51st ASICS FALMOUTH ROAD RACE

DIGITAL PARTICIPANT'S GUIDE

SUNDAY, AUGUST 20, 2023
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

asics

Dana-Farber Cancer Institute | The Jimmy Fund

Cape Cod Coffee | SBLI Life Insurance | Tommy Cochary High School Mile

Coxswain | PIX10 | Y101FM

Frank | Koffee 95.5 | Cape Cod Radio

Mass General Brigham Spaulding Rehabilitation

Falmouth Hospital

STOP&SHOP | VACASA

Premier Companies | G2 Capital Advisors | UPPAbaby

Boston Sports | Boston

NECN

ENDURANCE

Wicked Easy

Poland Spring

Stonyfield Organic

Red Bull

Josh Cellars | The Vascular Care Group | MPASS Packaging Solutions | McLuskey McDonald & Hughes, P.A.

Gold Medal Barbecue 1922

FCTV | Cooked Perfect | BEEF |

United States Postal Service | LEO CRANE, LLC | HERITAGE PACKAGING

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Race Benefactors Program

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
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 BENEFACATORS

- 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.
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.
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!

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.

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!
< 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.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>MILE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>START: Captain Kidd, Water St. in Woods Hole</td>
<td>1</td>
<td>9:30</td>
</tr>
<tr>
<td>158 CHURCH STREET</td>
<td>2</td>
<td>9:45</td>
</tr>
<tr>
<td>NOBSKA ROAD down the hill</td>
<td>3</td>
<td>10:00</td>
</tr>
<tr>
<td>OYSTER POND ROAD after BELLEVUE AVE.</td>
<td>4</td>
<td>10:15</td>
</tr>
<tr>
<td>SURF DRIVE before MILL ROAD</td>
<td>5</td>
<td>10:30</td>
</tr>
<tr>
<td>CLINTON AVE. and SHERIDAN AVE.</td>
<td>6</td>
<td>10:45</td>
</tr>
<tr>
<td>101 FALMOUTH HEIGHTS ROAD</td>
<td>7</td>
<td>11:00</td>
</tr>
<tr>
<td>FINISH: Grand Ave. &amp; Central Park Ave.</td>
<td></td>
<td>11:15</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>EARLY START for Adaptive Athletes</td>
</tr>
<tr>
<td>8:40 AM</td>
<td>ELITE WHEELCHAIR START</td>
</tr>
<tr>
<td>8:50 AM</td>
<td>ELITE WOMEN START</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>ELITE MEN START</td>
</tr>
<tr>
<td>9:03 AM</td>
<td>SEEDED RUNNERS &amp; DUOS START</td>
</tr>
<tr>
<td>9:05 AM</td>
<td>OPEN FIELD START</td>
</tr>
</tbody>
</table>

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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/](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, Aleksi 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 Aleksi 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 Disfunction, 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!
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 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 Expo

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
The Health & Fitness Expo

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.
The Health & Fitness Expo

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.

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

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.

If you would like to know more about staying hydrated on race day, check out this PSA!
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.
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
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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 Kenyans.’”

"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!
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
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.”
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!

1983

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!

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!
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!

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'.
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.*
The FRR Office Has a New Ride

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

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!

*Scaroni and Romanchuk accepting their Top Finisher awards at the 50th ASICS Falmouth Road Race*
## 2022 RESULTS - MEN
1. Ben Flanagan  
   Canada  
   Flagstaff, AZ  
   32:25
2. Biya Simbassa  
   Kenya  
   Colorado Springs, CO  
   32:32
3. David Bett  
   Kenya  
   Flagstaff, AZ  
   32:39
4. Leonard Korir  
   Kenya  
   Colorado Springs, CO  
   32:50
5. Wesley Kiptoo  
   Kenya  
   Flagstaff, AZ  
   32:51
6. Sam Chelanga  
   Kenya  
   Colorado Springs, CO  
   32:53
7. Alex Masai  
   Kenya  
   Flagstaff, AZ  
   32:55
8. Pat Tiernan  
   Australia  
   Flagstaff, AZ  
   32:59
9. Athanas Kioko  
   Kenya  
   San Francisco, CA  
   33:04
10. Colin Benny  
    
## 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. Makina Morley  
   Bozeman, MT  
   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  
   Urbana, IL  
   Champaign, IL  
   Canada  
   23:02
2. Hermin Garcia  
   Utica, NY  
   25:30
3. Alexandre Du Pont  
   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  
   Flagstaff, AZ  
   32:16
2. Biya Simbassa  
   Kenya  
   Colorado Springs, CO  
   32:21
3. Emmanuel Bor  
   Kenya  
   Flagstaff, AZ  
   32:24
4. Frank Lara  
   Concord, MA  
   32:28
5. Colin Bennie  
   Boulder, CO  
   32:32
6. Fred Husak  
   Colorado Springs, CO  
   32:35
7. John Raineri  
   Boulder, CO  
   32:37
8. Parker Stinson  
   Provo, UT  
   32:39
9. Clayton Young  
   Flagstaff, AZ  
   32:40
10. Scott Fauble  
    
## 2021 RESULTS - WOMEN
1. Edna Kiplagat  
   Kenya  
   Flagstaff, AZ  
   36:52
2. Emily Durgin  
   Chapel Hill, NC  
   37:19
3. Fiona O'Keeffe  
   Chapel Hill, NC  
   37:20
4. Makina 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. Iven Chepkemoi  
   Kenya  
   38:09
9. Susanna Sullivan  
   Reston, VA  
   38:28
10. Jaci Smith  
    Colorado Springs, CO  
    38:38

## 2021 RESULTS WHEELCHAIR - MEN
1. Daniel Romanchuk  
   Urbana, IL  
   21:58
2. Alexandre Du Pont  
   Canada  
   25:06
3. Herman Garcia  
   Utica, NY  
   25:28

## 2021 RESULTS WHEELCHAIR - WOMEN
1. Tatyana McFadden  
   Clarksville, MD  
   26:15
2. Katrin Gerhard  
   Ashburnham, MA  
   28:06
3. Cheri Blauwe  
   Wellesley, MA  
   44:12

## 2018 RESULTS - MEN
1. Daniel Romanchuk  
   Urbana, IL  
   23:16
2. Kgrg Schabot  
   Rome, GA  
   23:29
3. Joshua Cassidy  
   Guelph, ON  
   25:02

## 2018 RESULTS - WOMEN
1. Tatyana McFadden  
   Clarksville, MD  
   27:36
2. Hannah Babatola  
   Newark, NJ  
   29:12
3. Karina Gerhard  
   Ashburnham, MA  
   29:32

## 2017 RESULTS - MEN
1. Stephen Sambu  
   Kenya  
   32:14
2. Leonard Korir  
   Kenya  
   Flagstar, CO  
   32:24
3. Luis Vargas  
   Raleigh, NC  
   32:35
4. Abdi Abdirahman  
   Tucson, AZ  
   33:04
5. Kam Levins  
   Medford, MA  
   34:17
6. Morgan Faric  
   Charleston, SC  
   37:30
7. Jordan Martin  
   Flagstaff, AZ  
   38:11
8. Alex Monroe  
   Perry, OH  
   35:13
9. Johny 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  
   Seattle, WA  
   37:49
6. Jess Tonn  
   Superior, WI  
   37:52
7. Neely Gracey  
   Littleton, CO  
   38:07
8. Natalis Rogers  
   South Africa  
   38:20
9. Dominique Scott  
   South Africa  
   38:29
10. Lindsey Scherf  
    High Falls, NY  
    38:23

## 2016 RESULTS - MEN
1. Stephen Sambu  
   Kenya  
   32:10
2. Leonard Korir  
   Kenya  
   32:35
3. Sam Chelanga  
   Tucson, AZ  
   32:50
4. Chris Thompson  
   UK  
   32:52
5. Daniel Salat  
   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  
   Kenya  
   37:06
5. Monica Ngige  
   Kenya  
   37:42
Past Top Finishers

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

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 Gesaba  Kenya  37:22
8. Katie Matthews  Allston, MA  37:51
9. Tara Erdmann  Portland, OR  38:04

2014 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. Mob Keflezighi  San Diego, CA  34:01

2015 RESULTS - WHEELCHAIR - MEN
1. Tony Nogueira  Glen Ridge, NJ  27:37
2. Hermin Garic  Utica, NY  29:15
3. Gary Brendel  Sterling, MA  30:26

2015 RESULTS - WHEELCHAIR - WOMEN
1. Yen Hoang  Champaign, IL  35:59
2. Jill Moore  Champaign, IL  36:51
3. Jenna Fesemeyer  Ravenna, OH  38:03

2015 RESULTS - MEN
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. Monica 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 - WOMEN
1. James Senbeta  Champaign, IL  23:32
2. Krije Schabot  Cedartown, GA  25:13
3. Tony Nogueira  Glen Ride, NJ  26:00

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  Brightton, MA  33:24
10. Dino Seif Kamal  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. Adeneiro Herzog  Netherlads  37:21
6. Alexi Pappas  Eugene, OR  37:32
7. Katie Matthews  Rocky Hill, CT  37:50
9. Frances Kosons  Bryn Mawr, PA  38:07
10. Laura Nagel  Providence, RI  38:23

2012 RESULTS - MEN
1. Krige Schabot  Cedartown, GA  29:53
2. Craig Blanchette  Battle Ground, WA  27:25
3. Patrick Doak  Carlisle, MA  27:39

2012 RESULTS - WOMEN
1. Jill Moore  Champaign, IL  39:09
2. Chelsea Czytzer  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 Nderera  Kenya  32:50
8. Ed Moran  Williamsburg, VA  32:50
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 Nderera  Kenya  37:24
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

2010 RESULTS - MEN
1. Krije Schabot  Cedartown, GA  29:53
2. Craig Blanchette  Battle Ground, WA  27:25
3. Tony Nogueira  Jersey City, NJ  26:56

2010 RESULTS - WOMEN
1. Jessica Galli  Savoy, IL  31:57
2. Sandra Rush  Fresno, CA  40:03
3. Chelsea Czytzer  Parsippany, NJ  46:11
# Past Top Finishers

## 2010 RESULTS - MEN

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Gebre Gebremariam</td>
<td>32:20</td>
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<tr>
<td>2</td>
<td>Wilson Kombai Chebet</td>
<td>32:21</td>
</tr>
<tr>
<td>3</td>
<td>Martin Leu</td>
<td>32:37</td>
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<tr>
<td>4</td>
<td>Edward Muge</td>
<td>32:40</td>
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<td>5</td>
<td>Ed Moran</td>
<td>32:40</td>
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<tr>
<td>6</td>
<td>Peter Kirui</td>
<td>32:50</td>
</tr>
<tr>
<td>7</td>
<td>Stephen Kosgei Kilbet</td>
<td>32:50</td>
</tr>
<tr>
<td>8</td>
<td>Antonio Vega</td>
<td>32:53</td>
</tr>
<tr>
<td>9</td>
<td>Sean Quigley</td>
<td>32:58</td>
</tr>
<tr>
<td>10</td>
<td>Allan Kiprono</td>
<td>33:05</td>
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</tbody>
</table>

## 2010 RESULTS - WOMEN

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<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Wude Ayalew Yimer</td>
<td>35:46</td>
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<tr>
<td>2</td>
<td>Lineth Chepkurui</td>
<td>35:50</td>
</tr>
<tr>
<td>3</td>
<td>Edna Kiplagat</td>
<td>36:31</td>
</tr>
<tr>
<td>4</td>
<td>Catherine Ndereba</td>
<td>36:06</td>
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<tr>
<td>5</td>
<td>Colleen De Reuck</td>
<td>38:10</td>
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<tr>
<td>6</td>
<td>Fiona Docherty</td>
<td>38:26</td>
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<tr>
<td>7</td>
<td>Amy Hastings</td>
<td>38:33</td>
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<tr>
<td>8</td>
<td>Irene Limika</td>
<td>38:59</td>
</tr>
<tr>
<td>9</td>
<td>Jeannette Seckinger</td>
<td>39:01</td>
</tr>
<tr>
<td>10</td>
<td>Kathy Newberry</td>
<td>39:10</td>
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</tbody>
</table>

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<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Mamitu Daska</td>
<td>31:41</td>
</tr>
<tr>
<td>2</td>
<td>Boaz Cheboliyo</td>
<td>32:03</td>
</tr>
<tr>
<td>3</td>
<td>Edward Muge</td>
<td>32:10</td>
</tr>
<tr>
<td>4</td>
<td>Meb Keflezighi</td>
<td>32:11</td>
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<td>5</td>
<td>Mamitu Daska</td>
<td>32:12</td>
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<td>32:29</td>
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<td>7</td>
<td>Hendrick Ramaala</td>
<td>32:35</td>
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<tr>
<td>8</td>
<td>Hosea Rotich</td>
<td>32:36</td>
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<tr>
<td>9</td>
<td>Richard Limo</td>
<td>32:41</td>
</tr>
<tr>
<td>10</td>
<td>Ibrahim Gasu</td>
<td>32:57</td>
</tr>
</tbody>
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## 2010 RESULTS WHEELCHAIR - WOMEN

<table>
<thead>
<tr>
<th>Place</th>
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<tbody>
<tr>
<td>1</td>
<td>Khalid Sena</td>
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<td>2</td>
<td>Boaz Cheboliyo</td>
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<td>3</td>
<td>Edward Muge</td>
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<tr>
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<td>Meb Keflezighi</td>
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## 2011 RESULTS WHEELCHAIR - MEN

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<tr>
<td>1</td>
<td>Pacific Doak</td>
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<td>Gary Brendel</td>
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<td>3</td>
<td>Chad Johnson</td>
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## 2011 RESULTS WHEELCHAIR - WOMEN

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<tr>
<td>1</td>
<td>Mina Mojtahedi</td>
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<tr>
<td>2</td>
<td>Harriyn Beesher</td>
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## 2012 RESULTS - MEN

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<tr>
<td>1</td>
<td>Gilbert Okari</td>
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<td>2</td>
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<tr>
<td>3</td>
<td>Edna Kiplagat</td>
<td>36:51</td>
</tr>
<tr>
<td>4</td>
<td>Luminita Talpos</td>
<td>36:57</td>
</tr>
<tr>
<td>5</td>
<td>Amy Rudolph</td>
<td>37:02</td>
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<tr>
<td>6</td>
<td>Lyudmila Biktasheva</td>
<td>37:06</td>
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<td>7</td>
<td>Lornah Kiplagat</td>
<td>37:07</td>
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<tr>
<td>1</td>
<td>Alice Schabot</td>
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<tr>
<td>2</td>
<td>Tony Nogueira</td>
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<tr>
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<td>Patrick Doak</td>
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## 2013 RESULTS WHEELCHAIR - WOMEN

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## 2014 RESULTS WHEELCHAIR - MEN

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## 2014 RESULTS WHEELCHAIR - WOMEN

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</tr>
</tbody>
</table>
### 1999 RESULTS - WOMEN

| 1. Catherine Ndereba | Kenya | 36:22 |
| 2. Colleen De Reuck | South Africa | 36:41 |
| 3. Jane Ng'otho | Kenya | 37:11 |
| 4. Olga Markova | Russia | 37:14 |
| 5. Teresa Wanjiu | Kenya | 37:21 |
| 6. Jennifer Rhines | Havertford, 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 Hellviel | Bothell, WA | 26:25 |

### 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 Cherono | Kenya | 31:55 |
| 4. Herzron Otewi | Kenya | 31:57 |
| 5. Peter Githuka | Kenya | 32:05 |
| 6. Simon Morolong | South Africa | 32:08 |
| 7. James Kariuki | Kenya | 32:18 |
| 8. Aurelio Mitte | Angola | 32:32 |
| 9. John Kariuki | Kenya | 32:45 |
| 10. Abel Onyango | Kenya | 32:46 |

### 1998 RESULTS - WOMEN

| 1. Catherine Ndereba | Kenya | 36:10 |
| 2. Colleen De Reuck | South Africa | 36:17 |
| 3. Teresa Wanjiu | Kenya | 36:52 |
| 4. Anne Marie Lauck | Hampton, NJ | 37:09 |
| 5. Delilah Asaigo | Kenya | 37:22 |
| 6. Hellen Kimaiyo-Kipkoski | Kenya | 37:30 |
| 7. Margaret Kagiri | Kenya | 37:56 |
| 8. Uta Pippig | Germany | 37:58 |
| 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 Chemoso | Kenya | 32:36 |

### 1997 RESULTS - WOMEN

| 1. 37:56 |
| 2. 37:30 |
| 3. 31:15 |
| 4. 31:05 |

### 1995 RESULTS - WOMEN

| 1. Delilah Asaigo | Kenya | 36:23 |
| 2. Colleen De Reuck | South Africa | 36:57 |
| 3. Laura Mykytko | North Carolina | 37:07 |
| 4. Veronica Kanga | Kenya | 37:10 |
| 5. Maria Luisa | Mexico | 37:11 |
| 7. Catherine Ndereba | Kenya | 37:23 |
| 9. Anne Hare | New Zealand | 37:36 |
| 10. Kamila Gradus | Poland | 37:45 |

### 1994 RESULTS - MEX

| 1. Benson Masaya | Mexico | 31:59 |
| 2. Jumu Barrios | Brazil | 32:33 |
| 3. Ronaldo DaCosta | Kenya | 32:38 |
| 4. Simon Karori | Kenya | 32:46 |
| 5. Lazarus Nyakeraka | Kenya | 32:47 |
| 7. John Kipkoskei | Mexico | 32:56 |
| 8. Jorge Marquez | Kenya | 32:58 |

### 1994 RESULTS - WOMEN

| 1. Laura Mykytko | Ukraine | 37:01 |
| 2. Yelena Viazova | Georgia | 37:04 |
| 3. Anne-Marie Letko | Kenya | 37:11 |
| 4. Delilah Asaigo | Colorado | 37:48 |
| 5. Carol Zajac | Italy | 38:13 |
| 6. Gwynn Coogan | California | 38:21 |
| 7. Rosanna Murerotto | Russia | 38:33 |
| 8. Viktorija Nenaschowa | England | 38:47 |

### 1993 RESULTS - MEX

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

### 1993 RESULTS - WOMEN

| 1. Colleen De Reuck | South Africa | 36:10 |
| 2. Yelena Viazova | Ukraine | 36:17 |
| 3. Rosanna Murerotto | Italy | 37:09 |
| 4. Wilma van Onna | Nethands | 37:09 |
| 5. Jody Hawkins | New York | 37:30 |
| 6. Gordon Bakoulos | Texas | 37:22 |
| 8. Lisa Weidenbach | Massachusetts | 37:59 |
| 9. Lesley Lehane | Russia | 38:09 |
| 10. Albina Gallamova | Russia | 38:09 |

### 1992 RESULTS - MEX

| 1. Benson Masaya | Kenya | 31:52 |
| 2. Simon Karori | Kenya | 32:05 |
| 3. Keith Brantly | Florida | 32:15 |
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  32:56
7. Martin Pitayo  Mexico  33:03
8. Marcus Barreto  Mexico  33:06
9. Ashley Johnson  England  33:08

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 Ljundberg  Sweden  36:54
5. Anne Audain  New Zealand  37:05
6. Anne Hanham  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 Landeghem  Belgium  38:20

1988 RESULTS - MEN
1. Mark Curp  Lees Summit, MO  32:22
2. Steve Spence  Pennsylvania  32:27
3. Keith Brantly  Florida  34:22
4. Geraldo Alcala  Mexico  34:41
5. Steve Jones  Wales  34:48
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 Pfiztinger  Wellsley, MA  33:20

1988 RESULTS - WOMEN
1. Anne Hanham  New Zealand  36:36
2. Betty-Jo Geiger  North Carolina  36:40
3. Nancy Tinari  Canada  36:57
4. Joao Samuelson  Freepoint, ME  37:13
5. Kelli Cathey  Colorado  37:17
6. Patty Murray  Illinois  37:19
7. Eleanor Simonsick  Maryland  37:54
9. Teresa Ornduff  Virginia  38:01
10. Annie Schweitzer  Texas  38:16

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 Toottel  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  38:18
7. Lesley Lehanne  Massachusetts  38:24
9. Cindy James  Illinois  38:39
10. Ann Henderson  Colorado  39:08

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 Nakim  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 Ljundberg  Sweden  38:52
8. Rosa Gutierrez  California  39:06
9. Silvana Pereira  Brazil  39:09
10. Leslie Seymour  Minnesota  39:12

1992 RESULTS - WOMEN
1. Lynn Jennings  New Hampshire  36:13
2. Wilma van Ona  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. Ilana 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

1992 RESULTS - MEN
1. Alejandro Cruz  Mexico  32:16
2. Carlos Patricio  Portugal  32:24
3. Lameck Aguta  Kenya  32:28
4. Faustino Hernandez  Mexico  32:42
5. Gideon Mutisya  Kenya  32:47
6. Mark Pialetos  Colorado  32:56
7. Antonio Rodriguez  Portugal  33:01

1993 RESULTS - MEN
1. Steve Jones  Washington  32:22
2. Keith Brantly  Florida  32:44
3. Salvador Garcia  Mexico  34:41
4. Joao Samuelson  Freepoint, ME  37:13
5. Steve Jones  Wales  34:48
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 Pfiztinger  Wellsley, MA  33:20

1993 RESULTS - WOMEN
1. Maria Luisa Servin  Mexico  37:36
2. Uta Pippig  Germany  37:54
3. Anne Marie Letko  New Jersey  37:57
4. Joan Samuelson  Maine  38:18
5. Lesley Lehanne  Massachusetts  38:24
7. Cindy James  Illinois  38:39
8. Ann Henderson  Colorado  39:08

1994 RESULTS - MEN
1. Mark Curp  Lees Summit, MO  32:22
2. Steve Spence  Pennsylvania  32:27
3. Keith Brantly  Florida  32:42
4. Rob de Castella  Australia  32:54
5. Joao Samuelson  Freepoint, ME  33:02
6. Gianni DeMadonna  Italy  33:04
7. Ibrahim Hussein  Kenya  33:05
8. Jean-Pierre Ndayisenga  Belgium  33:07
9. Carlos Rétiz  Mexico  33:09
10. Mark Roberts  Arizona  33:18

1994 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

1995 RESULTS - MEN
1. David Murphy  England  32:02
2. Steve Jones  Wales  32:06
3. Rob de Costella  Kenya  32:09
4. Mike Musyoki  Kenya  32:19
5. Barry Smith  England  32:34
6. Simeon Kigen  Kenya  32:34
7. Mark Curp  Wales  32:43
8. Adrian Leek  Pennsylvania  32:46
9. Don Norman  Missouri  32:48
10. Greg Meyer  Holland, MA  32:48

1995 RESULTS - WOMEN
1. Joao Beneit  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 Hampshire  37:37
5. Francie Larrieu-Smith  Cape Elizabeth, ME  37:59
6. Ellen Reynolds  Washington  38:01
7. Gail Kigma  Washington  38:01
8. Katie Ismael  Wisconsin  38:18
10. Marty Cooksey  Missouri  38:29
Past Top Finishers

1984 RESULTS - WOMEN
1. Joan Nesbit - Georgia - 37:00
2. Lorraine Moller - New Zealand - 37:23
3. Marty Cowsey - Oregon - 37:26
5. Louise McGrillen - Ireland - 38:00
6. Anne Hird - Rhode Island - 38:28
7. Shelly Steeley - Pennsylvania - 38:28
9. Susan Schneider - Minnesota - 38:59

1984 RESULTS - MEN
2. Simeon Kigen - Canada - 32:27
3. Mark Cup - Missouri - 32:29
4. Paul Cumings - Utah - 32:42
6. Bruce Bickford - Maine - 32:51
7. Gabriel Kami - Kenya - 32:54
8. Matt Centrowitz - Brooklyn, NY - 32:56
9. Geoff Smith - England - 33:10

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
7. Eleanor Simsonck - Maryland - 38:09
8. Anne Marie Malone - Canada - 38:21

1983 RESULTS - MEN
1. Joao Benoit - Cape Elizabeth, ME - 36:21
2. Tony 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
7. Eleanor Simsonck - Maryland - 38:09
8. Anne Marie Malone - Canada - 38:21

1982 RESULTS - WOMEN
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 Cup - Missouri - 32:46
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 - 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 Cup - Missouri - 32:46
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

1981 RESULTS - WOMEN
1. Joan Benoit - Cape Elizabeth, ME - 38:15
2. Judi St. Hilaire - Vermont - 38:37
4. Beth Sheridan - Ohio - 39:10
5. Linda McLennon - Alabama - 39:17
7. Kiki Swielgard - Oregon - 40:04
10. Sarah Linsley - Oklahoma - 41:19

1981 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
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
4. Joan Benoit - Cape Elizabeth, ME - 38:21
5. Lorraine Moller - New Zealand - 38:45
8. Beth Sheridan - Ohio - 39:42
10. Gayle Olenick - Florida - 40:31

1979 RESULTS - WOMEN
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 - MEN
1. Elliott Goodall - North Carolina - 38:14
2. Cathy Twomey - Michigan - 38:49
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. Joao Benoit - Cape Elizabeth, ME - 39:07
2. Patti Lyons - Cambridge, MA - 39:32
4. Martha White - State College, PA - 40:03
5. Marge Rosasco - Baldwin, NY - 40:10
6. Gayle Barron - Atlanta, GA - 40:42
7. Nancy Shafer - Florida - 41:00
8. Jane Kilian - New York - 41:30
9. Lisa Berry - Hartford, CT - 41:50
10. Susan Richardson - Connecticut - 42:30

1977 RESULTS - MEN
2. Alberto Salazar - Oregon - 32:40
3. Greg Fredericks - New Jersey - 33:19
4. Mike Roche - Colorado - 33:24
5. Frank Shorter - Kenya - 33:42
6. Hillary Tuwei - Michigan - 34:08
7. Steve Flanagan - Pennsylvania - 34:08
9. Dick Mahoney - Boston, MA - 34:15
10. Mike Buckley - Lawrence, MA - 34:20

1977 RESULTS - WOMEN
1. Kim Merritt - Racin, WI - 38:40
2. Charlotte Lettis - Amherst, MA - 40:00
4. Anne Sullivan - Rhode Island - 40:29
5. Joao Benoit - Maine - 40:49
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 - Middletown, CT - 34:22
5. Alberto Salazar - Boston, MA - 34:52
6. Ambry Burfoot - Lawrence, MA - 34:51
8. Mike Buckley - Boston, MA - 35:00

1976 RESULTS - WOMEN
1. Joao 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 - 45:00
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. Bill Rodgers  Boston, MA  34:16
2. Marty Liquori  Boston, MA  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  Everett, MA  36:23
7. Pat Doherty  Boston, MA  36:34
8. Bob Sevone  Hyde Park, MA  36:41
9. John Goodwin  Boston, MA  36:51
10. Vin Fleming  Boston, MA

1975 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 Mendelson  Falmouth, MA  59:07
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!

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The FRR Newsletter: TL Times

Schedule of Events this Weekend

Order A Bag of Cape Cod Coffee's Runner's Roast: Support The Hoyt Foundation!
Good Luck!

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