

United States Naval Academy Marathon Team

Date: Saturday 27 (0700-1000) and Sunday 28 (0445-1200) August, 2016

Coach: Nate Nudelman

O-Rep: LCDR Casey Rayburg

Event: Annapolis 10 Mile Race

Location: Annapolis, MD

Weather:

Saturday: Sunny, approximately 92°F

Sunday: Sunny, approximately 85°F, 61% humidity

Participants: 27 Midshipmen, 1 Coach, 1 Officer Representative

Saturday, 27 August, 2016 - Volunteering

The first Movement Order of the USNA Marathon Team's 2016 was kicked off with a great start by an Honor Spotlight talk between the officer representative, LCDR Casey Rayburg, and the team Midshipmen Leadership. As part of the revitalization of the Academy's Honor Concept, club and varsity sports teams are now joining together the moral and physical aspects of the mission.

The Annapolis Ten miler is the first race of the year and also the first in a progression of races to get the team prepared for the Steamtown Marathon this October.

After the rest of the team gathered, they proceeded to two locations: the Annapolis Striders' storage unit on West Street, as well as their storage space at Bates Middle School in Annapolis. The team helped on-load equipment to trucks at both locations. The team then went to Navy-Marine Corps Memorial Stadium where the race was held.

The day prior to the race is when much of the set-up occurs, especially for a race which begins at 0700. The Midshipmen helped with various tasks that would have taken hours to do without them. The old adage "many hands make light work" certainly held true. Specifically, they helped sanitize hoses for drinking-water, as well as helping set up fences along the course, in order to guide runners from mile 9.5 to mile 10. After finishing the set-up, the team gathered and listened to words of wisdom from Coach Nate Nudelman. Once all Midshipmen were mentally prepared, the team left Navy-Marine Corps Memorial Stadium to rest for the night.



Setting up the finish line



Team members help flush out hoses.

Sunday, 28 August, 2016

Men's Team (Name, Unofficial time)	
Zepeda, Kurt	1:05:11:00
Larios, Gabriel	1:08:47:00
Ward, Stephen	1:09:44:00
Henson, Thomas	1:10:38:00
Jensen, Dylan	1:12:50:00
Harris, Jordan	1:13:16:00
Gerrety, Raymond	1:13:19:00
Brown, Dillon	1:13:20:00
Gasper, Jack	1:13:35:00
Karn, Trevor	1:18:19:00
Chau, Minh	1:23:30:00
Sullivan, Luke	1:23:40:00
Moore, Drew	1:25:15:00
Peng, George	1:30:00:00

Women's Team (Name, Unofficial time)	
Dooley, Cassandra	1:07:56:00
Moynihan, Kaitlan	1:07:57:00
Jenkins, Sara	1:20:00:00
Opferman, Alexis	1:22:57:00
Wible, Rachel	1:22:57:00
Sandler, Holly	1:23:21:00
Gooding, Katherine	1:24:50:00
MacDonald, Julia	1:26:00:00
Vernon, Caitlyn	1:26:39:00
Robinson, Cara	1:27:00:00

Eckhardt, Claire	1:27:42:00
Daitz, Kylee	1:34:06:00
Schenck, Ashley	1:50:00:00

Coach	
Coach Nathan Nudelman	1:12:00

Officer Representative	
LCDR Casey Rayburg	1:10:23

Unfortunately, there were issues with the timing systems which did not allow us to get accurate times or placings for some of the runners.

After waking up bright and early for the 0445 muster, the team drove to the stadium bright-eyed and bushy-tailed. The team members were fortunate to have a chance to meet two important Naval Academy figures, the Academic Dean, Dr. Andrew Phillips and the Superintendent, Vice Admiral Ted “Slapshot” Carter, both of whom ran the A10 this year. Furthermore, the team was able to meet with Mike McMonagle, USNA Class of 2012 and marathon team alumnus.



Team poses for a pre-race picture with VADM Carter, Superintendent of the Naval Academy



USNA Academic Dean Dr. Phillips sports a Marathon team jersey as he comes up on the finish line.



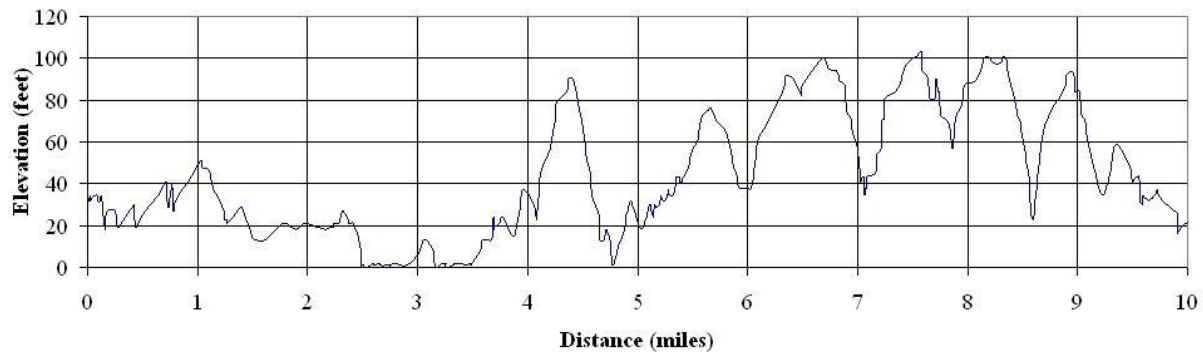
Team members speak with Senator John Astle

Prior to the race start, there were two speakers, Senator John Astle, a long-time runner of the A10, as well as the mother of Matthew Centrowitz, Olympic gold medalist. The team spoke with Maryland state Senator Astel, one of the founders of the Annapolis 10 miler. He helped found the race 41 years ago and is an avid distance runner who has shown great support for the USNA Marathon Team. Senator Astle served as a Marine helicopter pilot in Vietnam, and has continued to serve his country and community since then.

Matt Centrowitz was the winner of the 2016 Olympic gold medal in the 1500m run, and his mother recounted the time he ran the A10 as a sixteen year old and won. She also noted the fact that he thought it was such a special race, due to the camaraderie of all involved. The Navy marathon team certainly felt the same camaraderie thanks to the support of the Annapolis Striders running club and the Annapolitans who gave up their Sunday sleep to volunteer at the race.

The race started promptly at 0700. The course started with a lap around Navy-Marine Corps Memorial Stadium, followed by running over College Creek to Main Street. After running through the City Dock, runners proceeded past the Naval Academy and then over the Naval Academy bridge, running through a residential area, before returning over the bridge and proceeding to the stadium. There were several difficult hills, most notably at miles 4 and 5.

Annapolis 10 Mile Run Elevation Profile



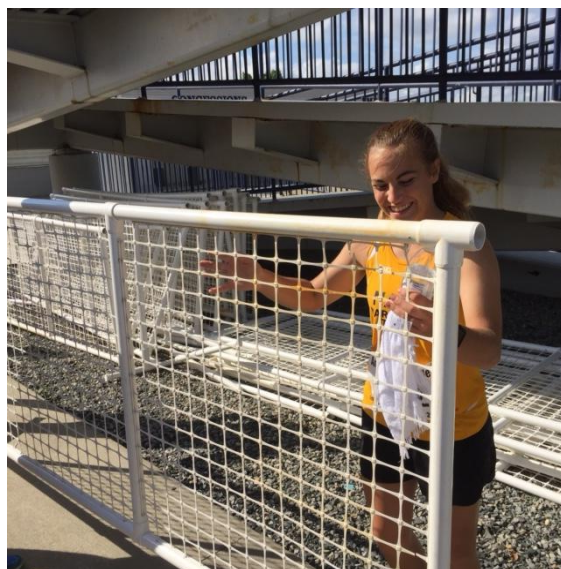
There was plenty of friendly competition to be had. Two members of the team were neck and neck with a member of the British Royal Navy Triathlon team throughout. Cara Robinson pulled ahead to beat him by a minute, and Trevor Karn beat him in a sprint in the last 20m. The highlight of the race was a tough battle between Kylee Daitz, who also serves as the Brigade Training Sergeant, and VADM Cater. The end result was a slim win by MIDN Daitz.



Rachel Wible and Alexis Opferman closing in on the finish

Unfortunately, there were issues with the timing systems which did not allow us to get accurate times or placings for some of the runners. When we have that information we will update this report.

After the race, the team spent more time volunteering for the Annapolis Striders, by helping tear down the finish line, as well as return equipment to storage locations at Bates Middle School, and Public Storage on West Street. The community provided amazing support to the team.



Ashley Schenk helps take down part of the finish line barrier.



Team members assist in post race cleanup

This After Action Report has been created by MIDN Thomas Henson and MIDN Trevor Karn