away in 2021, and Rick passed away this past May. Their memory lives on here in Falmouth, where they will forever be a part of our running community. The Hoyt legacy is carried on at the Falmouth Road Race by the duo teams who continue to participate and by the members of Team Hoyt who run to raise funds for their foundation.

For more information about Team Hoyt and The Hoyt Foundation, visit [www.teamhoyt.com](http://www.teamhoyt.com) and follow them on [Facebook](#) and [Instagram](#).



# In Memory of Rick and Dick Hoyt



In anticipation of the ASICS Falmouth Road Race, sponsor Cape Cod Coffee has released a special new roast that pays tribute to two of the most iconic participants in the famous road race. The Coffee for a Cause program has chosen The Hoyt Foundation, which was founded by the late Rick and Dick Hoyt. Runner's Roast is described as a mild coffee with notes of caramel, toffee and chocolate, and a percentage of every purchase will benefit The Hoyt Foundation. Runner's Roast will be available to purchase at Cape Cod Coffee in their Mashpee Commons, Wareham, and Route 130 locations, as well as online. This is one of a variety of ways they have been honored since their passings, most recently Rick in May of this year and Dick in 2021.

Dick and Rick Hoyt pioneered diversity, equity, and inclusion as one of the first duo teams, with Dick pushing his wheelchair-bound son with cerebral palsy down the half-marathon course. The duo competed in hundreds of races but held their longest road race streak at the Falmouth Road Race with a record 37 races completed.

**Find Heather Mayer Irvine's story on the Cape Cod Coffee's Runner's Roast [here!](#)**



## The 2023 Health & Fitness Expo!

**Location:** Falmouth High School, 874 Gifford Street Ext.

**Hours:** Thursday, August 17, 4:00 PM-7:00 PM

Friday, August 18, 12:00 PM-7:00 PM

Saturday, August 19, 10:00 AM-3:00 PM



### Events Program Schedule

#### Thursday, August 17

- 4:00 PM - 7:00 PM – Health & Fitness Expo and Number Pick-Up Hours
- 7 PM – Virtual Medical Symposium
  - Yuri Hosokawa, Ph.D, ATC, FACSM - "Gold standard of care: beat the heat from Falmouth to Tokyo"
  - DJ Cormier, MD - "Medical Care for the Para Athlete"
  - John Jardine, MD - "Falmouth Road Race Medical Overview"

#### Friday, August 18

- 12:00 PM - 7:00 PM – Health & Fitness Expo and Number Pick-Up Hours
- 12 PM-3 PM – Poster Artist Signing: Jane Fay Baker
- 4 PM – **26.2 to Life** film screening (FHS Auditorium)
- 4:30 PM - Fitz Koehler – Strength Talk
- 5 PM – B/Spoke Signature Yoga Class
- 6 PM – B/Spoke Signature Yoga Class
- 6:45 PM – Q&A Session
  - *Outside at the Falmouth High School Track*
- 7:00 PM – Falmouth Track Festival
  - *Including the Tommy Cochary High School Invitational Mile, the Elite Wheelchair Mile, and the Falmouth Elite Mile*



## Saturday, August 19

- 10:00 PM - 3:00 PM – Health & Fitness Expo and Number Pick-Up Hours
- 8:00 AM – SBLI Family Fun Run Registration
- 8:00 AM – Signature Yoga Class
- 9:00 AM – 21st annual SBLI Family Fun Run begins
- 10:00 AM – The Falmouth Walk at Town Hall Square
- 10:00 AM – Capella Yoga Studio Signature Yoga Class
- 11:00 – Q&A Session with elite Army runner
  - *Sam Chelanga (at capecodradio.com booth)*
- 12:00 PM – Capella Yoga Studio Signature Yoga Class
- 12:00 PM – Q&A Session with Elite Runners
  - *Hellen Obiri*
  - *Emily Sisson*
- 1:00 PM – Fitz Koehler: *Race Day Fails*



## Book & Poster Signings

**Martinus Evans**, author of the book 'Slow AF Run Club', will be signing books every day at the expo! You can also find him on Friday, August 18th, at 5:30 PM for a talk on ***Slow AF Run Club: The Ultimate Guide for Anyone Who Wants to Run***

**Paul Clerici**, author of 'A History of the Falmouth Road Race' and announcer **Toni Reavis** will both be at the 'FRR: A Running History' booth signing their books

And our 2023 **official poster designer Jane Fay Baker** will be signing posters  
Thursday August 17 from 4:30-7  
and on Friday between 12 PM and 3 PM.

For everything you need to know  
about our Health & Fitness Expo,  
find our Expo PSA here! 📌📌📌

## Falmouth Road Race Health & Fitness Expo

**Thursday, August 17 – 4 to 7PM**

**Friday, August 18 – 12PM to 7PM**

**Saturday, August 19 - 10AM to 3PM**

## Falmouth Track Festival (Mile Races)

👉 **New Day: Friday, August 18 at 7PM**

## SBLI Family Fun Run (Ages 2-12)

**Saturday, August 19 at 9AM**

**We all know how hot and humid the weather can be in August and if you've ever run the race, you know how much the weather can change from 6AM to 11AM! Once you come out of the woods and onto Surf Drive after Mile 3, that sun is *hot* so please take a minute and read the advice our Medical Committee has offered up for you to ensure you have the best and safest race possible!**

## FAQs

Our Medical Team will be stationed in various locations from the start in Woods Hole to the finish in Falmouth Heights.

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That coverage will be at the start in Woods Hole, at three medical stations along the course, a Mobile Medical Team working in between each course medical station, medical staff at the finish line, and of course in the Finish Line Medical Tent.

.....

All medical volunteers will be in royal blue T-shirts and will be wearing medical credentials.

.....

If you are not feeling well, we encourage you to slow down or stop and seek support from one of our many medical or general volunteers.

**If you would like to know more about staying hydrated on race day, check out this PSA!**

If you do require higher level medical care and an ambulance transport to Falmouth Hospital, you will be billed for that service.

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While many of our runners are under the age of 18, we do encourage you to participate with your child during the entire length of the course. Given some of our weather concerns, this is a highly recommended practice

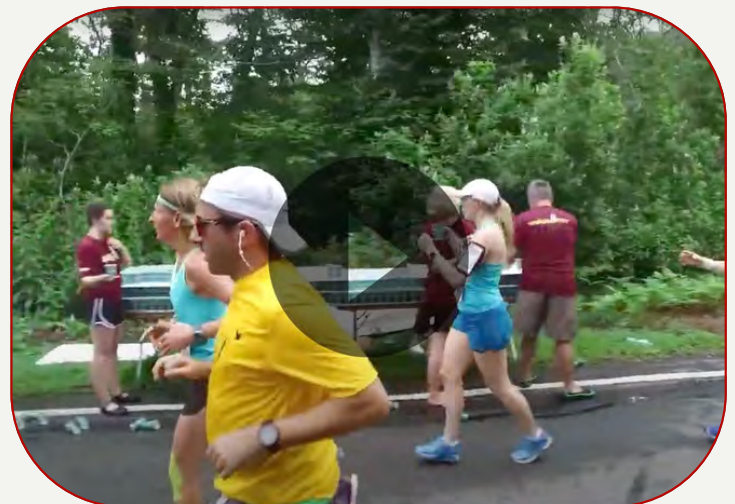
.....

There is no charge for any medical care provided on the course or at our Finish Line Medical Tents.

All runners will have received an invitation to provide their medical history into our 'Race Safe Program'. While we do not need your entire medical history, pertinent concerns that may impact our medical care should be listed. All of this information is only viewed by our Medical Director.

.....

We encourage you to follow the weather forecasts, specifically concerns regarding heat and humidity. Please see the outlined suggestions by our medical staff on how to run safely during a hot and/or humid day.



## Keys to Running During a Hot Day

*psst: don't skip this page!*

1. Reduce your normal race pace.... slow down! If the temperatures are warmer than normal perhaps it is not the time to worry about personal best or running at a pace faster than your training. Run at a slower pace, walk if you are feeling too warm, and seek medical attention if you are feeling the effects of heat illness.
2. Listen to your body! Keep in mind that the harder you work/run the more heat your body will produce! If you are starting to feel the effects of the heat, slow down, stop if needed and rest.
3. Recognize the signs and symptoms of heat illness. The general warning signs include headache, muscle cramps, nausea, vomiting, fainting, or loss of coordination.
4. Recognize early warning signs of dehydration. (Dark yellow urine, loss of energy, dizziness, loss of coordination, muscle cramps, and headaches are all common warnings)
5. Rehydrate as needed. How much you drink depends on your size and how hot it is during the race. A normal rule of thumb is to drink six to eight ounces of fluid (water or sports drink) every 15 minutes of exercise in the heat. By weighing in before and after a workout, you can determine exactly how much fluid is lost during your run. Remember – a pint of fluid will replace one pound of weight loss during exercise. On a very hot day, you can increase your fluid intake as much as 25% from this formula.
6. If you have a heart or respiratory condition, or you are on any medications, consult your doctor about running in the heat. Here again, know your body and its limitations.
7. If you have a history of heatstroke or heat-induced illness, run with extreme caution.
8. If you had the COVID virus in the past and are still experiencing fatigue and other post-COVID symptoms, you really need to evaluate your pace in this type of climate.
9. Drink your fluids – pouring water over your head will feel great, but it does nothing to reduce your body temperature or prevent heat illness.
10. Wear light-colored clothing, wear a hat, use a sun visor to protect your face from the sun. Use sunscreen to protect your skin.
11. Avoid drinking coffee or any drinks with caffeine prior to the race.
12. Get a good night's sleep the night before the race. Our studies have shown that lack of sleep is a risk factor for heat illness.

**For more information on the impact of heat on race day, check out the PSA below!**



## The Rewards of Being A Falmouth Road Race Host Family

By Olivia dePunte

### The Sterns' Story:

When Lew and Jean Stern picked up Silas Kiplagat from the expo, they were delighted to experience their town through fresh eyes. From the endless ocean views to the lobster dishes, "Everything was new to him."

After first arriving in Falmouth, he posed with arms open wide in front of the ocean to snap a picture for his family back home. Kiplagat supports his family and 10 people from his village back in Kenya with his running career. From sharing in his story, the Sterns agree the best part of opening their home to elite runners is, "You learn so much from having different people from different experiences in your home."

The Sterns have been hosting elites since 2017 – including women from New York and Arizona and two women out of NYC, one from the U.S. and the other from Ireland. It's been "extremely rewarding and educational" to meet people from all different walks (or in this case, runs!) of life.

They've been a part of the race long before being a host family, since Jean works in the medical tent and Lew has been slinging hot dogs at the expo for years. They both emphasized, "the more you get involved with the race the more fun it is."

### Laura Jones' Story:

Laura Jones also started hosting around the same time, in a spur of the moment decision after receiving a Falmouth Running Club email. "I, of course, had just gotten a new puppy and had an old dog and didn't have a whole bathroom finished. So for some reason, I decided that was a perfect time to have a professional runner in my home."

Biya Simbassa didn't mind – he settled right in on her couch with the dogs as if he'd lived there for years. And after that first race, he has come back year after year to stay with Jones and her dogs. "I asked him why he picked this race and he said it was for the reputation it has in the running community," said Jones. "So I think he came in with a really super positive, excited attitude about the race. I came in with the same and then we just sort of connected and chatted about running life, politics, living in a beautiful place and all that kind of stuff."

This year, he'll be back for an extra couple days after the race for some more time to enjoy the beaches. He has no fear when it comes to experiencing "Cape Cod Summer" – from the outdoor showers to the lobsters. Jones laughed, "He had the guts to try lobster for the first time on the Friday before his race the first year."

Their routine goes something like a Friday pick-up from the high school, and a Saturday devoted to rest, where he'll let her join in on a warm up run, a big carb dinner, and early to bed. Then the big day Sunday starts early, when she drives him to the buses in the morning and wishes him luck. "The first year I tried to ride my bike too so I could see him at different places on the race course," said Jones. "I saw him at mile four and then rode my bike as fast as I could to get to the finish, and he still almost finished before me. So now I just go to finish."

This race she'll be at the finish line rooting for him to take first. "Hopefully he'll take Ben Flanagan this year. No offense, Ben, you're a delightful person, too, but let's see."

Laura Jones alongside Biya Simbassa





## The Rewards of Being A Falmouth Road Race Host Family

By Olivia dePunte

### The Serbuns' Story:

Dave and Nancy Serbun have also felt more deeply invested in the race since becoming a host family 11 years ago – but prefer to enjoy race day from the comfort of their air conditioned home. Due to Nancy's condition, their spacious and sun-lit home is also 100% accessible for the wheelchair athletes they host.

Dave agrees with the other host families: "The best part is the people we've met and I know first hand that everyone who has stayed with us has appreciated it." They've related to racers from a variety of backgrounds, but "Everybody in a chair is not there for the same reason."

Their first guest was 20-year-old Jill Moore – a two-time winner of the wheelchair division with Spina Bifida. Moore was good friends with Brett Gravett, a soccer player at Penn State who had a skiing accident the winter break before the race and ended up in a chair. Six months later he was racing.

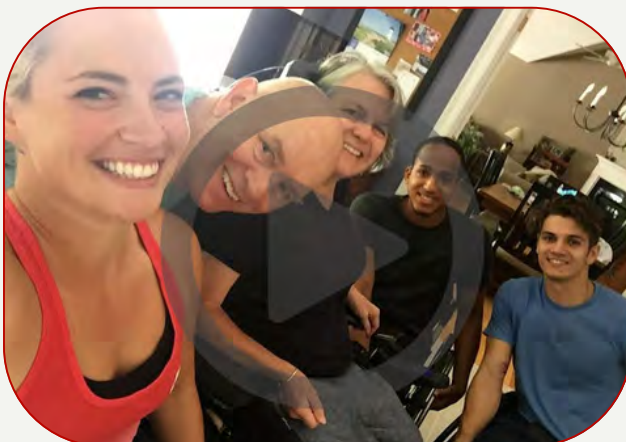
After Moore won that year, she didn't come home. "We were like parents waiting up for them, then around 1AM we got a text from Jill. She's out at Liam McGuire's with Brett 'partying with the Keny we got a text from Jill. She's out at Liam McGuire's with Brett 'partying with the Kenyans.' "ans.' "

"We've made a lifelong friend. She even said, 'I don't care if you host other people, I'll stay on your deck.' " That was also the year they met Jeff Bauman, the Boston Marathon victim made famous by the photo with his cowboy-hat wearing savior. He lost both his legs in April and came to the Road Race in August as the starter.

After that, Gary and Lisa Brendel have claimed their home for the past seven or eight years. Gary was born with brittle bone disease and despite being in his 60s now, he's always been a strong competitor.

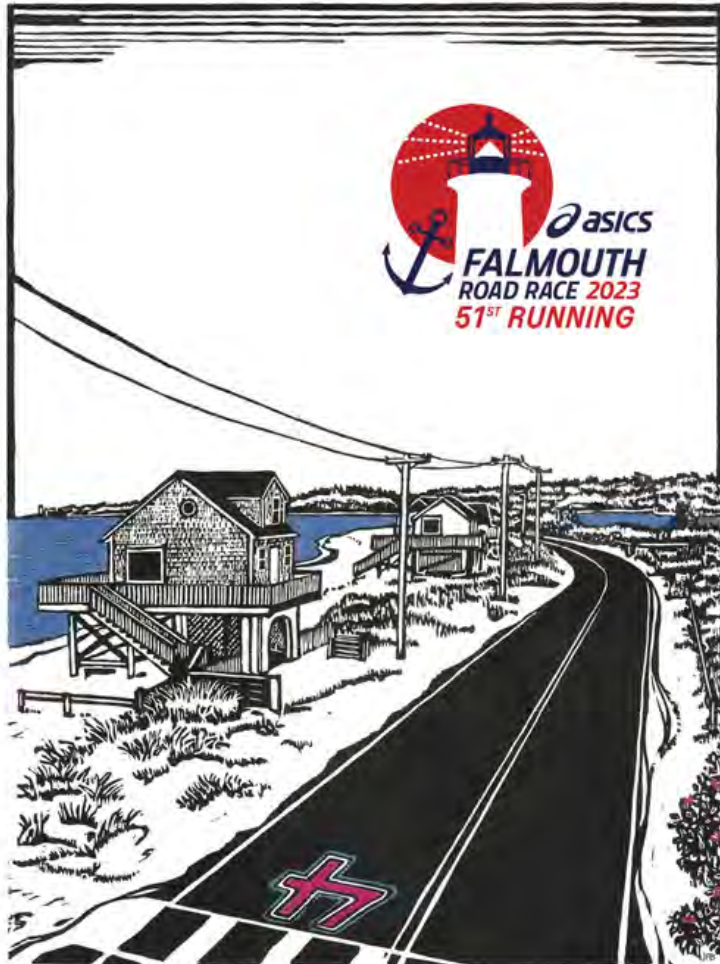
Gary's race weekend routine looks the same as any other elites'; he comes back from the race Sunday to watch the recap that the Brendels' tape and inhale their leftovers from dinner the night before. Dave laughs every time he thinks of that post-race tradition: "It's the highlight of our summer, we will keep hosting the Brendel's as long as they'll have us."

Nancy agrees, "They're just normal people, he's really an inspiration that way." The wheelchair athletes have their own community – and the energy is palpable. "When you see the wheelchair racers all in one place you can just feel the cumulative energy - they all know each other, they're all happy to see each other, it's like a family."



### The Falmouth Road Race Newsletter: "The TL Times":

If you would like to sign up to receive the TL Times newsletter, which covers more interesting and inspiring stories from the road race community, you can find the weekly newsletter [here!](#)



August 20, 2023

**Falmouth High School art teacher Jane Fay Baker was commissioned to design the 2023 ASICS Falmouth Road Race official poster.**

**It's our first-ever woodblock-printed poster.**

**Click on the poster design to find the time-lapse video of Jane's artistic process!**

**Want your poster signed by the artist?**

**You can find Jane Fay Baker at the Falmouth Road Race Health & Fitness Expo on:**

- **Thursday, August 17th from 4:30 PM – 7 PM**
- **Friday, August 18th from 12:00 PM – 3:00 PM**

## Annette and Joe Messina Are Awarded “Volunteers of the Year” for their Decade of Service to the Race

By Olivia dePunte

For Annette and Joe Messina, Road Race weekend starts Thursday with a shift at the expo handing out bib numbers. This continues into Friday, then their Saturday starts with the Falmouth Walk, and on Sunday, they're posted at the info booth from 6:30 a.m. until the final finishers find their way home. This has been their race weekend routine for the last 10 or so years.

Their many, many years of hard work and dedication are being rewarded with the Carroll Service Award, in honor of former co-directors John and Lucia Carroll. Is it hard work? “No, it’s just fun,” laughed Annette.

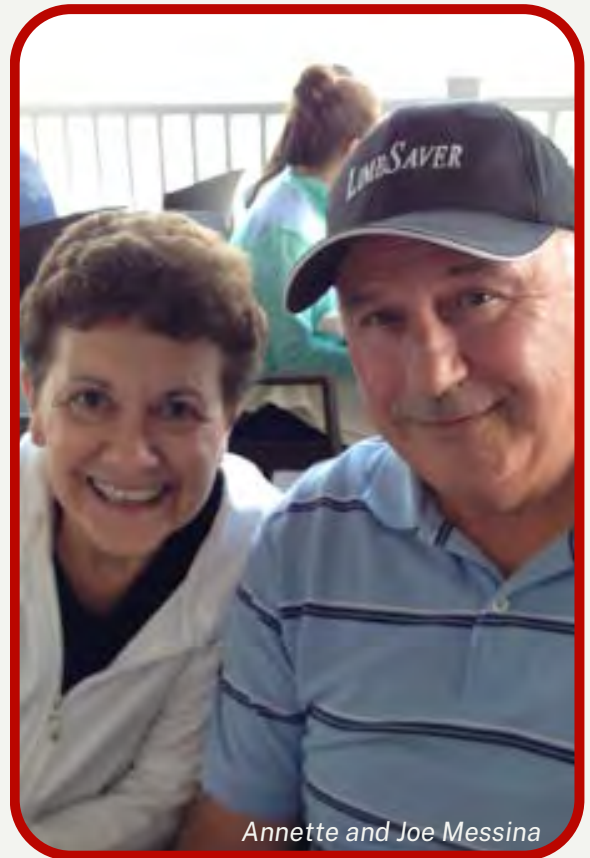
A decade ago, her husband and two daughters would run the race while she'd watch. Sitting idle is not in her nature, so when she saw that volunteers were needed she jumped at the chance to get more involved. Annette was positioned at the info booth at the ballfield that very first year, and has come back to the booth every year since.

Her husband, Joe, now helps out at the booth with her. They set up early in the morning with a spread of coffee and donuts for other volunteers before the masses come. By the time the first thousand racers mount that last hill, the donuts are nothing but powdered dust and they are set up and ready to help whoever comes their way.

Their booth doubles as the lost-and-found, accumulating everything from eyeglass lenses to driver's licenses. Reuniting the items with their owners is rewarding because “it just makes everybody happy.” A few years into managing the booth, Annette even started bringing envelopes in from home to keep the licenses safe.

The booth collects not only items, but lost-and-found people. She takes in anyone looking a little lost, pointing them in the right direction or sharing the cell phone they keep on hand to connect them with family or friends. Every year, they stay as long as it takes until everyone has been sent on their way with a smile, a bottle of water, and an excellent ballfield exit strategy.

“We work as a team,” said Messina. “It’s the people we work with and the people we meet that keep us coming back.”



Annette and Joe Messina

# Falmouth Road Race: A Running History



At this year's Health & Fitness Expo, the history booth features a very special booth called 'FRR: a Running History' commemorating the past 50 years of the race, decade by decade.

Here are some pictures and fun facts from the past decades, 1973 to 2023!

## 1973



The iconic 1973 Falmouth Road Race is rich with stories and memorable moments - but, did you know that first winner Dave Duba and friend John Schultz traveled to Falmouth from Michigan in an old milk truck!

*Dave Duba and John Schultz posing in front of the milk truck in 1973. The duo made the trip back to Falmouth to help us celebrate the 50th running of the race!*

## 1983



*1983 Falmouth Road Race start line*

## 1993

1993 was the year a rumor suggesting President Bill Clinton would be running the Falmouth Road Race swept the shores of the Cape. Clinton did not take up the challenge, but members of the White House Staff did participate in the race!

# Falmouth Road Race: A Running History



2003

2003 Falmouth Road Race wheelchair finisher

Marcie and Paul on their wedding day In Woods Hole before the race



2013

At the start line of the 41st Falmouth Road Race, Marcie Butler and Paul DiLorenzo held their wedding. The two then ran the 7-mile race!

Wishing Marcie and Paul a very happy 10-year anniversary!

2023

This summer, the Falmouth Road Race Board of Directors allocated \$100,000 in grants to local organizations. Additionally, recent Falmouth Academy graduate Bianca Greco was awarded a \$10,000 'Impact' scholarship.

There is an anticipated race turn out of 10,000 runners, and the Falmouth Road Race At-Home Edition continues to attract runners. This year also saw the annual race magazine going digital, as well as the creation of a FRR, Inc. newsletter: the 'TL Times'



Bianca Greco receiving her scholarship from FRR, Inc. Board Members this June

## The Start of It All

On a rainy, cold day in August 1973, **Tommy Leonard's** great idea came to fruition. A runner himself, Tommy saw the 7 mile route from the Captain Kidd in Woods Hole to the Brother's 4 club in the Falmouth Heights.

51 years later, the Falmouth Road Race has amassed 12,800 runners in its largest capacity year, and will see 10,000 runners cross the finish line this August. Olympians, world record holders, paralympians, all come to Falmouth for both its prestige and beautiful landscapes, a road race now considered among the best in the world.

Tommy passed away in 2019 a beloved member of the community, both within Falmouth and beyond.



## Fifty Races Done, Next is Fifty-One

**Brian Salzberg** and **Tom Brannelly** are the only two people who have completed every single Falmouth Road Race since its inception in 1973. A member of the original group of 'streakers' – known as The Falmouth Five until 2018, Brian has been an avid runner since the 1960s. He has been a professor of Neuroscience and Physiology at the University of Pennsylvania since 1975, and will run the 51st ASICS Falmouth Road Race this August!

*Members of the original Falmouth Five: Brian Salzberg, Tom Brannelly, Mike Bennett, Don Delinks, Ron Pokraka.*



*Salzberg sporting his 50th finisher medal. Pictured alongside FRR, Inc. Executive Director, Jennifer Edwards*

# The FRR Office Has a New Ride



***Pictured above L-R: Scott Ghelfi, Julene Augusta, Travis Watson, Lynnette Arruda (Penske), Megan Faulkner, Jennifer Edwards, Eric Ferraz (Penske), Carl Cavossa, Donna Tocci, and Bob Antonucci***

This year, the board of directors welcomed two new members to the board room: Jason Cullinane and Travis Watson.

At its annual retreat In January, FRR took ownership of a brand new cargo van, donated by *PENSKE*, a longtime sponsor of the race.

To show our gratitude, we made them a part of our 2023 commemorative runner shopper bag!



# Defending Wheelchair Champions Return in 2023



*Scaroni and Romanchuk accepting their Top Finisher awards at the 50th ASICS Falmouth Road Race*

## Breaking Records

In 2019, Daniel Romanchuk set the Falmouth Road Race wheelchair record, finishing the 7 miles in 21:58.

Last year, during her very first Falmouth, Susannah Scaroni was able to set the course's women's wheelchair race record with a time of 25:30.

Susannah and Daniel will both return for this year's race to defend their records!



# Past Top Finishers



## 2022 RESULTS - MEN

1. Ben Flanagan	Canada	32:25
2. Biya Simbassa	Flagstaff, AZ	32:32
3. David Bett	Kenya	32:39
4. Leonard Korir	Colorado Springs, CO	32:50
5. Wesley Kiptoo	Kenya	32:51
6. Sam Chelanga	Colorado Springs, CO	32:53
7. Alex Masai	Flagstaff, AZ	32:55
8. Pat Tiernan	Australia	32:59
9. Athanas Kioko	Kenya	33:04
10. Colin Bennie	San Francisco, CA	33:04

## 2022 RESULTS - WOMEN

1. Keira D'Amato	Midlothian, VA	36:14
2. Edna Kiplagat	Longmont, CO	36:28
3. Marielle Hall	Providence, RI	36:44
4. Ednah Kurgat	Colorado Springs, CO	36:49
5. Biruktayit Eshetu Degefa	Ethiopia	36:53
6. Sarah Inglis	Great Britain	37:05
7. Makena Morley	Bozeman, MN	37:12
8. Elaina Tabb	Pittsburgh, PA	37:27
9. Laura Thweatt	Superior, CO	37:30
10. Tristin van Ord	Blowing Rock, NC	37:34

## 2022 RESULTS WHEELCHAIR - MEN

1. Daniel Romanchuk	Champaign, IL	22:02
2. Hermin Garic	Utica, NY	25:30
3. Alexandre Dupont	Canada	25:30

## 2022 RESULTS WHEELCHAIR- WOMEN

1. Susannah Scaroni	Urbana, IL	25:30
2. Tatyana McFadden	Clarksville, MD	30:05
3. Yen Hoang	Vancouver, WA	30:05

## 2021 RESULTS - MEN

1. Ben Flanagan	Canada	32:16
2. Biya Simbassa	Flagstaff, AZ	32:19
3. Emmanuel Bor	Colorado Springs, CO	32:21
4. Frank Lara	Westminster, CO	32:22
5. Colin Bennie	Charlottesville, VA	32:25
6. Fred Huxham	Ross, CA	32:32
7. John Raneri	Flagstaff, AZ	32:35
8. Parker Stinson	Boulder, CO	32:37
9. Clayton Young	Provo, UT	32:39
10. Scott Fauble	Flagstaff, AZ	32:40

## 2021 RESULTS - WOMEN

1. Edna Kiplagat	Kenya	36:52
2. Emily Durgin	Flagstaff, AZ	37:19
3. Fiona O'Keefe	Chapel Hill, NC	37:20
4. Makena Morley	Bozeman, MT	37:22
5. Diane Nukuri	Burundi	37:35
6. Aisling Cuffe	Concord, MA	37:40
7. Taylor Werner	Chapel Hill, NC	37:53
8. Iveen Chepkemai	Kenya	38:09
9. Susanna Sullivan	Reston, VA	38:28
10. Jaci Smith	Colorado Springs, CO	38:38

## 2021 RESULTS WHEELCHAIR - MEN

1. Hermin Garic	Utica, NY	25:24
2. James Senbeta	Chicago, IL	27:18
3. Fidel Aguilar	Mexico	29:03

## 2021 RESULTS WHEELCHAIR- WOMEN

1. Emelia Perry	Philadelphia, PA	37:59
2. Michelle Wheeler	Boalsburg, PA	41:52
3. Emilie Searle	Cortland, NY	46:18

## 2019 RESULTS - MEN

1. Leonard Korir	Colorado Springs, CO	32:11
2. Stephen Sambu	Kenya	32:29
3. Edward Cheserek	Kenya	32:30
4. Mason Ferlic	Ann Arbor, MI	32:54
5. David Bett	Kenya	32:57
6. Noah Drodzdy	Boulder, CO	33:01
7. Clayton Young	Provo, UT	33:09
8. Riley Masters	Boulder, CO	33:14
9. Colin Bennie	Charlottesville, VA	33:15
10. Jacob Thomson	Boston, MA	33:19

## 2019 RESULTS - WOMEN

1. Sharon Lokedi	Kenya	36:29
2. Sara Hall	Flagstaff, AZ	36:34
3. Margaret Wangari	Kenya	36:43
4. Tish Jones	Great Britain	37:43
5. Becky Wade	Boulder, CO	37:44
6. Hannah Everson	Colorado Springs, CO	37:49
7. Abbie McNulty	Charlottesville, VA	38:18
8. Nell Rojas	Boulder, CO	38:26
9. Des Linden	Charlevoix, MI	38:33
10. Katie Newton	Belmont, MA	38:38

## 2019 RESULTS WHEELCHAIR- MEN

1. Daniel Romanchuk	Urbana, IL	21:58
2. Alexandre Dupont	Canada	25:06
3. Herman Garic	Utica, NY	25:28

## 2019 RESULTS WHEELCHAIR- WOMEN

1. Tatyana McFadden	Clarksville, MD	26:15
2. Katrina Gerhard	Ashburnham, MA	28:06
3. Cheri Blauwet	Wellesley, MA	44:12

## 2018 RESULTS - MEN

1. Ben Flanagan	Canada	32:21
2. Scott Fauble	Flagstaff, AZ	32:23
3. Leonard Korir	Colorado Springs, CO	32:28
4. Stephen Sambu	Kenya	32:32
5. Martin Hehir	Philadelphia, PA	32:38
6. Haron Lagat	Colorado Springs, CO	32:43
7. Colin Bennie	Worcester, MA	32:49
8. Tim Ritchie	Amherst, MA	32:50
9. Andrew Colley	Blowing Rock, NC	32:53
10. Ross Millington	Great Britain	32:56

## 2018 RESULTS - WOMEN

1. Caroline Chepkoech	Kenya	35:48
2. Margaret Wangari	Kenya	36:43
3. Mary Wacera	Kenya	37:17
4. Buze Diriba	Ethiopia	38:03
5. Melissa Dock	Boulder, CO	38:04
6. Rosie Donegan	Australia	38:07
7. Emily Durgin	Brighton, MA	38:09
8. Erica Kemp	Raleigh, NC	38:13
9. Kim Conley	Sacramento, CA	38:16
10. Elaina Tabb	Boston, MA	38:18

## 2018 RESULTS WHEELCHAIR- MEN

1. Daniel Romanchuk	Urbana, IL	23:48
2. Herman Garic	Utica, NY	28:41
3. Jose Pulido	Clarksville, GA	28:45

## 2018 RESULTS WHEELCHAIR- WOMEN

1. Tatyana McFadden	Clarksville, MD	28:43
2. Katrina Gerhard	Ashburnham, MA	32:38
3. Michelle Wheeler	Pennsylvania	33:32

## 2017 RESULTS - MEN

1. Stephen Sambu	Kenya	32:14
2. Leonard Korir	Ft. Carson, CO	32:14
3. Luis Vargas	Raleigh, NC	32:53
4. Abdi Abdirahman	Tucson, AZ	33:04
5. Cam Levins	Canada	33:35
6. Mason Ferlic	Ann Arbor, MI	34:14
7. Jonas Hampton	Medford, MA	34:17
8. Alex Monroe	Lyons, CO	34:29
9. Evan Gaynor	Perrysburgh, OH	35:13
10. Jonny Wilson	Falmouth, ME	35:16

## 2017 RESULTS - WOMEN

1. Caroline Chepkoech	Kenya	35:53
2. Mary Wacera	Kenya	36:53
3. Diane Nukuri	Burundi	36:57
4. Mamitu Daska	Ethiopia	37:00
5. Lineth Chepkurui	Kenya	37:30
6. Jess Tonn	Seattle, WA	37:49
7. Neely Gracey	Superior, CO	37:52
8. Natosha Rogers	Littleton, CO	38:07
9. Dominique Scott	South Africa	38:20
10. Lindsey Scherf	High Falls, NY	38:23

## 2017 RESULTS WHEELCHAIR- MEN

1. Daniel Romanchuk	Urbana, IL	23:16
2. Krige Schabert	Rome, GA	23:29
3. Joshua Cassidy	Guelph, ON	25:02

## 2017 RESULTS WHEELCHAIR- WOMEN

1. Tatyana McFadden	Clarksville, MD	27:36
2. Hannah Babalola	Newark, NJ	29:12
3. Katrina Gerhard	Ashburnham, MA	29:32

## 2016 RESULTS - MEN

1. Stephen Sambu	Kenya	32:10
2. Leonard Korir	Ft. Carson, CO	32:35
3. Sam Chelanga	Tucson, AZ	32:50
4. Chris Thompson	UK	32:52
5. Daniel Salel	Kenya	33:23
6. Abdi Abdirahman	Tucson, AZ	33:43
7. Yemane Tsegay	Ethiopia	34:06
8. Aaron Braun	Alamosa, CO	34:14
9. Maverick Darling	Madison, WI	34:58
10. Fernando Cabada	Fresno, CA	35:24

## 2016 RESULTS - WOMEN

1. Caroline Chepkoech	Kenya	36:25
2. Betsy Saina	Kenya	36:52
3. Diane Nukuri	Burundi	36:59
4. Aliphine Tuliamuk	Santa Fe, NM	37:06
5. Monicah Ngige	Kenya	37:42

# Past Top Finishers



6. Neely Gracey	Superior, CO	36:25
7. Sara Hall	Redding, CA	36:52
8. Elaina Balouris	Brighton, MA	36:59
9. Emma Bates	Brighton, MA	37:06
10. Lily Patridge	Great Britain	37:42

## 2016 RESULTS WHEELCHAIR - MEN

1. Tony Nogueira	Glen Ridge, NJ	27:37
2. Hermin Garlic	Utica, NY	29:15
3. Gary Brendel	Sterling, MA	30:26

## 2016 RESULTS WHEELCHAIR- WOMEN

1. Yen Hoang	Champaign, IL	35:59
2. Jill Moore	Champaign, IL	36:51
3. Jenna Fesemyer	Ravenna, OH	38:03

## 2015 RESULTS - MEN

1. Stephen Sambu	Kenya	32:17
2. Micah Kogo	Kenya	32:19
3. Leonard Korir	Kenya	32:20
4. Sam Chelanga	Tucson, AZ	32:21
5. Moses Kipsiro	Uganda	32:30
6. Daniel Salel	Kenya	32:51
7. Aaron Braun	Alamosa, CO	33:15
8. Chris Derrick	Portland, OR	33:41
9. Andrew Colley	Lenoir, NC	33:53
10. Meb Keflezighi	San Diego, CA	34:01

## 2015 RESULTS - WOMEN

1. Diane Nukuri	Burundi	36:47
2. Sara Hall	Flagstaff, AZ	37:10
3. Sentayehu Ejigu	Ethiopia	37:26
4. Neely Gracey	Superior, CO	37:32
5. Amy Cragg	Providence, RI	37:53
6. Monicah Ngige	Kenya	38:14
7. Alexi Pappas	Eugene, OR	38:16
8. Laura Nagel	New Zealand	38:20
9. Katie Matthews	Brighton, MA	38:38
10. Liz Costello	Newton, MA	38:44

## 2015 RESULTS WHEELCHAIR - MEN

1. James Senbeta	Champaign, IL	24:32
2. Jacob Heilveil	Longmont, CO	25:52
3. Tony Nogueira	Glen Ridge, NJ	25:53

## 2015 RESULTS WHEELCHAIR- WOMEN

1. Tatyana McFadden	Clarksville, MD	26:27
2. Katrina Gerhard	Acton, MA	30:10
3. Chelsea Chrytzer	Parsippany, NJ	40:55

## 2014 RESULTS - MEN

1. Stephen Sambu	Kenya	31:46
2. Micah Kogo	Kenya	32:31
3. Emmanuel Bett	Kenya	33:01
4. Ben Bruce	Flagstaff, AZ	33:21
5. Andrew Colley	Williamsburg, VA	33:27
6. Jordan McNamara	Eugene, OR	33:47
7. Zachary Hine	Boulder, CO	33:54
8. Craig Leon	Eugene, OR	34:04
9. Robert Molke	New York, NY	34:15
10. Will Leer	Santa Monica, CA	34:20

## 2014 RESULTS - WOMEN

1. Betsy Saina	Kenya	35:56
2. Gemma Steel	Great Britain	36:03
3. Molly Huddle	Providence, RI	36:15
4. Diane Nukuri-Johnson	Burundi	36:17
5. Mary Wacera	Kenya	36:59
6. Emily Infeld	Portland, OR	37:08
7. Risper Gesabwa	Kenya	37:22
8. Rachel Ward	Charlottesville, VA	37:50
9. Katie Matthews	Allston, MA	37:51
10. Tara Erdmann	Portland, OR	38:04

## 2014 RESULTS WHEELCHAIR - MEN

1. James Senbeta	Champaign, IL	23:32
2. Krige Schabort	Cedartown, GA	25:13
3. Tony Nogueira	Glen Ride, NJ	26:00

## 2014 RESULTS WHEELCHAIR- WOMEN

1. Tatyana McFadden	Clarksville, MD	27:06
2. Katrina Gerhard	Acton, MA	33:38
3. Jill Moore	Concord, NC	34:48

## 2013 RESULTS - MEN

1. Micah Kogo	Kenya	32:10
2. Ben True	Hanover, NH	32:12
3. Emmanuel Mutai	Kenya	32:20
4. Abdi Abdirahman	Tucson, AZ	32:29
5. Ben Bruce	Flagstaff, AZ	32:44
6. Shadrack Biwott	Eugene, OR	33:15
7. Zachary Hine	Boulder, CO	33:19
8. Harbert Okuti	Uganda	33:19
9. Timothy Richie	Brighton, MA	33:24
10. Dino Sefir Kemal	Ethiopia	33:43

## 2013 RESULTS - WOMEN

1. Joyce Chepkirui	Kenya	36:43
2. Gemma Steel	Great Britain	37:06
3. Linet Masai	Kenya	37:07
4. Diane Nukuri-Johnson	Burundi	37:16
5. Adrienne Herzog	Netherlands	37:21
6. Alexi Pappas	Eugene, OR	37:32
7. Katie Matthews	Rocky Hill, CT	37:50
8. Jane Murage	Kenya	37:58
9. Frances Koons	Bryn Mawr, PA	38:07
10. Laura Nagel	Providence, RI	38:23

## 2013 RESULTS WHEELCHAIR - MEN

1. Krige Schabort	Cedartown, GA	24:17
2. James Senbeta	Savoy, IL	25:50
3. Craig Blanchette	Battleground, WA	26:37

## 2013 RESULTS WHEELCHAIR- WOMEN

1. Jill Moore	Champaign, IL	35:11
2. Jessica Galli	Cumming, GA	35:40
3. Christina Kouros	Scituate, MA	43:19

## 2012 RESULTS - MEN

1. Stanley Biwott	Kenya	31:59
2. Lucas Rotich	Kenya	32:01
3. Stephen Kipkosgei-Kibet	Kenya	32:10
4. Kiplimo Kumatai	Kenya	32:21

5. Silas Kipruto	Kenya	32:30
6. Allan Kiprono	Kenya	32:32
7. Gebretsadik Abraha	Ethiopia	32:53
8. Harbert Okuti	Uganda	33:04
9. Sam Chelanga	Kenya	33:08
10. Lani Rutto	Kenya	33:09

## 2012 RESULTS - WOMEN

1. Margaret Wangari	Kenya	36:54
2. Emily Chebet	Kenya	36:55
3. Wude Ayalew	Ethiopia	36:58
4. Rita Jeptoo	Kenya	37:08
5. Lineth Chepkurui	Kenya	37:16
6. Stephanie Rothstein	Flagstaff, AZ	37:24
7. Pauline Njeri Kahenya	Kenya	37:30
8. Jelilah Tinega	Kenya	37:43
9. Renee Baillie	Boulder, CO	37:43
10. Alice Kimutai	Kenya	37:50

## 2012 RESULTS WHEELCHAIR - MEN

1. Krige Schabort	Cedartown, GA	23:53
2. Craig Blanchette	Battle Ground, WA	27:25
3. Patrick Doak	Carlisle, MA	27:39

## 2012 RESULTS WHEELCHAIR- WOMEN

1. Jill Moore	Champaign, IL	39:09
2. Chelsea Crytzer	Parsippany, NJ	42:10
3. Christina Kouras	Cape Elizabeth, ME	44:01

## 2011 RESULTS - MEN

1. Lucas Rotich	Kenya	31:37
2. Micah Kogo	Kenya	31:41
3. Edward Muge	Kenya	32:02
4. Brian Olinger	Columbus, OH	32:16
5. Abdi Abdirahman	Tucson, AZ	32:43
6. Ben True	N. Yarmouth, ME	32:48
7. Samuel Ndereba	Kenya	32:49
8. Ed Moran	Williamsburg, VA	32:50
9. Sean Quigley	Philadelphia, PA	32:51
10. Brett Gotcher	Watsonville, CA	32:53

## 2011 RESULTS - WOMEN

1. Magdalena Lewy Boulet	Oakland, CA	36:58
2. Diane Nukuri-Johnson	Burundi	37:13
3. Catherine Ndereba	Kenya	37:24
4. Janet Cherobon-Bawcom	Rome, GA	37:37
5. Kim Conley	Sacramento, CA	37:47
6. Emily Brown	Minnetonka, MN	37:49
7. Jeannette Faber	Portland, OR	38:01
8. Blake Russell	Oceanside, CA	38:02
9. Kathy Newberry	Ann Arbor, MI	38:03
10. Clara Grandt	Morgantown, WV	38:18

## 2011 RESULTS WHEELCHAIR - MEN

1. Krige Schabort	Athens, GA	24:16
2. Craig Blanchette	Battle Ground, WA	26:41
3. Tony Nogueira	Jersey City, NJ	26:56

## 2011 RESULTS WHEELCHAIR- WOMEN

1. Jessica Galli	Savoy, IL	31:57
2. Sandra Rush	Fresno, CA	40:03
3. Chelsea Crytzer	Parsippany, NJ	46:11

# Past Top Finishers



## 2010 RESULTS - MEN

1. <b>Gebre Gebremariam</b>	Ethiopia	32:20
2. <b>Wilson Kwambai Chebet</b>	Kenya	32:21
3. <b>Martin Lel</b>	Kenya	32:37
4. <b>Edward Muge</b>	Kenya	32:40
5. <b>Ed Moran</b>	Williamsburg, VA	32:40
6. <b>Peter Kirui</b>	Kenya	32:50
7. <b>Stephen Kosgei Kilbet</b>	Kenya	32:50
8. <b>Antonio Vega</b>	St. Paul, MN	32:53
9. <b>Sean Quigley</b>	Philadelphia, PA	32:58
10. <b>Allan Kiprono</b>	Kenya	33:05

## 2010 RESULTS - WOMEN

1. <b>Wude Ayalew Yimer</b>	Ethiopia	35:46
2. <b>Lineth Chepkurui</b>	Kenya	35:50
3. <b>Edna Kiplagat</b>	Kenya	36:31
4. <b>Catherine Ndereba</b>	Kenya	38:06
5. <b>Colleen De Reuck</b>	Boulder, CO	38:10
6. <b>Fiona Docherty</b>	New Zealand	38:26
7. <b>Amy Hastings</b>	Mammoth Lakes, CA	38:33
8. <b>Irene Limika</b>	Kenya	38:59
9. <b>Jeannette Seckinger</b>	Somerville, MA	39:01
10. <b>Kathy Newberry</b>	Williamsburg, VA	39:10

## 2010 RESULTS WHEELCHAIR - MEN

1. <b>Craig Blanchette</b>	Battle Group, WA	27:13
2. <b>Chad Johnson</b>	Charlestown, IN	28:12
3. <b>Brad Ray</b>	Loveland, CO	28:14

## 2010 RESULTS WHEELCHAIR- WOMEN

1. <b>Jessica Galli</b>	Savoy, IL	33:59
2. <b>Jacqui Kapinowski</b>	Point Pleasant, NJ	46:25
3. <b>Bridgette Wise</b>	Pipersville, PA	51:30

## 2009 RESULTS - MEN

1. <b>Tilahun Regassa</b>	Ethiopia	31:41
2. <b>Ridouane Harroufi</b>	Morocco	32:03
3. <b>Edward Muge</b>	Kenya	32:10
4. <b>Boaz Cheboiya</b>	Kenya	32:11
5. <b>Meb Keflezighi</b>	Mammoth Lakes, CA	32:12
6. <b>Samuel Ndereba</b>	Kenya	32:29
7. <b>Hendrick Ramaala</b>	South Africa	32:35
8. <b>Hosea Rotich</b>	Kenya	32:36
9. <b>Richard Limo</b>	Kenya	32:41
10. <b>Ibrahim Gashu</b>	Ethiopia	32:57

## 2009 RESULTS - WOMEN

1. <b>Mamitu Daska</b>	Ethiopia	36:23
2. <b>Rebecca Donaghue</b>	State College, PA	37:14
3. <b>Edna Kiplagat</b>	Kenya	37:34
4. <b>Neriah Asiba</b>	Kenya	37:37
5. <b>Colleen De Reuck</b>	Boulder, CO	37:40
6. <b>Renee Metivier Baillie</b>	Flagstaff, AZ	37:56
7. <b>Sally Meyerhoff</b>	Eugene, OR	37:58
8. <b>Edith Masai</b>	Kenya	38:02
9. <b>Sara Hall</b>	Mammoth Lakes, CA	38:08
10. <b>Aheza Kiros</b>	Ethiopia	38:08

## 2009 RESULTS WHEELCHAIR - MEN

1. <b>Krige Schabort</b>	Cedartown, GA	24:11
2. <b>Tony Nogueira</b>	Glen Ridge, NJ	25:57
3. <b>Patrick Doak</b>	Concord, MA	26:38

## 2009 RESULTS WHEELCHAIR- WOMEN

1. <b>Jessica Galli</b>	Champaign, IL	31:36
2. <b>Ellie O'Neil</b>	Syracuse, NY	43:25
3. <b>Jacqui Kapinowski</b>	Point Pleasant, NJ	49:42

## 2008 RESULTS - MEN

1. <b>Tadese Tala</b>	Ethiopia	32:01
2. <b>Meb Keflezighi</b>	Mammoth Lakes, CA	32:09
3. <b>Boaz Cheboiywo</b>	Kenya	32:12
4. <b>Samuel Ndereba</b>	Kenya	32:25
5. <b>Dereje Tadesse</b>	Ethiopia	32:32
6. <b>James Carney</b>	Longmont, CO	32:33
7. <b>Lishan Yigezu</b>	Ethiopia	32:35
8. <b>Girma Tala</b>	Ethiopia	32:45
9. <b>Ed Moran</b>	Williamsburg, VA	32:57
10. <b>Hosea Rotich</b>	Kenya	32:58

## 2008 RESULTS - WOMEN

1. <b>Edith Masai</b>	Kenya	37:02
2. <b>Lyudmila Biktasheva</b>	Russia	37:05
3. <b>Angelina Mutuku</b>	Kenya	37:07
4. <b>Mamitu Daska</b>	Ethiopia	37:15
5. <b>Renee Metivier Baillie</b>	Flagstaff, AZ	37:30
6. <b>Amy Rudolph</b>	Providence, RI	37:34
7. <b>Azizza Ayilu</b>	Ethiopia	37:36
8. <b>Jane Gakunyi</b>	Kenya	37:40
9. <b>Elva Dryer</b>	Gunnison, CO	37:45
10. <b>Rebecca Donaghue</b>	State College, PA	37:49

## 2008 RESULTS WHEELCHAIR - MEN

1. <b>Krige Schabort</b>	Cedertown, GA	23:35
2. <b>Tony Nogueira</b>	Glen Ridge, NJ	25:45
3. <b>Patrick Doak</b>	Concord, MA	26:0

## 2008 RESULTS WHEELCHAIR- WOMEN

1. <b>Jacqui Kapinowski</b>	Point Pleasant, NJ	43:04
2. <b>Ellie O'Neil</b>	Syracuse, NY	44:30

## 2007 RESULTS - MEN

1. <b>Micah Kogo</b>	Kenya	31:53
2. <b>Meb Keflezighi</b>	Mammoth Lakes, CA	32:13
3. <b>Nelson Kiplagat</b>	Kenya	32:21
4. <b>Nicholas Kamakya</b>	Kenya	32:33
5. <b>William Chebon Chebor</b>	Kenya	32:36
6. <b>Tom Nyariki</b>	Kenya	32:39
7. <b>James Carney</b>	Longmont, CO	32:45
8. <b>Karim El Mabchour</b>	Morocco	32:58
9. <b>John Itai</b>	Kenya	33:01
10. <b>Linus Maiyo</b>	Kenya	33:12

## 2007 RESULTS - WOMEN

1. <b>Catherine Ndereba</b>	Kenya	36:31
2. <b>Luminita Talpos</b>	Romania	36:40
3. <b>Kate O'Neill</b>	Mammoth Lakes, CA	36:52
4. <b>Nataliya Berkut</b>	Ukraine	37:23
5. <b>Alicia Shay</b>	Flagstaff, AZ	37:28
6. <b>Sara Slattery</b>	Boulder, CO	37:33
7. <b>Angelina Mutuku</b>	Kenya	37:39
8. <b>Galina Aleksandrova</b>	Russia	38:04
9. <b>Melissa Cook</b>	Denton, TX	38:14
10. <b>Maryna Dubrova</b>	Ukraine	38:41

## 2007 RESULTS WHEELCHAIR - MEN

1. <b>Patrick Doak</b>	Concord, MA	25:52
2. <b>Tony Nogueira</b>	Glen Ridge, NJ	26:54
3. <b>Gary Brendel</b>	Sterling, MA	27:19

## 2007 RESULTS WHEELCHAIR- WOMEN

1. <b>Jessica Galli</b>	Savoy, IL	30:08
2. <b>April Coughlin</b>	New York, NY	35:48
3. <b>Jacqui Kapinowski</b>	Point Pleasant, NJ	39:57

## 2006 RESULTS - MEN

1. <b>Gilbert Okari</b>	Kenya	31:53
2. <b>Tom Nyariki</b>	Kenya	32:03
3. <b>John Korir</b>	Kenya	32:39
4. <b>William Chebon Chebor</b>	Kenya	32:44
5. <b>James Koskei</b>	Kenya	32:47
6. <b>Charles Kiama</b>	Kenya	33:05
7. <b>Samuel Ndereba</b>	Kenya	33:15
8. <b>Michael Aish</b>	New Zealand	33:20
9. <b>Mohamed Fadil</b>	Morocco	33:26
10. <b>Edwardo Torres</b>	Boulder, CO	33:27

## 2006 RESULTS - WOMEN

1. <b>Alevtina Ivanova</b>	Russia	35:43
2. <b>Catherine Ndereba</b>	Kenya	36:30
3. <b>Edna Kiplagat</b>	Kenya	36:51
4. <b>Luminita Talpos</b>	Romania	36:57
5. <b>Amy Rudolph</b>	Providence, RI	37:02
6. <b>Lyudmila Biktasheva</b>	Russia	37:24
7. <b>Victoria Jackson</b>	Lake Bluffs, IL	37:31
8. <b>Elva Dryer</b>	Albuquerque, NM	37:52
9. <b>Colleen De Reuck</b>	Boulder, CO	37:59
10. <b>Galina Alexandrova</b>	Russia	38:23

## 2006 RESULTS WHEELCHAIR - MEN

1. <b>Patrick Doak</b>	Concord, MA	26:36
2. <b>Gary Brendel</b>	Sterling, MA	26:50
3. <b>Chad Johnson</b>	Charlestown, IN	27:23

## 2006 RESULTS WHEELCHAIR- WOMEN

1. <b>Mina Mojtahedi</b>	Finland	45:06
2. <b>Harrilyn Beehner</b>	Saratoga Springs, NY	50:48

## 2005 RESULTS - MEN

1. <b>Gilbert Okari</b>	Kenya	31:59
2. <b>Wilson Kiprotich</b>	Kenya	32:15
3. <b>John Korir</b>	Kenya	32:35
4. <b>Meshack Sang</b>	Kenya	32:44
5. <b>Jon Brown</b>	England	32:48
6. <b>Wm. Chebon Chebor</b>	Kenya	32:51
7. <b>James Koskei</b>	Kenya	33:17
8. <b>Mbarak Hussein</b>	Albuquerque, NM	33:22
9. <b>Luke Kipkosgei</b>	Kenya	33:26
10. <b>Ryan Shay</b>	East Jordan, MI	33:26

## 2005 RESULTS - WOMEN

1. <b>Lornah Kiplagat</b>	Netherlands	36:09
2. <b>Alevtina Ivanova</b>	Russia	36:28
3. <b>Deena Kastor</b>	Mammoth Lake, CA	36:48
4. <b>Olga Romanova</b>	Russia	37:26
5. <b>Miho Ichikawa</b>	Japan	37:30

# Past Top Finishers



6. Luminita Talpos	Romania	37:30
7. Colleen De Reuck	Boulder, CO	37:50
8. Laura O'Neill	New Haven, CT	38:02
9. Bruna Genovese	Italy	38:03
10. Sylvia Mosqueda	Los Angeles, CA	38:09

## 2005 RESULTS WHEELCHAIR - MEN

1. Tony Nogueira	Glen Ridge, NY	26:01
2. Patrick Doak	Concord, MA	26:22
3. Gary Brendel	Sterling, MA	26:50

## 2005 RESULTS WHEELCHAIR- WOMEN

1. April Coughlin	New Paltz, NY	35:09
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## 2004 RESULTS - MEN

1. Gilbert Okari	Kenya	31:08
2. Robert Cheruiyot	Kenya	31:37
3. John Korir	Kenya	31:43
4. Linus Maiyo	Kenya	31:48
5. Luke Kipkosgei	Kenya	31:56
6. Ben Maiyo	Kenya	31:59
7. Wilson Kipkemboi	Kenya	32:17
8. Wilson Kebenei	Kenya	32:20
9. Khalid Khannouchi	Ossining, NY	32:26
10. Thomas Kiplitan	Kenya	32:38

## 2004 RESULTS - WOMEN

1. Alevtina Ivanova	Russia	36:13
2. Kate O'Neill	New Haven, CT	36:26
3. Elva Dryer	Albuquerque, NM	36:43
4. Tatyana Petrova	Russia	36:49
5. Laura O'Neill	New Haven, CT	37:31
6. Nicole Aish	Denver, CO	37:56
7. Tatyana Chulakh	Russia	38:11
8. Gladys Asiba	Kenya	38:34
9. Tatyana Pozdnyakova	Ukraine	38:35
10. Teresa Wanjiku	Kenya	38:42

## 2004 RESULTS WHEELCHAIR - MEN

1. Tony Nogueira	Glen Ridge, NJ	26:13
2. Kamel Ayari	Tunisia	26:57
3. Chad Johnson	Corydon, IN	27:28

## 2004 RESULTS WHEELCHAIR- WOMEN

1. April Coughlin	New Paltz, NY	36:43
2. Harrilyn Beehner	Saratoga Springs, NY	47:33

## 2003 RESULTS - MEN

1. John Korir	Kenya	31:59
2. Paul Koech	Kenya	32:11
3. James Koskei	Kenya	32:41
4. Wilson Kipkemboi	Kenya	32:49
5. Augustus Kavutu	Kenya	33:17
6. Abdi Abdirahman	Tucson, AZ	33:22
7. John Itai	Kenya	33:24
8. Jackson Kipng'ok	Kenya	33:31
9. David Korir	Kenya	33:36
10. Phillamon Hanneck	Portland, OR	33:45

## 2003 RESULTS - WOMEN

1. Jennifer Rhines	Villanova, PA	37:08
2. Alevtina Ivanova	Russia	37:22
3. Colleen De Reuck	Boulder, CO	37:33

4. Jane Kiptoo	Kenya	37:48
5. Esther Kiplagat	Kenya	38:00
6. Rahab Ndungu	Kenya	38:04
7. Blake Russell	Acton, MA	38:05
8. Tina Connelly	Canada	38:17
9. Ludmila Petrova	Russia	38:24
10. Nicole Jefferson	Boston, MA	38:30

## 2003 RESULTS WHEELCHAIR - MEN

1. Tony Nogueira	Glen Ridge, NJ	26:33
2. Cainan Willison	Savoy, IL	29:43
3. Chad Johnson	Corydon, IN	29:54

## 2003 RESULTS WHEELCHAIR- WOMEN

1. Jessica Galli	Hillsborough, NJ	30:49
2. April Coughlin	New Paltz, NY	34:57

## 2002 RESULTS - MEN

1. James Koskei	Kenya	32:10
2. John Korir	Kenya	32:13
3. Khalid Khannouchi	Ossining, NY	32:14
4. William Kiptum	Kenya	32:16
5. Hendrick Ramaala	South Africa	32:27
6. Christopher Cheboiboch	Kenya	32:28
7. Benjamin Kimutai Kosgei	Kenya	32:28
8. John Itai	Kenya	32:36
9. Gilbert Koech	Kenya	32:39
10. Ronald Mogaka	Kenya	32:41

## 2002 RESULTS - WOMEN

1. Lornah Kiplagat	Kenya	35:13
2. Catherine Ndereba	Kenya	36:00
3. Milena Glusac	Fallbrook, CA	36:35
4. Colleen De Reuck	Boulder, CO	37:25
5. Kim Fitchen	Palo Alto, CA	37:37
6. Esther Kiplagat	Kenya	37:39
7. Blake Russell	Acton, MA	38:15
8. Libbie Hickman	Fort Collins, CO	38:19
9. Carrie Tollefson	Boston, MA	38:23
10. Katie McGregor	Boston, MA	38:44

## 2002 RESULTS WHEELCHAIR - MEN

1. Tony Nogueira	Glen Ridge, NJ	25:20
2. Kamel Ayari	New Rochelle, NY	25:51
3. Jason Fowler	Kingston, MA	31:04

## 2002 RESULTS WHEELCHAIR- WOMEN

1. Jessica Galli	Hillsborough, NJ	31:30
2. April Coughlin	New Paltz, NY	34:38

## 2001 RESULTS - MEN

1. John Korir	Kenya	32:26
2. Shadrack Hoff	South Africa	32:27
3. Gilbert Koech	Kenya	32:30
4. David Makori	Kenya	32:35
5. Gilbert Okari	Kenya	32:41
6. Evans Rutto	Kenya	32:45
7. John Gwako	Kenya	32:47
8. Joseph Kimani	Kenya	32:48
9. Ronald Mogaka	Kenya	32:51
10. Enock Mitei	Kenya	32:57

## 2001 RESULTS - WOMEN

1. Lornah Kiplagat	Kenya	36:26
2. Catherine Ndereba	Kenya	36:34
3. Elana Meyer	South Africa	36:54
4. Margaret Okayo	Kenya	37:03
5. Irene Kwambai	Kenya	37:22
6. Esther Kiplagat	Kenya	37:44
7. Gladys Asiba	Kenya	37:58
8. Kristin Chisum	Wayland, MA	38:11
9. Uta Pippig	Germany	38:16
10. Blake Russell	Medford, MA	38:21

## 2001 RESULTS WHEELCHAIR - MEN

1. Kamel Ayari	New Rochelle, NY	28:08
2. Tony Nogueira	Glen Ridge, NJ	30:19
3. Timothy Kelly	Weymouth, MA	34:37

## 2001 RESULTS WHEELCHAIR- WOMEN

1. Harrilyn Beehner	Saratoga Springs, NY	54:21
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## 2000 RESULTS - MEN

1. Mark Yatic	Kenya	31:43
2. Joseph Kimani	Kenya	31:46
3. Khalid Khannouchi	Ossining, NY	31:47
4. William Kiptum	Kenya	31:54
5. John Korir	Kenya	32:00
6. Titus Munji	Kenya	32:04
7. Charles Kamathi	Kenya	32:09
8. Peter Githuka	Kenya	32:10
9. Lazarus Nyakeraka	Kenya	32:19
10. Hezron Otwor	Kenya	32:22

## 2000 RESULTS - WOMEN

1. Lornah Kiplagat	Kenya	35:02
2. Catherine Ndereba	Kenya	35:57
3. Hellen Kimaiyo-Kipkoskei	Kenya	35:58
4. Ludmila Petrova	Russia	36:38
5. Jane Ngotho	Kenya	36:55
6. Natalie Nalepa	Austin, TX	36:56
7. Svetlana Zakharova	Russia	37:20
8. Annette Peters	Eugene, OR	37:34
9. Naomi Wangui	Kenya	38:03
10. Judi St. Hilaire	Somerset, MA	38:04

## 2000 RESULTS WHEELCHAIR - MEN

1. Craig Blanchette	Olympia, WA	26:53
2. Tony Nogueira	Glen Ridge, NJ	27:08
3. Timothy Kelly	Weymouth, MA	32:08

## 2000 RESULTS WHEELCHAIR- WOMEN

1. Harrilyn Beehner	Saratoga Springs, NY	48:22
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## 1999 RESULTS - MEN

1. John Korir	Kenya	32:06
2. Khalid Khannouchi	Morocco	32:08
3. David Makori	Kenya	32:17
4. Lazarus Nyakeraka	Kenya	32:19
5. Peter Githuka	Kenya	32:27
6. Douglas Rono	Kenya	32:33
7. James Bungei	Kenya	32:43
8. Boniface Usisivu	Kenya	32:44
9. Rod DeHaven	Madison, WI	32:50
10. Joseph Kamau	Kenya	32:55

# Past Top Finishers



## 1999 RESULTS - WOMEN

1. Catherine Ndereba	Kenya	36:32
2. Colleen De Reuck	South Africa	36:41
3. Jane Ngotho	Kenya	37:11
4. Olga Markova	Russia	37:14
5. Teresa Wanjiku	Kenya	37:21
6. Jennifer Rhines	Haverford, PA	37:24
7. Jane Omoro	Kenya	37:25
8. Margaret Okayo	Kenya	37:31
9. Gwynn Coogan	Boulder, CO	37:50
10. Jing Lu	China	37:57

## 1999 RESULTS WHEELCHAIR - MEN

1. Keith Davis	Pacific Palisades, CA	27:31
2. Craig Blanchette	Olympia, WA	28:23
3. Jacob Heilviel	Bothell, WA	28:25

## 1999 RESULTS WHEELCHAIR - WOMEN

1. Candace Cable	Truckee, CA	33:41
2. Jean Driscoll	Champaign, IL	33:48
3. Jessica Galli	Belle Mead, NJ	36:02

## 1998 RESULTS - MEN

1. Khalid Khannouchi	Morocco	31:48
2. John Korir	Kenya	31:53
3. Luka Cheron	Kenya	31:55
4. Hezron Otwor	Kenya	31:57
5. Peter Githuka	Kenya	32:05
6. Simon Morolong	South Africa	32:08
7. James Kariuki	Kenya	32:18
8. Aurelio Miti	Angola	32:32
9. John Kariuki	Kenya	32:45
10. Abel Ondeyo	Kenya	32:46

## 1998 RESULTS - WOMEN

1. Catherine Ndereba	Kenya	36:10
2. Colleen De Reuck	South Africa	36:17
3. Teresa Wanjiku	Kenya	36:52
4. Anne Marie Lauck	Hampton, NJ	37:09
5. Delilah Asiago	Kenya	37:22
6. Hellen Kimaiyo-Kipkoski	Kenya	37:30
7. Margaret Kagiri	Kenya	37:56
8. Uta Pippig	Germany	37:58
9. Cheri Kenah	Arlington, VA	37:59
10. Nadia Prasad	France	38:09

## 1998 RESULTS WHEELCHAIR - MEN

1. Craig Blanchette	Olympia, WA	25:10
2. Keith Davis	Kingston, MA	27:00
3. Jason Fowler	Kingston, MA	29:30

## 1998 RESULTS WHEELCHAIR - WOMEN

1. Candace Cable	Truckee, CA	31:06
2. Ann Walters	Bloomfield, CT	32:10
3. Julia Wallace	Roswell, GA	35:27

## 1997 RESULTS - MEN

1. Khalid Khannouchi	Morocco	31:58
2. Thomas Osano	Kenya	32:07
3. Peter Githuka	Kenya	32:22
4. Lazarus Nyakeraka	Kenya	32:28
5. James Bungei	Kenya	32:31
6. Simon Chemoiyo	Kenya	32:36

7. Herzon Otwor	Kenya	32:36
8. Joseph Kariuki	Kenya	32:39
9. Brahim Lahlafi	Morocco	32:40
10. John Kariuki	Kenya	33:05

## 1997 RESULTS - WOMEN

1. Colleen De Reuck	South Africa	36:19
2. Delilah Asiago	Kenya	36:25
3. Jane Omoro	Kenya	36:46
4. Hellen Kimaiyo-Kipkoski	Kenya	36:50
5. Yelena Viazova	Russia	37:36
6. Laurie Henes	Raleigh, NC	37:40
7. Cheri Goddard-Kenah	Arlington, VA	38:01
8. Tina Connolly	Canada	38:04
9. Shelly Steely	Albuquerque, NM	38:08
10. Melody Fairchild	Boulder, CO	38:16

## 1997 RESULTS WHEELCHAIR - MEN

1. Craig Blanchette	Cheney, WA	23:54
2. Scott Hollonbeck	Atlanta, GA	24:14
3. Miguel Such	Wikes-Barre PA	24:21

## 1997 RESULTS WHEELCHAIR - WOMEN

1. Candace Cable	Truckee, CA	28:53
2. Rose Winand	Waltham, MA	30:00
3. Julie Wallace	Rumson, NJ	30:24

## 1996 RESULTS - MEN

1. Joseph Kimani	Kenya	31:36
2. Peter Githuka	Kenya	31:41
3. Joseph Kamau	Kenya	31:45
4. Hezron Otwor	Kenya	31:58
5. Lazarus Nyakeraka	Kenya	32:12
6. Gideon Mutisya	Kenya	32:14
7. Phillimon Hanneck	Zimbabwe	32:21
8. Aphonce Muindi	Kenya	32:22
9. Thomas Osano	Kenya	32:25
10. Daniel Kihara	Kenya	32:33

## 1996 RESULTS - WOMEN

1. Catherine Ndereba	Kenya	35:37
2. Colleen De Reuck	South Africa	36:05
3. Delilah Asiago	Kenya	36:48
4. Libbie Johnson	Colorado	36:56
5. Helen Kimaiyo	Kenya	37:00
6. Gladys Ondeyo	Kenya	37:28
7. Lorraine Moller	New Zealand	37:33
8. Nnenna Lynch	Washington	37:42
9. Olga Markova	Russia	37:52
10. Wilma van Onna	Netherlands	38:01

## 1995 RESULTS - MEN

1. Joseph Kamau	Kenya	32:10
2. Ibrahim Kinuthia	Kenya	32:11
3. Simon Morolong	South Africa	32:14
4. Benson Masya	Kenya	32:16
5. Hezron Otwor	Kenya	32:17
6. John Kariuki	Kenya	32:21
7. Simon Karori	Kenya	32:25
8. Jimmy Muindi	Kenya	32:26
9. Lazarus Nyakeraka	Kenya	32:26
10. Chris Fox	Maryland	32:26

## 1995 RESULTS - WOMEN

1. Delilah Asiago	Kenya	36:23
2. Colleen De Reuck	South Africa	36:57
3. Laura Mykytok	North Carolina	37:07
4. Veronica Kanga	Kenya	37:10
5. Maria Luisa	Mexico	37:11
6. Carole Zajac	Pennsylvania	37:21
7. Catherine Ndereba	Kenya	37:23
8. Jill Hunter	England	37:31
9. Anne Hare	New Zealand	37:36
10. Kamila Gradus	Poland	37:45

## 1994 RESULTS - MEN

1. Benson Masya	Kenya	31:59
2. Arturo Barrios	Mexico	32:06
3. Ronaldo DaCosta	Brazil	32:33
4. Simon Karori	Kenya	32:33
5. Lazarus Nyakeraka	Kenya	32:38
6. Stanley Kimutai	Kenya	32:46
7. John Kipkoskei	Kenya	32:47
8. Jorge Marquez	Mexico	32:56
9. Thomas Osano	Kenya	32:58
10. Sammy Lelei	Kenya	32:59

## 1994 RESULTS - WOMEN

1. Laura Mykytok	Pennsylvania	37:01
2. Yelena Viazova	Ukraine	37:03
3. Anne-Marie Letko	Georgia	37:04
4. Delilah Asiago	Kenya	37:11
5. Carol Zajac	Pennsylvania	37:15
6. Gwynn Coogan	Colorado	37:48
7. Rosanna Munerotto	Italy	38:13
8. Jody Hawkins	California	38:21
9. Viktorija Nenaschova	Russia	38:33
10. Louise Watson	England	38:47

## 1993 RESULTS - MEN

1. Simon Karori	Kenya	32:30
2. Dominic Kirui	Kenya	32:35
3. Khalid Kairouani	Morocco	32:41
4. Keith Brantly	Florida	32:41
5. John Treacy	Ireland	32:44
6. Michael Bilyeu	Oregon	32:47
7. Ronaldo DaCosta	Brazil	33:06
8. Gideon Mutisya	Kenya	33:08
9. Thomas Osano	Kenya	33:15
10. Salvatore Bettiol	Italy	33:15

## 1993 RESULTS - WOMEN

1. Colleen De Reuck	South Africa	36:10
2. Yelena Viazova	Ukraine	36:17
3. Rosanna Munerotto	Italy	36:52
4. Wilma van Onna	Netherlands	37:09
5. Jody Hawkins	Texas	37:22
6. Gordon Bakoulis	New York	37:30
7. Kristy Johnston	Oregon	37:56
8. Lisa Weidenbach	Washington	37:58
9. Lesley Lehane	Massachusetts	37:59
10. Albina Galliamova	Russia	38:09

## 1992 RESULTS - MEN

1. Benson Masya	Kenya	31:52
2. Simon Karori	Kenya	32:05
3. Keith Brantly	Florida	32:15

# Past Top Finishers



4. Alejandro Cruz	Mexico	32:16
5. Carlos Patricio	Portugal	32:24
6. Lameck Aguta	Kenya	32:28
7. Faustino Hernandez	Mexico	32:42
8. Gideon Mutisya	Kenya	32:47
9. Mark Plaatjes	Colorado	32:56
10. Antonio Rodriguez	Portugal	33:01

## 1992 RESULTS - WOMEN

1. Lynn Jennings	New Hampshire	36:13
2. Wilma van Onna	Netherlands	36:33
3. Olga Markova	Russia	36:34
4. Judi St. Hilaire	Massachusetts	36:36
5. Anne Marie Letko	New Jersey	36:38
6. Ilina Nadeida	Russia	37:24
7. Dorothe Rasmussen	Denmark	37:27
8. Joan Nesbit	Chapel Hill, NC	37:30
9. Kathleen Bowman	California	37:49
10. Sabrina Dornhoefer	Minnesota	37:59

## 1991 RESULTS - MEN

1. Steve Kogo	Kenya	32:14
2. Dionicio Ceron	Mexico	32:52
3. Tom Ansberry	Arizona	33:04
4. Jeff Jacobs	Illinois	33:06
5. John Treacy	Ireland	33:10
6. Rolando Vera	Ecuador	33:18
7. Are Nakkim	Norway	33:23
8. Salvador Garcia	Mexico	33:29
9. Richard O'Flynn	Ireland	33:30
10. Ken Martin	New Mexico	33:38

## 1991 RESULTS - WOMEN

1. Sabrina Dornhoefer	Minnesota	37:32
2. Felicidade Sena	Portugal	37:48
3. Gwynn Coogan	Massachusetts	38:13
4. Lesley Lehane	Massachusetts	38:15
5. Joan Samuelson	Maine	38:23
6. Lidia Camberg	Poland	38:52
7. Tina Ljungberg	Sweden	38:52
8. Rosa Gutierrez	California	39:06
9. Silvana Pereira	Brazil	39:09
10. Leslie Seymour	Minnesota	39:12

## 1990 RESULTS - MEN

1. Salvatore Bettiol	Italy	32:55
2. Ed Eyestone	Utah	32:56
3. Ashley Johnson	Kentucky	33:05
4. John Campbell	New Zealand	33:07
5. Salvador Garcia	Mexico	33:18
6. Jeff Jacobs	Illinois	33:20
7. Martin Pitayo	Mexico	33:24
8. Keith Brantly	Florida	33:27
9. Peter Tootell	Great Britain	33:28
10. Tom Paskus	Connecticut	33:30

## 1990 RESULTS - WOMEN

1. Aurora Cunha	Portugal	36:39
2. Cathy O'Brien	New Hampshire	36:55
3. Maria Luisa Servin	Mexico	37:36
4. Uta Pippig	Germany	37:54
5. Anne Marie Letko	New Jersey	37:57
6. Joan Samuelson	Maine	37:58
7. Lesley Lehane	Massachusetts	38:24
8. Michele Bush-Cuke	New York	38:32
9. Cindy James	Illinois	38:39
10. Ann Henderson	Colorado	39:08

## 1989 RESULTS - MEN

1. Salvatore Bettiol	Italy	32:14
2. Salvador Garcia	Mexico	32:27
3. Rob de Castella	Australia	32:33
4. Dionicio Ceron	Mexico	32:39
5. Steve Spence	Colorado	32:50
6. Leonardo Reyes	Mexico	32:58
7. Martin Pitayo	Mexico	33:03
8. Marcos Barreto	Mexico	33:06
9. Ashley Johnson	England	33:08
10. Joseph Nzau	Kenya	33:13

## 1989 RESULTS - WOMEN

1. Aurora Cunha	Portugal	36:21
2. Lisa Weidenbach	Washington	36:39
3. Judi St. Hilaire	Hingham, MA	36:44
4. Tina Ljungberg	Sweden	36:54
5. Anne Audain	New Zealand	37:05
6. Anne Hannam	New Zealand	37:31
7. Joan Nesbit	North Carolina	37:39
8. Barbara Moore	New Zealand	37:57
9. Patty Murray	Illinois	38:01
10. Ria Van Landegham	Belgium	38:20

## 1988 RESULTS - MEN

1. Mark Curp	Lees Summit, MO	32:22
2. Steve Spence	Pennsylvania	32:27
3. Keith Brantly	Florida	32:44
4. Geraldo Alcalá	Mexico	32:44
5. Steve Jones	Wales	32:48
6. Kevin Foster	England	33:06
7. Bill Reifsnyder	Pennsylvania	33:10
8. Paul Gompers	Illinois	33:11
9. Don Norman	Pennsylvania	33:12
10. Pete Pfitzinger	Wellesley, MA	33:20

## 1988 RESULTS - WOMEN

1. Anne Hannam	New Zealand	36:36
2. Betty-Jo Geiger	North Carolina	36:40
3. Nancy Tinari	Canada	36:57
4. Joan Samuelson	Freeport, ME	37:13
5. Kellie Cathey	Colorado	37:17
6. Patty Murray	Illinois	37:19
7. Eleanor Simonsick	Maryland	37:54
8. Kim Jones	Washington	37:57
9. Teresa Ornduff	Virginia	38:01
10. Annie Schweitzer	Texas	38:16

## 1987 RESULTS - MEN

1. Rolando Vera	Ecuador	32:29
2. Keith Brantly	Gainesville, FL	32:47
3. Salvador Garcia	Mexico	32:54
4. Joaquim Silva	Portugal	33:02
5. Gianni DeMadonna	Italy	33:04
6. Ibrahim Hussein	Kenya	33:05
7. Jean-Pierre Ndayisenga	Belgium	33:07
8. Carlos Rétiz	Mexico	33:09
9. Mark Roberts	Arizona	33:18
10. Rex Wilson	Wellesley, MA	33:22

## 1987 RESULTS - WOMEN

1. Aurora Cunha	Portugal	36:59
2. Teresa Ornduff	Virginia	37:07
3. Lorraine Moller	New Zealand	37:25
4. Cindy Welte	Ohio	37:49

5. Joan Nesbit	North Carolina	38:23
6. Susan Berrenda	Canada	38:30
7. Lea Hayer	Greenfield, MA	38:32
8. Cathy Schiro	Boston, MA	38:33
9. Nancy Ditz	California	38:51
10. Judy Chamberlin	Colorado	38:56

## 1986 RESULTS - MEN

1. Arturo Barrios	Mexico	32:17
2. Barry Smith	England	32:31
3. Mike Musyoki	Kenya	32:33
4. Ed Eyestone	Utah	32:34
5. Peter Tootell	England	32:38
6. John Doherty	England	32:42
7. Joseph Kipsang	Kenya	32:48
8. Bruce Bickford	Wellesley, MA	32:50
9. Mark Scrutton	England	32:52
10. Mark Curp	Missouri	32:56

## 1986 RESULTS - WOMEN

1. Lorraine Moller	New Zealand	36:54
2. Marty Cooksey	Missouri	37:01
3. Leslie Welsh	Newton, MA	37:13
4. Joan Samuelson	Maine	38:01
5. Teresa Ornduff	Virginia	38:13
6. Brenda Webb	Tennessee	38:14
7. Kellie Cathy	Colorado	38:27
8. Judy McCreay	Colorado	38:28
9. Joan Nesbit	North Carolina	38:49
10. Sue Schneider	Minnesota	38:54

## 1985 RESULTS - MEN

1. David Murphy	England	32:02
2. Steve Jones	Wales	32:06
3. Rob de Costella	Australia	32:09
4. Mike Musyoki	Kenya	32:19
5. Barry Smith	England	32:33
6. Simeon Kigen	Kenya	32:34
7. Mark Curp	Missouri	32:37
8. Adrian Leek	Wales	32:43
9. Don Norman	Pennsylvania	32:46
10. Greg Meyer	Holliston, MA	32:48

## 1985 RESULTS - WOMEN

1. Joan Benoit	Cape Elizabeth, ME	36:17
2. Lesley Welch	N. Reading, MA	36:52
3. Judi St. Hilaire	Brighton, MA	37:12
4. Dianne Rodger	New Zealand	37:37
5. Francie Larrieu-Smith	Denton, TX	37:59
6. Ellen Reynolds	Washington	38:01
7. Gail Kigma	Washington	38:01
8. Katie Ishmael	Wisconsin	38:18
9. Anne Ford	England	38:27
10. Marty Cooksey	Missouri	38:29

## 1984 RESULTS - MEN

1. David Murphy	England	32:17
2. Mark Curp	Missouri	32:19
3. Adrian Leek	Wales	32:26
4. Mike McLeod	England	32:34
5. Jim Hill	Oregon	32:35
6. Sosthenes Bitok	Kenya	32:38
7. John Glidewell	Missouri	32:44
8. Terry Baker	Maryland	32:47
9. Charles Bevier	New York	32:49
10. Jonathan Richards	England	33:07

# Past Top Finishers



## 1984 RESULTS - WOMEN

1. Joan Nesbit	Georgia	37:00
2. Lorraine Moller	New Zealand	37:23
3. Marty Cooksey	Oregon	37:26
4. Judi St. Hilaire	Brighton, MA	37:28
5. Louise McGrillen	Ireland	38:00
6. Anne Hird	Rhode Island	38:28
7. Shelly Steeley	Pennsylvania	38:28
8. Jan Merrill	Connecticut	38:53
9. Susan Schneider	Minnesota	38:59
10. Kellie Cathey	Arizona	39:31

## 1983 RESULTS - MEN

1. Joseph Nzau	Kenya	32:20
2. Simeon Kigen	Kenya	32:27
3. Mark Curp	Missouri	32:29
4. Paul Cummings	Utah	32:42
5. John Gregorek	New York	32:48
6. Bruce Bickford	Maine	32:51
7. Gabriel Kamau	Kenya	32:54
8. Matt Centrowitz	Brooklyn, NY	32:56
9. Geoff Smith	England	33:10
10. Bob Hodge	Lowell, MA	33:12

## 1983 RESULTS - WOMEN

1. Joan Benoit	Cape Elizabeth, ME	36:21
2. Nancy Rooks	Canada	36:47
3. Lorraine Moller	New Zealand	37:23
4. Linda McLennon	Florida	37:43
5. Judi St. Hilaire	Brighton, MA	37:52
6. Lisa Martin	Australia	37:56
7. Eleanor Simonsick	Maryland	38:09
8. Anne Marie Malone	Canada	38:21
9. Jan Merrill	New London, CT	38:23
10. Kelley Cathey	New York	38:42

## 1982 RESULTS - MEN

1. Alberto Salazar	Oregon	31:53
2. Craig Virgin	Illinois	32:12
3. Rod Dixon	New Zealand	32:16
4. Mike Musyoki	Kenya	32:17
5. Mark Curp	Missouri	32:46
6. Dan Schlesinger	North Carolina	32:53
7. Sosthenes Bitok	Kenya	33:06
8. George Malley	Newton, MA	33:10
9. Bob Hodge	Boston, MA	33:12
10. Gary Fanelli	Pennsylvania	33:13

## 1982 RESULTS - WOMEN

1. Joan Benoit	Cape Elizabeth, ME	36:33
2. Dianne Rodger	New Zealand	37:41
3. Debbie Eide	Oregon	38:03
4. Sue Schneider	Minnesota	38:36
5. Jackie Gareau	Canada	38:46
6. Laurie Binder	California	38:49
7. Nancy Conz	Easthampton, MA	38:56
8. Linda McLennon	Georgia	38:58
9. Suzanne Girard	New York	39:02
10. Merenette Bean-Simmons	Bermuda	39:05

## 1981 RESULTS - MEN

1. Alberto Salazar	Oregon	31:55
2. Rod Dixon	New Zealand	32:15
3. Mike McLeod	England	32:32
4. Kirk Pfeffer	Colorado	32:42

5. Craig Virgin	Illinois	32:50
6. Herb Lindsay	Colorado	33:00
7. Terry Baker	Maryland	33:01
8. Robbie Perkins	North Carolina	33:03
9. Charlie Spedding	Newton, MA	33:07
10. Ric Rojas	Colorado	33:13

## 1981 RESULTS - WOMEN

1. Joan Benoit	Cape Elizabeth, ME	38:15
2. Judi St. Hilaire	Vermont	38:37
3. Jan Yerkes	Pennsylvania	39:07
4. Beth Sheridan	Ohio	39:10
5. Linda McLennon	Alabama	39:17
6. Pia Palladino	New York	39:46
7. Kiki Sweigart	Connecticut	40:04
8. Shirley Durtschi	Oregon	40:12
9. Susanne Girard	North Carolina	40:13
10. Sarah Linsley	Wellesley, MA	40:35

## 1980 RESULTS - MEN

1. Rod Dixon	New Zealand	32:20
2. Herb Lindsay	Boulder, CO	32:32
3. Ric Rojas	Boulder, CO	32:34
4. Bob Hodge	Boston, MA	32:38
5. Greg Meyer	Boston, MA	32:49
6. Terry Baker	Washington, D.C.	32:58
7. Randy Thomas	Boston, MA	33:03
8. Kyle Heffner	Boulder, CO	33:07
9. Benji Durden	Georgia	33:09
10. Stan Vernon	Oklahoma	33:19

## 1980 RESULTS - WOMEN

1. Grete Waitz	Norway	37:12
2. Jan Merrill	New London, CT	37:56
3. Judi St. Hilaire	Burlington, VT	38:04
4. Joan Benoit	Cape Elizabeth, ME	38:21
5. Lorraine Moller	New Zealand	38:46
6. Jackie Gareau	Canada	39:05
7. Nancy Conz	Easthampton, MA	39:22
8. Beth Sheridan	Ohio	39:42
9. Kiki Sweigart	Connecticut	39:56
10. Gayle Olenick	Florida	40:31

## 1979 RESULTS - MEN

1. Craig Virgin	West Lebanon, IL	32:19
2. Herb Lindsay	Michigan	32:27
3. Bill Rodgers	Boston, MA	32:29
4. Jon Sinclair	Colorado	32:36
5. Frank Shorter	Colorado	32:42
6. Ric Rojas	Colorado	32:44
7. John Flora	Boston, MA	32:45
8. Mike Roche	New Jersey	32:51
9. Robbie Perkins	North Carolina	33:03
10. Benji Durden	Georgia	33:21

## 1979 RESULTS - WOMEN

1. Ellison Goodall	North Carolina	38:14
2. Cathy Twomey	Michigan	38:49
3. Margaret Groos	Tennessee	39:11
4. Kim Merritt	Wisconsin	39:13
5. Dana Slater		39:27
6. Lynn Jennings	Harvard, MA	39:42
7. Jan Oehn	Winchester, MA	39:43
8. Carrie Craven	Ohio	39:52
9. Anne Sullivan	Rhode Island	40:02
10. Gayle Olenick	Florida	40:21

## 1978 RESULTS - MEN

1. Bill Rodgers	Boston, MA	32:31
2. Mike Roche	New Jersey	32:37
3. Craig Virgin	Illinois	32:53
4. Mike Slack	Minneapolis, MN	33:02
5. Greg Fredericks	State College, PA	33:04
6. Hillary Tuwei	Kenya	33:07
7. Bruce Bickford	Boston, MA	33:10
8. Bob Hodge	Boston, MA	33:12
9. Greg Meyer	Boston, MA	33:18
10. Alberto Salazar	Boston, MA	33:20

## 1978 RESULTS - WOMEN

1. Joan Benoit	Cape Elizabeth, ME	39:07
2. Patti Lyons	Cambridge, MA	39:32
3. Julie Brown	Los Angeles, CA	39:50
4. Martha White	State College, PA	41:03
5. Marge Rosasco	Fallston, MD	41:10
6. Gayle Barron	Atlanta, GA	42:04
7. Nancy Shafer	Florida	
8. Jane Killion	New York	
9. Lisa Berry	Hartford, CT	
10. Susan Richardson	Connecticut	

## 1977 RESULTS - MEN

1. Bill Rodgers	Melrose, MA	32:23
2. Alberto Salazar	Oregon	32:40
3. Greg Fredericks	Pennsylvania	33:12
4. Mike Roche	New Jersey	33:19
5. Frank Shorter	Colorado	33:24
6. Hillary Tuwei	Kenya	33:42
7. Steve Flanagan	Michigan	33:42
8. Chales McGuire	Pennsylvania	34:08
9. Dick Mahoney	Boston, MA	34:15
10. Mike Buckley	Lawrence, MA	34:20

## 1977 RESULTS - WOMEN

1. Kim Merritt	Racine, WI	38:40
2. Charlotte Lettis	Amherst, MA	40:00
3. Katy Schilly	New York	40:14
4. Anne Sullivan	Rhode Island	40:29
5. Joan Benoit	Maine	40:49
6. Cindy Wadsworth	Connecticut	42:07
7. Cheryl Flanagan	Michigan	42:29
8. Debbie Richie	Concord, MA	42:32
9. Nina Kusciak	New York	43:05
10. Lisa Berry	Connecticut	44:09

## 1976 RESULTS - MEN

1. Frank Shorter	Boulder, CO	33:13
2. Bill Rodgers	Boston, MA	33:36
3. Randy Thomas	Boston, MA	34:10
4. George Reed	Manchester, NM	34:16
5. Alberto Salazar	Boston, MA	34:22
6. Amby Burfoot	Middletown, CT	34:31
7. Bob Hodge	Boston, MA	34:32
8. Mike Buckley	Lawrence, MA	34:51
9. Bob Anastasio	New York	34:51
10. Mark Duggan	Boston, MA	35:00

## 1976 RESULTS - WOMEN

1. Joan Benoit	Cape Elizabeth, ME	43:08
2. Eleonora Mendonca	Cambridge, MA	43:36
3. Anne Sullivan	Cumberland, RI	44:01
4. Marilynn Fernandez	Somerset, MA	

# Past Top Finishers



- 5. **Marina Buckley** Cohasset, MA
- 6. **Lavinia Muncy** Mystic, CT
- 7. **Ellen Foley** Worcester, MA
- 8. **Del Flaherty** Barnstable, MA
- 9. **Tina Francario** Brockton, MA
- 10. **Jane Killion** New York, NY

## 1975 RESULTS - MEN

- 1. **Frank Shorter** Florida 33:24
- 2. **Bill Rodgers** Boston, MA 33:39
- 3. **Scott Graham** Boston, MA 35:26
- 4. **Larry Olsen** N. Medford, MA 35:32
- 5. **Bob Hodge** Boston, MA 35:51
- 6. **Vin Fleming** Boston, MA 35:54
- 7. **Russ Pate** Columbia, SC 36:03
- 8. **Arthur Dulong** Boston, MA 36:16
- 9. **Chris Chambers** 36:32
- 10. **George Conefrey** Brockton, MA 36:43

## 1975 RESULTS - WOMEN

- 1. **Jenny Taylor Tuthill** Cambridge, MA 44:21
- 2. **Tina Francario** Brockton, MA 48:03
- 3. **Del Flaherty** Barnstable, MA 51:23
- 4. **Joy Koch** Brookline, MA
- 5. **Cindy Shepherd** Falmouth, MA
- 6. **"Peanut" Christine Frazier** Falmouth, MA 52:30
- 7. **Tina Sessa**
- 8. **Martha Forster**
- 9. **Marian Roddy**
- 10. **Vin Fleming** Falmouth, MA

## 1974 RESULTS - MEN

- 1. **Bill Rodgers** Boston, MA 34:16
- 2. **Marty Liquori** New York 35:25
- 3. **Charles Diehl** Boston, MA 35:44
- 4. **Hamilton Amer** Somerville, MA 35:57
- 5. **Scott Graham** Boston, MA 36:06
- 6. **Ken Mueller** Cambridge, MA 36:21
- 7. **Pat Doherty** Everett, MA 36:23
- 8. **Bob Sevene** Boston, MA 36:34
- 9. **John Goodwin** Hyde Park, MA 36:41
- 10. **Vin Fleming** Boston, MA 36:51

## 1974 RESULTS - WOMEN

- 1. **Debbie Richie** Concord, MA 44:31
- 2. **J. Hass** Charlottesville, VA 47:14
- 3. **Debbie Mueller** Bellingham, MA 48:31
- 4. **Tina Francario** Brockton, MA 52:48
- 5. **Stephanie Nicholas** Ashland, MA 53:16
- 6. **Johanna Forman** Falmouth, MA 53:46
- 7. **Cindy Shepherd** Falmouth, MA 53:47
- 8. **Claire Garrity** Hingham, MA 56:45
- 9. **Rosie Grady** Falmouth, MA 59:06
- 10. **Debbie Mendleson** Falmouth, MA 59:07

## 1973 RESULTS - MEN

- 1. **David Duba** Michigan 39:16
- 2. **Pat Doherty** Boston, MA 39:33
- 3. **Steve Hamel** Boston, MA 40:49
- 4. **Bruce Jillson** Sandwich, MA 41:31
- 5. **Tom Doherty** Everett, MA 41:57
- 6. **Fred Hintlian** Falmouth, MA 42:03
- 7. **Gary Souza** Osterville, MA 42:44
- 8. **Chris Devlin** Georgia 42:26
- 9. **Tom Johnston** Falmouth, MA 44:02
- 10. **Larry Newman** Boston, MA 44:20

## 1973 RESULTS - WOMEN

- 1. **Jenny Taylor** Cambridge, MA 47:23
- 2. **Brigit Lowenstein** Woods Hole, MA 54:07
- 3. **Elizabeth Morris** W. Falmouth, MA 55:39
- 4. **Gail McKinnon** Brockton, MA 64:30
- 5. **Colleen O'Connor** Falmouth, MA
- 6. **Kim McClees** Elm City, NC 65:24



Winner of the 2022 ASICS Falmouth Road Race Women's Race, **Keira D'Amato**, crossing the finish line.



## FALMOUTH ROAD RACE WHEELCHAIR CHAMPIONS

This summer, we are celebrating 10 years of Spaulding Rehabilitation partnering with the Falmouth Road Race to sponsor our Wheelchair Division!

This year, we proudly celebrate 48 years of the Falmouth Road Race Wheelchair Division! Last year's male and female winners, Daniel Romanchuk and Susannah Scaroni, will both be defending their title in this summer's race. Both Romanchuk and Scaroni are course record holders in the 7-mile, and will additionally be competing in the Elite Wheelchair Mile on Friday, August 18th.

Find our wheelchair division winners below!



### MEN

2022	Daniel Romanchuk	22:02	1998	Craig Blanchette	25:10
2021	Hermin Garic	25:24	1997	Craig Blanchette	23:54
2019	Daniel Romanchuk	21:58	1996	Craig Blanchette	24:01
2018	Daniel Romanchuk	23:48	1995	Craig Blanchette	27:03
2017	Daniel Romanchuk	23:16	1994	Mustapha Badid	24:41
2016	Tony Nogueira	27:37	1993	Jim Knaub	25:44
2015	James Senbeta	24:32	1992	Craig Blanchette	25:35
2014	James Senbeta	23:32	1991	Craig Blanchette	25:47
2013	James Senbeta	23:32	1990	Jim Knaub	28:22
2013	Krige Schabort	24:17	1989	Jim Knaub	27:13
2012	Krige Schabort	23:53	1988	Mike Trujillo	29:20
2011	Krige Schabort	24:16	1987	Paul Phelan	29:33
2010	Craig Blanchette	27:13	1986	Tom Foran	30:00
2009	Krige Schabort	24:11	1985	George Murray	30:49
2008	Krige Schabort	23:35	1984	Tom Foran	31:17
2007	Patrick Doak	25:52	1983	Marty Ball	33:20
2006	Patrick Doak	26:36	1982	Bob Hall	33:37
2005	Tony Nogueira	26:01	1981	Bob Hall	35:26
2004	Tony Nogueira	26:13	1980	Bob Hall	
2003	Tony Nogueira	26:33	1979	Bob Hall	38:32
2002	Tony Nogueira	25:20	1978	Bob Hall	
2001	Kamel Ayari	28:08	1977	Bob Hall	
2000	Craig Blanchette	26:53	1976	Bob Hall	
1999	Keith Davis	27:31	1975	Bob Hall	47:13

### WOMEN

2022	Susannah Scaroni	25:30	1999	Candace Cable	33:41
2021	Emelia Perry	37:59	1998	Candace Cable	31:06
2019	Tatyana McFadden	26:15	1997	Candace Cable	28:53
2018	Tatyana McFadden	28:43	1996	Rose Winand	30:18
2017	Tatyana McFadden	27:36	1995	Candace Cable	32:10
2016	Yen Hoang	35:02	1994	Rose Winand	31:01
2015	Tatyana McFadden	26:27	1993	Ann Walters	32:17
2014	Tatyana McFadden	27:06	1992	Ann Walters	32:37
2013	Jill Moore	35:11	1991	Candace Cable	28:20
2012	Jill Moore	39:09	1990	Candace Cable	34:07
2011	Jessica Galli	31:57	1989	Ann Walters	35:38
2010	Jessica Galli	33:59	1988	Ann Walters	38:18
2009	Jessica Galli	31:36	1987	Ann Walters	
2008	Jacqui Kapinowski	43:04	1986	Natalie Bacon	
2007	Jessica Galli	30:38	1985	Natalie Bacon	
2006	Mina Mojtahedi	45:06	1984	Natalie Bacon	
2005	April Coughlin	35:09	1983	Natalie Bacon	49:23
2004	May Coughlin	36:43	1982	Natalie Bacon	55:23
2003	Jessica Galli	30:49	1981	Natalie Bacon	
2002	Jessica Galli	31:40	1980	Natalie Bacon	
2001	Harrilyn Beehner	54:21	1979	Natalie Bacon	69:56
2000	Harrilyn Beehner	48:22			

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**Good Luck!**

*2023 ASICS Falmouth Road Race Digital Participant's Guide created by Lyvia Migliaccio*

Digital Participant's Guide for the 51st running  
of the ASICS Falmouth Road Race

