

# United States Naval Academy Marathon Team

Date: 25 September 2016 0800

Coach: Nate Nudelman

O-Rep: LCDR Casey Rayburg

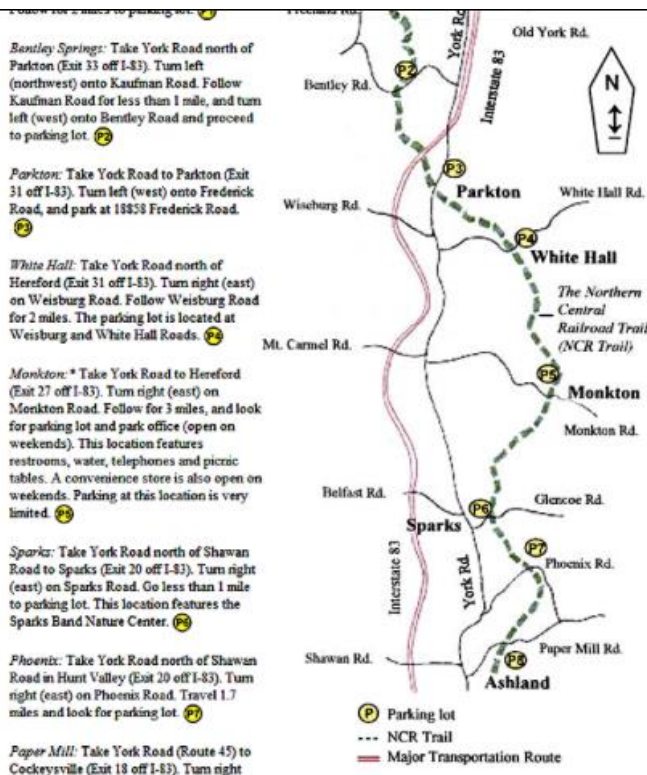
Event: Charm City Run 20 Miler

Location: Freeland, MD

Weather: 51 (start) - 71(finish) and Sunny

Participants: 27 Midshipmen, 1 Coach, 1 Officer Representative

## Race Info:



## Race Background and Course Information:

The Charm City 20 Mile run is a race between Freeland, MD, and Ashland, MD, along the NCR trail. The NCR Trail is a hardpacked, dirt surface and part of the "Rails to Trail" program. To the left is the official course map. The team participates in this event every year as part of its training plan to prepare for this year's Steamtown Marathon in mid-October.



## Day's Events:

The team mustered in the morning at 0515 to take a bus to Ashland, MD. Upon arrival in Ashland, the POC picked up bibs for the team and then the team continued to the startline in Freeland, MD. The team's volunteers broke off to go man their water stations. At 0800 the race began.

The race course was fairly flat and shaded, and the weather was cool and generally optimal for running. The 21 runners from the marathon team all finished the race, and many placed in the top three of their age group. Meanwhile, the team's 6 volunteers staffed the first and last water stations along the race course. These midshipmen were of service to the race by providing water and gatorade for passing runners.



(above) 2/C Hannah Rose volunteer handing water to her teammate, 3/C Maggie Dods.



(left) From left to right, 1/C Stephen Ward, 1/C Gabriel Larios, and 1/C Kaitlan Moynihan.



(left) 1/C Kelly Frantz and 1/C Abigail Perdw - looking happy.

By 1130, all team members had finished the race. The team attended the awards ceremony, and took a team picture before returning to USNA by bus.



(above) Members of the USNA Marathon Team pose under the finishing arch following the Charm City 20 Mile race.

## Results

### Men:

9 total participants

Last	First	Finish Time	Place	Awards
Zepeda	Kurt	02:07:43	4	3rd Men's overall
Keating	Conor	02:15:24	8	1st Men's 20-29
Henson	Thomas	02:19:08	11	2nd Men's 20-29
Gerrety	Raymond	02:22:50	14	1st Men's 15-19
Siprelle	Samuel	02:26:39	18	2nd Men's 1-19
Jensen	Dylan	02:37:38	26	
Larios	Gabriel	02:44:58	45	
Ward	Stephen	02:44:59	42	
Karn	Trevor	02:45:04	44	

### Women:

10 total participants

Last	First	Finish Time	Place	Awards
Dooley	Cassandra	02:23:40	15	3rd Female's 20-29
Moynihan	Kaitlan	02:45:06	43	
Jenkins	Sara	02:49:50	56	
Gooding	Katherine	02:53:14	63	1st Female's 1-19
Opferman	Alexis	02:56:47	75	
Sandler	Holly	02:56:48	76	
Dods	Margaret	03:06:30	101	2nd Female's 1-19
Daitz	Kylee	03:09:08	105	
Frantz	Kelly	03:11:28	111	
Perdew	Abigail	03:11:28	110	

**Coach/OREP:**

Last Name	First Name	Time	Place	Awards
Rayburg	Casey	2:22:13	13	1st Men's 30-39
Nudelman	Nate	2:27:25	21	2nd Men's 40-44



(above) Coach Nate Nudelman (left), 1/C Alexis Opferman (middle), and Marathon Team Captain, 1/C Holly Sandler (right).



(above) The USNA Marathon Team with Maria Shields (in black jersey, center), holder of the American records in the 12-hour, 24-hour, and 100 mile races.

After Action Report prepared by 2/C Samuel Siprelle and 3/C Raymond Gerrety.