

## **United States Naval Academy Marathon Team**

Date: Sunday, October 13, 2024, 0800 Start Time

Event: 27th Steamtown Marathon

Distance: 26.2 miles

Location: Scranton, Pennsylvania

Weather: On and off showers all day, 8-10 MPH wind gusts from the South West, 45°F Low, 61°F High

Participants: 23 Midshipmen Runners

1 Midshipman Driver/Volunteer: MIDN Alston McCaslin

1 Coach: Nathan Nudelman

1 USNA O-Rep: CDR Jennifer Matthews, USN

1 USNA E-Rep: MU1 Mark Huskey, USN



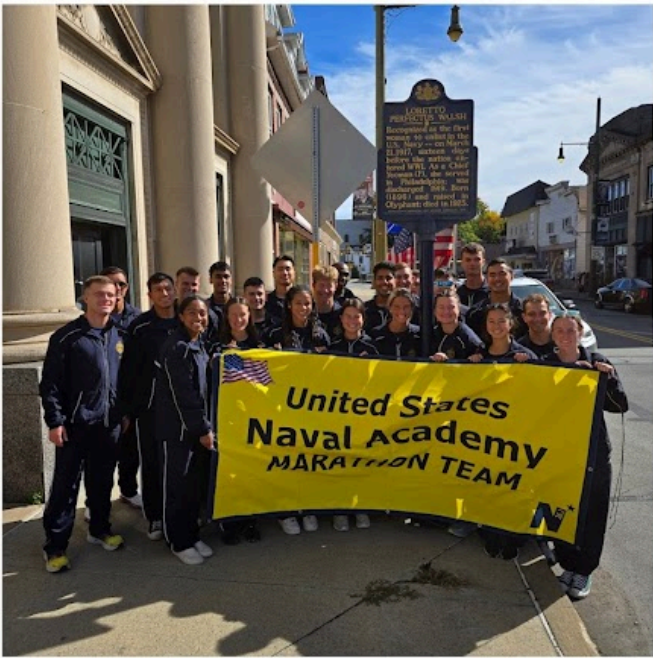
The Steamtown Marathon is the Navy Marathon Team's first marathon for the fall semester. This race was an important opportunity for team members to qualify for the Boston Marathon 2025. The qualifying time for men is 3:00:00 and for women is 3:30:00. For 2026 the qualifying times were made even more competitive, for men they will have to run 2:55:00 or faster and women 3:25:00 or a faster time.

**Saturday, October 12, 2024**

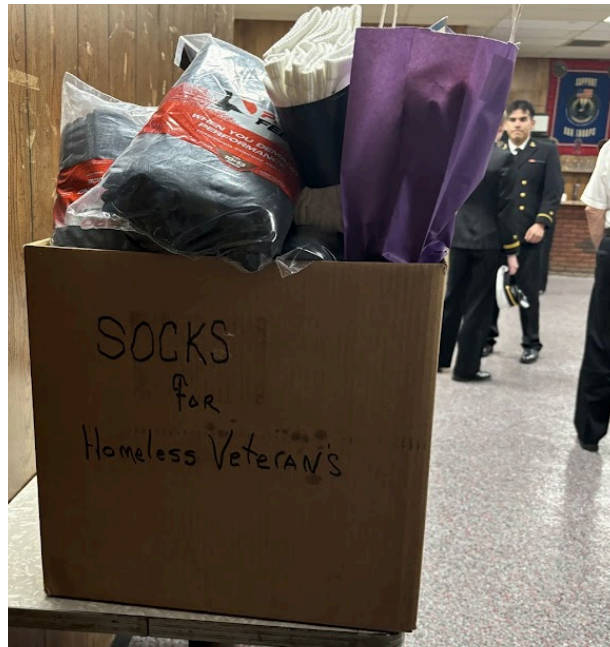
The team mustered early Saturday morning to start the trip up to Scranton, Pennsylvania. Upon arrival, the team met with race director Jim Cummins, and he gave the team advice about the race. The team presented Cummins with a signed team photo and USNA Challenge Coin as a token of our gratitude for his commitment to the USNA Marathon Team and the Steamtown Marathon. The team then entered the expo where they retrieved their bibs and bought any last minute supplies for the race. After the expo, the team had lunch at Wegmans, giving the team a variety of options to fuel up for the race the following day. Next the team visited the Loretta Perfectus Walsh Memorial in Olyphant, PA, in honor of the first woman to enlist in the U.S. Navy, and the first female Navy Chief. The team proceeded to check into the Holiday Inn Scranton - East Dunmore hotel where they rested for the race or spent time visiting family members.

In the evening, the team mustered in SDBs for a dinner with members of the Veterans of Foreign Wars (VFW) Post 7963 and the Seabee Veterans of America Island IV, a Marathon Team tradition. At the dinner, Midshipmen met with numerous veterans, and about 17 family members of Midshipmen attended as well. A veteran sat at each table with groups of Midshipmen, and they provided the team with interesting stories and valuable insights into the fleet. The entire program was led by Harold Nudelman, Coach Nudelman's father and a prior Seabee. The team had the honor of listening to a speech from CDR Ed Groth USN, USNA Class of 1995. He spoke on the value of dedicating one's life to something great, and in his case it was to become a school teacher and to guide the next generation of American leaders. Midshipmen and parents brought hundreds of pairs of socks for the local Homeless Veteran Sock Drive

The dinner was made possible by the VFW Post 7963. Additionally, the team gave the VFW veterans a signed Seabee flag, USNA challenge coins, and signed posters for hosting the team that evening. The team then traveled back to the hotel to get some much needed rest for the upcoming race early the next morning.







The Navy Marathon Team, coaching staff, and guests enjoying an evening at the VFW Photo opportunities and with the Veterans of Foreign Wars (VFW) Post 7963 and the Seabees Veterans of America Island IV.

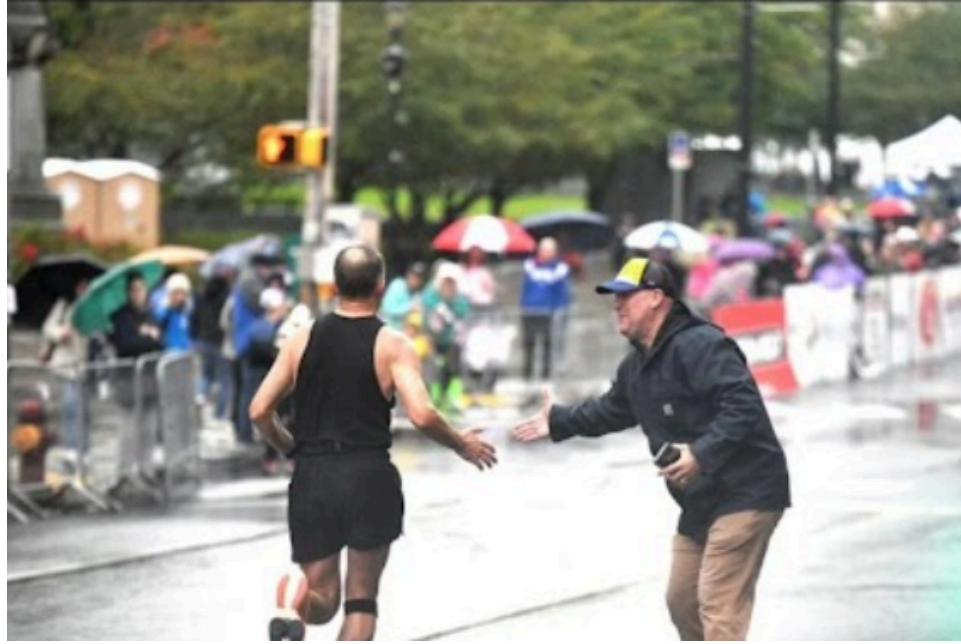
### **Sunday, October 13, 2024**

The team mustered in the hotel lobby at 0545 hours and departed for Forest City High School in a caravan at 0600 hours. This gave the team ample time to travel to the race venue, prepare for the race, and take team photos. The team assessed race conditions and prepared accordingly. The weather was cold and rainy 43 degrees at the start of the race. After taking a team picture and listening to a moving rendition of the National Anthem sung by the Forest City High School chorus, the race began promptly at 0800 hours as a Civil War cannon singled the start of the 27th running of the marathon. The race is known for its steep downhill throughout the beginning of the course. Runners started fast, but knew their limits based on multiple days of hill training back in Annapolis and advice from Coach Nudelman. Groups of parents made posters and cheered on runners at different points along the course. The crowd was enthusiastic, motivating, and supportive as Navy Marathon Team members ran past. Runners went through multiple quaint townships and city centers. There were numerous terrain changes from trails, to

roads, to train tracks. Besides that, the scenery was breathtaking throughout the race. The beautiful mountain views and the Lackawanna trail were unparalleled.

Just before the finish line, Coach Nudelman and CDR Matthews cheered on runners as they came in the home stretch. Once midshipmen crossed the finish line the cold and aches of the long race began to set in, however MIDN Alston McCaslin was there to guide Midshipmen to the warm vans so that midshipmen could heat up and be transported back to the hotel. The team is ever grateful for the assistance that MIDN McCaslin was able to provide on this trip, especially during those emotional moments after crossing the finish line. The same gratitude is extended to CDR Matthews as she cheered on Midshipmen throughout the race and was just as instrumental in helping midshipmen get back from the finish line and to the hotel.

Runners did exceptionally well at the Steamtown Marathon. Overall, there were 18 Personal Records (PR) and 18 Boston Qualifying times (BQ). We saw personal records drop from anywhere between 4 to 22 minutes. Seven runners received overall race awards, including 1/C Josh Doughty placing 5th overall, setting a new personal best by 4 minutes. The Steamtown Marathon was a very successful event for the Navy Marathon Team seeing numerous PRs across the team. Following the race and awards ceremony, the team quickly returned to the hotel, showered, and drove to Coach's parent's house for a post-race party. Keeping with tradition, most team members jumped into the pool before getting dinner and relaxing at the house. We enjoyed lots of food and drinks as well as lots of time to be with family and friends. The team later presented Coach's parents with a plaque for their 20 years of support to the team for the Steamtown Marathon and for hosting us at their home. Following the post-race party, the team returned to the hotel and spent the evening recovering from the race and spending more time with family members.



Coach Nudelman pictured at the finish line with a long time work friend William Uher and prior Marine who have run the Steamtown Marathon together since 2001.





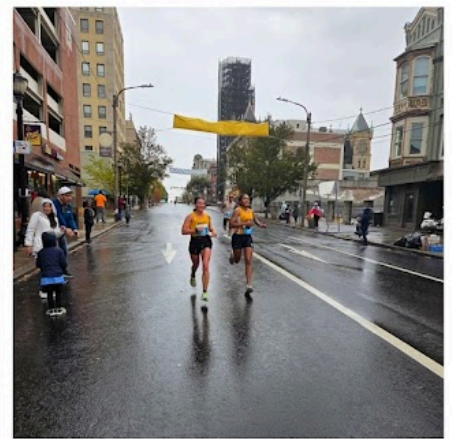
## Results

MEN	NAME	FINISH TIME	NOTES: (PR= Personal Record) (BQ= Boston Qualification)
1	Doughty, Josh	2:30:35	PR(4 Min), 5th Overall, BQ
2	Davis, Conrad	2:31:01	PR(4 Min), 1st Age Group, BQ
3	Chase, Joseph	2:35:28	PR(8 Min), 3rd in age group, BQ
4	Kelsey, Joseph	2:37:26	PR(8 Min), BQ
5	Saltzman, Maddox	2:52:42	BQ
6	Merrill, AJ	2:53:31	BQ
7	Maheshwari, Akshat	2:53:33	PR(4Min), BQ
8	Sickler, Tyler	2:55:22	PR(4 Min), BQ
9	Grenier, Archer	2:55:54	PR(4 Min), BQ
10	Algier, Charlie	2:56:20	PR(15 Min), BQ
11	Sahagun, Gil	2:58:23	PR(24 Min), BQ
12	Walha, Himmat	3:00:03	PR(13 Min)
13	Meyer, Zachary	3:06:53	
14	LaPrad, Benjamin	3:08:40	
15	Trinidad, Alex	3:50:55	

WOMEN	NAME	FINISH TIME	NOTES
1	Bryant, Lauren	3:07:39	PR(13 Min), 2nd in age group, BQ
2	Mendiola, Kayla	3:07:39	PR(10 Min), 3rd in age group, BQ
3	Eater, Morgan	3:10:22	PR(5 Min), BQ, 5th in age group
4	Bargfrede, Jenna	3:13:55	PR(15 Min), BQ

5	Doubman, Lyn	3:21:08	PR(14 Min), BQ
6	Occansey, Helena	3:21:24	PR(2 Min), BQ
7	Parker, Abbey	3:50:55	PR(18 min)
8	Yacawych, Alexa	4:34:09	

STAFF:	NAME	FINISH TIME	NOTES
1	Husky, Mark	2:52:38	PR(6 Min), BQ, 5th in age group



**Monday, October 14th 2024**

The next morning, the team mustered at 0730 hours and loaded the vans one more time to return back to USNA. The MO was concluded by 1300 hours.

After Action Report Assembled by POC: MIDN Zachary Meyer and APOC: MIDN Joshua Doughty

