

# UAE | HEALTHY KIDNEY | 10K



## MEDIA GUIDE

SUNDAY 04.29.18 | 9:00 AM | CENTRAL PARK | #UAEHK10K

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# CONTACTS

## MEDIA AND PUBLIC RELATIONS

### NEW YORK ROAD RUNNERS

For media inquiries related to UAE Healthy Kidney 10K professional athletes and race management:

#### **Chris Weiller**

Senior Vice President, Media, Public Relations, and Professional Athletics  
212.320.4046 / [cweiller@nyrr.org](mailto:cweiller@nyrr.org)

#### **Stuart Lieberman**

Manager, Media and Public Relations  
212.548.7332 / [sliberman@nyrr.org](mailto:sliberman@nyrr.org)

#### **Matt Singer**

Assistant Manager, Media and Public Relations  
212.901.3539 / [msinger@nyrr.org](mailto:msinger@nyrr.org)

#### **Laura Paulus**

Youth and Community Services, Media and Public Relations  
646.241.3527 / [lpaulus@nyrr.org](mailto:lpaulus@nyrr.org)

Athletes will be available for post-race interviews immediately following the race at the finish line mixed zone. An awards ceremony will follow.

*Information current as of April 13, 2018.*



## OUR MISSION

### HELP AND INSPIRE PEOPLE THROUGH RUNNING

Running takes your body, mind, and spirit to a better place. The simple act of putting one foot in front of the other and moving forward can make you healthier, happier, and more confident.

Like the starting horn at a race, we want to be the “Go!” that gets people running for life. At New York Road Runners, it is our goal to give everyone on the planet both a reason to run and the means and opportunity to keep running and never stop.

Over the past 60 years, we have grown from a local running club to a global champion of the running movement. We are the world’s premier community running organization, and our efforts and events serve all runners and active individuals, from beginners to professional athletes: the young, the elderly, and the underserved of all abilities.

We impact the lives of nearly 600,000 people annually, from New Yorkers throughout the five boroughs to runners around the world, through a wide variety of events and programs for people of all ages and abilities.

It is our unique nonprofit model, which teams contributions from corporate, foundation, and individual donors with earned income from our best-in-class events, that makes all our efforts possible.

Together with the help of all of NYRR’s members, supporters, participants, and partners, we’re working hard to fulfill our mission of giving all people everywhere a reason to run. Today, tomorrow, and for life.

# RUNCLEAN

## NYRR Run Clean

*“Competition is a core tenet of New York Road Runners’ mission to help and inspire people through running. From racing for a top position to striving for a personal best, it’s the journey to the finish line that defines the athlete. To compete fairly and with respect for yourself and others is where it all starts.”*

— Peter Ciaccia,

*President, Events, NYRR, and Race Director, TCS New York City Marathon*

The NYRR Run Clean initiative celebrates the union of competition and individual achievement while working to ensure that runners compete in a healthy and fair environment. Through education, testing, and advocacy, the NYRR Run Clean initiative is committed to fostering a healthy environment for runners to compete on a level playing field.

NYRR is a leader in the global clean sport movement. Since 2002, NYRR has partnered with the United States Anti-Doping Agency (USADA) to test the professional athlete fields at NYRR events. Today, through continued testing for performance-enhancing drugs, counseling with athletes, and a zero-tolerance policy, NYRR is working toward the day when everyone will run clean.

- Since 2002, in-competition testing has been conducted on hundreds of athletes and wheelchair athletes at more than 65 NYRR events, including the past 14 New York City Marathons. Out-of-competition testing is also frequently carried out by USADA at NYRR events.
- Since 2012, NYRR has partnered with the IAAF and USADA on a robust out-of-competition (pre-race) testing program at the TCS New York City Marathon, gathering data for the biological passport program. Through this partnership, hundreds of samples have been collected.
- Athletes who have been suspended by a governing body for using performance-enhancing drugs are not eligible to participate in NYRR races. Appeals are reviewed by the NYRR Race Director.
- Through the Abbott World Marathon Majors elite athlete testing pool, NYRR helps to fund and manage an unprecedented large-scale out-of-competition testing program of the top marathon runners from around the world. Additionally, the Abbott World Marathon Majors broke ground with a championship payment program that pays prize money out over five years to de-incentivize cheating.
- Recognizing that those most responsible for a clean sport are the athletes themselves, NYRR has partnered with USADA to present a mandatory series of clean sport educational sessions for athletes who compete at NYRR events.
- In 2017, NYRR broke ground again. In partnership with USADA, and in addition to the existing professional event testing program, NYRR began testing top finishers at randomly selected non-professional NYRR events.

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# ABOUT THE RACE

## BY THE NUMBERS

- **90,468** finishers in the UAE Healthy Kidney 10K since its first running in 2005. The number has grown from 4,146 in the 2005 inaugural running to a high of 8,617 in 2017.
- **48,202** men's finishers in the race's history
- **42,266** women's finishers in the race's history
- Approximately **8,000** runners from across the world will be raising awareness of kidney disease and the importance of early detection in the 2018 race.
- **\$10,000**: Amount of the 2017 first-place prize for men and women
- **\$30,000**: Amount of the Zayed Bonus, given to the top finisher to run faster than 27:35 for men and 30:44 for women
- **27:35**: Men's event record, set by Leonard Patrick Komon of Kenya in 2011
- **31:17**: Women's event record, set by Joyce Chepkirui of Kenya in 2014
- **2** Olympians entered in the 2018 professional athlete field
- **4** men who have run 27:35 or faster for 10K (road and/or track) entered in the 2018 professional athlete field
- **4** women who have run 32:00 or faster for 10K (road and/or track) entered in the 2018 professional athlete field

## EVENT HISTORY

Since its inaugural running in 2005, the UAE Healthy Kidney 10K has drawn more than 90,000 runners to Central Park to fight kidney disease, led by a field of top professional athletes.

### 2005

A field of professional male runners from around the world took part in the inaugural UAE Healthy Kidney 10K on May 22, 2005. Two-time Olympian Craig Mottram of Australia won the race in 28:28, the second-fastest 10K time ever recorded in Central Park at the time.

### 2006

Craig Mottram of Australia defended his title in convincing fashion, running with a pack through two miles and then breaking away. He won in 28:13, 24 seconds ahead of runner-up Mo Farah of Great Britain. Mottram's time fell just three seconds shy of the then-current Central Park record for 10K of 28:10, set by Paul Koech of Kenya in 1997.

### 2007

Dathan Ritzenhein, who would return to Central Park in November to make the 2008 U.S. Olympic marathon team, gave a hint of what was to come by running away from two-time defending champion Craig Mottram of Australia to win in an event-record time of 28:08—two seconds faster than Kenyan Paul Koech's 1997 Central Park 10K record. Ritzenhein donated his \$7,500 first prize to the National Kidney Foundation.

# ABOUT THE RACE

## 2008

Patrick Makau of Kenya was undefeated in four major half-marathons in 2008 when he made his United States racing debut at the 2008 Healthy Kidney 10K. He went out hard and opened a gap on the field in the first mile. The tough Central Park hills slowed Makau's last 5K, however, and he had to hang tough to win in 28:19.

## 2009

Tadese Tola of Ethiopia went out hard and broke away early from defending champion Patrick Makau of Kenya, who he had edged by one second in the 2008 NYC Half. He won by 40 seconds, the biggest margin in event history, and knocked 22 seconds off Dathan Ritzenhein's two-year-old event record to earn the Zayed Bonus.

## 2010

Ethiopia's Gebre Gebremariam gave New York a preview of what he would do half a year later at the 2010 New York City Marathon when he sprinted away from Peter Kamais of Kenya to win the sixth edition of the UAE Healthy Kidney 10K. He broke the year-old event record by six seconds with his time of 27:42.

## 2011

Kenyan countrymen and friends Leonard Patrick Komon and Micah Kogo came to NYC as the two fastest 10K road runners in history. Komon added the event record to his world record, becoming the fourth winner of the Zayed Bonus with his 27:35.

## 2012

Italian Olympian Daniele Meucci used a big finishing kick to win his New York debut by two seconds over Iona College student Leonard "Lenny" Korir of Kenya, who rushed off to his graduation ceremony after the race. Bobby Curtis took third, becoming the first American to place in the top three since Dathan Ritzenhein won the 2007 race.

## 2013

World and event record-holder Leonard Patrick Komon of Kenya returned after a year's absence and went after his own record. After a blazing two miles at sub-27:00 pace, he was already alone—but hot, humid conditions slowed him in the second half. He hung on to win by four seconds in 27:58.

## 2014

**Men's Race:** Defending champion Leonard Patrick Komon of Kenya took off once again from the starting horn, but was matched by fellow Kenyan Stephen Sambu. Running stride-for-stride over the first 5K, Sambu proved the stronger runner in the second half, nearly equaling Komon's event record by running 27:39 despite high humidity on race day.

**Women's Race:** The 2014 UAE Healthy Kidney 10K featured an expanded women's professional field for the first time in event history. Among strong international competition, Kenyan Joyce Chepkirui took home the win in 31:17, shattering the event record by nearly two minutes.

# ABOUT THE RACE

## 2015

**Men's Race:** Approaching the final hill, Ben True of the United States traded surges with 2014 winner Stephen Sambu of Kenya. The two crossed the finish line side-by-side in 28:13, with True finishing one-tenth of a second ahead to become the first American winner since Dathan Ritzenhein in 2007.

**Women's Race:** Event-record holder Joyce Chepkirui of Kenya successfully defended her title, holding off a late challenge from her compatriot Gladys Cherono. Crossing the finish in 32:33, the two were separated by only one-tenth of a second at the tape.

## 2016

**Men's Race:** Lucas Rotich of Kenya sat in the lead pack, covering every surge, until he made his decisive move near the eight-kilometer mark. He built a 15-meter lead in short order, and would ultimately break the tape eight seconds ahead of fellow Kenyan Wilson Chebet.

**Women's Race:** Cynthia Limo overcame fatigue and thoughts of dropping out to claim her first victory in New York City. Fighting to stick with the leaders, the Kenyan took the lead only in the final 800 meters while also managing an impressive negative split: She covered the first 5K in 16:02 before closing in 15:37.

## 2017

**Men's Race:** Sam Chelanga of the United States and Thomas Longosiwa of Kenya battled down to the final meters, as Chelanga prevailed by just 64 hundredths of a second; both men recorded a time of 28:21.

**Women's Race:** Mamitu Daska of Ethiopia, the 2014 runner-up, returned to the event and controlled it from the front this time around, winning in 31:37 with an advantage of seven seconds on second-place finisher Magdalene Masai of Kenya.

# ABOUT THE RACE

## LIVE STREAM

The UAE Healthy Kidney 10K will be aired live on USATF.TV, the digital streaming platform of USA Track and Field powered by RunnerSpace. The stream will begin at 8:45 a.m. A complete replay of the event will be available soon after the conclusion of the live coverage and will be made available to subscribers of the +Plus platform on USATF.TV.

## NYRR PRO RACING SERIES

The NYRR Pro Racing Series, organized by New York Road Runners, is made up of eight races—from the mile to the marathon—and features invited professional athlete fields. In 2018, the series will include the following events:

- **NYRR Wanamaker Mile at the NYRR Millrose Games:** February 3
- **United Airlines NYC Half:** March 18
- **UAE Healthy Kidney 10K:** April 29
- **NYRR New York Mini 10K:** June 9
- **New Balance 5th Avenue Mile:** September 9
- **USATF 5K Championships:** November 3
- **TCS New York City Marathon:** November 4
- **NYRR Midnight Run:** December 31

## ABOUT THE UNITED ARAB EMIRATES

The United Arab Emirates is the primary sponsor of the race, which benefits the National Kidney Foundation, Inc., in appreciation of American doctors and U.S. excellence in the kidney transplant arena. UAE's founder and first president, the late Sheikh Zayed Bin Sultan Al Nahyan, benefited from U.S. expertise, knowledge, and research when he received a kidney transplant in 2000. Among his many honors and accomplishments, he was most proud of being a kidney transplant survivor.

### PROMOTING TOLERANCE, PEACE AND HARMONY

- **Official Name:** United Arab Emirates (UAE)
- **Political Structure:** Federation of seven emirates established in 1971
- **National Day:** December 2
- **President:** His Highness Sheikh Khalifa bin Zayed Al Nahyan
- **Capital:** Abu Dhabi

The UAE is a source of stability, tolerance, innovation, and growth in the Arabian Gulf and around the globe. The United States and the UAE are close allies, with historical and present-day shared security and economic interests. In fact, the UAE is the largest export market for U.S. goods in the Middle East and more U.S. naval vessels visit UAE ports than any other port outside the United States. The United States and the UAE also enjoy growing social and cultural ties, and many U.S. institutions in education, healthcare, and the arts have formed collaborative partnerships with UAE entities. For more information, visit [uae-embassy.org](http://uae-embassy.org) and [uaeusaunited.com](http://uaeusaunited.com).

# ABOUT THE RACE

## ABOUT THE NATIONAL KIDNEY FOUNDATION

Every year, the UAE Healthy Kidney 10K raises awareness for kidney disease and organ donation, and promotes kidney health by supporting National Kidney Foundation (NKF) and its lifesaving programs. Runners can register to run with NKF's Team Kidney and raise additional funds in support of the organization's mission.

- Thirty million American adults have kidney disease—and most don't know it
- Approximately 460,000 Americans are on dialysis treatment for kidney failure
- More than 101,000 Americans are on the waiting list for a kidney transplant
- One in three American adults is currently at risk for developing kidney disease
- Major risk factors for kidney disease include diabetes, high blood pressure, a family history of kidney failure, being age 60 or older, and being African-American, Hispanic, Asian, Native American, or Pacific Islander
- Additional risk factors include kidney stones, smoking, obesity, and cardiovascular disease
- Because kidney disease often has no symptoms, it can go undetected until it is very advanced
- Early detection and treatment can slow or prevent the progression of kidney disease. If you are at risk, ask your doctor for a simple blood and urine test for kidney disease.

NKF is the leading organization in the United States dedicated to the awareness, prevention, and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk. NKF is grateful for the support and donations provided by the people of the United Arab Emirates and the UAE Healthy Kidney 10K participants. You can make a difference in the fight against kidney disease by supporting NKF. To get started, go to <https://team.kidney.org/event/2018UAE10k> to set up your own personal fundraising page for the UAE Healthy Kidney 10K or make a direct donation to the NKF.

# ABOUT THE RACE



## COURSE

The course is slightly more than one counter-clockwise lap of Central Park's six-mile loop.

### MILE 1

Start on East Drive near 69th Street and head north; there is a moderate uphill early in the first mile.

### MILE 2

Continue along East Drive as you pass the Reservoir on your left.

### MILE 3

Pass the 102nd Street Transverse on your left and descend, then ascend Harlem Hill; continue past Lasker Rink.

### MILE 4

Run over rolling hills as you head south on West Drive.

### MILE 5

Continue south on West Drive, passing the 72nd Street Transverse, and complete the lower loop of the park before the course turns back onto East Drive.

### Mile 6 (+.2)

Continue north on East Drive, passing the start line at 69th Street. Turn left at the 72nd Street Transverse and continue toward the finish line.

# ABOUT THE RACE

## PRIZE PURSE

The UAE Healthy Kidney 10K offers \$60,000 in prize money to open runners and New York Road Runners members.

The \$30,000 Zayed Bonus, courtesy of the Embassy of the United Arab Emirates in honor of former UAE president Sheikh Zayed Bin Sultan Al Nahyan, will be given to the first man to break the event record of 27:35 (Leonard Patrick Komon, UAE Healthy Kidney 10K, 2011) and/or the first woman to break 30:44 (Lornah Kiplagat, NYRR New York Mini 10K, 2002). The Zayed Bonus is determined by gun time.

## OPEN DIVISION, MEN AND WOMEN: \$57,000

*Open prize money is determined by gun time.*

1st	\$10,000
2nd	7,500
3rd	5,000
4th	3,000
5th	2,000
6th	1,000

## NYRR MEMBER DIVISION, MEN AND WOMEN: \$3,000

Cumulative with Open Division; NYRR Member prize money is determined by gun time. Prizes will be awarded to the top four male and female NYRR members. To qualify for member prize money, an athlete must have been a member of NYRR for six months prior to race day.

1st	\$600
2nd	500
3rd	250
4th	150

# PROFESSIONAL ATHLETE FIELDS

## ENTRANT LISTS

### MEN

Athlete	Country	Age	Road PR	Track PR	Pronunciation
Mathew Kimeli	KEN	20	27:11		Kim-EL-e
Rhonex Kipruto	KEN	18	27:13		RON-ex Kip-ROO-toe
<b>Teshome Mekonen</b>	ETH	22	27:50		Tay-SHOW-may Muk-KO-nen
<b>Ross Millington</b>	GBR	28	28:46	27:55.06	
Harbert Okuti	UGA	32	29:42		HAR-bert Oh-KOO-tee
<b>Stephen Sambu</b>	KEN	29	27:25	26:54.61	
Edwin Soi	KEN	32	27:46	27:14.83	

### WOMEN

Athlete	Country	Age	Road PR	Track PR	Pronunciation
<b>Buze Diriba</b>	ETH	24	31:37	31:33.27	BOO-zay Da-REE-ba
Magdalyne Masai	KEN	24	31:44		MAG-duh-lynn MAH-sigh
Askale Merachi	ETH	31	33:08		Ah-SKA-lay Me-RAH-chee
Monicah Ngige	KEN	24	31:55		En-GIG-gay
Lindsey Scherf	USA	31	32:33	32:27.01	
<b>Laura Thweatt</b>	USA	29	32:37	31:52.94	Thweet

Athletes whose names appear in **bold** type are profiled in the following pages.

Lists are current as of April 13, 2018.

# PROFESSIONAL ATHLETE FIELDS—PROFILES



## **BUZE DIRIBA**

**Country:** Ethiopia

**Age:** 24

**Date of Birth:** February 9, 1994

**Residence:** Albuquerque, NM

**Road 10K Personal Best:** 31:37, Boston, MA, 2017

**UAE Healthy Kidney 10K History:** 2016: 5th, 33:15

### **Career Highlights**

2018	United Airlines NYC Half	1st	1:12:23
2018	Houston Half-Marathon	4th	1:06:50
2017	B.A.A. 5K	1st	14:54
2015	Payton Jordan Cardinal Invitational 10,000m	2nd	31:33.27
2013	IAAF World Championships 5000m	5th	15:05.38

Diriba won the 2018 United Airlines NYC Half in a sprint finish, running the new course in 1:12:23 to become the event's second Ethiopian winner in the women's open division. In January, she lowered her half-marathon personal best to 1:06:50, an improvement of four minutes and 59 seconds from her previous best. In 2012, she won the 5000 meters at the IAAF World Junior Championships; the following year, Diriba competed in that event at the senior IAAF World Championships, where she finished fifth.



## **TESHOME MEKONEN**

**Country:** Ethiopia

**Age:** 22

**Date of Birth:** August 5, 1995

**Residence:** Addis Ababa, Ethiopia

**Road 10K Personal Best:** 27:50, Prague, CZE, 2015

**UAE Healthy Kidney 10K History:** 2017: 4th, 28:51; 2016: 3rd, 28:47

### **Career Highlights**

2017	United Airlines NYC Half	3rd	1:00:28
2016	IAAF World Half-Marathon Championships	11th	1:01:39
2015	Boilermaker 15K	4th	44:07
2015	Prague Grand Prix 10K	5th	27:50
2015	Prague Half-Marathon	7th	1:00:27

Mekonen returns to the UAE Healthy Kidney 10K after placing fourth here last year. He also returns to Central Park just over a month after racing the United Airlines NYC Half, where he finished fourth in 1:02:44. In 2015, he ran 1:00:27 at the Prague Half-Marathon—at the time, a personal best by 54 seconds—setting his best time for 15K (42:46) and 20K (57:10) as well en route. He represented Ethiopia at the 2016 IAAF World Half-Marathon Championships in Cardiff, Wales; recording an 11th place finish individually, he also earned a team silver medal.

# PROFESSIONAL ATHLETE FIELDS—PROFILES



## ROSS MILLINGTON

**Country:** Great Britain

**Age:** 28

**Date of Birth:** September 19, 1989

**Residence:** Stockport, England

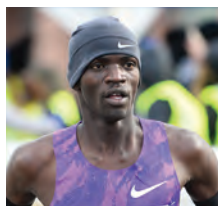
**Road 10K Personal Best:** 28:46, Schoorl, NED, 2017

**UAE Healthy Kidney 10K History:** Debut

### Career Highlights

2017	United Airlines NYC Half	11th	1:02:40
2016	Leiden Golden Spike 10,000m	6th	27:55.06
2016	Stanford Invitational 5000m	3rd	13:38.43
2011	European U23 Championships 5000m	2nd	14:22.78
2011	NCAA Division 1 West Preliminary Round 5000m	11th	13:36.69

Millington will make his UAE Healthy Kidney 10K debut this spring; last year, he made his half-marathon debut in New York City, finishing 11th at the United Airlines NYC Half. He ran 27:55.06 in the 10,000 meters, a 33-second PR, in June 2016, and the sub-28:00 performance qualified him to represent Great Britain at the Rio 2016 Olympics; in Rio, he finished 31st overall in 29:14.95. Millington attended the University of New Mexico, and in 2011, he ran 3:59.86 to become the first sub-4:00 miler in school history.



## STEPHEN SAMBU

**Country:** Kenya

**Age:** 29

**Date of Birth:** July 7, 1988

**Residence:** Tucson, AZ

**Road 10K Personal Best:** 27:25, Boston, MA, 2014

**UAE Healthy Kidney 10K History:** 2017: 3rd, 28:31; 2015: 2nd, 28:13; 2014: 1st, 27:39; 2013: 3rd, 28:02

### Career Highlights

2016	Bank of America Chicago Marathon	5th	2:13:35
2016	Falmouth Road Race (7M)	1st	32:10
2016	United Airlines NYC Half	1st	1:01:16
2014	UAE Healthy Kidney 10K	1st	27:39
2014	Eugene Diamond League 10,000m	4th	26:54.61

Sambu has made the podium in each of his four appearances at the UAE Healthy Kidney 10K, and his 27:39 win in 2014 marked the second-fastest time in event history. He won the 2016 United Airlines NYC Half after taking third in 2014 and second in 2015. He was fourth in 2016 in 1:00:55, his fastest time at the event to date, and finished 14th this past March. He's placed fifth at the Bank of America Chicago Marathon in back-to-back years, running 2:13:35 in 2016 and 2:11:07 in 2017. Sambu graduated from the University of Arizona as a seven-time NCAA All-American, and he stayed in Tucson after graduating to continue training under coach James Li.

# PROFESSIONAL ATHLETE FIELDS—PROFILES



## LAURA THWEATT

**Country:** United States

**Age:** 29

**Date of Birth:** December 17, 1988

**Residence:** Boulder, CO

**Road 10K Personal Best:** 32:37, New York, NY, 2014

**UAE Healthy Kidney 10K History:** 2016: 6th, 33:20

### Career Highlights

2017	Virgin Money London Marathon	6th	2:25:38
2016	Stanford Invitational 10,000m	1st	31:52.94
2015	TCS New York City Marathon	7th	2:27:30
2015	USATF 15K Championships	2nd	50:50
2015	USATF Cross Country Championships (8K)	1st	27:42

Thweatt, originally from Durango, CO, stayed in her home state to attend the University of Colorado. Post-graduation, she's remained in Boulder, joining the Boulder Track Club and training under coach Lee Troop, a three-time Olympic marathoner for Australia. Thweatt won the 2015 USATF Cross Country Championships, hosted in Boulder, and she finished as the top American—seventh overall—at the 2015 TCS New York City Marathon. She ran a personal best of nearly three minutes to take sixth at the 2017 Virgin Money London Marathon. After London, she developed an injury that forced her out of last summer's IAAF World Championships, but she's returned to competition this spring.

# RACE STATISTICS AND RESULTS

## CHAMPIONS, 2005-2017

### MEN

YEAR	ATHLETE	COUNTRY	TIME
2005	Craig Mottram	AUS	28:28
2006	Craig Mottram	AUS	28:13
2007	Dathan Ritzenhein	USA	28:08
2008	Patrick Makau	KEN	28:19
2009	Tadese Tola	ETH	27:48
2010	Gebre Gebremariam	ETH	27:42
2011	Leonard Patrick Komon	KEN	27:35*
2012	Daniele Meucci	ITA	28:28
2013	Leonard Patrick Komon	KEN	27:58
2014	Stephen Sambu	KEN	27:39
2015	Ben True	USA	28:13
2016	Lucas Rotich	KEN	28:29
2017	Sam Chelanga	USA	28:21

### WOMEN

YEAR	ATHLETE	COUNTRY	TIME
2005	Alemtsehay Misganaw	ETH	35:11
2006	Alemtsehay Misganaw	ETH	34:48
2007	Alemtsehay Misganaw	ETH	35:31
2008	Aziza Aliyu	ETH	33:32
2009	Aziza Aliyu	ETH	33:38
2010	Buzunesh Deba	ETH	33:09
2011	Buzunesh Deba	ETH	33:38
2012	Bekelech Bedada	ETH	34:54
2013	Aziza Aliyu	ETH	34:34
2014	Joyce Chepkirui	KEN	31:17*
2015	Joyce Chepkirui	KEN	32:33
2016	Cynthia Limo	KEN	31:39
2017	Mamitu Daska	ETH	31:37

\*Event record

# RACE STATISTICS AND RESULTS

## MULTIPLE-TIME CHAMPIONS

MEN
Craig Mottram—2005, 2006
Leonard Patrick Komon—2011, 2013

WOMEN
Alemtsehay Misganaw—2005, 2006, 2007
Aziza Aliyu—2008, 2009, 2013
Buzunesh Deba—2010, 2011
Joyce Chepkirui—2014, 2015

## TOP 10 FINISHERS, 2017 UAE HEALTHY KIDNEY 10K

### MEN

PLACE	ATHLETE	COUNTRY	TIME
1	Sam Chelanga	USA	28:21
2	Thomas Longosiwa	KEN	28:21
3	Stephen Sambu	KEN	28:31
4	Teshome Mekonen	ETH	28:51
5	Tsegaye Getachew Tadese	ETH	29:02
6	Mengistu Tabor Nebesi	ETH	29:04
7	Juan Luis Barrios	MEX	29:12
8	Fikadu Girma Teferi	ETH	29:24
9	Eliud Ngetich	KEN	29:34
10	Senbeto Geneti Guteta	ETH	29:36

### WOMEN

PLACE	ATHLETE	COUNTRY	TIME
1	Mamitu Daska	ETH	31:37
2	Magdalyne Masai	KEN	31:44
3	Monicah Ngige	KEN	31:55
4	Veronicah Nyaruai	KEN	32:11
5	Etaferahu Temesgen	ETH	32:17
6	Sinke Dessie Biyadgilgn	ETH	32:32
7	Natosha Rogers	USA	32:46
8	Beverly Ramos	PUR	33:36
9	Bridget Lyons	USA	34:25
10	Caroline Williams	USA	34:57

# RACE STATISTICS AND RESULTS

## 20 FASTEST ROAD 10K PERFORMANCES, ALL-TIME

### MEN

RANK	TIME	ATHLETE	COUNTRY	PLACE	VENUE	DATE
1	26:44	Leonard Patrick Komon	KEN	1	Utrecht, NED	September 26, 2010
2	27:01	Micah Kogo	KEN	1	Brunssum, NED	March 29, 2009
3	27:02	Haile Gebrselassie	ETH	1	Doha, QAT	December 11, 2002
4	27:04	Joseph Kimani	KEN	1	Atlanta, GA	July 4, 1996
4	27:04	Josphat Menjo	KEN	1	Barcelona, ESP	April 18, 2010
6	27:07	Micah Kogo	KEN	1	Brunssum, NED	April 1, 2007
7	27:09	Peter Kamais	KEN	1	Tilburg, NED	September 6, 2009
8	27:10	Leonard Patrick Komon	KEN	1	Utrecht, NED	September 27, 2009
8	27:10	Bernard Kimeli	KEN	1	Prague, CZE	September 9, 2017
10	27:11	Sammy Kipketer	KEN	1	New Orleans, LA	March 30, 2002
10	27:11	Sammy Kitwara	KEN	2	Utrecht, NED	September 26, 2010
10	27:11	Mathew Kimeli	KEN	2	Prague, CZE	September 9, 2017
13	27:12	Leonard Patrick Komon	KEN	1	Berlin, GER	October 10, 2010
14	27:13	Rhonex Kipruto	KEN	3	Prague, CZE	September 9, 2017
15	27:15	Micah Kogo	KEN	1	Brunssum, NED	April 3, 2011
15	27:15	Leonard Patrick Komon	KEN	1	Berlin, GER	October 9, 2011
15	27:15	James Mwangi	KEN	er	Copenhagen, DEN	September 18, 2016
18	27:17	Leonard Patrick Komon	KEN	er	Zaandam, NED	September 18, 2011
19	27:18	Sammy Kipketer	KEN	1	Brunssum, NED	April 8, 2001
19	27:18	Bernard Kimeli	KEN	1	Paderborn, GER	April 15, 2017

er = time run en route to a longer distance

Sources: IAAF.org, Alltime-athletics.com

Information current as of April 13, 2018.

# RACE STATISTICS AND RESULTS

## 20 FASTEST ROAD 10K PERFORMANCES, ALL-TIME

### WOMEN

RANK	TIME	ATHLETE	COUNTRY	PLACE	VENUE	DATE
1	29:43	Joyciline Jepkosgei	KEN	1	Prague, CZE	September 9, 2017
2	30:04	Joyciline Jepkosgei	KEN	er	Prague, CZE	April 1, 2017
3	30:05	Violah Jepchumba	KEN	er	Prague, CZE	April 1, 2017
4	30:06	Fancy Chemutai	KEN	2	Prague, CZE	September 9, 2017
5	30:07	Fancy Chemutai	KEN	er	Valencia, ESP	October 22, 2017
5	30:07	Joyciline Jepkosgei	KEN	er	Valencia, ESP	October 22, 2017
7	30:14	Joan Melly	KEN	er	Prague, CZE	April 7, 2018
8	30:21	Paula Radcliffe	GBR	1	San Juan, PUR	February 23, 2003
9	30:23	Fancy Chemutai	KEN	1	Appingedam, NED	June 24, 2017
10	30:24	Violah Jepchumba	BRN	1	Prague, CZE	September 10, 2016
11	30:25	Violah Jepchumba	BRN	3	Prague, CZE	September 9, 2017
12	30:27	Isabella Ochichi	KEN	1	New Orleans, LA	March 27, 2005
12	30:27	Caroline Kimosop	KEN	1	Uberlândia, BRA	May 14, 2016
14	30:28	Sheila Kiprotich	KEN	4	Prague, CZE	September 9, 2017
14	30:28	Caroline Kipkirui	KEN	er	Prague, CZE	April 7, 2018
16	30:29	Asmae Leghzaoui	MAR	1	New York, NY	June 8, 2002
17	30:30	Tirunesh Dibaba	ETH	1	Tilburg, NED	September 1, 2013
18	30:32	Lornah Kiplagat	KEN	1	Atlanta, GA	July 4, 2002
19	30:34	Joyciline Jepkosgei	KEN	er	Ras Al Khaimah, UAE	February 8, 2018
19	30:34	Fancy Chemutai	KEN	er	Ras Al Khaimah, UAE	February 8, 2018

*er = time run en route to a longer distance*

*Sources: IAAF.org, Alltime-athletics.com*

*Information current as of April 13, 2018.*

# RACE STATISTICS AND RESULTS

## 20 FASTEST ROAD 10K PERFORMANCES, 2018

### MEN

RANK	TIME	ATHLETE	COUNTRY	PLACE	VENUE	DATE
1	27:26	Emmanuel Kiprono	KEN	1	Paderborn, GER	March 31
2	27:28	Jake Robertson	NZL	1	New Orleans, LA	March 31
3	27:36	Amedework Walelegn	ETH	1	Laredo, ESP	March 17
4	27:45	Benard Ngeno	KEN	1	Mobile, AL	March 24
5	27:47	Antonio Abadía Beci	ESP	2	Laredo, ESP	March 17
6	27:48	Bedan Karoki	KEN	er	Ras Al Khaimah, UAE	February 8
6	27:48	Jorum Okombo	KEN	er	Ras Al Khaimah, UAE	February 8
6	27:48	Alex Kibet	KEN	er	Ras Al Khaimah, UAE	February 8
6	27:48	Morris Munene	KEN	er	Ras Al Khaimah, UAE	February 8
6	27:48	Edwin Kiptoo	KEN	er	Ras Al Khaimah, UAE	February 8
6	27:48	James Wangari	KEN	er	Ras Al Khaimah, UAE	February 8
12	27:49	Vincent Rono	KEN	er	Ras Al Khaimah, UAE	February 8
12	27:49	Bernard Kimeli	KEN	er	Ras Al Khaimah, UAE	February 8
12	27:49	Wilfred Kimetei	KEN	er	Ras Al Khaimah, UAE	February 8
12	27:49	Lelisa Desisa	ETH	er	Ras Al Khaimah, UAE	February 8
12	27:49	Jemal Yimer	ETH	er	Ras Al Khaimah, UAE	February 8
17	27:50	Geoffrey Yegon	KEN	er	Ras Al Khaimah, UAE	February 8
18	27:51	Timothy Kiplagat	KEN	3	Laredo, ESP	March 17
19	27:51	Peter Langat	KEN	4	Laredo, ESP	March 17
20	28:03	Abayneh Degu	ETH	1	Valencia, ESP	January 14

er = time run en route to a longer distance

Sources: IAAF.org, Alltime-athletics.com

Information current as of April 13, 2018.

# RACE STATISTICS AND RESULTS

## 20 FASTEST ROAD 10K PERFORMANCES, 2018

### WOMEN

RANK	TIME	ATHLETE	COUNTRY	PLACE	VENUE	DATE
1	30:14	Joan Melly	KEN	er	Prague, CZE	April 7
2	30:28	Caroline Kipkirui	KEN	er	Prague, CZE	April 7
3	30:34	Joyciline Jepkosgei	KEN	er	Ras Al Khaimah, UAE	February 8
3	30:34	Fancy Chemutai	KEN	er	Ras Al Khaimah, UAE	February 8
5	30:35	Mary Keitany	KEN	er	Ras Al Khaimah, UAE	February 8
6	30:36	Caroline Chepkoech	KEN	er	Ras Al Khaimah, UAE	February 8
7	30:57	Sandra Chebet	KEN	1	Valencia, ESP	January 14
8	31:00	Dorcas Jepchirchir	KEN	1	Paderborn, GER	March 31
9	31:17	Norah Jeruto	KEN	2	Valencia, ESP	January 14
9	31:17	Gladys Cherono	KEN	er	Ras Al Khaimah, UAE	February 8
9	31:17	Joan Melly	KEN	er	Ras Al Khaimah, UAE	February 8
9	31:17	Helen Tola	ETH	er	Ras Al Khaimah, UAE	February 8
9	31:17	Naomi Rotich	KEN	er	Ras Al Khaimah, UAE	February 8
9	31:17	Brigid Kosgei	KEN	er	Ras Al Khaimah, UAE	February 8
15	31:18	Lucy Cheruiyot	KEN	er	Ras Al Khaimah, UAE	February 8
15	31:18	Degitu Azimeraw	ETH	er	Ras Al Khaimah, UAE	February 8
17	31:33	Edith Chelimo	KEN	er	Houston, TX	January 14
17	31:33	Ruti Aga	ETH	er	Houston, TX	January 14
17	31:33	Caroline Chepkoech	KEN	er	Houston, TX	January 14
20	31:34	Mary Munanu	KEN	3	Valencia, ESP	January 14
20	31:34	Eunice Chumba	KEN	er	Houston, TX	January 14
20	31:34	Molly Huddle	USA	er	Houston, TX	January 14
20	31:34	Gotytom Gebreslase	ETH	er	Houston, TX	January 14
20	31:34	Mercy Wachera	KEN	er	Houston, TX	January 14
20	31:34	Buze Diriba	ETH	er	Houston, TX	January 14

*er = time run en route to a longer distance*

*Sources: IAAF.org, Alltime-athletics.com*

*Information current as of April 13, 2018.*

# RACE STATISTICS AND RESULTS

## 20 FASTEST UAE HEALTHY KIDNEY 10K PERFORMANCES, ALL-TIME

### MEN

RANK	TIME	ATHLETE	COUNTRY	PLACE	DATE
1	27:35	Leonard Patrick Komon	KEN	1	May 14, 2011
2	27:39	Stephen Sambu	KEN	1	May 10, 2014
3	27:42	Gebre Gebremariam	ETH	1	May 15, 2010
4	27:48	Tadese Tola	ETH	1	May 16, 2009
5	27:49	Peter Kamais	KEN	2	May 15, 2010
6	27:55	Micah Kogo	KEN	2	May 14, 2011
7	27:56	Joseph Ebuya	KEN	3	May 14, 2011
8	27:58	Leonard Patrick Komon	KEN	1	May 11, 2013
9	28:02	Moses Kipsiro	UGA	2	May 11, 2013
10	28:02	Stephen Sambu	KEN	3	May 11, 2013
11	28:08	Dathan Ritzenhein	USA	1	May 19, 2007
12	28:13	Craig Mottram	AUS	1	May 20, 2006
12	28:13	Ben True	USA	1	May 30, 2015
12	28:13	Stephen Sambu	KEN	2	May 30, 2015
15	28:17	Leonard Patrick Komon	KEN	2	May 10, 2014
16	28:18	Abera Kuma	ETH	4	May 11, 2013
17	28:19	Patrick Makau	KEN	1	May 17, 2008
17	28:19	Julius Kogo	KEN	3	May 15, 2010
17	28:19	Lelisa Desisa	ETH	4	May 14, 2011
17	28:19	Simon Ndirangu	KEN	5	May 14, 2011
17	28:19	Daniele Meucci	ITA	3	May 10, 2014

# RACE STATISTICS AND RESULTS

## 20 FASTEST UAE HEALTHY KIDNEY 10K PERFORMANCES, ALL-TIME

### WOMEN

RANK	TIME	ATHLETE	COUNTRY	PLACE	DATE
1	31:17	Joyce Chepkirui	KEN	1	May 10, 2014
2	31:37	Mamitu Daska	ETH	1	April 9, 2017
3	31:39	Cynthia Limo	KEN	1	May 14, 2016
4	31:40	Mamitu Daska	ETH	2	May 10, 2014
5	31:44	Magdalyne Masai	KEN	2	April 9, 2017
6	31:51	Mary Wacera	KEN	2	May 14, 2016
7	31:52	Mary Wacera	KEN	3	May 10, 2014
8	31:55	Monicah Ngige	KEN	3	April 9, 2017
9	31:58	Edna Kiplagat	KEN	3	May 14, 2016
10	32:01	Gelete Burka	ETH	4	May 10, 2014
11	32:11	Veronicah Nyaruai	KEN	4	April 9, 2017
12	32:17	Etaferahu Temesgen	ETH	5	April 9, 2017
13	32:19	Risper Gesabwa	KEN	5	May 10, 2014
14	32:23	Diane Nukuri	BDI	4	May 14, 2016
15	32:32	Sinke Dessie Biyadgilgn	ETH	6	April 9, 2017
16	32:33	Joyce Chepkirui	KEN	1	May 30, 2015
17	32:33	Gladys Cherono	KEN	2	May 30, 2015
18	32:37	Aliphine Tuliamuk	KEN	6	May 10, 2014
19	32:46	Natosha Rogers	USA	7	April 9, 2017
20	33:09	Buzunesh Deba	ETH	1	May 15, 2010

# NEW YORK ROAD RUNNERS

## ABOUT NEW YORK ROAD RUNNERS (NYRR)

New York Road Runners was founded in 1958 when a small group of passionate runners vowed to bring running to the people. Over the past 60 years, NYRR has grown from a local running club to the world's premier community running organization, whose mission is to help and inspire people through running. NYRR's mission-focused approach centers on getting people of all ages and abilities to improve their health and well-being through the power of running and fitness—to Run for Life.

NYRR's commitment to New York City's five boroughs features races, community events, youth running programs and events, and training resources that provide hundreds of thousands of people each year, from children to seniors, with the motivation, know-how, and opportunity to Run for Life. Approximately 267,000 students are served locally and nationally through NYRR's free youth running programs, events, and resources, including more than 134,000 in New York City's five boroughs.

NYRR's premier event, and the largest marathon in the world, is the TCS New York City Marathon. Held annually on the first Sunday in November, the 26.2-mile race runs through the five boroughs of New York City—Staten Island, Brooklyn, Queens, the Bronx, and Manhattan—and features 50,000 runners, from the world's top professional athletes to a vast range of competitive, recreational, and charity runners. The race is part of the Abbott World Marathon Majors, a series featuring the world's top marathons—Tokyo, Boston, London, Berlin, Chicago, and New York. Headquartered in New York City, NYRR implements a unique nonprofit model that teams contributed and earned income to make all its efforts possible. To learn more, visit [nyrr.org](http://nyrr.org).

## NYRR YOUTH AND COMMUNITY SERVICES

Approximately 267,000 students are served locally and nationally through free NYRR youth running programs, events, and resources. Approximately 134,000 of those students are in New York City's five boroughs. They participate in a variety of initiatives at approximately 600 NYC schools and community centers.

NYRR supports free community programming for people of all ages—from kids to seniors—designed to get them moving toward a healthier lifestyle, including neighborhood runs and walks, high school training programs, and Running 101 sessions.

NYRR's youth programs are supported by Tata Consultancy Services (TCS), the Premier Partner of NYRR and NYRR youth and community programs and the title sponsor of the TCS New York City Marathon; New Balance, the Official Athletic Footwear and Apparel Partner of NYRR; the New Balance Foundation; and the Fairway Community Foundation.

# NEW YORK ROAD RUNNERS

- **Rising New York Road Runners** is NYRR's flagship youth fitness program available to students across the country from pre-kindergarten through grade 12. Designed to instill kids with the confidence to stay healthy for life and backed by the latest athletic development research, the program aims to build fitness skills in ways that work for kids of all ages and abilities. Three-time Olympian and Team New Balance athlete Jenny Simpson serves as an Ambassador and Special Advisor for Rising New York Road Runners.
- **NYRR Run for the Future** is a free summer running program for young women entering their senior year of high school. Geared toward those with little to no prior athletic experience, participants have access to workshops that teach them about running technique, nutrition, form drills, stretching, as well as developing a healthy body image and goal setting. At the conclusion of the program, the runners participate in their first 5K race at the Percy Sutton Harlem 5K Run in late August. Those who complete all the requirements receive a \$2,000 college scholarship.
- **NYRR Open Run** is a community-based initiative that brings free weekly runs and walks to local neighborhood parks in New York City by working with community leaders and volunteers. NYRR Open Run launched in St. Mary's Park in the Bronx in the summer of 2015, and since then, more than 10,000 participants have attended an NYRR Open Run across the 14 park locations. NYC Parks' Community Parks Initiative goes hand-in-hand with NYRR Open Run to bring programming to smaller public parks with the greatest needs throughout New York City.
- **NYRR Striders** are coach-led walking sessions held weekly in senior centers, community facilities, and neighborhood parks throughout New York City's five boroughs. The NYRR Striders program is geared toward adults 50+ and aims to improve attitudes toward exercise, and make running and walking more accessible.
- **The Armory Foundation** has a long-standing partnership with NYRR, which hosts events year-round in support of the 125,000 kids it serves annually. Additionally, through the partnership, NYRR supports activities at the Armory such as the NYRR Youth Jamborees Presented by Tata Consultancy Services and other annual youth running events.

## NYRR TEAM FOR KIDS

Team for Kids, the premier charity of the TCS New York City Marathon and New York Road Runners, is an international community of adult runners who add meaning to their miles by raising funds for NYRR's youth and community programs across 12 different races. Approximately 267,000 students are served locally and nationally through NYRR's free youth running programs, events, and resources, including 134,000 in New York City's five boroughs. Now in its 17th year, Team for Kids has raised more than \$63 million since its inception in 2002. Team for Kids runners benefit from individualized coaching, VIP race-day perks and amenities, and invitations to exclusive members-only clinics and events.

# NEW YORK ROAD RUNNERS

## NYRR HISTORY

In 2018, NYRR is celebrating 60 years of helping and inspiring people through running. Since 1958, we have grown from a local running club to the world's premier community running organization, serving nearly 600,000 people of all ages and abilities—including 267,000 youth—annually through hundreds of races, community runs and walks, training sessions, and more across New York City's five boroughs. We look forward to an exciting year of honoring our past and continuing to build our future as we fulfill our mission to help and inspire people through running.

### Early Years

New York Road Runners was founded in 1958 in Macombs Dam Park in the Bronx as a running club with about 40 members who, led by African American Olympian Ted Corbitt, opened their ranks to all: men and women, white and black, fast and slow. Growth was gradual; there were about 250 members in 1970, the year that NYRR staged the first New York City Marathon in Central Park.

### 1970s

Marathon co-founder Fred Lebow took over as NYRR president in 1972 and helped lead the "running boom" that was sweeping the country. In 1976, NYRR took the marathon to the five boroughs of New York City. Also launched between 1972 and 1981 were the NYRR New York Mini 10K (the first all-women road race), the Midnight Run, the Empire State Building Run-Up, and the 5th Avenue Mile. By 1980, NYRR membership had topped 20,000.

### 1980s

NYRR recruited the world's top runners to our events, including Grete Waitz, who won the New York City Marathon nine times between 1978 and 1988. NYRR races were among the first to offer open prize money to the top finishers. Membership soared to nearly 30,000 by the end of the decade.

### 1990s

Along with continued successes and growth, the 1990s brought heartbreak, as Lebow was diagnosed with brain cancer in 1990 and passed away in 1994. While in remission, he ran the 1992 New York City Marathon in 5:32:34 with Waitz by his side. Allan Steinfeld, the longtime marathon technical director, took over as race director and NYRR president and CEO.

In 1998, NYRR began a commitment to youth fitness by launching running programs in several NYC middle schools. Today, NYRR Youth and Community Services reaches approximately 267,000 kids in New York City, across the United States, and around the world. Also in late 1998, NYRR hired Mary Wittenberg, an attorney, as its first vice president and chief operating officer to oversee business, administration, and operations.

# NEW YORK ROAD RUNNERS

## 2000s

NYRR helped heal a shattered city and country when the 2001 New York City Marathon was held less than two months after the September 11 attacks. In 2003, NYRR signed a multi-year deal with financial services company ING as the title sponsor of the marathon. Membership topped 40,000 in 2005, the same year that Wittenberg succeeded Steinfeld as president and CEO. NYRR staged the U.S. Cross Country Championships in 2006, inaugurated the NYC Half through the streets of Manhattan the same year, hosted the 2008 U.S. Olympic Men's Marathon Trials in November 2007, and continued to stage the world's largest marathon.

## 2010s

A highlight of our history since 2010 has been a tremendous expansion of our youth programs and services. As of early 2018, we now serve more than 267,000 students locally and nationally through free NYRR youth running programs, events, and resources. This includes approximately 134,000 students in New York City who participate in a variety of initiatives at approximately 600 schools and community centers across the five boroughs. Our youth programs, events, and resources are supported by our premier partner, Tata Consultancy Services (TCS).

NYRR supports additional free community programming for people of all ages—from kids to seniors—designed to get them moving toward a healthier lifestyle. These initiatives include neighborhood walks, high school training programs, Running 101 sessions, and more.

NYRR has a long-standing partnership with the Armory Foundation and sponsors events year-round at the Armory in support of the 125,000 kids it serves annually. Additionally, through the partnership, NYRR supports numerous youth running activities at the Armory.

## Other highlights from recent years include:

**2006:** NYRR created a program utilizing the Staten Island Ferry to transport runners to the start of the New York City Marathon at Fort Wadsworth. Since the creation of the ferry program, the number of buses crossing the Verrazano-Narrows Bridge to the start has been reduced by half. More than 26,000 runners took the Staten Island Ferry to the start of the 2016 TCS New York City Marathon.

**2008:** NYRR debuted a wave start program at the New York City Marathon, spreading the mass start for the entire field out into three smaller start groups. The race added a fourth wave start in 2013. Combined with the Staten Island Ferry program, the wave starts allowed for an increased field size—the race grew from 37,000-plus in 2006 to more than 50,000 in 2014—while also reducing runner density along the course. The two initiatives also helped to reduce wait times for runners at Fort Wadsworth by 33 percent.

**2010:** NYRR launched Running Start, a free collection of online fitness videos developed by NYRR to help teach youth the fundamentals of running through age-appropriate games, activities, and drills.

# NEW YORK ROAD RUNNERS

**2011:** NYRR introduced the Official NYRR New York City Marathon Training Program, a revolutionary, customized online plan.

**2012:** NYRR signed a five-year deal with ESPN/WABC-TV, Channel 7, for a comprehensive year-round national and local television package, the cornerstone of which is the New York City Marathon, which in 2013 was televised nationally for the first time in almost 20 years.

In November, for the first time in event history, the New York City Marathon was canceled due to the effects of Superstorm Sandy. Thousands of runners gathered in Central Park for informal marathons on November 4, and many assisted with recovery efforts in Staten Island and Coney Island. NYRR made a donation of \$1 million and, together with its partners, a \$1.2 million donation of New York City Marathon supplies to the Mayor's Fund for the Advancement of New York City, to be used for Sandy relief and recovery efforts.

**2013:** NYRR remained focused on helping the city recover in the aftermath of Superstorm Sandy; efforts included creating and staging Staten Island Day (October 13) and donating more than \$100,000 to Sandy relief efforts after the event. In the aftermath of the 2013 Boston Marathon bombing, NYRR donated \$146,000, raised through the sale of "I Run for Boston" T-shirts, to The One Fund Boston. NYRR also worked with one of the world's top security firms, the NYPD, and state and federal partners to provide enhanced security measures at all of our events.

**2014:** In its first year with new title sponsor Tata Consultancy Services, the 2014 TCS New York City Marathon broke the previous year's record with 50,530 finishers—the largest field of any marathon worldwide—and celebrated the event's one-millionth finisher. TCS also became the first year-round premier partner in NYRR history.

**2015:** NYRR inaugurated the NYRR Times Square Kids' Run at the United Airlines NYC Half with more than 700 kids running through the heart of Midtown Manhattan over a 1500-meter course.

After 17 years at NYRR, Mary Wittenberg stepped down as president and CEO and as TCS New York City Marathon race director. Chief operating officer Michael Capiraso was promoted to president and CEO, and chief production officer Peter Ciaccia was promoted to president, events, NYRR, and race director, TCS New York City Marathon.

On National Running Day, June 3, 2015, at St. Mary's Park in the Bronx, NYRR launched NYRR Open Run, a community-based initiative aimed at bringing free weekly runs to local neighborhood parks in New York City by working with community leaders and volunteers. Today, NYRR Open Run operates in 14 parks across all five boroughs, in coordination with NYC Parks' Community Parks Initiative to bring programming to smaller public parks throughout New York City.

At the 2015 TCS New York City Marathon, nearly 600 kids ran the final 1.8 miles of the Marathon course on Sunday morning at the NYRR Youth Invitational at the TCS New York City Marathon. The event was televised on WABC-TV, Channel 7.

# NEW YORK ROAD RUNNERS

**2016:** A record-breaking 27,434 runners crossed the finish line at the 2016 Airbnb Brooklyn Half on May 21, making the race the largest in event history and the largest half-marathon in the United States for the third-straight year.

Global Running Day and the first-ever Million Kid Run took place on June 1, 2016, with more than 2.5 million people pledging to run, including almost 700,000 kids. NYRR held events and activities across the five boroughs, including free runs and walks for all ages and abilities, hydration stations in parks, and giveaways. More than 2,000 New York City public school students who take part in NYRR's free youth running program, Mighty Milers, took part in the Mighty Milers Fun Run alongside U.S. Olympic hopefuls. The First Lady of New York City, Chirlane McCray, presented a proclamation to NYRR from Mayor Bill de Blasio, declaring June 1, 2016, as Global Running Day in New York City.

On June 11, the 45th running of the NYRR New York Mini 10K featured 17 Rio 2016 Olympic marathoners in the professional athlete field. The event also included the first-ever Girls' Run at the NYRR New York Mini 10K, a 2.25-mile race for girls ages 7-18.

On September 3, 18 Olympic athletes competed in the New Balance 5th Avenue Mile, an event composed of 22 one-mile races throughout the day, plus three shorter-distance races for kids. New Balance served as the event's title sponsor for the first time.

The TCS New York City Marathon broke its own record for the largest marathon in the world, welcoming 51,394 runners to the finish line in Central Park on November 5.

In December, NYRR opened the NYRR *RUNCENTER* featuring the New Balance Run Hub, a new community running center. The space also serves as the home of the 1 for You 1 for Youth shoe donation program, which benefits NYRR youth runners in New York City and nationwide. For each pair of shoes purchased at the NYRR *RUNCENTER* featuring the NB Run Hub, New Balance will donate a pair of shoes to NYRR's youth programs.\*

**2017:** At the United Airlines NYC Half in March, American runner Molly Huddle and South African wheelchair athlete Ernst van Dyk each won their third-consecutive titles. Ethiopia's Feyisa Lilesa, the 2016 Olympic Marathon silver medalist, ran to his first victory in the men's race, while American Susannah Scaroni broke the tape in the women's wheelchair race. More than 19,300 runners crossed the finish line. In addition, more than 850 youth athletes took part in the 1500-meter NYRR Times Square Youth Run, with NYRR Team for Kids ambassador and five-time New York City Marathon winner Tatyana McFadden holding the finish tape for the winners.

On June 6 and 7, 250 runners took part in the NYRR Global Running Day Treadmill Challenge at the NYRR *RUNCENTER* featuring the New Balance Run Hub. Each runner completed one mile on the treadmill at 9:41 per mile pace or faster, and the relay ran continuously for 36 hours, 13 minutes, and 37 seconds.

# NEW YORK ROAD RUNNERS

In September, NYRR launched Rising New York Road Runners, its new youth program and event platform, focusing on physical literacy and long-term athlete development. That same month, Jenny Simpson won a record sixth title at the New Balance 5th Avenue Mile, matching the event record time of 4:16.6, while Nick Willis tied the men's record for wins with his fourth.

In November, NYRR hosted the USATF 5K Championships as part of the Abbott Dash to the Finish Line 5K. Molly Huddle, also a three-time United Airlines NYC Half winner, won in 15:24 to set a new course record, while Shadrack Kipchirchir won a six-man sprint in 13:57. At the TCS New York City Marathon, NYRR Team for Kids Ambassador Shalane Flanagan made history by becoming the first American woman to win the open division of the race since 1977, breaking the finish tape in 2:26:53.

**2018:** The new year began with a new way to participate in the NYRR community, with NYRR Virtual Racing Hosted on Strava launching in January. The new program gives runners access to more great NYRR events, provides runners with more motivation to challenge themselves, and helps runners give back to the running community—no matter where they live.

In March, the United Airlines NYC Half debuted a new course layout, bringing runners from Grand Army Plaza in Brooklyn over the Manhattan Bridge and through Times Square to Central Park. The new layout also yielded the largest field in event history with 21,965 finishers.

**\*1 FOR YOU 1 FOR YOUTH DISCLOSURE:** *In 2018, for every pair of athletic shoes sold to a customer at the NYRR RUNCENTER featuring the NB Run Hub in New York City, New Balance shall donate a pair of new athletic shoes to New York Road Runners, a 501(c)(3) public charity, for the benefit of a New York Road Runners supported youth program, up to a maximum value of \$300,000 based on New Balance's then current cost. For more information about New York Road Runners, visit [nyrr.org](http://nyrr.org).*

## NYRR LEADERSHIP TEAM



### **MICHAEL CAPIRASO**

*President and CEO, New York Road Runners*

Whether he's running with the kids who participate in our school programs or high fiving finishers after a race, Michael Capiraso exemplifies New York Road Runners' mission to help and inspire people through running.

Since becoming president and CEO of NYRR in May 2015, Capiraso has committed the organization to making a bigger impact on youth, communities, and athletes of all abilities through running. To that end, NYRR has expanded its free programs in schools and neighborhood parks, serving

more than 267,000 youth nationally and offering free weekly runs and walks in 13 parks across the five boroughs. The organization has also created new opportunities, like the first-ever Million Kid Run in 2016, which invited youth from countries all over the world to make electronic pledges to run on Global Running Day, also a first in 2016.

To position NYRR as the world's premier community running organization, Capiraso has continued to align NYRR with partners that help the organization drive innovation in the sport of running.

He works closely with Tata Consultancy Services, NYRR's premier partner and the title sponsor of the TCS New York City Marathon, to provide runners with the most technologically advanced experiences on and off the course. Thanks to this collaboration, participants in NYRR's youth programs have a new way to track their mileage online, while adult runners were recently introduced to a new results experience and mobile app, and will soon see a new website.

Capiraso is a champion of exceptional customer service and building a mission-driven brand, as evidenced by an increased focus on runner services and support, such as the rollout of an on-demand bib-assignment process for NYRR races and the relaunch of NYRR's tiered membership program. These efforts demonstrate passion and support for the local runners and running clubs that have for decades been the beating heart of NYRR.

Under Capiraso's tenure, NYRR has also signed a multi-year agreement with New Balance, a well-established brand that shares NYRR's commitment to emerging technology and giving back to the community. This shared mission has been brought to life at the NYRR *RUNCENTER* featuring the New Balance Run Hub—a hub for NYRR's runner services as well as a unique run hub for New Balance. For each pair of shoes purchased, NYRR and New Balance will donate a pair to a child in need in an effort to inspire and support the next generation of runners.

# NEW YORK ROAD RUNNERS

Capiraso, a father of two, holds undergraduate and MBA degrees from Fairleigh Dickinson University and also studied film at New York University. Prior to NYRR, he accumulated 15 years of brand marketing, organizational strategy, and leadership experience at companies like National Football League, Major League Baseball, Cole Haan, and Calvin Klein. Capiraso has worked with NYRR since 2010. He became an executive vice president in 2012 and COO in 2014.

In November 2017, Capiraso, a self-described middle-of-the-pack runner, ran his 26th consecutive New York City Marathon, once again in support of NYRR Team for Kids. Over the past eight years, Capiraso has raised more than \$80,000 for the charity.



## **PETER CIACCIA**

***President, Events, New York Road Runners  
Race Director, TCS New York City Marathon***

Peter Ciaccia, NYRR's President, Events and TCS New York City Marathon Race Director, has been a key player at NYRR for over 17 years. The foundation of NYRR is its events, and Ciaccia's commitment to deliver the best possible experience to runners, fans, and communities has been his guiding principle over the years. He has been instrumental in the redesign and production of NYRR's events with a focus on raising the logistical integrity, increasing entertainment, and developing new approaches to enhance the overall race-week experience.

During his tenure, the number of race finishers has grown 40%, including such events as the United Airlines NYC Half, the Popular® Brooklyn Half, and the TCS New York City Marathon—which has become the most popular and largest marathon in the world. He oversees the broadcast production of several marquee races, including the marathon, which are carried nationally on ABC7/ESPN and delivered to a number of international markets. As Race Director, Ciaccia is responsible for the recruitment of all professional athletes in NYRR's major races, and is actively directing a "Clean Sport" educational initiative to address the issues of doping in the sport.

Under Ciaccia's leadership, NYRR's impact in each of the city's boroughs has deepened with the development of NYRR Open Run, a program that offers free weekly community-based runs and walks, and with the creation of more opportunities for youth runners to participate in NYRR races. He is responsible for piloting NYRR's first-ever Youth Wheelchair Training Program, which has garnered resounding support from the professional wheelchair racing community and the Mayor's Office for People with Disabilities.

He maintains close working relationships with city, state, and federal officials on all matters pertaining to NYRR events, and holds certifications in FEMA and ICS planning. Ciaccia is a member of the Advisory Board for the National Center for Spectator Sports Security, and was instrumental in developing the safety and security council for marathons and road racing in

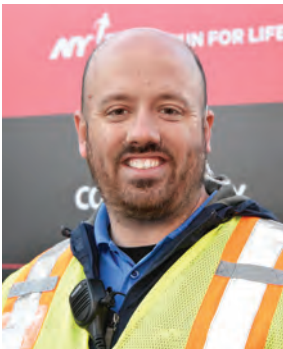
# NEW YORK ROAD RUNNERS

the United States. He was a key contributor to NYRR being awarded the SBJ Sports Event of the Year for the 2010 New York City Marathon, and was named one of New York City's "Responsible 100" and one of *Runner's World's* "50 Most Influential People in Running."

Ciaccia, who previously held the titles of Chief Production Officer and Technical Director of the TCS New York City Marathon, oversees areas including Event Development, Broadcast and Video Production, Media Relations and Public Affairs, Professional Athletes, Volunteer and Community Engagement, Rising New York Road Runners Youth Events, and the Athletes with Disabilities programs. Prior to joining NYRR, Ciaccia held executive positions in the music industry for CBS Records, Inc., and Sony Music Entertainment. For 10 years, he was the owner, president, and CEO of PC Management, Inc., a firm that specialized in artist development and international touring.

Raised in the Bronx, Ciaccia attended the City University of New York-Herbert H. Lehman College, where he received a degree in music and education, and was awarded the Charles H. Hughes Award for Theory and Musicology. He also has an SCPS Certification in Sports, Entertainment & Events Marketing from New York University. Ciaccia has a lifetime passion for cross-training and fitness, and has completed numerous races from 5Ks to ultramarathons all over the world.

You are guaranteed to see Ciaccia at the finish lines of most NYRR races, greeting and thanking all the runners—from the first to the final finisher.



## **JIM HEIM**

***Senior Vice President, Event Development and Production***  
***Technical Director, TCS New York City Marathon***

Since joining NYRR in 2007, Jim Heim has been instrumental in the growth and development of key event properties including the TCS New York City Marathon, the United Airlines NYC Half, and the Popular® Brooklyn Half.

Heim has successfully elevated event planning, budgeting, and partner integration practices, including projects such as the TCS New York City Marathon wave start program, the seeded corral program at weekly races, and the development of sustainability efforts for NYRR events. He has helped to develop and cultivate a deep event team at NYRR. Heim is a key liaison with New York City agencies, and he oversees NYRR's Event Management, Production, Race Scoring, Warehouse, Volunteer, and Medical teams, as well as event operations and all technical production for our events. Heim is FEMA-trained in ICS levels 100, 200, 700, and 800, CPR/AED First Aid Certified, and a USATF official.

# NEW YORK ROAD RUNNERS

Prior to joining NYRR, Heim was with the National Football League's Philadelphia Eagles for eight years. He managed all premium-services event operations and helped to open Lincoln Financial Field. He still proudly supports Philadelphia sports while working with NYRR in the heart of Manhattan, even though he grudgingly admits that the Giants staff is phenomenal to work with.

Heim is a graduate of the University of Scranton. He resides in Orange County, NY, with his wife, Christine, and their children, Andrew, Abigail, and Jake.

## SENIOR VICE PRESIDENTS

**Linda Franken**, Senior Vice President, Finance

**James Grooms**, Senior Vice President, Legal and General Counsel

**Jim Heim**, Senior Vice President, Event Development and Production and Technical Director, TCS New York City Marathon

**Rachel Pratt**, Senior Vice President, Youth and Community Services

**Veronica "Ronnie" Tucker**, Senior Vice President, Marketing and Digital

**Chris Weiller**, Senior Vice President, Media, Public Relations, and Professional Athletics

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**Sarah Cummins**, Vice President, Business Development and Strategic Partnerships

**Bari Greenfield**, Vice President, Strategy, Planning, and Organization Operations

**Maria Note**, Vice President, Human Resources and Office Operations

**Michael Rodgers**, Vice President, Youth and Community Runner Engagement

**Michael Schnall**, Vice President, Youth and Community Relations

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**Kyle McLaughlin**, Senior Director, Event Production

**Ted Metellus**, Senior Director, Event Development and Logistics

**Chrissy Odalen**, Senior Director, Youth Program Development

**Julie Schweigert**, Senior Director, Business Development and Strategic Partnerships

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**Gordon Bakoulis**, Director, Editorial

**Riad deFreitas**, Counsel

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**Stewart Feeney**, Director, Strategic Partnerships

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# NEW YORK ROAD RUNNERS

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**Graham Goetz**, Director, Broadcast and Video Production  
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**Zakia Haywood**, Director, Community Programs  
**Jill Joyner**, Director, Product Management  
**Erika Katz**, Director, Marketing and Creative Planning, Operations and Strategic Initiative  
**Tom Kelley**, Director, Race Scoring  
**Mary Beth Kilkelly**, Director, Creative and Marketing Services  
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**John McInnes**, Director, Business Development  
**Gretchen Moe**, Director, Procurement  
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**Krista Schmidt**, Director, Strategic Partnerships  
**Robert Smy**, Director, Digital and Social Media  
**Cliff Sperber**, Director, Youth Outreach  
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**James Warren**, Director, Warehouse Operations  
**Dr. Stuart Weiss**, Medical Director

## NYRR BOARD OF DIRECTORS



### **GEORGE HIRSCH**

#### ***Chairman***

George Hirsch, 83, has served as chairman of the NYRR Board of Directors since 2004. A lifelong runner, Hirsch ran New York's first-ever five-borough marathon in 2:49. He has been the worldwide publisher of Runner's World magazine, the publisher and president of New York magazine, the vice president of Rodale's magazine division, and the publishing director of Men's Health magazine. In the 1980s, he ran for the U.S. House of Representatives; his campaigners included Frank Shorter and Bill Rodgers.

Hirsch served on the President's Council on Physical Fitness from 1986 to 1988 and was vice chairman of the New York City Sports Commission. He has provided television commentary for prominent racing events such as the Olympic Games, the U.S. Olympic Trials, and major marathons including Boston, Los Angeles, Philadelphia, and San Francisco. He

# NEW YORK ROAD RUNNERS

marked his 75th birthday by winning his age group in the 2009 New York City Marathon in a time of 4:06:14—a mere two weeks after running the Chicago Marathon in 3:58:42. He continues to shock runners half his age and younger by passing them in NYRR races, in which he routinely places in his age group.

## BOARD MEMBERS

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**Michael Frankfurt,**  
Secretary

**Tom Labrecque, Jr.,**  
Treasurer

**Michael Capiraso,**  
President and CEO

**Peter Ciaccia,**  
President, Events,  
and Race Director,  
TCS New York City  
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## NYRR ADVISORY COUNCIL

The New York Road Runners Advisory Council has been established in an effort to help advance the organization's mission to help and inspire people through running. The NYRR Advisory Council comprises leaders from various professions and geographic locations who provide complimentary insight, advice, and support to NYRR's leadership.

## COUNCIL MEMBERS

- Mark Bittman
- N. Chandra
- Ezekiel "Zeke" Emanuel
- Haile Gebrselassie
- Malcolm Gladwell
- Raúl González Blanco
- Jesse Itzler
- Cathy Lasry

- Spike Lee
- Edward Norton
- Paula Radcliffe
- Bill Rodgers
- Al Roker
- Joan Benoit Samuelson
- Marcus Samuelsson
- Frank Shorter

- Germán Silva
- Adam Silver
- Guhan Subramanian
- Paul Tergat
- Billy Webster
- Caroline Wozniacki

# NEW YORK ROAD RUNNERS

## NYRR *RUNCENTER* FEATURING THE NEW BALANCE RUN HUB

New York Road Runners' mission to help and inspire people through running has been brought to life in a new community running center. The NYRR *RUNCENTER* featuring the New Balance Run Hub serves as the location for race number pickup, conveniently located at 320 West 57th Street in Manhattan, southwest of Columbus Circle.

In addition to serving as the spot for number pickup, the NYRR *RUNCENTER* is home to the 1 for You 1 for Youth program. For each pair of shoes purchased at the NYRR *RUNCENTER* featuring the NB Run Hub, New Balance will donate a pair of shoes to NYRR's youth programs. New York Road Runners will give the shoes to a participant in the programs.\*

The NYRR *RUNCENTER* showcases the latest in running education, training, and innovation. It serves as a meeting place for all members of the running community—youth, adult runners of all ages and abilities, and club teams—to come together to improve their health, fitness, and overall well-being.

The NYRR *RUNCENTER* also hosts a variety of running-related events and programs and is the headquarters for NYRR's runner services, which includes distribution of bibs and souvenirs for NYRR's weekly races, course strategy, and NYRR Group Training.

Located just off of Columbus Circle and easily accessible via multiple subway and bus lines, the NYRR *RUNCENTER* is just a short jog from the running meccas of Central Park and the Hudson River Greenway. The *RUNCENTER*'s location is aimed to inspire the surrounding community—as well as those coming to run in NYC—to get moving in the city's parks and streets. Lockers are available to those looking to store their belongings while out on a run.

The NB Run Hub in NYC is the pinnacle expression of New Balance Performance Running, offering the most innovative gear and exclusive programming, like Test Run. Through the Test Run initiative, runners have an opportunity to try out the latest NB running gear and technology, often before it launches anywhere else in the world.

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