

United States Naval Academy

Marathon Team

Date: Sunday, 09 October 2016, 0800 start time

Event: Steamtown Marathon

Distance: 26.2 miles

Location: Scranton, Pa

Weather: Race temperature was 45 degrees at the start with cloud over, but the temperature warmed up to mid-50s by the finish. There was moderate wind throughout the race.

Participants: 21 Midshipmen
19 Runners
2 Volunteers
2 USNA Representatives- Coach Nate Nudelman, LCDR Casey Rayburg

Summary:

The Navy Marathon team traveled to Scranton, Pa in order to compete in the Steamtown Marathon. The team traveled to Pennsylvania on Saturday morning and competed on Sunday morning. The race took place on a fast course which features a net elevation drop of 955'. The point-to-point course runs through fourteen communities and also has over four miles of paved rails-to-trails along the Lackawanna River. The decline in elevation on this course makes it an ideal race to qualify for the Boston Marathon, which is the goal for many of the Midshipmen on the team. Despite the fast course, one must still rely on their training to not go too fast, making the uphill that characterize the end of the course manageable. Not only was Steamtown a great race to qualify for Boston, the course also lends itself to being an ideal first marathon. The Midshipmen enjoyed the cool weather as they pushed one another and had many strong finishes. Overall, three Midshipmen were able to finish their first marathon, fourteen Midshipmen were able to achieve their target time, six Midshipmen were able to qualify for the Boston Marathon in 2018, and eight Midshipmen achieved personal best results.

Overall, the Steamtown Marathon was a very successful race for the team. Not only were there many personal bests and Boston Marathon qualifying times, it was a great opportunity for the team to become closer. The Steamtown Marathon was a great experience for all participants where we were not only pushed to our limits physically, we were also reminded in many ways of why we are serving through our interactions with many veterans.

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Saturday:

The team made its first stop at Scranton High School for packet pickup. There, they met with assistant race director, Jim Cummings who was instrumental in coordinating with Marathon Team Points of Contact, 1/C Abi Perdeu and 3/C Cassie Dooley to ensure a smooth weekend for the Marathon Team. Pictured below, Mr. Cummings gives the team a pre-race brief and pep-talk.



Team picture outside of Scranton High School (packet pickup location)

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We were fortunate to have dinner at the Veterans of Foreign Wars Post #7963 of Eynon Pennsylvania where we met many amazing veterans whose legacy serves as a foundation for our future service. The team had the honor of meeting members of the VFW and the Seabees from Island IV of Pennsylvania, who generously prepared a pre-race dinner. Their stories of service and heroism served as motivation for Sunday's race as well as adding to the meaning of representing the Naval Academy in the race.



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The head table included the Marathon Team O-Rep, leadership from the VFW and Seabees, 1/C Abi Perdew, and CDR Stephen Kosloski (USNA '97), Commanding Officer of Navy Operational Support Center Avoca was the one of the guest speakers.



MIDN had the opportunity to interact with several members of the VFW, hearing advice and stories of service that not only served as motivation for the next day's race, but they also reminded us of our purpose at the Academy.

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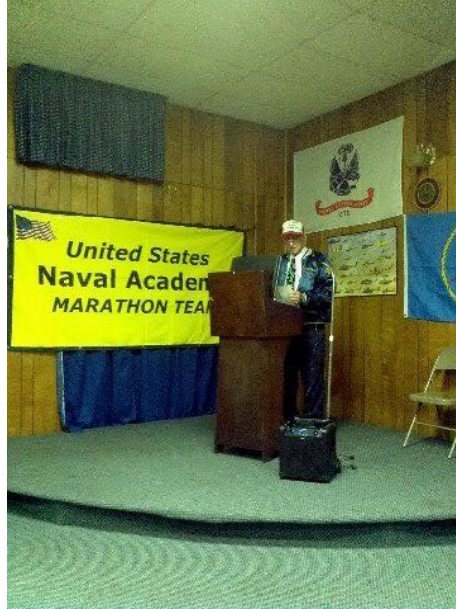


MIDN 1/C Sandler and MIDN 3/C Dods present our hosts with a token of our appreciation that will be displayed on the walls at the VFW Post.



The Midshipmen enjoyed their dinner at the VFW, hearing stories of courage and service from three different generations of Sailors from WWII, Korea, and Vietnam.

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The Midshipmen were fortunate enough to hear one of the original Seabees from 1942 speak about his experiences during WWII.

The VFW and Seabees have committed to hosting the Navy Marathon Team every time they come to Scranton for the Steamtown Marathon, mentioning how they wanted to strengthen the bonds between former and future service members. They even invited the soon-to-be-graduating 1/C Midshipmen who might run the Steamtown Marathon when they graduate.

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Sunday (Race Day):



Coach Nudelman and his father prior to the race start



Runners anxiously anticipate the start of the race

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The team prepares prior to the start of the marathon



Coach Nate Nudelman at the finish with his medal

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MIDN 3/C Maggie Dods with her finisher medal

Results

Male

Last Name	First Name	Finish Time	Place (out of 2100)	Notes
Haley	Jared	2:54:55	32	Personal Best, Boston 2018 Qualifier, 3rd in Age Group
Wachlin	Noah	3:04:27	81	Boston 2018 Qualifier, 4th in Age Group
Larios	Gabriel	3:04:28	82	Boston 2018 Qualifier, 5th in Age Group
Henson	Thomas	3:07:36	105	
Gerrety	Raymond	3:13:29	149	Personal Best
Bin Mohd Idris	Mohamad Fitri	3:20:33	214	
Yu	Garrett	3:53:02	722	First Marathon Finish
Malaspino	Brandon	4:04:04	893	First Marathon Finish

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Female

Last Name	First Name	Finish Time	Place (out of 2100)	Notes
Moynihan	Kaitlan	3:02:29	73	Personal Best, 2018 Boston Qualifier, 1st in Age Group
Dooley	Cassandra	3:04:45	84	Personal Best, 2018 Boston Qualifier, 1st in Age Group
Robinson	Cara	3:24:57	282	Personal Best, 2018 Boston Qualifier, 5th in Age Group
Lois	Ashley	3:38:18	460	Personal Best, 10th in Age Group
Opferman	Alexis	3:45:10	571	Personal Best
Sandler	Holly	3:46:40	591	Personal Best
Dods	Maggie	3:48:47	625	Personal Best
Tumbas	Sara	3:51:03	674	
Eckhardt	Claire	3:56:51	792	First Marathon Finish
Frantz	Kelly	4:14:23	1030	
Perdew	Abi	4:14:23	1031	

Results (Coach and Officer Representative)

Name	Finish Time	Place (out of 2100)	Notes
Coach Nudelman	3:32:55	376	
LCDR Rayburg	3:02:03	69	Personal Best, Boston 2018 Qualifier

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After the race, the Nudelman family and friends provided the team with a wonderful meal. We had a delicious meal and pool ready for us to relax. Families of the runners were also invited and it made for a great post-race afternoon.



The team enjoys the pool and a bonfire following the race



MIDN 2/C Henson and MIDN 1/C Wachlin enjoy a game of pool at the Nudelman Residence

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Post-race photo at the Nudelman Residence

The Steamtown Marathon was a memorable race for all. The course was fast and scenic, and the weather on race day was ideal. The team was able to push ourselves physically and learn from four generations of service members whose legacy will guide us in our future careers as officers in the Navy and Marine Corps.

After Action Report prepared by 3/C Cassandra Dooley and 1/C Abigail Perdew