

United States Naval Academy

Marathon Team

Date: Sunday, 07 October 2018, 0800 start time

Event: Steamtown Marathon

Distance: 26.2 miles

Location: Scranton, Pennsylvania

Weather: Race temperature was 67 degrees at the start with cloud over, but the temperature warmed up to mid-70s by the finish. There was moderate wind throughout the race.

Participants: 25 Midshipmen

24 Runners

1 Volunteers

3 USNA Representatives- Coach Nathan Nudelman, LCDR Casey Rayburg, Master Chief (USN Ret.) Rodak

Summary:

The Navy Marathon team traveled to Scranton, Pennsylvania 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 is Steamtown a great race to qualify for Boston, the course also lends itself to being an ideal first marathon. Unfortunately, despite the advantages provided by the course, the participants had to overcome a high running temperature in the upper-seventies as well as a stifling 100% Humidity. Overall, Five Midshipmen were able to finish their first marathon, three Midshipmen were able to qualify for the Boston Marathon in 2020, and six Midshipmen achieved personal best results.

Notable finishes include 1/C Cassandra Dooley who was the 2nd overall woman's finisher and 2/C Grace Lane who placed first in her age group. 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. Things went well due to the hard work of the Marathon Team Officers, Coaching Staff, and volunteers such as 2/C Maddie O'Neil who assisted the team with race day logistics and support throughout the weekend.

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Saturday:

The team made its first stop at Scranton High School for packet pickup. There, they met with race staff, purchased supplies for their upcoming race, and ensured that their bibs were in proper order.



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

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. The team was also privileged to hear from Master Chief (USN, Ret.) James Rodak, as the guest speaker of the evening. Master Chief Rodak, spoke about his experiences in the Navy, with the Marathon Team, and how training and running can be a tool for personal healing and development. Their

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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.



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 Gerrety 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.



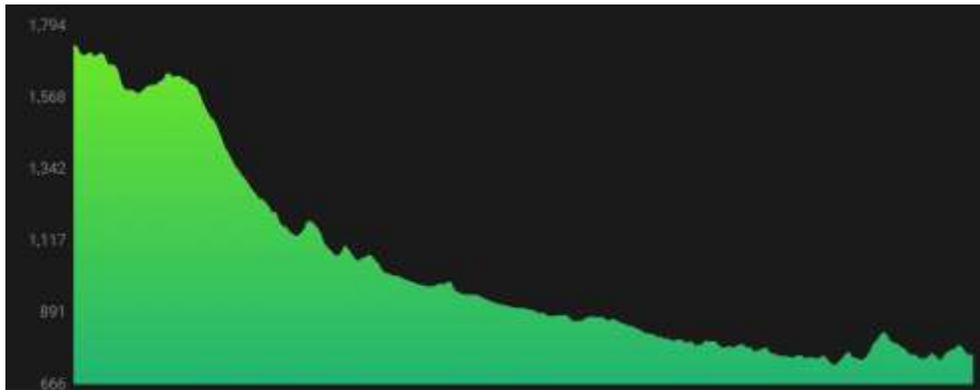
The Midshipmen were fortunate enough to hear one of the original Seabees, Robert Megatulski, from 1942 speak about his experiences during WWII.

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

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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.

Sunday (Race Day):



An elevation map of the course displays the net downhill of the first half as well as the challenging hills which end the race



The team is welcomed by volunteers when they arrived Sunday morning!

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Coach Nudelman and his father prior to the race start



The team Poses for a picture before the start of the race

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3/C Farnan and 2/C Yu keeping each other company during the race



2/C Fish, Lane and 1/C Gerrety helped pace each other through the first half of the race

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1/C Robinson on her way to a personal best finish!



2/C Brendan Fish, Garrett Yu, and 1/C Cullen Harper pose for a post-race picture

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MIDN 1/C Dooley's with her 2nd Place Women's award and 2/C Lane's with her first in her age group award.

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Results

Male

Name	Finish Time	Place (out of 1238)	Notes
Charles Oestreich	3:05:10	35	4 th in Age Group
Raul Castillo	3:11:18	53	7 th in Age Group, Personal Best
Victor Carrillo	3:13:35	56	First Marathon, 8 th in Age group
Cullen Harper	3:22:37	106	10 th in Age Group, Personal Best
Raymond Gerrety	3:22:52	109	
Brendan Fish	3:29:30	152	
Ethan Sellock	3:31:10	160	First Marathon Finish
Jamel Brown	3:31:10	161	
August Roberts	3:41:38	252	
Garrett Yu	3:43:05	267	

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Female

Name	Finish Time	Place (out of 1238)	Notes
Cassie dooley	3:06:21	39	2 nd Overall Women, 2020 Boston Qualifier
Grace Lane	3:14:49	73	Personal Best, 2020 Boston Qualifier, 1st in Age Group
Cara Robinson	3:23:12	115	Personal Best, 2020 Boston Qualifier, 5th in Age Group
Zibby Harvey	3:32:46	175	4 th in Age Group, First Marathon
Grace Werren	3:32:47	176	5 th in Age Group, First Marathon
Liz Farnan	3:39	232	8 th in Age Group
Niki Roxbury	3:43:43	271	10 th in Age Group
Kendal Good	3:46:45	314	Personal Best
Anmol Walha	3:49:44	342	
Jamie Maguire	3:54:40	394	
Sydney Hirokawa	4:00:56	457	Personal Best
Alana Phillips	4:01:12	458	
Chloe Bryan	4:02:04	468	
Natalie Lemek	4:10:18	539	First Marathon

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Results (Coaches, Officer Representative)

Name	Finish Time	Place (out of 1238)	Notes
Coach Nudelman	4:17:48	608	95 th Marathon
LCDR Rayburg	3:09:58	50	Boston 2020 Qualifier, 10 th in Age Group
Master Chief (Ret.) Rodak	4:29:16	723	

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 games following the race

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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.



A picture of the medal awarded to all finishers.

After Action Report prepared by 1/C Gerrety

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