



# **ASICS FALMOUTH ROAD RACE**

***DIGITAL PARTICIPANT'S GUIDE***



***SUNDAY, AUGUST 18, 2024***



# 2024 FRR RACE MANAGEMENT TEAM

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2024 Organizing Committee



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## Falmouth Road Race 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 Friends of the ASICS Falmouth Road Race,**

As we gather to celebrate the 52nd running of the ASICS Falmouth Road Race during this Olympic year, I am reminded of our founder, Tommy Leonard, who was inspired by Frank Shorter's gold medal win in the 1972 Olympic marathon. Tommy's vision and passion for running laid the foundation for this extraordinary event, and his spirit continues to inspire us all. His legacy endures in the smiles of every participant, the determination of every runner, and the camaraderie that fills the streets of Falmouth every August.

Our race once again demonstrates that we are a world-class event, consistently attracting Olympians from around the globe to compete in our elite field. In keeping with the Olympic spirit, I would like to extend my best wishes to our past champions who will be competing in Paris. Hellen Obiri, our 2023 women's champion, and Sharon Lokedi, our 2019 women's champion, both from Kenya, will be running in the marathon. Ben Flanagan, the men's champion in 2018, 2020, and 2021 from Canada, will compete in the 5000 meters. Emily Mackay, our 2023 women's mile champion, and Nikki Hiltz, the 2022 women's mile champion, both representing the USA, will be vying for glory in the 1500 meters. Charles Philibert-Thiboutot, our 2021 men's mile champion from Canada, will be competing in the 1500 meters, and Fiona O'Keeffe, our 3rd place female in 2021 along with Lenny Korir, the 2019 men's champion from the USA, will be running in the marathon. We are incredibly proud of all of our athletes and we will be cheering them on as they represent their countries on the world stage.



I would like to extend a heartfelt thank you to ASICS, in its fourth year as title sponsor. Your unwavering support has been instrumental in ensuring the success of this event. ASICS, along with our many other incredible sponsors, enables us to carry out our mission to give back to the community. Your dedication to promoting a healthy lifestyle – a sound mind in a sound body – is deeply appreciated.

I also want to express my gratitude to those who make this race possible: my fellow volunteer board members who give so much of themselves; our incredible staff led by Jennifer Edwards and Megan Faulkner; Dave McGillivray, AFRR race director, and his staff at DMSE; Chiefs Lourie & Smith from the Falmouth Police and Fire Departments; our medical director, Dr. John Jardine and medical coordinator Chris Troyanos; our town officials; our over 1,500 volunteers and all the residents of our town. Thank you, TEAM FALMOUTH!

Thank you once again to everyone involved in the ASICS Falmouth Road Race. Your contributions are invaluable, and your enthusiasm and commitment ensure that this event remains a highlight of the year for all of us. Here's to another successful and memorable race!

With heartfelt gratitude and warmest regards,

**Scott Ghelfi**  
**President**  
**Falmouth Road Race, Inc.**



# A LETTER FROM ASICS



Welcome to the 2024 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. This year's race marks ASICS' fourth year as the title sponsor of this one-of-a-kind summer event.

As a performance running brand, our ambition is to empower as many people as possible to experience the physical and mental benefits of movement. This weekend we hope you live this ASICS mission, finding yourself with a "sound mind in a sound body" as you complete your 7-mile race.

From the start line to the finish line, we encourage you to look back on the journey that got you here. We hope you take a moment of gratitude for yourself and your community in helping you find time to train and achieve this goal. Don't forget to look around at other runners, spectators, volunteers, fundraisers, charities and organizers, and together share in this collective and memorable experience.

On behalf of ASICS, we wish you a great race weekend and 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, which are so vital to the success of the race:



**Title Sponsor**



**Diamond Level Sponsor**



**Ruby Level Sponsor**



**Platinum Level Sponsor**



LOVE,

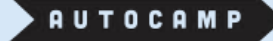


FALMOUTH HOSPITAL

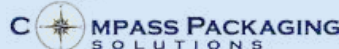
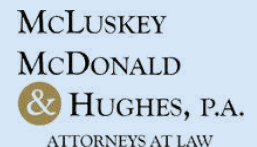
**Gold Level Sponsor**



**Silver Level Sponsor**



**Bronze Level Sponsor**





# RACE BENEFACTOR 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 donors’ direct contributions help produce the event. For their donation, benefactors 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. through the years have contributed to the overall success of the race as well as the ability for Falmouth Road Race Inc. to give back to the community through its philanthropic endeavors.

If you are interested in becoming a Race Benefactor for the 2025 ASICS Falmouth Road Race, please check out our website [here](#) for more information, or email the race office at [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 support this year's race:



## ***2024 RACE BENEFACTORS***

AccessSportAmerica

Alyssa Mazur

Boggs/Oppenheim

Camp Jabberwocky

Christopher George

David A. Hatch, Jr.

David Johnson

Experience Camps

Georgia Papavasiliou

Gosnold Behavioral Health

H.D. Luck Charitable Trust

Ilana Cathcart

Jeff Camuso

Judy and Glenn Bell

Komera

Margaret Fitzgerald

Maranyundo Initiative

Marine Biological Laboratory

Mary Beth Benison Foundation

Medway Village Food Pantry

Michael Stephen

MiraKind

Miskovsky Landscaping, Inc.

MitoAction

New England Mechanical Contractors Association

Paul Magnus Foundation

Play for a Cure

Reliant Foundation

Richard Schilder

Rose City Run Club

Shooting Touch

Somerset Berkley Education Foundation

Southshore Peer Recovery

Sturdy Health

The Boston Bulldogs Running Club

The Heyda and Gill Families

The Kibby Fund

The Konstantly Family

The Peter Frates Family Foundation

The Powderly Family

The Robertson Family

The Travis Family

Uyguanco Family

Z-Tech Solutions



# Race Day Need-to-Knows



**Welcome Runners!** Thank you for participating in the 52nd running of the ASICS Falmouth Road Race. Below are some notes to help you have an amazing experience at this year's race.

## 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. There will be **NO access to Woods Hole. DO NOT try to drive to the Start.** Per Public Safety Officials, **NO boat drop-offs** will be permitted.

Our team has worked especially hard to improve our transportation plan. This will include an efficient and runner-friendly 3-zone bus loading system at the **Lawrence School** on Lakeview Ave and an additional drop-off location at **Falmouth High School** (pre-registration is required).

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

For the second time, we are offering a drop-off only busing location at the Falmouth High School (pre-registration required). This is intended for local families and friends to quickly drop off their runners to relieve congestion at and around the Lawrence School.

*\*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

**Bags are not allowed on buses.** Public safety officials are asking runners and spectators not to bring bags. Travel light for this year's race!

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

Runners arriving after 7:00 AM will lead to longer waits and lines for everyone!

## PER FALMOUTH PUBLIC SAFETY

When you arrive at Lawrence School, make your way across the mat and onto the field **no later than 7:20 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 before the start of the 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. Enjoy beautiful views with plenty of water available at several locations around the start area.

## PULSE START SYSTEM

The race will utilize a "Pulse Start" system, which starts groups of 1000 runners at a time with a two-minute interval between each pulse. Where you start is entirely up to you! Multiple pace signs will be posted along Water Street to help guide runners to their start position. The only exception is seeded runners (who sent in proof at the time of registration). They have bib number assignments between 1 and 899. Please Note: If you have not submitted proof for assignment to the seeded corral and were not assigned a number lower than 999, you will not have access to the front corral on race day.

## MEDICAL STATIONS

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", which is the building on Water Street with a foundation made of large rocks.

## RESTROOMS

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.





# Race Day Need-to-Knows



**HEARTS on race bibs will help you identify our Numbers for Nonprofits runners**

Charity runners who are “making their miles count” and raising funds for charities in our Numbers for Nonprofits program, will have a large blue 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 at the Health & Fitness Expo. Be sure to get yours when you pick up your runner bib!

## THE COURSE:

Water, Gatorade, medical support, and cheer stations are located along the course. Please reference our [Official Course Map](#) or our [Interactive Google 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 as roads are re-opened.

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

BASED ON APPROXIMATE TIME THAT THE LAST RUNNER CROSSES THE START LINE, AND FOLLOWING A 15-MIN/MILE PACE TO FINISH.





# Race Day Need-to-Knows

## 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. Additionally, a results tent can be found on the ballfield at the Finish.

### **AWARDS:**

Race Champions will be presented with their awards at the finish line. Upon verification, top overall, top Falmouth resident age-group winners, and course Cheer Contest awards will be presented in September at our annual Age Group Awards & Recognition Reception

### **BE SOCIAL:**

Be sure to share your race photos on Facebook and Instagram and tag #FalmouthRoadRace #FRR52nd

### **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 to help.

### **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](#).



# Race Day Need-to-Knows



## 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 reached capacity each year it has been offered. Buses for the program will begin at 6:15 AM, with the last bus departing at 7:15 AM. Only registered runners with a bike, a visible 2024 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 is asked each year is "Where do I park?". Our best answer: 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. 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. Please plan accordingly if you have parked in this area in the past.

**Note to Spectators:** Per Falmouth Public Safety, this is a **NO-DRONE event**. For more information to share with your friends and family, please share our new [Spectators page](#) with them!





# Race Day Need-to-Knows



## FINISH AREA:

Each runner will be given a bag for refreshments provided by our wonderful sponsors after they cross the finish line. These bags are for runners only, however the traditional hot dogs – courtesy of Kayem and Gold Medal Bakery – 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. Grab an official finisher shirt from The Run House truck, enjoy music by [CapeCodRadio.com](http://CapeCodRadio.com) and join us at [Shipwrecked](#) for the after party!

## PLEASE help us to keep Falmouth Heights clean!

As we strive to become a **Zero Waste** event, we ask for your cooperation by depositing your recyclables in the recycling bins on the way out of Falmouth Heights, as well as bringing 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!



*We hope your experience is a fun one, whether it's your first or your 52nd. 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 Need-to-Knows



## RACE START TIMES

8:00 AM:	EARLY START <i>for Adaptive Athletes</i>
8:40 AM:	ELITE WHEELCHAIR DIVISION START
8:41 AM:	DUO PROGRAM START
8:50 AM:	ELITE WOMEN START
9:00 AM:	ELITE MEN & SEEDED RUNNERS START
9:04 AM:	OPEN FIELD START

For a full guide to everything you will need to know on Race Day, check out our 2024 Race 101 video here! 





## Race Day Closure Timeline: 2024

### 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)

- **COURSE CLOSURE INFO:**
  - All other roads along the race route leading from Woods Hole to Falmouth Heights will be closed to ALL vehicular traffic at approximately 8:00 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/>



# 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 link to find our interactive 2024 course map, or click [HERE](#) for a course tour video!**



# Numbers for Nonprofits Program (NFNP)



## What is the NFNP Program?

The official charity program of the ASICS Falmouth Road Race, Numbers for Nonprofits, was started in 2000 by former Race Co-Director Rich Sherman. It has amassed to include over 300 different Massachusetts-based 501(c)3 organizations over the years, with over 4,000 runners this year.

*Last year, the NFNP program helped to raise \$7.23 million for these organizations – the largest amount ever raised by this program.*

## Dana-Farber Cancer Institute and The Jimmy Fund

In 2023, 340 runners collectively raised over \$1M for the **Dana-Farber Cancer Institute and the Jimmy Fund Team**. To date, the DFCI teams have raised **over \$10 million** running Falmouth since their inaugural participation in the NFNP program in 2003.

“For over two decades, they have been an integral part of the program’s visibility, continually increasing fundraising efforts to support those who are in need. The good that they – and all our nonprofit partners – have been able to do over the years is staggering. We are so proud of the impact.”

- Scott Ghelfi, President FRR, Inc.



# Numbers for Nonprofits Program (NENP)





## What is what3words?

w3w is an app to ensure emergency responders can pinpoint your exact location in order to provide rapid response times.

## How does it work?

Splitting the entire planet up into three square meter squares, each identified by three words. It's used at mass public events, ocean rescues, even to identify specific entrance locations at stadiums for large-scale events. The Falmouth Road Race team has been using the what3words app since 2021.



## How do I 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 you'll be able to see your location's unique 3 words!

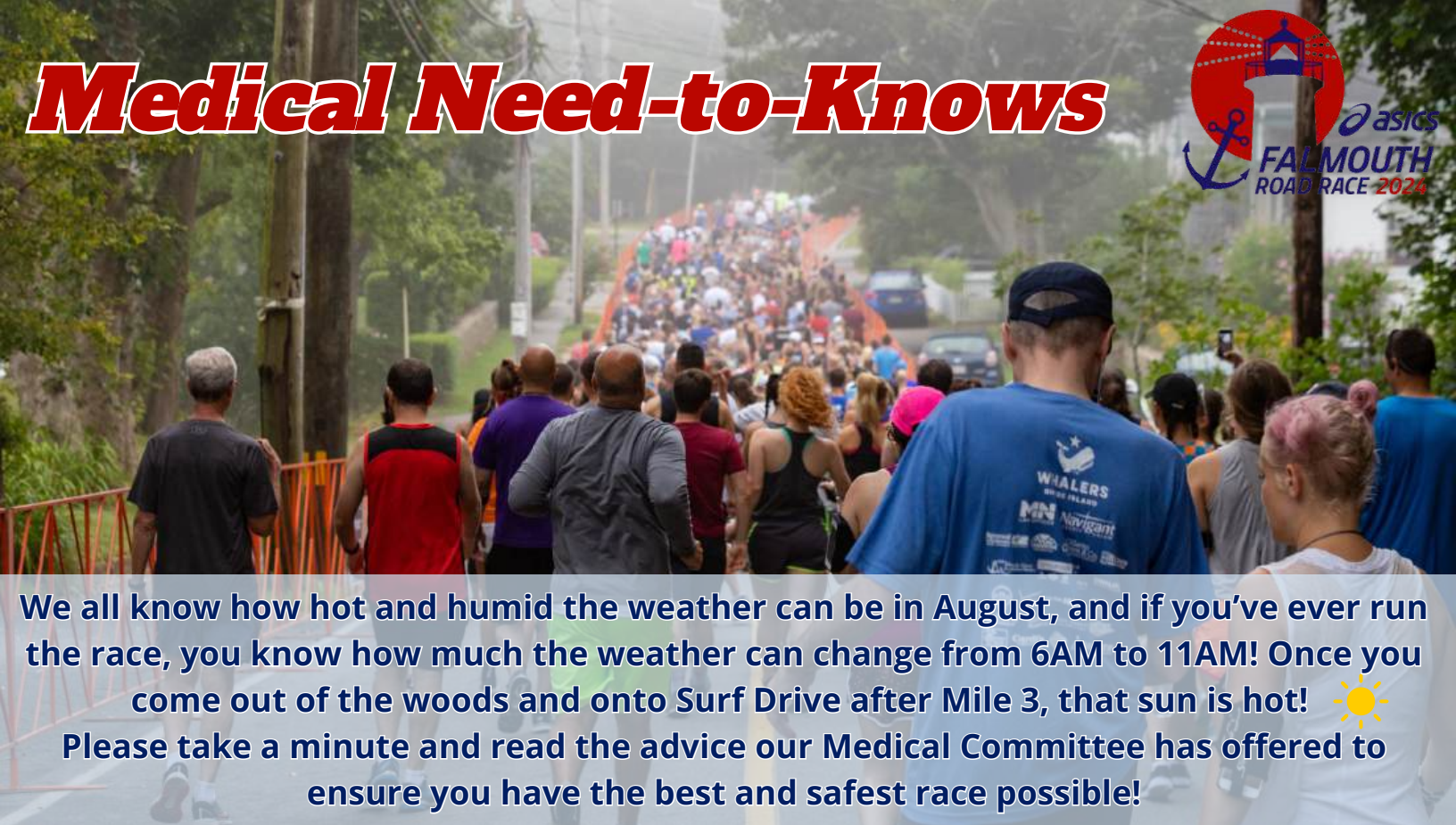
## Try It!

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!





# Medical Need-to-Knows



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! ☀️ Please take a minute and read the advice our Medical Committee has offered to ensure you have the best and safest race possible!

## Medical Tips and FAQs

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



Medical 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**, and of course in the **Finish Line Medical Tent**.



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



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

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.



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



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.



To find out more about staying hydrated on race day, check out this video!



# Medical Need-to-Knows



## 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. Protect yourself from the sun** – 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.

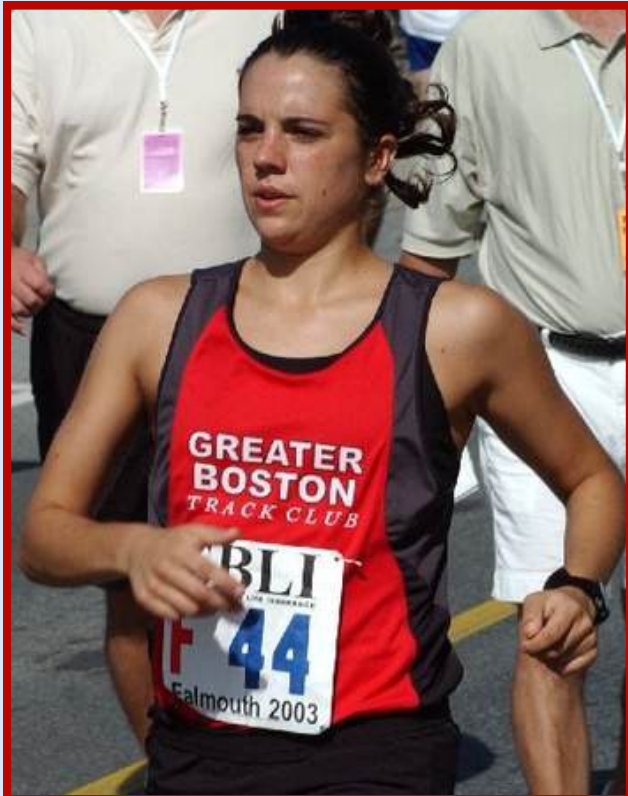
For more information on the impact of heat on Race Day, check out the video below!







# The History of the Margaret Bradley Award



## Honoring the Legacy of Margaret Bradley

By Lindsay McKeon

**Her legacy of determination and inspiration continues to resonate, a guiding light for runners. Two decades on, Margaret Bradley's memory stands as a testament to the enduring power of passion and resilience, inspiring generations to push beyond boundaries and strive for greatness in both sport and life.**

Twenty years have passed since the untimely departure of Margaret Bradley, a name forever etched into the history of Falmouth Road Race. Margaret's lifetime was not just one of athletic success but of unwavering dedication, academic excellence, and a profound love for her hometown of Falmouth, Massachusetts.

Margaret's roots in Falmouth ran deep. She flourished in her academics, graduating from Falmouth High School in 1997 with top honors and accolades in both track and cross country. Her passion for running was matched by her musical talent, as she earned awards for her violin playing in the Falmouth schools, as well as performed at St. Joseph's Church during Christmas Eve services for years.

At the University of Chicago, Margaret continued to excel, earning a double major in Biology and Earth Sciences with honors all while achieving All-American status in the Division III National Championships. Her summers were spent working in research labs at the Marine Biological Laboratory, serving tables in Woods Hole, and sailing aboard the Sea Education Association's Corwith Cramer, perfectly embodying the diverse spirit of her Falmouth community.

Margaret's athletic achievements soared as she became a familiar face in the Falmouth Road Race, where she not only competed, but left an indelible mark. In 2003, she made history as the first female Falmouth resident to claim the Top Falmouth Female title for the second time in three years. She wore bib #F44 and finished 31st overall with a time of 44:25. Her performance, marked by her determination and perseverance, was felt by runners and spectators alike who cheered her along the beloved 7-mile route. Her parents recall, **"She just loved to run."**

Beyond Falmouth, Margaret's enduring passion for running took her to many prestigious races across the



*Margaret and her Mother Mary Jo at the University of Chicago*





# Margaret Bradley



country while she was in medical school. She ran the 2003 Chicago Marathon in just under three hours. In 2004 at in an 11-mile race in Hawaii, Margaret claimed first place female. At the third hottest Boston Marathon recorded (85° from start to finish) later that year, she distinguished herself amongst top athletes by placing as the 13th female American finisher in 3:04:54. Margaret was training for further competition and the 2008 Olympic Trials. Her accomplishments on the course were a great testament to her fierce dedication to the sport she so loved.

Tragically, Margaret's promising journey was cut short on July 10, 2004, while hiking the Grand Canyon. She was just 24 years old. The news of her passing sent shockwaves through Falmouth and beyond, leaving a void that could never be filled.

Yet, Margaret Bradley's legacy endures. Each year, the **Margaret Bradley Award** honors the top male and female Falmouth Road Race finishers who reside in Falmouth year-round, serving as a poignant reminder of her lasting impact on the local running community.



*Margaret in front of the Sea Education Association's Corwith Cramer*



*Margaret (wearing maroon), representing Falmouth High School at the 1997 State Finals*



*Margaret finishing as first female at an 11-mile race held in Hawaii*

The Margaret L. Bradley Scholarship, established by her parents and the University of Chicago, is given to second-year medical students at the Pritzker School of Medicine. This allows students to commit to a medical specialty based on their interests, reducing the burden of student loans. Margaret's spirit lives on in the memories of those who knew her, the runners who follow in her footsteps, the students who share in her curiosity, and the town that proudly calls her one of their own.

In memorial, Margaret Bradley remains a shining example of resilience, passion, and community spirit. Her life, though cut short, was lived with a fervor that continues to inspire all who strive to achieve greatness. As we reflect on her legacy two decades later, we do so with gratitude for the light she brought into our lives and the enduring spirit she left behind.





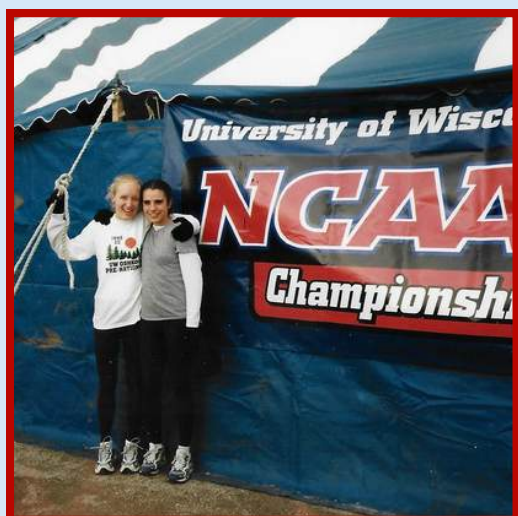
# Margaret Bradley Memories



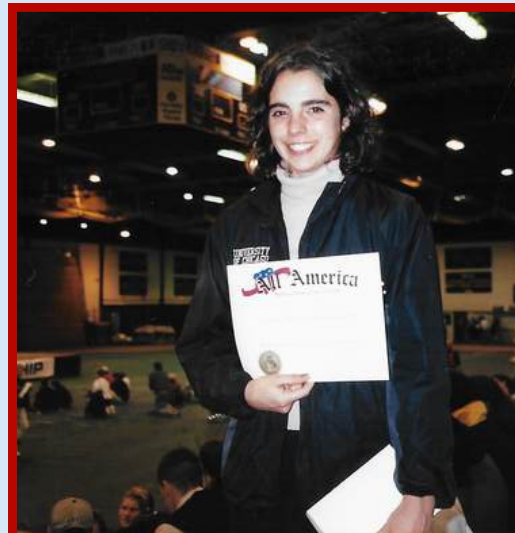
Margaret (2), her brother Eric (8), and mother Mary Jo



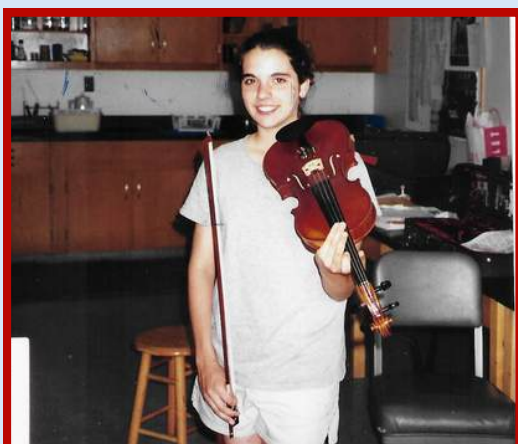
Margaret with her father, Keith, hiking in Utah



Margaret and friend at the 1999 NCAA Division III National Championship in Wisconsin



Margaret with her All American certificate



Margaret and her violin. She played for the Greater Boston Youth Symphony, and became the Concert Mistress for the Chamber Orchestra at the University of Chicago



Margaret and Mary Jo's Interview with the local news station after her 11-mile race win in Hawaii





# Margaret Bradley Award Winners



Winning Year	Male	Time	Female	Time
2004	Ken Gartner	0:38:31	Nancy Correia	0:47:17
2005	Ken Gartner	0:39:49	Alexandra Smrcina	0:47:29
2006	Bill Solimine	0:39:49	Alexandra Smrcina	0:45:27
2007	Ken Gartner	0:39:48	Ari Garber	0:43:23
2008	Michael Stone	0:38:17	Sandra Parkinson	0:48:40
2009	Justin Ladner	0:39:42	Sandra Parkinson	0:48:10
2010	Ken Gartner	0:41:28	Elizabeth Lawton	0:43:26
2011	Chris Algar	0:39:31	Ari Garber	0:42:51
2012	Thomas Giardino	0:41:26	Ari Garber	0:44:11
2013	Chris Algar	0:39:47	Anne Preisig	0:45:16
2014	Connor Cobb	0:40:57	Anne Preisig	0:45:41
2015	Thomas Giardino	0:42:06	Liz Lawton	0:47:40
2016	Michael Stone	0:39:59	Nancy McGee	0:48:18
2017	Michael Stone	0:39:01	Sandee Parkinson	0:49:23
2018	Michael Stone	0:38:13	Julianna Coughlin	0:46:40
2019	Michael Stone	0:37:54	Jen MacDowell	0:44:37
2021	Henry Gartner	0:38:58	Jen MacDowell	0:45:49
2022	Henry Gartner	0:39:36	Megan Darnley	0:50:07
2023	Henry Gartner	0:37:44	Katie Barrett	0:44:12



**The Gartner Family accepting the 2023 Margaret Bradley Award on Henry's behalf**

From left: Ken Gartner, Keith Bradley, Mary Jo Bradley, Joanne Briana-Gartner, Nathan Gartner, Silas Gartner



# 2024 Health & Fitness Expo



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

**Hours:** Thursday, August 15th, 4 PM – 7 PM

Friday, August 16th, 12 PM – 7 PM

Saturday, August 17th, 10 AM – 3 PM

## Health & Fitness Expo Schedule & Speaker Line-up:

### Thursday, August 15:

**4 PM-7 PM:** Health & Fitness Expo and Number Pick-up open

**6 PM:** Medical Symposium in the FHS Library

### Friday, August 16:

**2 PM-4 PM:** Official Poster Signing with the Artist Heidi Hurley

**4:30 PM:** B/SPOKE Studios Live DJ; Condition + Stretch Class (pre-registration is required)

**5 PM:** Media Event and Grant Awards at the FRR History Booth

**5:30 PM:** B/SPOKE Studios Live DJ; Yoga (pre-registration is required, click [HERE](#))

**6 PM:** Track Festival Kick-Off: *Opening Ceremonies and Q&A Session at the FHS Track*

**7 PM:** Falmouth Track Festival, including the Tommy Cochary High School Invitational Mile, the Elite Wheelchair Mile, and the Falmouth Elite Mile

**8:35 PM:** Festival concludes with ***Sky Elements Drone Show*** at FHS Track

### Saturday, August 17:

**8 AM:** SBLI Family Fun Run bib pick-up

**8:50 AM:** Mascot Race Kick-Off

**10 AM:** Falmouth Walk at Town Hall Square

**10 AM-3 PM:** Health & Fitness Expo and Number Pick-up open

**10 AM-2:30 PM:** Official Poster Signing with the Artist Heidi Hurley

*Events/times are subject to change*



# ***2024 Health & Fitness Expo***



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

## **Expo Dates and Times:**

**Thursday, August 15, 4:00 PM to 7:00 PM**

**Friday, August 16, 12:00 PM to 7:00 PM**

**Saturday, August 17, 10:00 AM to 3:00 PM**

**The Expo will be held at:**

**Falmouth High School Field House**

**874 Gifford Street Ext.**

**Falmouth, Massachusetts 02540**



# The Run House



This year, we are excited to announce our partnership with The Run House to fulfill our official race merchandise needs!

Make sure to bring your credit card on Race Day – **official finisher shirts** will be available for purchase on the ball field at the Finish!

If you miss The Run House at the Expo or on Race Day, ASICS Falmouth Road Race official merchandise will be available both online and in their Falmouth store, located at 227 Main Street.



**“RUN YOUR WAY”**





## ***Cape Cod Coffee's Runners Roast***

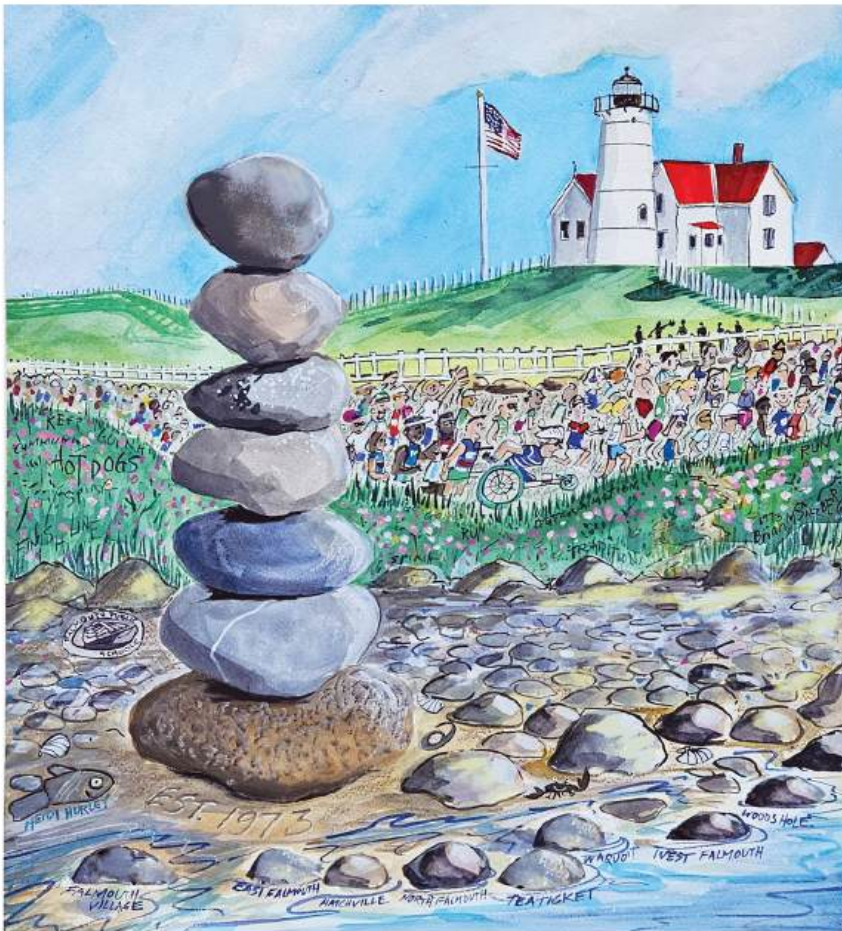
In anticipation of the ASICS Falmouth Road Race, sponsor Cape Cod Coffee has released a special roast that pays tribute one of our Falmouth-based 2024 Numbers for Nonprofits teams. The Coffee for a Cause program has chosen Tommy's Place, founded by Tim O'Connell in honor of FRR Race Founder Tommy Leonard. Runner's Roast is described as a mild coffee with notes of caramel, toffee and chocolate, and a percentage of every purchase will benefit Tommy's Place. Runner's Roast will be available to purchase at Cape Cod Coffee in their Mashpee Commons, Wareham, and Route 130 locations, as well as at the Health & Fitness Expo and online.

Tommy's Place offers year-round magical vacation homes for kids who are fighting cancer in Falmouth and Centerville. One child, accompanied by their friends and extended family, visits for a one-week free of charge dream vacation. Equipped with swimming pools, game rooms, movie theaters, home taverns, arts and crafts rooms, music rooms, chef's kitchens, and more, Tommy's Place offers an escape to a magical and exciting getaway for children aged 3-17 actively being treated for pediatric cancer, and who live in New England.

For more information on Tommy's Place, please email at [info@tommysplace.org](mailto:info@tommysplace.org) or call 617-249-4462.



# Official 2024 Race Poster



## FALMOUTH ROAD RACE

AUGUST 18, 2024



Local artist **Heidi Hurley** was commissioned to design the 2024 ASICS Falmouth Road Race official poster.

Inspired by rock cairns along the Shining Sea Bike Way, the 2024 official poster celebrates the balance of nature and mindfulness and the beauty of Nobska Light just past Mile 1. The poster is based on a special stack of seven rocks created by Mr. Rocktastic, with each rock representing a mile of the scenic 7-mile course. The original cairn is featured on your 2024 runner bibs.

Each of Heidi Hurley's works tell a story. Within the poster, find hidden elements such as rocks representing the eight villages of Falmouth, as well as other themes, inspirations, and iconic elements of the race. The teal heart on the bottom right celebrates the 4000+ charity fundraisers who are 'making their miles count.'

In exchange for creating this beautiful piece of Road Race history, FRR, Inc. will be donating to both the Falmouth Community Veterans Center and the Falmouth Public Schools Art Department on Heidi's behalf. Checks will be presented at the Opening Ceremonies on Friday at 5 PM at Falmouth High School.

Find Heidi and Mr. Rocktastic on Instagram: [@heidihurl](#) [@rocktastic\\_sculptures](#)

Want your poster signed by Heidi Hurley, our 2024 official poster artist?

You can find Heidi at the FRR Health & Fitness Expo on:

- Friday, August 16th from 2 PM – 4 PM
- Saturday, August 17th from 10 AM – 3 PM

Want to visit Mr. Rocktastic to see more of his work?

Visit his tent outside the Health & Fitness Expo!





# ***FRR IN THE 2024 PARIS OLYMPICS***



**We were proud to cheer on over a dozen past Falmouth champs at the 2024 Paris Olympics, and we wish our Falmouth Paralympians good luck!**

**Competing in a multitude of events, here are your Falmouth Olympians:**

- Hellen Obiri** – Kenya, competing in the Marathon
- Ben Flanagan** – Canada, competing in the 5000m
- Emily Sisson** – USA, competing in the Marathon
- Lenny Korir** – USA, competing in the Marathon
- Weini Kelati** – USA, competing in the 10,000m
- Sharon Lokedi** – Kenya, competing in the Marathon
- Emily Mackay** – USA, competing in the 1500m
- Clayton Young** – USA, competing in the Marathon
- Edwin Kurgat** – Kenya, competing in the 5000m
- Daniel Romanchuk** – USA, competing in Para Cycling
- Nikki Hiltz** – USA, competing in the 1500m
- Susannah Scaroni** – USA, competing in Para Cycling
- Fiona O'Keeffe** – USA, competing in the Marathon
- Tatyana McFadden** – USA, competing in Para Cycling





# 49th Wheelchair Race

2024 marks the 49th running of the wheelchair division of the Falmouth Road Race. The Falmouth Road Race was a trailblazer in adaptive races, as it was the first non-marathon in the country to include a wheelchair division. Each year, adaptive athletes from around the world flock to Falmouth's unique 7-mile course.



*In 1975, 23-year-old Bob Hall became Falmouth Road Race's first wheelchair racer. Hall would go on to win eight consecutive Falmouth wheelchair titles and become a leader for the inclusion of disabled athletes in races around the world.*



*Current 5-time Falmouth champion Daniel Romanchuck finishing in 2022. The following year, Romanchuck smashed his own course record by 25 seconds, finishing the seven miles in 0:21:23.*

*We wish Daniel the best of luck in the 2024 Paralympics!*



# Host Family Program



## What is the Host Family Program?

Each year, families from Falmouth and beyond have graciously opened their homes to male and female elite runners who travel to compete in the ASICS Falmouth Road Race.

Athletes typically arrive on Thursday or Friday afternoon, or the evening before the race, and leave Sunday or Monday. Occasionally an athlete may arrive earlier or leave a day later due to travel arrangements or other commitments, but this is the exception rather than the rule.

We can usually accommodate a range of preferences for hosting thanks to our careful matching program. Athletes fill out a questionnaire to identify and special requests or needs, but usually these are very simple. The Host Family program has provided many positive experiences for both host families and guest athletes. Many of our hosts have developed lasting friendships with athletes, and continue to host them year after year.

**"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."**

**~Laura Jones**

**"You learn so much from having different people from different experiences in your home." ~Lew & Jean Stern**

**"We've made a lifelong friend. [Wheelchair racer Jill Moore] even said, 'I don't care if you host other people, I'll stay on your deck.'" ~Dave & Nancy Serbun**

## Would you be interested in welcoming our athletes into your home?

If you would like to get involved with our Host Family program, contact our Host Family Coordinator, Kelsey Stouffer, at [hostfamilies@falmouthroadrace.com](mailto:hostfamilies@falmouthroadrace.com) or visit our [website](#) to learn more!





# ***The FRR Newsletter*** ***The TL Times***



Newsletter Editor,  
Olivia DePunte

The FRR Newsletter is named “The TL Times” in dedication to the race’s founder, Tommy Leonard. The concept was created a year ago by former intern Olivia DePunte, and still continues to cultivate a space for storytelling. The newsletter shares the lives of people who have interesting, inspiring, or even humorous connections to the race. Each newsletter also delivers important news and updates from the race team directly to your inbox. Weekly during the summer and once a month the rest of the year, “The TL Times” delivers a slice of the race we all love year-round.

**Click [here](#) to read the most recent issue of The TL Times.**

**Visit our website or click [here](#) to subscribe to the newsletter!**



# 2024 Volunteer of the Year

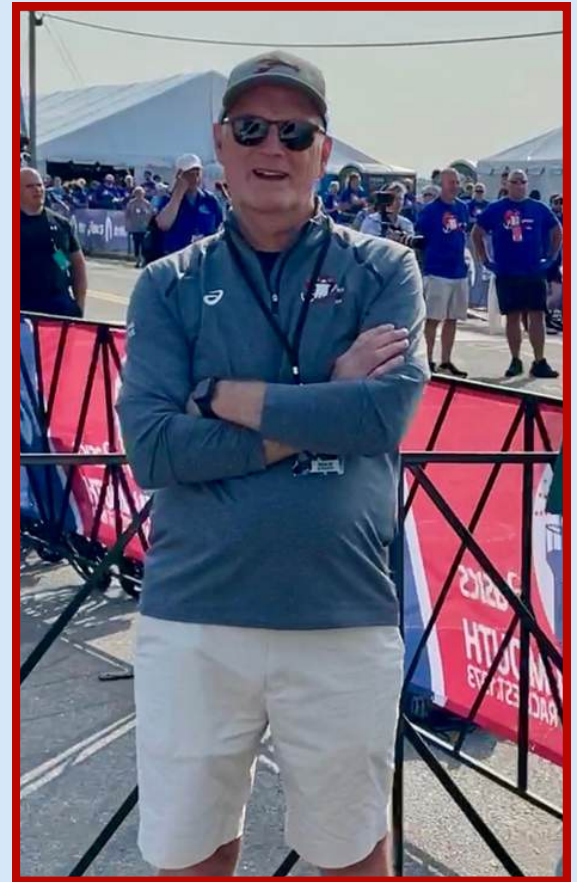


## Dave Peterson, this year's Carroll Service Award recipient as our "Volunteer of the Year"

For Dave Peterson, the love of running Falmouth – 20 times over the years – has evolved to a love of volunteering for the race from behind the scenes as part of the Race Week team. Dave and wife Cathy arrive in Falmouth a week before the race and Dave reports to the Road Race office the moment he is back in town, greeting us with a big smile and an excitement to learn how he can help.

We all know it's Race Week as Dave arrives bright and early and hits the ground running with his Can-Do attitude and tireless energy. Dave is a 'no job is too small' kinda guy. He is kind, patient, and unassuming, and will complete any task requested of him as quickly and efficiently as possible.

His many years of selfless dedication and long days of support are being rewarded with the **Carroll Service Award**, in honor of former co-directors **John and Lucia Carroll**. His response to being invited to this year's VIP Reception? "...there are many more folks that are much more deserving... but I'm ALL IN!" And at the time of this writing, he is unaware that he is about to be celebrated as our 2024 Volunteer of the Year. We do love a good *Surprise & Delight!*



*Dave Peterson on race morning 2023*

This year on Race Day, as in the past many years, Dave will be at the race office by 5AM to shuttle the team to their various Race Day positions and he will complete any last-minute tasks.

Then he and Cathy will cheer on niece Olivia as she continues the Peterson tradition of running Falmouth.

As they say, 'it takes a village' and we are grateful that he is a part of ours. Thank you, Dave, and congratulations!





# 2024 Medical Volunteer of the Year



**Alden Cook**  
**Medical Volunteer of the Year**

The medical team would be amiss without their hundreds of volunteers – and one such unsung hero, **Alden Cook**, has been donating his time to the cause since the race began 52 years ago. Cook was born in Portland, Maine and moved to Falmouth in 1959, raising a family of four children and seven grandchildren with his wife, Fran, in West Falmouth.

He first moved to Falmouth for a career path as a WHOI crew member on the Atlantis, then the Atlantis Two, then the Knorr as the radio operator. In 1973, Alden became a volunteer firefighter at the West Falmouth Fire Station, then joined the Falmouth Fire Department full time in 1976 as a firefighter and paramedic for 31 years until his retirement, although he confided that he would have kept on working if the law didn't discourage it. **One thing Cook never plans to retire from is helping others.**

*"I volunteer to be at the race and be able to help people, it's wonderful to see all the volunteers. I enjoy the people I work with, they are all tremendous individuals."*

Cook began volunteering for the Falmouth Road Race the second year after the race began, working the first year as a stand-by for the Fire Department. He has been stationed at Mariner's Point medical tent for the last 51 years as a fixture of the race – treating people with heat exhaustion, heat stroke, and related injuries and saving many lives along the way. In 51 years, his biggest tip to runners is to "pay close attention to their bodies," urging them to stay well-hydrated before and during the race and recognize when it's time to slow down.

Just as hard-working at 83 years old, Alden Cook has been named the Medical Volunteer of the Year, and it doesn't seem like he's slowing down any time soon. He spends his time sharing his wealth of medical knowledge across Cape Cod by running CPR programs at the fire department for groups and the general public. He plans to keep on volunteering for the race each summer, "as long as I can."

*"Alden is the consummate professional. He has been involved since the very first race and, though in his 80s, is still active with the planning and training of medical volunteers. Alden and his team teach CPR to our mobile medical team and other volunteers who want to learn the skills. He is a member of our Medical Committee and a valued resource. Having been through several iterations of the race and race day, Alden is a wealth of knowledge about the history of the race, what works and what hasn't." –Dr. John Jardine, FRR Medical Director.*

*"Alden has been with this event since its inception. His steady leadership and work with Mel Trott to organize our mobile medical team each year is outstanding." – Chris Troyanos, FRR Medical Coordinator*

Congratulations, Alden, and thank you for your many years of service to the race and to the community!





## The Start of It All

On a cold, rainy day in August 1973, **Tommy Leonard's** great idea came to fruition. 51 years later, the Falmouth Road Race has amassed 12,800 runners in its largest capacity year, and will see 11,400 runners cross the finish line this August. Olympians, world record holders, paralympians, and amateur runners all come to Falmouth for both its prestige and beautiful landscapes. The **Falmouth Road Race** is now considered among the best in the world.

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

## 51 Races Done, Next is 52

**Brian Salzberg** is the only person who has completed every single Falmouth Road Race since its inception in 1973. Brian will run his 52nd Falmouth Road Race this August!



*Salzburg (second to the left) pictured with Mike Bennett, Ron Pokraka, and Don Delinks, all of whom have run every single FRR together through 2018.*

## The Unstoppable Female Force

**Kris Tholke** holds the record for the women, as she has completed 36 consecutive races! Joining the field in 1988, Kris will add a 37th Falmouth finish under her belt this year!



*Kris Tholke running the 2023 ASICS Falmouth Road Race*

## The Race Starter from Outer Space

NASA astronaut **Sunita Williams**, along with her sister **Dina Pandya** will officially start both the Wheelchair and Women's Elite races. As she orbits Earth, Sunita will be live-streaming from the International Space Station, bringing a cosmic twist to the beloved race.



*NASA astronaut Sunita Williams*



# Past Top Finishers



## 2023 RESULTS - MEN

1. Wesley Kiptoo	Kenya	31:08
2. John Korir	Kenya	31:34
3. Edwin Kurgat	Kenya	31:37
4. David Kiprotich Bett	Kenya	32:01
5. Clayton Young	Provo, UT	32:02
6. Kieran Tuntivate	Eugene, OR	32:09
7. Ahmed Muhumed	Aloha, OR	32:19
8. Yemane Haileselassie	Flagstaff, AZ	32:22
9. Sam Chelanga	Colorado Springs, CO	32:30
10. Amon Kemboi	Concord, MA	32:37

## 2023 RESULTS - WOMEN

1. Hellen Obiri	Kenya	35:13
2. Emily Sisson	Providence, RI	35:32
3. Cynthia Limo	Kenya	35:50
4. Weini Kelati	Flagstaff, AZ	36:07
5. Vicoty Chepngeno	Kenya	36:11
6. Buze Diriba	Ethiopia	36:13
7. Fiona O'Keefe	Chapel Hill, NC	36:19
8. Molly Seidel	Johnson City, TN	36:44
9. Yumi Yoshikawa	Japan	36:45
10. Everlyn Kemboi	Kenya	37:00

## 2023 RESULTS WHEELCHAIR - MEN

1. Daniel Romanchuk	Champaign, IL	21:23
2. Miguel Jimenez Vergara	Chula Vista, CA	24:32
3. Hermin Garic	Utica, NY	25:11

## 2023 RESULTS WHEELCHAIR- WOMEN

1. Susannah Scaroni	Urbana, IL	24:38
2. Emelia Perry	Colorado Springs, CO	29:32
3. Hannah Babalola	Newark, NJ	31:26

## 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

The winners of the 2023 ASICS Falmouth Road Race, Hellen Obiri (left) and Wesley Kiptoo (right)

## 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 Chepkemoi	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 Drodgy	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



# Past Top Finishers



## 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

## 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. Natasha Rogers	Littleton, CO	38:07
9. Dominique Scott	South Africa	38:20
10. Lindsey Scherf	High Falls, NY	38:23

## 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

## 2019 RESULTS WHEELCHAIR- MEN

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

## 2017 RESULTS WHEELCHAIR- MEN

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

## 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

## 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

## 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

## 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

## 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

## 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

## 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

## 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

## 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
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

## 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

## 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

## 2016 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

## 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

## 2018 RESULTS WHEELCHAIR- WOMEN

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

## 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

## 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

## 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

## 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

## 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



# Past Top Finishers



## 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

## 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

## 2009 RESULTS - WOMEN

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

## 2013 RESULTS WHEELCHAIR - MEN

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

## 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

## 2009 RESULTS WHEELCHAIR - MEN

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

## 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

## 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

## 2009 RESULTS WHEELCHAIR- WOMEN

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

## 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	32:25
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

## 2010 RESULTS - MEN

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

## 2008 RESULTS - MEN

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

## 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 Tinenga	Kenya	37:43
9. Renee Baillie	Boulder, CO	37:43
10. Alice Kimutai	Kenya	37:50

## 2010 RESULTS - WOMEN

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

## 2008 RESULTS - WOMEN

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

## 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

## 2010 RESULTS WHEELCHAIR - MEN

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

## 2008 RESULTS WHEELCHAIR - MEN

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

## 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

## 2010 RESULTS WHEELCHAIR- WOMEN

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

## 2008 RESULTS WHEELCHAIR- WOMEN

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

## 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

## 2009 RESULTS - MEN

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

## 2007 RESULTS - MEN

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



# Past Top Finishers



## 2007 RESULTS - WOMEN

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

6. Wm. Chebon Chebor	Kenya	32:51
7. James Koskei	Kenya	33:17
8. Mbarak Hussein	Albuquerque, NM	33:22
9. Luke Kipkosgei	Kenya	33:26
10. Ryan Shay	East Jordan, MI	33:26

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

## 2005 RESULTS - WOMEN

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

## 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

## 2007 RESULTS WHEELCHAIR - MEN

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

## 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

## 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

## 2007 RESULTS WHEELCHAIR- WOMEN

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

## 2005 RESULTS WHEELCHAIR- WOMEN

1. April Coughlin	New Paltz, NY	35:09
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## 2003 RESULTS WHEELCHAIR- WOMEN

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

## 2006 RESULTS - MEN

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

## 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

## 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

## 2006 RESULTS - WOMEN

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

## 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

## 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

## 2006 RESULTS WHEELCHAIR - MEN

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

## 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

## 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

## 2005 RESULTS - MEN

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

## 2004 RESULTS WHEELCHAIR- WOMEN

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

## 2002 RESULTS WHEELCHAIR- WOMEN

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

## 2003 RESULTS - MEN

1. John Korir	Kenya	31:59
2. Paul Koech	Kenya	32:11
3. James Koskei	Kenya	32:41
4. Wilson Kipkemboie	Kenya	32:49
5. Augustus Kavutu	Kenya	33:17

## 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



# Past Top Finishers



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-Kipkoski	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

## 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 Cherono	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. Aphonc 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. Louraine 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



# Past Top Finishers



## 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
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 Calmberg	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 Reifsnnyder	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 Cathy	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



# Past Top Finishers



## 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

## 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

## 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

## 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

## 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

## 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

## 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

## 1981 RESULTS - MEN

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

## 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

## 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

## 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

## 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	

## 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

## 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

## 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

## 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

## 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

## 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 Kuscik	New York	43:05
10. Lisa Berry	Connecticut	44:09



# Past Top Finishers



## 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

## 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	

## 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

## 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. Marilyn Fernandez	Somerset, MA	
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	

## 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 Sevens	Boston, MA	36:34
9. John Goodwin	Hyde Park, MA	36:41
10. Vin Fleming	Boston, MA	36:51

## 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

## 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

## 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



Winner of the 2023 ASICS Falmouth Road Race, **Wesley Kiptoo**, crossing the finish line, tying the long-standing course record with a time of 31:08.



## FALMOUTH ROAD RACE WHEELCHAIR CHAMPIONS

**This year, we proudly celebrate 49 years of the Falmouth Road Race Wheelchair Division! Last year's male and female winners, Daniel Romanchuk and Susannah Scaroni, will both be representing the U.S. at the Paralympic Games in Paris, France. We wish them the best of luck!**

**For a history of FRR wheelchair division winners, see below.**



### MEN

2023	Daniel Romanchuk	21:23*	1998	Craig Blanchette	25:10
2022	Daniel Romanchuk	22:02	1997	Craig Blanchette	23:54
2021	Hermin Garic	25:24	1996	Craig Blanchette	24:01
2019	Daniel Romanchuk	21:58	1995	Craig Blanchette	27:03
2018	Daniel Romanchuk	23:48	1994	Mustapha Badid	24:41
2017	Daniel Romanchuk	23:16	1993	Jim Knaub	25:44
2016	Tony Nogueira	27:37	1992	Craig Blanchette	25:35
2015	James Senbeta	24:32	1991	Craig Blanchette	25:47
2014	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

2023	Susannah Scaroni	24:38*	1999	Candace Cable	33:41
2022	Susannah Scaroni	25:30	1998	Candace Cable	31:06
2021	Emelia Perry	37:59	1997	Candace Cable	28:53
2019	Tatyana McFadden	26:15	1996	Rose Winand	30:18
2018	Tatyana McFadden	28:43	1995	Candace Cable	32:10
2017	Tatyana McFadden	27:36	1994	Rose Winand	31:01
2016	Yen Hoang	35:02	1993	Ann Walters	32:17
2015	Tatyana McFadden	26:27	1992	Ann Walters	32:37
2014	Tatyana McFadden	27:06	1991	Candace Cable	28:20
2013	Jill Moore	35:11	1990	Candace Cable	34:07
2012	Jill Moore	39:09	1989	Ann Walters	35:38
2011	Jessica Galli	31:57	1988	Ann Walters	38:18
2010	Jessica Galli	33:59	1987	Ann Walters	
2009	Jessica Galli	31:36	1986	Natalie Bacon	
2008	Jacqui Kapinowski	43:04	1985	Natalie Bacon	
2007	Jessica Galli	30:38	1984	Natalie Bacon	
2006	Mina Mojtahedi	45:06	1983	Natalie Bacon	49:23
2005	April Coughlin	35:09	1982	Natalie Bacon	55:23
2004	May Coughlin	36:43	1981	Natalie Bacon	
2003	Jessica Galli	30:49	1980	Natalie Bacon	
2002	Jessica Galli	31:40	1979	Natalie Bacon	69:56
2001	Harrilyn Beehner	54:21			
2000	Harrilyn Beehner	48:22			



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***GOOD LUCK, RUNNERS!***

*2024 ASICS Falmouth Road Race Digital Participant's Guide created by Lindsay McKeon*

**Digital Participant's Guide for the  
52nd running of the ASICS Falmouth Road Race**

