**44TH A10 TAKEN BY METEER AND ROMAN-DUVAL CAPURES 4TH WIN**

 By George Banker

The date was **August 22, 1976** in Annapolis, Maryland. Success stories always have usual beginnings and this one is no different. A group of friends talking, and one thing lead to another, a bet made by Bruce Burns to Donna Jay. The essence, men were more physically fit than women. That was the wrong statement to the group of Jackie Sorseen instructors. "Aerobic dancing was popular, all of the wives and girls thought they were so cool. We took them up. It was a fun run", said Randy Fox. Maybe it was a male ego that promoted the statement. To settle the statement, a ten-mile run between the men, John Astle, Randy Fox and Bart Royhrbach versus the women, Phyllis Beardmore, Debbie Fox, Donna Jay and Bonnie Phillips.

A significant change in the course (**23rd A10 August 30, 1998**) was the introduction of the 80-foot-high and 2,835-foot-long Severn River Bridge.

“The pace was a little slow and my strategy was to go out with the leaders. The first couple of miles were easy and then I picked it up. I wasn’t feeling comfortable the entire race. When I tried to pass Mark, he would surge. Last year I was a no body and now I am somebody”, stated Matt Centrowitz.

“It felt tougher this year than last. I didn’t know who was behind me. It was nice to have a lot of people cheering on the way back. I train on average 65 miles a week”, added Centrowitz.

“My main strategy was to have a fun weekend getaway with my wife and two toddlers. They love the water and boats so a good excuse to find a good quality race to go along with that. The only real goal was to run a good effort near 55 minutes”, stated Mark Cuccuzella.

He adds, “I knew who Matt was before the race and knew that if he was putting in an effort above a hard training run then I’d have little chance. Matt was in sight most of the way, but I was not feeling well in the heat. At that point it is difficult to get aggressive”.

“I seemed to run with a friendly crowd throughout the whole race. In fact, out of the thousands of runners I was lucky enough to run next to two founders of the race – unbelievable luck. What an interesting story they had to tell!! One of the founders, John Astle, told me that he had run every single race. He seemed like he was in great shape. As a result, the first two miles flew by as I listened to their tales about how the race started, problems that had occurred during the 25 years,’ stated Kathy Hibbert of Woodbine, Md., (1:23:47, **25th August 27, 2000**).

It was **August 27, 2006 the 31st** running where Centrowitz became the youngest winner at the age of 16 in a time of 55:00 over Cuccuzella in a time of 56:07.

It has been **44 years (August 25, 2019)** and the Annapolis Ten-Miler continues to be that premier 10-miler within the running community. The race has lived up being a challenge. The event records have been tested through the years. The open record for the men was set in 1980 by Terry Baker (48:09). The second closest time was 48:43 set by three-time winner Gary Sirano in 1982. The two have been the only runners under 49 minutes.

There have been two military winners, Marine Alexander Hetherington (2004 – 56:16 40th fastest winning time) and Army runner Keith Matiskella (2010 55:04 36th fastest winning time).

The female record was set by two-time winner Eleanor Simonsick in 1982 (56:12). The second closest time was in 1980 (56:44) by two-time winner Mary Walsh. The two have been the only two females under 57 minutes. Mary Walsh has been the youngest winner in the history of the race age 18 in 1979 and 19 in 1980.

There have been two female Marines to claim top honors, Captain Mary Kate Bailey in 2004 (1:00:42 25th fastest winning time) and 1st Lt Kaitlin Koplin in 2010 (1:02:18 34th fastest winning time).

The male master’s record was set by two-time winner James Pryde in 1994 (53:48). There have been three other runners under 54 minutes in the history of the race.

The women’s record was set by the Annapolis standout Rose Malloy in 1991 (1:00:36). Malloy is the only seven-time winner. Malloy was the first female overall and master’s winner in 1990 (1:00:40).

The race was cancelled in 2011 due to Hurricane Irene as the winds were expected 60 to 80 miles per hour.

The runners had unseasonably cooler weather for the 10-mile journey. The runners broke free from the start line alongside the Navy-Marin Corps Stadium onto Cedar Park Road. The pace was quick as a pack of five runners formed to e, Daniel Meteer of Washington, and Kristopher Shold of Jacksonville. The pack went through mile one in 5:22.

The pace dropped to 5:12 along Rowe Boulevard before Church Circle as the group stated close. It was Sloane and Meteer who were sharing the front of the pack as they matched strides.

Going into the third mile along King George Street the pack dropped down to four as Madison began to drift back. Making the way up the bridge at mile 4 (21:26) Meteer and Sloane were out front with Madison and Shold at their heels.

The leading and defending female champion, Julia Roman-Duval of Columbia reached mile four in 23:12. Trailing in second was Storrie Kulynych-Irvin of Annapolis followed by Caroline Bauer of Elkridge.

The sea of runners began to make their way up the bridge as their pace was slowed. The return on the bridge on the way back at mile 9 the race down to Meteer and Sloane as they were matching strides. Should was a few feet back but within striking distance.

As Sloane and Meteer turned onto Taylor Avenue and crossed Rowe Boulevard, Sloane made a move to take over the lead. Meteer covered the move and closed the gap. They matched stride with 400 meters to go Meteer dropped another gear and held Sloane off to claim the win in a time of 52:52 (24th fastest winning time). Sloane captured second with a time of 53:06. Kristopher Should captured third in 53:29.

Roman-Duval was on a mission and ran into the history books to become the first female to capture four wins. First was taken in a time of 57:50 (6th fastest winning time). The other wins were 2018 (59:11), 2017 (1:00:06), and 2014 (1:02:33).

Second place was captured by Caroline Bauer with a time of 1:01:37. The third place was captured by Liz Starks of Huntingtown with a time of 1:02:55.

Roman-Duval comments on her strategy, “I am in the middle of my preparation for the Chicago marathon. I used this race as a workout to conclude an 82-mile week with a long track workout on Tuesday and a few marathon pace miles on Thursday. I did not taper and until Friday was feeling quite tired and heavy. So my strategy at the start was to get into a rhythm that felt comfortable and push for as long as I could, knowing that I would just focus on the effort and not the pace.  I was very surprised that this pace ended up being low-mid 5:40s, and that in the last 3 miles of the race, I had so much left in the tank that I felt like I was flying (I ended up averting 5:35 min/mile for the last 3 miles). It was pretty incredible actually. I have never run such a high mileage to prep for a marathon before, but I think it is working.”

Roman-Duval continues, “There are very few races around here in August. The timing of A10 works great as it can serve as a good test of fitness going into fall races, and in particular a marathon.  It is a well -organized race and all my teammates/friends always run it, which makes for an incredibly fun day. This is by far my strongest performance. My first three wins were just over one hour I believe, 2018 was 59:10, and this year was about 90s faster, but also with a stronger finish. I started running seriously almost 6 years ago, and I have grown a lot since then. The evolution of my wining performances over the years reflect that.

“I keep pushing myself constantly, setting more challenging goals. I try to keep my training focused and strategically planned out. I do everything that’s needed to be competitive runner: I keep a healthy diet, I do my 20 min of core/strength work every day, and I take a scientific approach to training, setting workouts weeks in advance that are optimized for the goal I am working on. I am also incredibly lucky to have supportive teammates who push me during workouts and keep an enjoyable company”, stated Roman-Duval.

The outstanding performance for Roman-Duval, “My 2:36:31 marathon (PR) at the National championship California International Marathon in 2018. But there are a few close ones behind, such as my 3rd place finish at the Broad St 10 mile run in 2018.”

“This was my second time! I ran in back in 2014 (3rd 1:03:38). Since I signed up morning of, it was a last-minute decision, so I decided to turn int into a good hard long run. My legs were pretty tired, and I got back from the beach from a bachelorette party the night before. The up hills were tough. I have been having hamstring problems and really only one legs is strong right now so going uphill was tough”, stated Megan DiGregorio of White Marsh.

DiGregorio states, “The attraction to run the A10, I ran it in the past, but I had a lot of friends that were running, and I wanted to be a part of the fun. I've noticed that there were more vendors at the finish area. The competition and times of top finishers were about the same.  My PR for 10 miles is 1:01:33. I have been running for 21 years. I love what running can do for you. Helps with stress relief, keeps you in good health, allows you to be social and make new friends. And when you want to be you can be competitive.”

“I always find time to make sure I add a run in each day. It has become part of my daily routine. It is also a big part of my job, so it makes it easier for me to stay in the running scene. The

 advice can you pass along to a new runner, it is a tough course. Don't go out too fast because there are some tough hills in the middle. And remember to always have fun and enjoy what you are doing!

Charlie Epperson of Annapolis collected his third consecutive master’s win with a time 58:00 (26th fastest winning time). The other winning times 58:03 (2017) and 56:46 (2018). The second position was captured by Jason Trip of Ellicott City with a time of 1:00:53. Mark Neff of Derwood captured third with a time of 1:01:20.

“I have run the A-10 six or seven times. My strategy was don't go out too hard and push after the turn around just before mile seven. Most of the course was difficult. The neighborhood hills after the Severn River bridge are tough from miles five to seven. The attraction to run the A10 it's a great event with a lot of history and also a tough course,” stated Neff.

Neff continues, “2012 was my best time for the course.  I ran 60:05 at age 50.  I feel like my race in 2019 was comparable.  I was running higher mileage in 2012.  Being seven years older makes a big difference. My PR for 10-miles was in 2012 Cherry Blossom - 57:27 at age 50.  I started training more seriously for running in my mid or late 40's so ran most of my PRs then. I

started in 1983 to lose weight and did some racing in every decade since.  Took a few breaks over the years and spent 1990-1999 focused on bike racing.  Never ran in high school or college.

“The attraction to stay in the sport I really enjoy the competition and being fit.  Being fit carries over to a lot of other things in life. Running doesn't take a huge amount of my time.  Most days I try to get out early so the rest of day is free. The advice to the new runner to the A10 is to get used to running up and down hills!”, stated Neff.

The leading female master was Kristin Blanck of Annapolis with a time of 1:06:46 (15th fastest winning time). The runner up was Toni Diegoli of Potomac. The third place was captured by Denise Knickman of Baltimore with a time of 1:09:40.

“My first A-10 was in 1987.  I lived in Alexandria, VA at the time.  I moved to Atlanta for 10 years so my next A-10 was in 2000 when I moved to Annapolis (Hargis now Snyder took first place in 1:01:30).  I have run the A-10 on and off since then so I think I about 14-15 times”, stated Jill Snyder, finished 2nd in the age group 55-59 1:18:54).

Hargis was the master winner in 2001 (1:05:17, 12th fastest winning time).

Snyder comments, “I did not have a real strategy this year except to try to get under 1:20. I tried not to go out too fast and because I have not trained as much as I should I wanted to run conservatively.  The most difficult part of the race, this year, for me was between miles 5-7.  I was running near Coach Nate Nudelman, who trains the Navy Marathon Team, which helped me get through those miles as he provided support and encouragement to me and to those running around us.”

“The attraction to run in the A-10 is partly because I live in Annapolis and it is the running event of the year here.  My husband, Richard, and I were coaches for the A-10 training group for a number of years and even though we no longer serve as coaches, we still participate in the training group.  It has become a yearly tradition for us to run the A-10.  We also enjoy the party with music and beer afterwards!”, stated Snyder.

Snyder adds, “Back in 2000 and 2001, I was training hard and my goal was to be among the top finishers.  Now I try to enjoy myself and also stay injury free.  I have been lucky as I have had no major injuries over the years and can still run competitively for my age group. My P.R. for 10 miles was back in 1996 or so at the St. Petersburg, FL 10 miler.  There was a torrential downpour during the race, but I managed to run around 58:40. My P.R. at the A-10 was about 61:30 in 2000.”

“I have been running since high school during the early days of women running track and cross country (at least at my high school).  I started running races and training more around 1987 when I was 26 years old.  So…running a long time! My attraction to stay in the sport is the friendships I’ve made and getting to meet other runners, esp. people just starting to run.  I like to see them improve and get excited about the sport.  I do enjoy running races more than training because I sometimes find it difficult to push myself during training runs.  I also think it is a great way to stay healthy and fit”, adds Snyder.

Snyder continues, “Balancing life and running has become more difficult as I have gotten older.  Sometimes after working all day, I just want to stay home and relax.  I now do most of my running on the weekends, with good intentions (often unfulfilled) to run during the week. I find running with the A-10 training group (an advantage we have here in Annapolis) helps get your used to the course and the hills and humidity (we were lucky this year with the weather).  I think getting used to the hills and humidity are key.  My advice or first timers, is to enjoy the beautiful scenery of Annapolis, make friends along the course and celebrate your finish with a beer and some great music!”

Each year the Navy Marathon Team has an active role with the Annapolis 10-Mle Run on Saturday they came out in force to assist the hundreds of volunteers who keep the premier event running. Last March 24th the Marathon Team traveled to West Point, New York and entered on the Army grounds for some friendly competition in the Fallen Comrades Half Marathon. At that time **Midshipmen 2/C Garrett Yu** managed to capture ninth place (1:38:55) among the outstanding times of the other team members.

Yu was in the mix at the 44th Annapolis 10 Mile Run along with 38 other members as the gold shirts were spotted all over the course. It’s about the honor and the spirit of physical competition both individual and team. Yu completed the race in 1:09:25.

There is an attraction for Yu, “The A10 is a good distance race for most Midshipmen coming off summer trainings. Due to these trainings, we often don't have the time we'd like to allocate toward running and training. The A10 is a pleasant introduction back into the running and training season. In addition, this race is very personal to us as we get to run through the city of Annapolis and represent the Naval Academy for the community.”

Balancing training and the requirements of being at the Academy is a challenge, “You really have to keep yourself honest and balance your time. We are fortunate at the academy to have a dedicated sports period from 1600-1800 every day and that is indeed when most people train and exercise.”

 Yu continues, “Being on the Marathon Team motivates us to run faster and train harder as we push each other during practices and races. We also do long runs on the weekends together and hold each other accountable.”

On the subject of the course and competition for Yu, “We really like this course! We are pretty familiar with the Annapolis area and it's neat to be able to run the town as a race! The hills that are included in the course definitely make the race more challenging. Some people were being competitive, others were just training. The people who were competing were not necessarily competing with others on the course, but really competing with themselves.”

The motivation for Yu, “Running is something that we all love to do. We love the challenge and the camaraderie. We all like to push ourselves to do things that other people think are impossible and to show ourselves and others that anything is possible with the right attitude and effort.”

Yu comments on performance, “You have to reevaluate your training and see why your results do not match your training. Whether it be type of training, level of intensity, diet, amount of sleep, etc., it is important to not get frustrated or discouraged. If you need to, reach out for help on ways to improve your training.”

 What was the motivation for selecting the Naval Academy?

Across the team, the motivation for choosing to attend the United States Naval Academy varies on who you ask. For some, it was to challenge themselves every single day and consistently improve; for others, it was for the stellar education and opportunity to grow and learn with some of the most hard-working students in the country. At the end of the day, we all came here because we want to serve our country and protect the people who live in this great nation.

 An outstanding moment for Yu, “I think my most remarkable running achievement is the first marathon I ever ran: Steamtown Marathon in Scranton, PA in October 2016 (3:53:38). It was just a huge accomplishment for me because up until that point I don’t thing I had ever run more than 10 miles at one time.”

Sue Briers stated the following, “Presented on August 30, 1992 at the 17th Annapolis 10 Mile Run, **The Pat O’Brien Memorial Award**.

“Each year the Annapolis Striders in cooperation with its sponsors Katcef Brothers and Bud Light hold the Annapolis Ten Miler to benefit the American Heart Association. Never has this become more meaningful then this year when we lost a dear friend and avid Annapolis Strider, Pat O’Brien, to a heart disease.

Pat was very well known in the running community with many accomplishments to her name. She won the 1st Bay Bridge Run Race, the Maryland Marathon, Alexandria 36-mile race and the JFK 50 Miler. Although she never won the Annapolis 10, she always had a soft spot for it. Not only did she run it several times, but she also volunteered by directing the packet pickup/registration. Because the race meant so much to Pat the Annapolis Striders chose to commemorate her through a special memorial award to the 1st female finisher from Anne Arundel county.

The recipient of this year’s award is not only an accomplished master’s runner who won the Annapolis 10 two years ago but also a close friend of Pat’s. I’m sure Pat would be very happy to know that this year’s award in her honor was won by Rose Malloy in a time of 60:45.

We are presenting to her a copy of the 75th Anniversary Chamber of Commerce poster that typifies Annapolis”, written by Sue Briers and the award was presented to Rose by Pat’s widower, Bob Walters.”

The 2019 award was presented to Storrie Kulnych-Irvin with a time of 1:04:10.

On August 24, 2003 (28th), in memory of **Commander Willie McCool**, a gifted runner and a graduate of the U.S. Naval Academy Class of 1983 (second out of a class of 1,083) and the pilot of the space shuttle Columbia. On February 1, 2003 he perished along with the crew during reentry only 16 minutes prior to landing. He received a Master of Science degree from University of Maryland in 1985.

An award was presented to the first Naval Academy alumni by Coach Al Cantello. The recipient was Mark Gilmore, Class of 1990, finished sixth place in 54:48.

On the date of the launch, Commander McCool had invited Coach Cantello to the liftoff and gave him an autograph picture with the following dedication, “To Al Cantello, your coaching laid a foundation of discipline, drive and passion that has carried me across the many milestones of my life. With boundless appreciation, Willie.”

The 2019 winner of the class of 2004 was Kristopher Should with a time of 53:28.