



Talk about a cool perk at the Gate City Striders Marathon. Anyone who achieved a Boston qualifier was awarded one of these uber creative beach towels.

Photo courtesy of David Salvas

many sun worshippers on this day as there isn't any sun. (Still, this is an island race and given the choice of a free beach towel or tech shirt, most participants go for the beach towel.) The rain holds off during the race and for much of the awards ceremony by the Community House where the Fairhaven HS XC team has its tent and island volunteers dole out hot clam chowder.

Amid the overcast conditions, one bright spot is the unusual number of youthful runners in attendance. We mentioned the 14 year-old sixth place finisher, but ahead of him in fourth was Acushnet's Brad Sumner, also 14, in 19:14. A bit of research reveals that 99 of the race's 356 finishers are age 14 or under, accounting for 26% of the field. Considering the number of races NER attends, this is quite unique and so we called RD Drew to the rescue.

"We attribute the 14 and under age group numbers to two programs led by our local elementary schools. For the boys it's Band of Brothers and for the girls, Sole Sisters," explains Drew. "They train as groups before this race and continue training for the Father's Day race also held in Fairhaven. These programs have existed for as long as our race has existed and they definitely provide the energy and enthusiasm you experienced at the race. We are proud of these groups and the impact they have in introducing running as a fitness for life option to these children." —**Bob Fitzgerald**

### 8th Annual West Island 5K, Fairhaven, April 30

356 Finishers - Timing by: RaceWire - USATF Certified: MA13007JK - Course Records: Riley Macon, 15:20, 2018; Anne Preisig, 18:28, 2014

**Men (Overall):** 1. Michael Stone, 16:08; 2. Eric Holmes, 16:22; 3. Jeff Reed, 18:34; Brad Sumner, 19:14; 5. David Parenteau, 19:56; 6. David Hawkins, 20:18; 7. Craig Guertin, 20:43; 8. Rich Cole, 20:53; 9. Curtis Moreira, 21:05; 10. Ed Hamilton, 22:02; 11. Brady Finn, 22:05; 12. Scott Wentzel, 22:06. **(12-under):** Adam Marashio, 22:46; 2. Sam Green, 22:51; 3. Jack Morris, 26:31. **(13-19):** 1. Brad Sumner, 19:14; 2. David Parenteau, 19:56; 3. Brady Finn, 22:05. **Masters:** 1. Jeff Reed, 18:34; 2. Rich Cole, 20:53; 3. Charlie Green, 23:05. **Seniors:** 1. David Hawkins, 20:18; 2. Curtis Moreira, 21:05; 3. Scott Wentzel, 22:06. **Veterans:** 1. P.J. Costa 23:36; 2. Mike Coffey, 24:05; 3. John Murphy, 24:32. **(70+):** 1. Bill Harrison, 24:28; 2. Woody Wilson, 32:16; 3. Jim Lanagan (82) 47:16.

**Women (Overall):** 1. Emma Stone, 19:46; 2. Anne Preisig, 20:51; 3. Lynn Vasconcelas, 21:18; 4. Krysten Moore, 21:43; 5. Tarily Sumner, 21:52; 6. Katie Sobieraj, 22:23; 7. Jacqueline Francisco, 22:26; 8. Teresa Firth, 23:01; 9. Maya Jha, 23:26; 10. Theresa Faria, 23:34; 11. Corrine Fortin, 24:52; 12. Jeannie Vieira, 25:03. **(12-under):** 1. Katie Sobieraj, 22:23; 2. Carly Bradshaw, 27:15; 3. Nisha Jha, 27:49. **(13-19):** 1. Maya Jha, 23:26; 2. Hannah Deboer, 28:17; 3. Kirsten Sumner, 33:15. **Masters:** 1. Lynn Vasconcelas, 21:18; 2. Jacqueline Francisco, 22:26; 3. Theresa Faria, 23:34. **Seniors:** 1. Anne Preisig, 20:51; 2. Teresa Firth, 23:01; 3. Maureen Pepin, 25:27. **Veterans:** 1. Jeannie Vieira, 25:03; 2. Cheryl Healy, 27:38; 3. Jan Paquette, 29:21. **(70+):** 1. Barbara Sauer, NY, 27:32; 2. Barbara Belanger (82) 34:08; 3. Gail Isaksen, 35:57.

## NEW HAMPSHIRE

### Flyin' Ryan Crashes Gate City

"Gate City was a great experience. It's a really well-run event (pun intended)," quipped Flyin' Ryan Smith after demolishing the men's record at the 5th annual Gate City Striders Marathon on May 19. The 24 year-old from Farmington, ME, knocked the previous record of 2:45:41 down to 2:30:13. After knocking 15-minutes-plus from the previous standard, Smith pocketed \$250 and another \$150 for the record.

Smith was particularly upbeat about his performance as he entered under the weather while still looking for a solid effort in his buildup for a trials qualifying effort at Grandma's Marathon a month later. Before his debut marathon at Hartford last fall (2nd overall, 2:22:36) Ryan did a "practice" marathon in 2:35.

"Before Hartford I just had water for fluid, and here I had more resources with aid stations, volunteers directing traffic, and even some prize money. Hopefully I'll see the same drop in time at Grandma's because I need to run over three and a half minutes faster to qualify."

Before Hartford, Ryan was working three jobs with an expectant wife at home. An asst. coach at UMaine, things are more settled now and the couple has a 4-month old son, Jonah, who's already been to a few track meets.

While Smith was flying solo for much of the looping course, the route's configuration and club support from the Gate City Striders proved beneficial.

"The course had some hills, but it's not too bad actually. If someone were looking for a Boston qualifier, it'd be a good one to go to. They even have beach towels that mimic a plane ticket to Boston for anyone who gets a BQ, and that's pretty cool," said Smith. "You also pass by the start area four times, so you can break the marathon into better bite-size pieces and get that boost from the crowd. That had to be my favorite part, and it really kept me focused. They also had a lead biker out there in front the whole time, and someone in a relay was there with me for the first few miles of the race. I just thought about all the times I've been out there training alone on long tempos, or long runs on the hilly back roads here in Maine. I may not run a full marathon every week, but I do run alone for a good amount of my training—and one of the few people I run with won the Sugarloaf Marathon on the same day as Gate City, so I wouldn't have had anyone to train with back in Maine anyways."

Placing as runner-up to Smith was Ryan Gallagher, 33, of Saratoga Springs, NY, in 2:49:36, followed by...women's winner Tracy Deeter, 40, of Unionville, CT. Deeter won this race in 2016 in a women's course record 3:00:13—a bit over a month removed from running 3:10:06 at the tres warm Boston Marathon. Where Smith took a mallet to the record,

## RESULTS

# ROADS

### Massachusetts, New Hampshire

Ms. Deeter took a more genteel approach in 2:59:16. Viviana Hanley, 26, of Cambridge MA, was part of the 15.7% of the field qualifying for Boston as she logged in at 3:10:28. Young Groton, MA runner Bethany Fordham, 21, claimed third in 3:22:27 (also a BQ).

Overall winner Smith wasn't the only NER loyalist to claim a record on the day: at half the distance, Millennium Running ace Jaidiby Zapata, 34, cranked along at a 5:38 pace to post up in 1:13:42 to erase the mark of 1:14:08 set by Derrick Hamel in 2017. Nebraska's Andy Erickson, 23, claimed second in 1:14:42 with Windham's Joshua Perks, 44, third overall and first Master in 1:16:39.

The women's course record of 1:26:25 set in 2017 by 2020 US Olympic Marathon triathlete (2:43:17) Pamela Pinto of



Maine's Ryan Smith looking cool, calm and collected as he sets the Gate City Striders Marathon course record.

Photo courtesy of Gate City Striders



With Diane Nukuri a few strides behind, the BAA's Elaina Tabb wins the 41st Freihofer's Run for Women.

Photo by Kevin Morris



Saratoga Springs HS senior Kelsey Chmiel would clip Colorado's Kaylee Flanagan by one tick in 16:33 to place 5th at Freihofer's—but no hard feelings as Chmiel had to step out of the pay line allowing Flanagan to step up and pocket \$1K.

Photo by Kevin Morris

Hooksett stays put. Bethlehem's Allison Letourneau, 30, was the first female across the finish line in 1:33:33. Kato Cavalario, 29, of Tyngsboro, MA, arrived next in 1:35:55 with top Master Susanne Carpenter, 45, of Milford, the third woman in 1:39:29 with fellow Master and Milford resident Tammie Robbie, 44, close behind in 1:40:08.

The half marathon was the third race in the NH Grand Prix. In GP age-graded scoring, bronze medalist Joshua Parks, 44, of the Greater Derry TC, came out on top with an adjusted time of 1:12:14—30 seconds ahead (age-graded) of Gate City Strider Brian Ruhm, 54. Gate City Striders filled 7 of the top 10 spots among women, led by numero uno—Pam Triest-Hallahan, 58, whose 1:50:08 adjust to 1:27:36.

—Bob Fitzgerald

## 5th Annual Gate City Striders Marathon, Nashua, May 19

154 Marathon Entrants, 121 Finishers; 35 Marathon Relay Teams; 270 Half Marathon Entrants, 237 Finishers - Timing by: Yankee Timing - Marathon USATF Certified: NH15010TY - Half Marathon USATF Certified: NH15001BK - **Marathon Course Records:** Ryan Smith, 2:30:13, 2019; Tracy Deeter, 2:59:16, 2019. **Half Marathon Records:** Derrick Hamel, 1:14:08, 2017; Pamela Pinto, 1:26:25, 2018

**Men (Overall):** 1. Ryan Smith, ME, 2:30:13 (**CR:** old record 2:45:41, Matt Meagher, 2017); 2. Ryan Gallagher, NY, 2:49:35; 3. Daniel Maas, 2:59:18; 4. Scott Plante, 3:00:06; 5. Steven Leonhardt, PA, 3:01:54; 6. Joe Morasse, 3:03:27; 7. Dan McCarthy, MA, 3:05:09; 8. Tim Carven, ME, 3:05:27; 9. Ryan Twomey, 3:07:25; 10. Jeff Beling, MA, 3:08:29; 11. Ryan Stuart, ME, 3:14:07; 12. Tyler McDonald, 3:17:14. **Masters:** 1. Scott Plante, 3:00:06; 2. Ryan Twomey, 3:07:25; 3. Jingning Wu, MA, 3:19:42. **Seniors:** 1. Tim Carven, ME, 3:05:27; 2. Mark Ottesen, MA, 3:20:20; 3. Steven Manchester, PA, 3:32:02. **Veterans:** 1. Tom Woo, MN, 3:37:15; 2. Giovanni Parnigiani, MA, 3:42:03; 3. Rich Dickerson, OH, 4:07:01. **(70+):** 1. Ed Bates, IL, 4:02:44.

**Women (Overall):** 1. Tracy Deeter, CT, 2:59:16 (**CR:** old record 3:00:13, Deeter, 2016); 2. Viviana Hanley, MA, 3:10:23; 3. Bethany Fordham, MA, 3:22:25; 4. Rebecca Jungman, MA, 3:33:15; 5. Amy Molloy, MA, 3:35:45; 6. Lauren Keating, MA, 3:35:47; 7. Maria Schwartz, MA, 3:42:19; 8. Kim Doherty, 3:42:33; 9. Amy Barnaby, NE, 3:42:36; 10. Liz Kudaraska, MA, 3:45:34; 11. Courtney Kwon, MA, 3:46:50; 12. Jen Winsor, MA, 3:47:02. **Masters:** 1. Tracy Deeter, CT, 2:59:16; 2. Rebecca Jungman, MA, 3:33:15; 3. Amy Barnaby, NE, 3:42:36. **Seniors:** 1. Jen DeSimone, MA, 4:05:17; 2. Tracey Delmonico, MA, 4:09:33. **Veterans:** 1. Debra Hevey, MA, 3:49:03. **(70+):** 1. Carol Brouillard, MN, 4:26:59.

## NEW YORK

### Bay Stater Tabb Wins Freihofer's

Elaina Tabb of Watertown, Mass. grabbed the lead in the final kilometer and then held off her nearest challenger to capture the 41st Freihofer's Run for Women 5K with a time of 16 minutes, 3 seconds.

The 27-year-old paced a field of 3,445 participants on a picturesque Saturday morning in downtown Albany this June 1. With the victory, Tabb earned a \$10,000 prize in her first time competing in the prestigious annual women's road race.

"It was awesome," said Tabb, of the Boston Athletic Association's High Performance Team. "I had such a great weekend. Just seeing the city come out for this race was really fun, exciting and brought a lot of good energy."

Tabb finished three seconds ahead of Diane Nukuri, a three-time Olympian who placed third here in 2018. Maddie Van Beek, a 27-year-old from Fargo, N.D., was third in 16:09.

Nukuri, 34, a dual citizen of the United States and Burundi who trains in Flagstaff, Ariz., and Tabb had twice traded the lead on the course that begins near West Capitol Park. Tabb's teammate, Katie Newton (nee Matthews) collected \$2K for her fourth place performance in 16:24.

Jen Rhines, 44, a three-time Olympian, was the Masters winner for the third straight year, finishing in 17:22. She was followed by Melody Fairchild (18:00), the event's 2015 masters champion, and Cassandra Henkiel (18:30).

"I enjoyed trying to see if I could run off the tail end of the elite ladies, but I knew it would be a little risky," said Rhines, who represented the U.S. in Sydney in 2000 (10,000 meters), Athens in 2004 (marathon) and Beijing in 2008 (5,000 meters) and was competing in her sixth Freihofer's. "I really tried to stay close to them for a kilometer and stay