

# USNA Marathon Team

## Allentown Marathon After-Action Report

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### Allentown Recap

Date: Sunday, September 11, 2016  
Coach: Nate Nudelman  
OREP: LCDR Casey Rayburg, USN  
Event: Allentown Marathon  
Distance: 26.2 miles (and 13.1 miles)  
Location: Allentown, PA  
Weather: Warm, humid, 76-78°F  
Participants: 6 midshipmen

On Sunday, September 11, 2016, six members of the United States Naval Academy Marathon team ran in the Allentown Marathon located in PA. The runners include: Alec Abrashoff, Matthew Johnson, Trevor Karn, Luke Sullivan, Julia MacDonald (half marathon), and Elizabeth Schilder. These runners proudly represented the marathon team by wearing team jerseys and shirts for the race. The course was largely flat, with the majority running through trails along parks and rivers. Very little was on pavement, making the experience better for joints. The weather was warm and humid, with the temperature varying between 76°F and 78°F

The team was graciously sponsored by the Schnabel family on Saturday, September 10, 2016. Their son, ENS Mark Schnabel, was on the Marathon Team and graduated in the class of 2016. The Schnabel's provided a pasta dinner to fuel the runners prior to the race. Mrs. Schnabel's sister also housed half of the runners and each runner had a place to rest their head for the night prior to the race.

### Racer Finisher Times

#### Men:

<i>Name</i>	<i>Actual Finish Time</i>	<i>Pace</i>	<i>Place in Age Group</i>	<i>Place Overall</i>	<i>Awards/Notes</i>
Abrashoff, Alec	3:55	8:58	31/44	391/988	
Johnson, Matthew	3:45	8:35	28/44	314/988	
Karn, Trevor	3:55	8:58	32/44	392/988	
Sullivan, Luke	4:25	10:07	40/44	653/988	

#### Women:

MacDonald, Julia	1:48	8:14	9/68	118/853	Half Marathon
Schilder, Elizabeth	5:37	12:51	N/A	931/988	

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## Pictures from the Event



**1/C Sullivan, 2/C Karn, 2/C Johnson, and 2/C Abrashoff after the race**

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**Trevor Karn and Alec Abrashoff near the 17<sup>th</sup> mile**



**Elizabeth Schilder near the 7<sup>th</sup> mile**

Created by MIDN 1/C Kelly Frantz and MIDN 1/C Luke Sullivan