



ASICS FALMOUTH ROAD RACE

DIGITAL PARTICIPANT GUIDE



SUNDAY, AUGUST 17, 2025

2025 ERR RACE MANAGEMENT TEAM

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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 for the **53rd running** of the ASICS Falmouth Road Race, I'm reminded once again of the incredible community, history, and heart that make this event so special. Each August, thousands of runners, volunteers, and supporters come together in celebration of a tradition that began with a simple but powerful idea — that running has the ability to bring people together.

This year, we are especially proud to celebrate the **50th running of our wheelchair division**, a milestone not only for Falmouth but for the entire sport. In 1975, our race became the **first in the world to officially include a wheelchair division and award prize money**. That bold step toward inclusion helped set a new standard in road racing, and the legacy of that decision lives on in every wheelchair athlete who takes to our course.

I can't help but think how thrilled our founder, **Tommy Leonard**, would be to witness this celebration. Tommy believed deeply in the power of running to unite and uplift. He would be the loudest cheerleader on the sidelines, proud of the history we've made and the future we continue to build — together.

We're also excited to move into this next chapter under the leadership of **Megan Faulkner**, our **Executive Director**. Megan brings energy, vision, and an unwavering commitment to honoring the traditions of our race while driving it forward. With the support of our outstanding staff, she has worked tirelessly to ensure that this year's race lives up to the legacy that Tommy started more than five decades ago.

I want to extend a heartfelt thank you to **ASICS**, now in its fifth year as our title sponsor. Your continued partnership allows us to host a world-class event while supporting our mission to give back to the community. Your commitment to "a sound mind in a sound body" aligns beautifully with everything this race represents.

Of course, none of this would be possible without the incredible people who make up **Team Falmouth**:

- Our dedicated **Board of Directors**
- Our exceptional **staff**
- **Race Director Dave McGillivray** and the team at **DMSE**
- **Chief Jeffrey Lourie** and **Chief Timothy Smith**, and the **men and women of the Falmouth Police and Fire Departments**, whose professionalism and service ensure a safe and successful race for all
- **Dr. John Jardine**, our medical director, who is celebrating an extraordinary **25 years** of service — a milestone that speaks volumes about his expertise, leadership, and commitment to the health and safety of every participant
- **Chris Troyanos**, our medical coordinator
- Our town officials, over **1,500 volunteers**, and the **residents of Falmouth** who make race week so special

To all of you — runners, sponsors, volunteers, spectators, and supporters — thank you. Your energy, commitment, and generosity are what make this more than just a race. You make it a celebration of resilience, inclusion, and community spirit.

Here's to another unforgettable race — and to 50 years of pushing forward together.

With gratitude and warmest regards,
Scott Ghelfi
President
Falmouth Road Race, Inc.



A LETTER FROM ASICS



Welcome to the 2025 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' fifth 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:



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LIEUTENANT GOVERNOR

August 2025

Dear Friends:

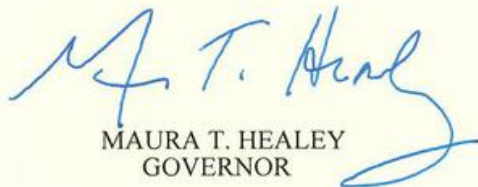
On behalf of the Commonwealth of Massachusetts, Lieutenant Governor Driscoll and I would like to welcome you to the 2025 ASICS Falmouth Road Race.


Established in 1973, the Falmouth Road Race has committed itself to supporting and promoting local organizations with a focus on youth athletics and programming that promotes health and wellness. Through community involvement and ongoing philanthropic efforts such as their Numbers for Nonprofits program, the organization has been successful in generating over \$70 million in funding for over 200 nonprofit groups.

This year is particularly special as we celebrate the 50th year of the race's Wheelchair Division. Over the past five decades, the wheelchair division has been filled with competitive wheelchair athletes from around the world including Paralympians and champions of other major road races. The Wheelchair Division represents the resilience of these athletes, as well as their dedication and spirit to the sport.

This race has convened people from all around the world, affirming cross-cultural connections and celebrating inclusion, health and community. Lieutenant Governor Driscoll and I recognize the cultural and philanthropic importance of the Falmouth Road Race, and we are proud to be in support of this historic event. We extend our warm wishes to all in attendance and our good luck to those participating.

Sincerely,


MAURA T. HEALEY
GOVERNOR


KIMBERLEY DRISCOLL
LIEUTENANT GOVERNOR



50th Wheelchair Race

2025 marks the 50th 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.



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 21:23.

Wheelchair Division History

Let the good times roll: Wheelchair racers are the real deal at Falmouth

By Bill Higgins and Donna Tocci

Bob Hall's intentions more than 50 years ago were never to be a trailblazer. He simply wanted to be an athlete who competed and pushed beyond so-called limitations, striving always for success.

He did that, for sure, becoming the best in his sport through an indomitable will and strength of spirit. All along the way, however, Hall did even more, leaving a legacy that endures beyond the cheers he often heard as a wheelchair champion.

The 53rd renewal of the ASICS Falmouth Road Race on Aug. 17 will mark the 50th year of wheelchair racing over the roads from Woods Hole to Falmouth Heights. Hall pushed open the door in 1975 and many more have since rolled through.

Defending Falmouth champions Miguel Jimenez-Vergara of San Diego and Hoda Elshorbagy of Egypt, who trains in Illinois, are scheduled to return, along with a host of past winners. In all, about 30 competitors are expected at the Tommy Leonard Start Line, making it one of the largest fields in race history.

The 50th wheelchair division is presented by Compassionate Care ALS (CCALS), a Cape Cod-based non-profit organization with a mission to assist people physically, emotionally, and spiritually as they navigate the complexities of living with Amyotrophic Lateral Sclerosis (ALS).

"The wheelchair race is something very near to our heart since people with ALS are eventually dependent upon wheelchairs," said Ron Hoffman, founder and executive director. "I've always had a soft spot for the folks who are in the competitive wheelchair race because of the dedication and spirit in how they have learned to live their life in a different way, which is what I share with our ALS families."

The wheelchair division will also celebrate Hall, a pioneer who broke down barriers and created access for future generations of athletes to shine on sport's grandest stages, including Falmouth.

Hall was Falmouth's first (and only) wheelchair racer in 1975, just a few months after he completed the Boston Marathon in under three hours, a stipulation he had to meet to earn a finisher certificate and his accomplishment to be recognized.

Hall then set his sights on Falmouth later that summer. With support from his friend and Greater Boston Track Club teammate Bill Rodgers, he was welcomed with no such conditions from the race directors.

Co-directors Rich and Kathy Sherman, along with John and Lucia Carroll, embraced Hall's entry. Kathy Sherman, a special needs teacher in the Falmouth school system, was particularly excited. Hall said it was the first time he was in a road race as a registered competitor and received a bib number as an official entrant.

"I started in the front," Hall said of that August Sunday 50 years ago. "I just lined up where I thought was best for everybody. In Boston, I was in the back. I didn't want to be a sensation. I didn't want to cause a problem. I just wanted to compete."

That was all that Hall ever wanted, to be accepted and treated as an athlete, nothing more. In turn, ever since Falmouth has been a leader for creating opportunities for adaptive athletes.

When Hall was denied entry into the 1977 New York City Marathon, Falmouth came to his aid. Hall took legal action against the marathon's organizers and Rich Sherman, as a Falmouth director, gave a deposition in the court case supporting Hall's athletic credentials and long-distance racing ability. Hall won and competed in the five-borough race.

"Falmouth was the first (nonmarathon) road race in America to have a wheelchair division and the sport has evolved and spread across the world since that first race in 1975," said Matt Manchester, the event's Adaptive Athletes Program Manager. "Falmouth has had a great history of inclusivity and being at the forefront of adapting and being open to various new ideas."

Hoffman is proud to have CCALS be part of the race.

"The whole idea of accessibility is so incredibly important to us at CCALS, and I'm incredibly grateful to have the opportunity to expand awareness, not just about us as an organization, but about all those living with ALS and other disabilities," said Hoffman.

Hermin Garic, the 2021 champion, has many fond memories of racing in Falmouth.

"There are so many things I remember, like that last stretch and the hill, sprinting toward a podium finish, or a win," said Garic. "The American flag (at the finish), and the thousands of fans, it's hard to describe. They have to be some of the most exhilarating things I've done in wheelchair racing. You just have to experience it and be part of it all."

"It's one of those community events where I feel like I'm returning to my Falmouth family," said Garic. "Matt (Manchester) treats us like superstars. Winning the race was special – but not as special as all the memories I've created and the friends I've made over the years."

Craig Blanchette, an eight-time champion, is equally appreciative of the camaraderie and atmosphere on race weekend.

"Falmouth has grown, but has kept its soul and that's beautiful," said Blanchette. "They always have treated us as elites and I'm grateful to be part of the history."

Manchester, now in his ninth year coordinating the division, is supported by many loyal volunteers, including Johnny Netto, who is instrumental in handling much of the logistics of transporting the athletes' racing chairs to the starting line. David and Nancy Serbun have also made important contributions for many years as a host family for adaptive athletes, including two-time champion Jill (Moore) White.



Wheelchair Division Memories





Wheelchair Division

Winners



Male	Time	Winning Year	Time	Female
Miguel Jimenez-Vergara	26:01	2024	29:20	Hoda Elshorbagy
Daniel Romanchuk	21:23*	2023	24:38*	Susannah Scaroni
Daniel Romanchuk	22:02	2022	25:30	Susannah Scaroni
Hermin Garic	25:24	2021	37:59	Emelia Perry
Daniel Romanchuk	21:58	2020	26:15	Tatyana McFadden
Daniel Romanchuk	23:48	2019	28:43	Tatyana McFadden
Daniel Romanchuk	23:16	2018	27:36	Tatyana McFadden
Tony Nogueira	27:37	2017	35:02	Yen Hoang
James Senbeta	24:32	2016	26:27	Tatyana McFadden
James Senbeta	23:32	2015	27:06	Tatyana McFadden
Krige Schabort	24:17	2014	35:11	Jill Moore
Krige Schabort	23:53	2013	39:09	Jill Moore
Krige Schabort	24:16	2012	31:57	Jessica Galli
Craig Blanchette	27:13	2011	33:59	Jessica Galli
Krige Schabort	24:11	2010	31:36	Jessica Galli
Krige Schabort	23:35	2009	43:04	Jacqui Kapinowski
Patrick Doak	25:52	2008	30:38	Jessica Galli
Patrick Doak	26:36	2007	45:06	Mina Mojtahedi
Tony Nogueira	26:01	2006	35:09	April Coughlin
Tony Nogueira	26:13	2005	36:43	May Coughlin
Tony Nogueira	26:33	2004	30:49	Jessica Galli
Tony Nogueira	25:20	2003	31:40	Jessica Galli
Kamel Ayari	28:08	2002	54:21	Harrilyn Beehner
Craig Blanchette	26:53	2001	48:22	Harrilyn Beehner
Keith Davis	27:31	2000		





Wheelchair Division

Winners



Male	Time	Winning Year	Time	Female
Craig Blanchette	25:10	1999	33:41	Candace Cable
Craig Blanchette	23:54	1998	31:06	Candace Cable
Craig Blanchette	24:01	1997	28:53	Candace Cable
Craig Blanchette	27:03	1996	30:18	Rose Winand
Mustapha Badid	24:41	1995	32:10	Candace Cable
Jim Knaub	25:44	1994	31:01	Rose Winand
Craig Blanchette	25:35	1993	32:17	Ann Walters
Craig Blanchette	25:47	1992	32:37	Ann Walters
Jim Knaub	28:22	1991	28:20	Candace Cable
Jim Knaub	27:13	1990	34:07	Candace Cable
Mike Trujillo	29:20	1989	35:38	Ann Walters
Paul Phelan	29:33	1988	38:18	Ann Walters
Tom Foran	30:00	1987	40:02	Ann Walters
George Murray	30:49	1986	47:49	Natalie Bacon
Tom Foran	31:17	1985		Natalie Bacon
Marty Ball	33:20	1984		Natalie Bacon
Bob Hall	33:37	1983	49:23	Natalie Bacon
Bob Hall	35:26	1982	55:23	Natalie Bacon
Bob Hall	33:40	1981	56:48	Natalie Bacon
Bob Hall	38:32	1980		Natalie Bacon
Bob Hall	35:26	1979	69:56	Natalie Bacon
Bob Hall	38:32	1978		
Bob Hall	38:15	1977		
Bob Hall	39:30	1976		
Bob Hall	47:13	1975		



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.

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:

2025 RACE BENEFACTORS

The Madrigal Family Team

Anonymous

Paul Magnus Foundation

The Powderly Family

K9 Kitt Foundation

Sturdy Health

Bishstrong Foundation

HD Luck Charitable Trust

Richard M. Schilder

Medway Village Food Pantry

The National Pancreas Foundation

The Dylan Project

David Johnson and Family

Shooting Touch

Lani and Dan Cathcart

Oppenheim Family

The Travis Family

Anonymous

Experience Camps

Visiting Dental Hygiene

Beat Childhood Cancer

Team Super Ellie

Peter and Ingrid Cornerra

South Shore Peer Recovery

Boston Bulldogs Running Club

Dr. Margaret Fitzgerald

Associates of Cape Cod, Inc.

The Robertson Family

Christopher's Haven

Reliant Foundation

Anonymous

Anonymous

Somerset Berkley Education Foundation

50 Legs in 50 Days

Michelle and Jeffrey Camuso

The 300 Committee Land Trust

Wings for Falmouth Families

AccessSport America

Walker Therapeutic & Educational Program

Glenn and Judy Bell

Race Day Need-to-Knows



Welcome Runners! Thank you for participating in the 53rd 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	10:15 AM
158 CHURCH STREET	2	10:30 AM
NOBSKA ROAD down the hill	3	10:45 AM
OYSTER POND ROAD after BELLEVUE AVE.	4	11:00 AM
SURF DRIVE before MILL ROAD	5	11:15 AM
CLINTON AVE. and SHERIDAN AVE.	6	11:30 AM
101 FALMOUTH HEIGHTS ROAD	7	2:00 PM
<i>FINISH: Grand Ave. & Central Park Ave.</i>		2:00 PM

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 #FRR53rd

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 7:20 AM. Only registered runners with a bike, a visible 2025 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 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 53rd. 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 2025 Race 101 video here! 



Race Day Closure Timeline: 2025

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 10:15 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 10:15 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 10:15 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 10:15 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.

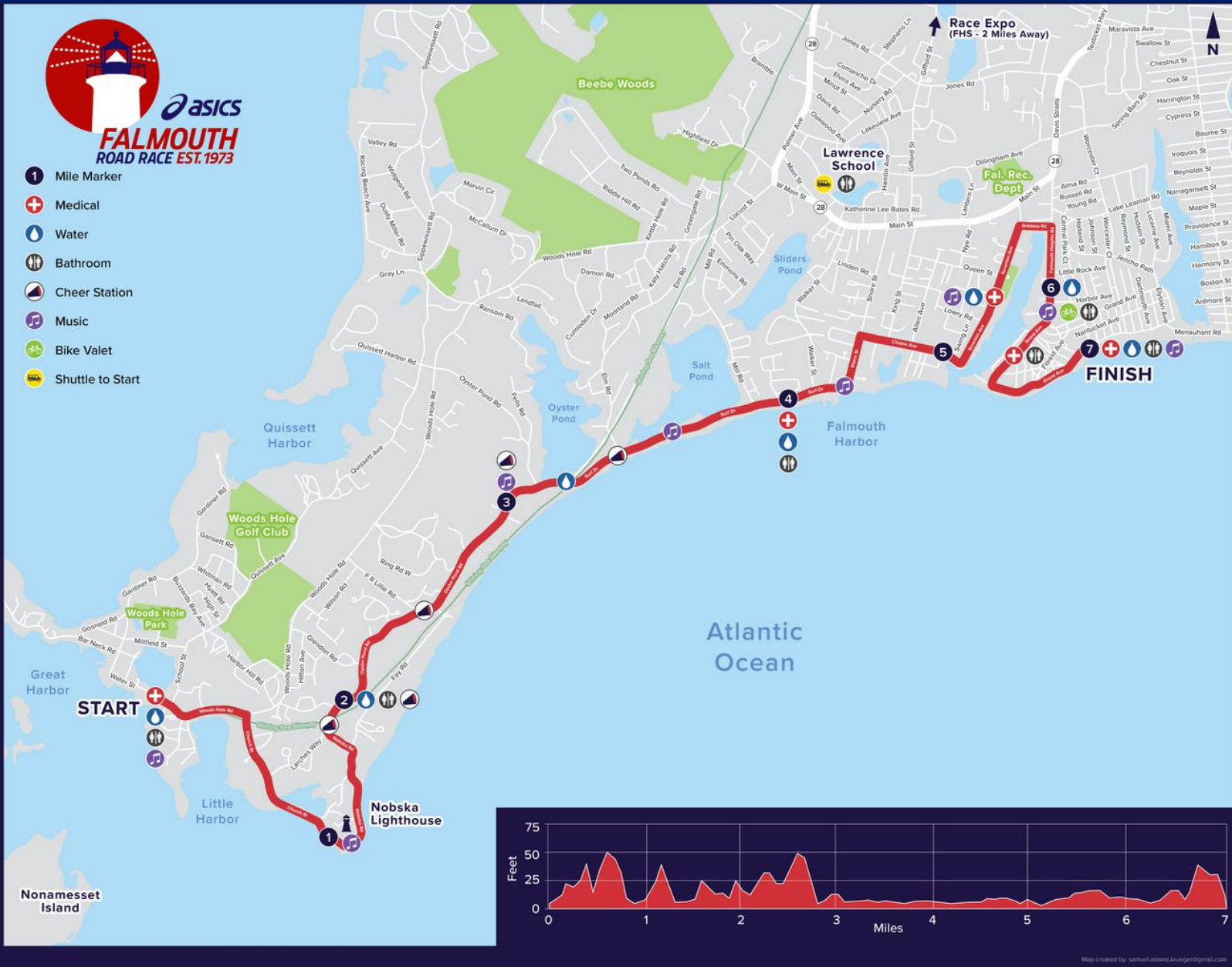
Falmouth (Race Route)

- **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 2025 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 200 different Massachusetts-based 501(c)3 organizations over the years, with over 4,200 runners this year.

Last year, the NFNP program helped to raise \$7.81 million for these organizations – the largest amount ever raised by this program.

Dana-Farber Cancer Institute and The Jimmy Fund

In 2025, 363 runners collectively raised hundreds of thousands of dollars so far 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.

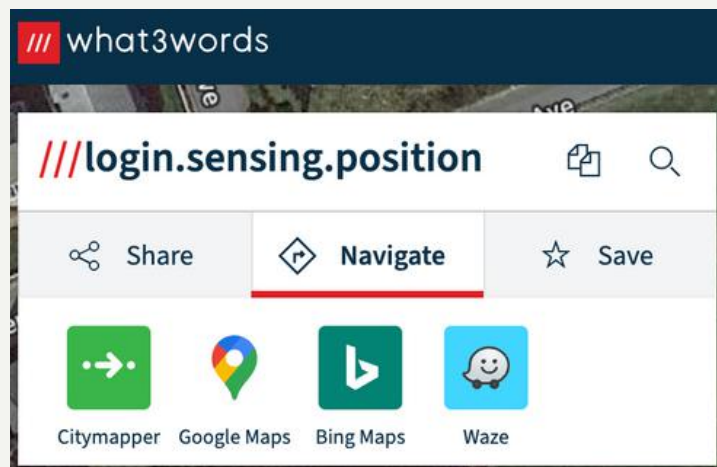


How do I use it?

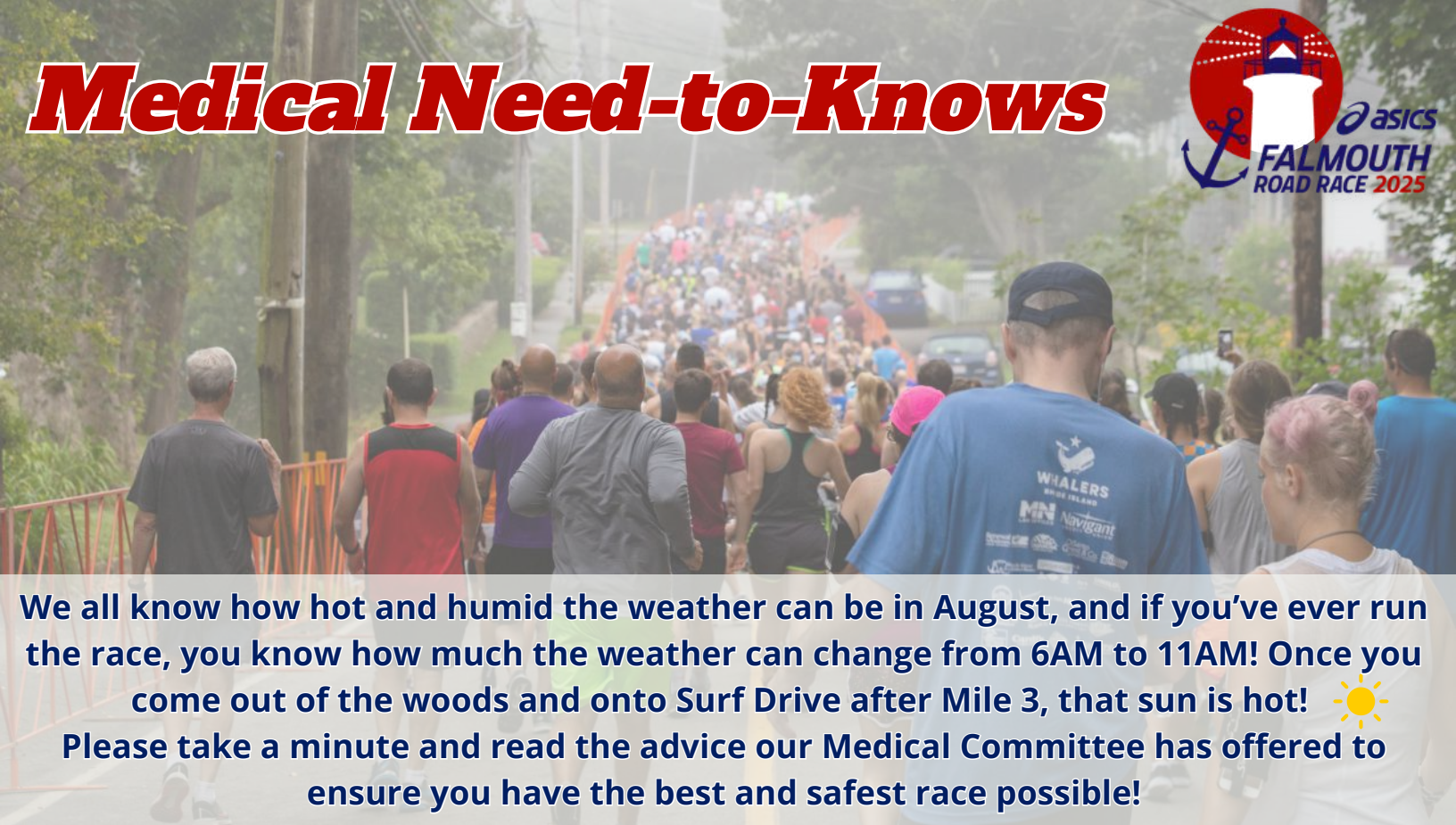
Upon opening the what3words app, your location will be marked with a blue dot. Select the square the blue dot is inside, and you'll be able to see your location's unique 3 words!

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 **Navy 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 how to bridge the gap with CPR, check out this video!

Medical Need-to-Knows



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- 8 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!](#)

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!



Dr. John Jardine Celebrates 25 Years as the Medical Director of The Falmouth Road Race

The Falmouth Road Race is pleased to be celebrating Dr. John Jardine's 25 years as Medical Director. Under his dedicated leadership, a medical team of around 250 volunteers and professionals have treated thousands of medical cases, nearly 500 cases of life-threatening exertional heat stroke, and ensured 25 consecutive safe and fatality-free race days.

Dr. Jardine's multiple decades-long tenure as Medical Director started in the early 2000s. After attending medical school in New York, he completed his residency in Providence, Rhode Island, where he met his wife. The two of them moved to Falmouth, and his career launched from the Emergency Department (ED) at Falmouth Hospital in 2000. His supervisor at the time encouraged him to volunteer at the race with the medical team at Mariner's Point, where he served under the trusted direction of Regina Reed – the Medical Volunteer of the Year in 2023. "One of my Falmouth ED colleagues was a year ahead of me in my residency," explains Jardine. "So in 2001, he volunteered the two of us to be medical directors." He and Dr. Robert Davis, the former Chief of Emergency Medicine at Falmouth Hospital, served as co-directors for over a decade until Dr. Davis retired from the race in 2018.

"For the last 10 years I've been working with Chris Troyanos," continues Jardine. "Chris is such a great asset – he gets the volunteers in place and has all the equipment ready each race day." Troyanos serves as the Medical Program Coordinator and works in tandem with Dr. Jardine to ensure a smooth and safe race day.

Also worth noting is Dr. Jardine's continued collaboration with the Korey Stringer Institute (KSI) to advance the field of event medicine. "Around 2007, I met Doug Casa from The University of Connecticut who started bringing his athletic training students [to Falmouth] to learn about exertional heat illnesses," says Jardine. "It became known as Korey Stringer Institute in 2010, named after a Minnesota Vikings player who died of heat stroke."

In 2014, Dr. Jardine was appointed the Chief Medical Officer of KSI, a position he's held since; "There's been a lot of opportunity for research because of the race." With a team of around 250 volunteers stationed throughout the course, "We've taken care of thousands of medical cases over the 25 years I've been there," shares Jardine. "We've had our share of emergencies but one of the things we see is life-threatening Exertional Heat Stroke. There could have been some bad outcomes and possible fatalities if not for the prompt medical care guided by our research."

Exertional Heat Stroke (EHS) is a severe medical emergency characterized by dangerously high body temperatures and central nervous system dysfunction due to strenuous physical activity in hot conditions. Being a challenging road race in the heat of August, race day conditions can result in EHS if runners aren't following Dr. Jardine's tips – to stay well-hydrated, to run wisely, and to listen to their bodies for signs to slow down.

KSI has been partnering with the race to study heat stroke and publish research articles over the past decade – since discovering that the best treatment is cold water immersion. The medical tents come prepared with tubs for ice baths for that very reason, and "we see 90% of our patients going home from the tent" thanks to the dedication of the volunteer team.

"It's a great team effort and I think last year around 60% of the medical volunteers were first-timers," says Jardine. "It's so fun to watch our volunteers learning. We welcome physicians, nurses, physical therapists, EMTs, and people who have no medical training at all. We have all levels of training and we welcome everyone who is interested in race medicine."

One of the returning volunteers is his daughter, who was born in Falmouth. "She started volunteering with me at the race when she was young and is now, at 24, an EMT like I was," says Jardine. "I love having her right there with me, and it's fun for her to help out and be a part of it all."

He has watched many families grow up with the race, just like his own. "When I started this race it was run by two families, the Carrolls and the Shermans, and it's been amazing to see what they developed and what it's turned into." Starting from a small team, he has witnessed the race's evolution over the past 25 years to an event that educates a medical team in the two hundreds and informs essential medical research.

"In the medical community the amount of research we've done is very important," expresses Jardine. "It's a rewarding thing to keep paying it forward to these new volunteers and researchers and passing it on to future generations. I plan to keep doing this as long as I can."

By Olivia dePunte





Margaret Bradley Award Winners



Male	Time	Winning Year	Female	Time
Ken Gartner	0:38:31	2004	Nancy Correia	0:47:17
Ken Gartner	0:39:49	2005	Alexandra Smrcina	0:47:29
Bill Solimine	0:39:49	2006	Alexandra Smrcina	0:45:27
Ken Gartner	0:39:48	2007	Ari Garber	0:43:23
Michael Stone	0:38:17	2008	Sandra Parkinson	0:48:40
Justin Ladner	0:39:42	2009	Sandra Parkinson	0:48:10
Ken Gartner	0:41:28	2010	Elizabeth Lawton	0:43:26
Chris Algar	0:39:31	2011	Ari Garber	0:42:51
Thomas Giardino	0:41:26	2012	Ari Garber	0:44:11
Chris Algar	0:39:47	2013	Anne Preisig	0:45:16
Connor Cobb	0:40:57	2014	Anne Preisig	0:45:41
Thomas Giardino	0:42:06	2015	Liz Lawton	0:47:40
Michael Stone	0:39:59	2016	Nancy McGee	0:48:18
Michael Stone	0:39:01	2017	Sandee Parkinson	0:49:23
Michael Stone	0:38:13	2018	Julianna Coughlin	0:46:40
Michael Stone	0:37:54	2019	Jen MacDowell	0:44:37
Henry Gartner	0:38:58	2021	Jen MacDowell	0:45:49
Henry Gartner	0:39:36	2022	Megan Darnley	0:50:07
Henry Gartner	0:37:44	2023	Katie Barrett	0:44:12
Silas Gartner	0:36:46	2024	Katie Barrett	0:45:32



Silas Gartner accepting the 2024 Margaret Bradley Award

2025 Health & Fitness Expo



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

Hours: Thursday, August 14th, 4 PM – 7 PM

Friday, August 15th, 12 PM – 7 PM

Saturday, August 16th, 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 15:

4:30 PM: B/SPOKE Yoga for runners (pre-registration is required)

5:30 PM: B/SPOKE Yoga for runners (pre-registration is required)

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

Saturday, August 16:

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

10:30 AM- 11AM: Poster signing with Candace Cable, Craig Blanchette, Daniel Romanchuk, and Tatyana McFadden

11 AM- 12 PM: Panel Discussion- 50 Years Wheelchair Division- Past, Present, and Future

12 PM- 12:45 PM: Poster signing with elite athletes

12 PM- 1 PM: History booth with Candace Cable and Craig Blanchette

1 PM- 2 PM: Panel Discussion - Faces From the Front: Elite Athletes competing to Win the 53rd Falmouth Road Race

Events/times are subject to change



2025 Health & Fitness Expo



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



MASCOT RACE



The morning of the SBLI Family Fun Run begins with a lighthearted but highly anticipated Mascot Race, where nearly a dozen local and regional mascots will race for giggles and glory.

Last year's inaugural event included Wally and Tessie from the Red Sox, Blades from the Bruins, Pat Patriot from the New England Patriots, as well as some local representation with Homer from the Commodores, and Falmouth Road Race's own Nobby the Lighthouse and Chompers the Shark, among others. McGruff the Crime Dog from the Falmouth Police Department was last year's surprise champion, and several mascots are reportedly returning for a rematch.

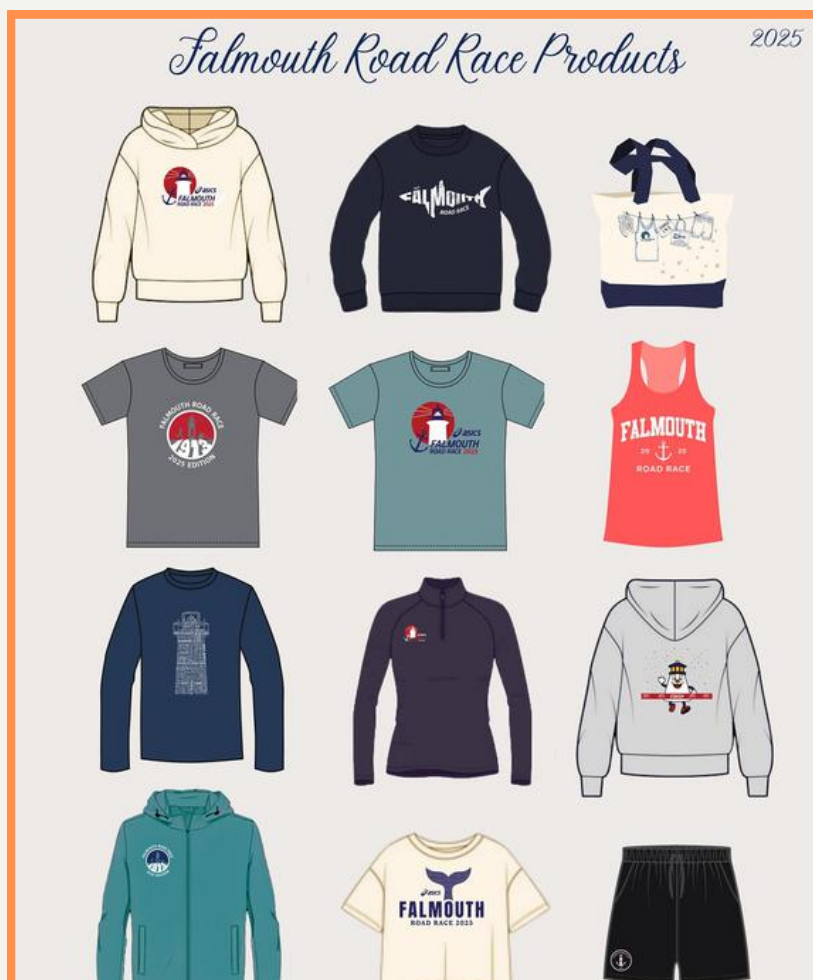


The Run House

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

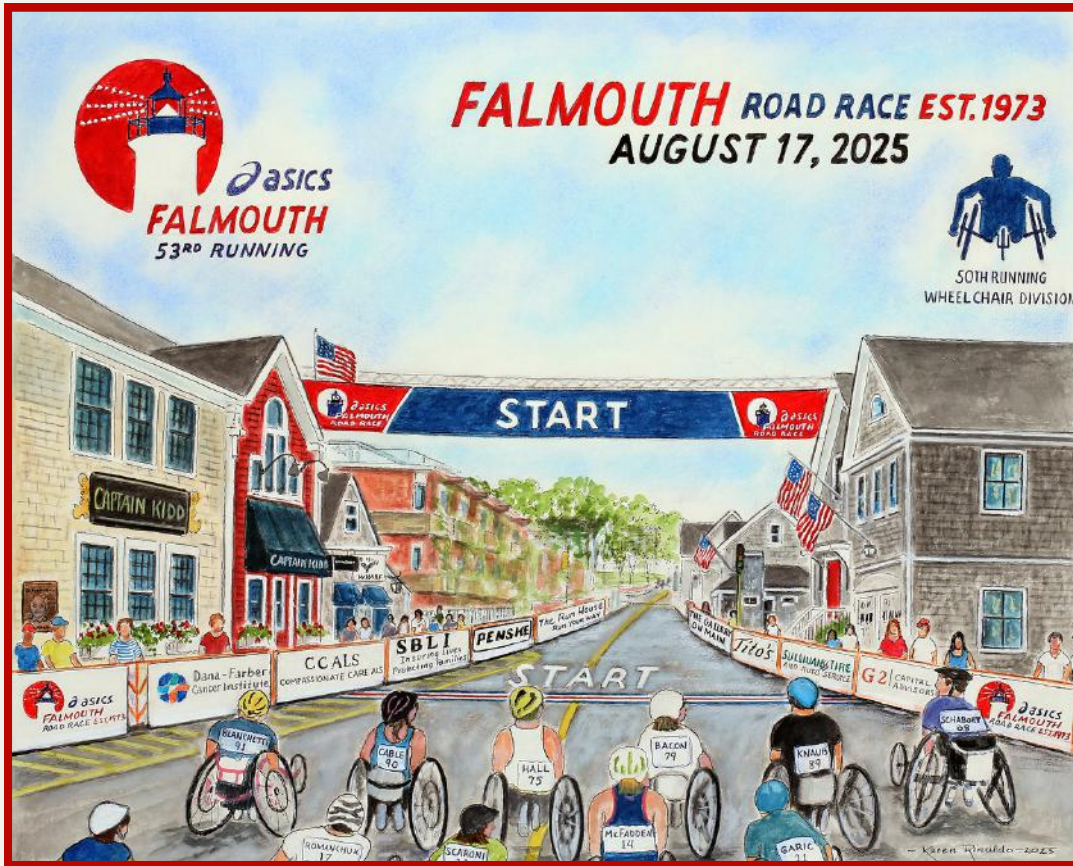
Make sure to bring your credit card on Race Day – **official finisher shirts** will be available for purchase on the ball field at the Finish!

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"

Official 2025 Race Poster



Local artist and gallery owner **Karen Rinaldo** was commissioned to design the 2025 ASICS Falmouth Road Race official poster.

“This year, the Falmouth Road Race Management Team had a specific theme in mind – capturing the spirit of the 50th running of the wheelchair division. ‘I wanted to create a true energy of what the start line is,’ explains Rinaldo. ‘I started on Water Street to check out the space and take photographs. I saw the Tommy Leonard plaque and thought the surrounding part of the image had to incorporate the plaque, and that became the beginning point for the composition.’”

“The mental process is something I treasure so much,’ expresses Rinaldo. ‘It’s all encompassing until I complete it, and even then I still care about my work and how it’s interpreted. My hope is that when the runners get a copy they will be proud to have it.’”

Looking for more of Karen’s work?

Visit **The Gallery on Main** in store at 317 Main St., Falmouth, MA
or online at <https://thegalleryonmainfalmouth.com/>

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 or visit our [website](#) to learn more!



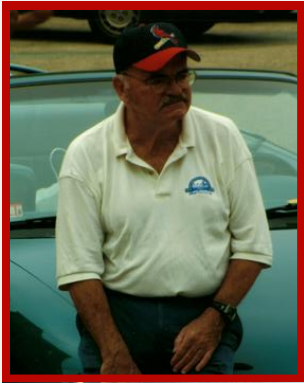
The FRR Newsletter ***The TL Times***

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.



Newsletter Editor,
Olivia DePunte

Click [here](#) to read the most recent issue of The TL Times.
Visit our website or click [here](#) to subscribe to the newsletter!



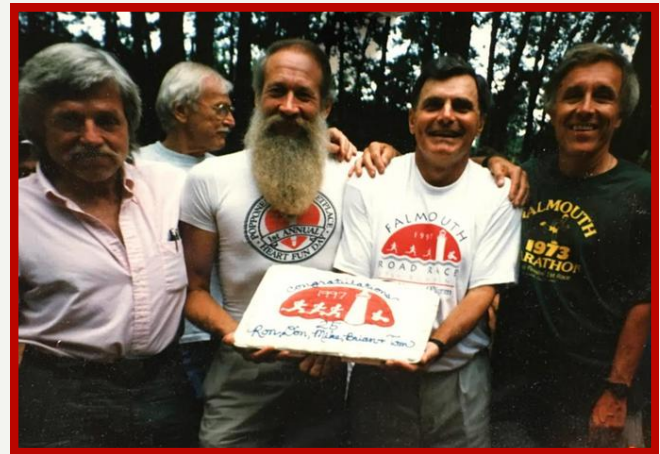
The Start of It All

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.

52 Races Done, Next is 53

Brian Salzber is the only person who has completed every single Falmouth Road Race since its inception in 1973. Brian will run his 53rd 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.



Kris Tholke running the 2023 ASICS Falmouth Road Race

The Unstoppable Female Force

Kris Tholke holds the record for the women, as she has completed 37 consecutive races! Joining the field in 1988, Kris will add a 38th Falmouth finish under her belt this year!

The Race Starter from Outer Space

Last year from outerspace, NASA astronaut **Sunita Williams**, along with her sister **Dina Pandya** will officially started both the Wheelchair and Women's Elite races. This year, Sunita will be at the finish line holding the break tape for the Elite Runners as they cross the finish line.



NASA astronaut Sunita Williams

Past Top Finishers



2024 RESULTS - MEN

1. John Korir	Kenya	31:15
2. Athanas Kioko	Kenya	32:06
3. Mohaed Reda El Aaraby	Morocco	32:06
4. Yemane Hailesaillasse	Eritrea	32:13
5. Morgan Beadlescomb	Boston, MA	32:21
6. Ruben Mosip	Kenya	32:25
7. Ben Flanagan	Canada	32:35
8. Henry Wynne	Seattle, WA	33:20
9. Kasey Knevelbaard	Flagstaff, AZ	33:21
10. Nick Randazzo	Flagstaff, AZ	33:25

2024 RESULTS - WOMEN

1. Fentaye Belayneh Azale	Ethiopia	36:10
2. Melknat Wudu Sharew	Ethiopia	36:11
3. Emma Bates	Boulder, CO	36:17
4. Emma Grace Hurley	Indianapolis, IN	36:25
5. Everlyn Kemboi	El Paso, TX	36:25
6. Edna Kiplagat	Kenya	36:25
7. Susanna Sullivan	Reston, VA	36:52
8. Natosha Rogers	Raleigh, NC	37:04
9. Sarah Naibei	Kenya	37:24
10. Philippa Bowden	Johnson City, TN	37:53

2024 RESULTS WHEELCHAIR - MEN

1. Miguel Jimenez Vergara	Chula Vista, CA	26:01
2. Krige Schabort	Rome, GA	26:10
3. Jenya Senbeta	Chicago, IL	26:15

2024 RESULTS WHEELCHAIR- WOMEN

1. Hoda Elshorbagy	Urbana, MA	29:20
2. Yen Hoang	Champaign, IL	30:10
3. Hannah Babalola	Chicago, IL	32:23

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

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

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 Tinaga	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 Mabchour	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. Aphonse Muindi	Kenya	32:22
9. Thomas Osano	Kenya	32:25
10. Daniel Kihara	Kenya	32:33

1996 RESULTS - WOMEN

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

1995 RESULTS - MEN

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

1995 RESULTS - WOMEN

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

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.



Wheelchair Division Winners



FALMOUTH ROAD RACE WHEELCHAIR CHAMPIONS

This year, we proudly celebrate 50 years of the Falmouth Road Race Wheelchair Division!

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

MEN

2024	Miguel Jimenez Vegara	26:01	1998	Craig Blanchette	25:10
2023	Daniel Romanchuk	21:23*	1997	Craig Blanchette	23:54
2022	Daniel Romanchuk	22:02	1996	Craig Blanchette	24:01
2021	Hermin Garic	25:24	1995	Craig Blanchette	27:03
2019	Daniel Romanchuk	21:58	1994	Mustapha Badid	24:41
2018	Daniel Romanchuk	23:48	1993	Jim Knaub	25:44
2017	Daniel Romanchuk	23:16	1992	Craig Blanchette	25:35
2016	Tony Nogueira	27:37	1991	Craig Blanchette	25:47
2015	James Senbeta	24:32	1990	Jim Knaub	28:22
2014	James Senbeta	23:32	1989	Jim Knaub	27:13
2013	Krige Schabort	24:17	1988	Mike Trujillo	29:20
2012	Krige Schabort	23:53	1987	Paul Phelan	29:33
2011	Krige Schabort	24:16	1986	Tom Foran	30:00
2010	Craig Blanchette	27:13	1985	George Murray	30:49
2009	Krige Schabort	24:11	1984	Tom Foran	31:17
2008	Krige Schabort	23:35	1983	Marty Ball	33:20
2007	Patrick Doak	25:52	1982	Bob Hall	33:37
2006	Patrick Doak	26:36	1981	Bob Hall	35:26
2005	Tony Nogueira	26:01	1980	Bob Hall	
2004	Tony Nogueira	26:13	1979	Bob Hall	38:32
2003	Tony Nogueira	26:33	1978	Bob Hall	38:15
2002	Tony Nogueira	25:20	1977	Bob Hall	39:30
2001	Kamel Ayari	28:08	1976	Bob Hall	
2000	Craig Blanchette	26:53	1975	Bob Hall	47:13
1999	Keith Davis	27:31			

WOMEN

2024	Hoda Elshorbagy	29:20	2000	Harrilyn Beehner	48:22
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	40:02
2009	Jessica Galli	31:36	1986	Natalie Bacon	47:49
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	55:25
2003	Jessica Galli	30:49	1980	Natalie Bacon	
2002	Jessica Galli	31:40	1979	Natalie Bacon	69:56
2001	Harrilyn Beehner	54:21			

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GOOD LUCK, RUNNERS!



2025 ASICS Falmouth Road Race Digital Participant's Guide created by Grace Butterworth

**Digital Participant's Guide for the
53rd running of the ASICS Falmouth Road Race**

