

Road Runners Club of America



2022 Annual Report



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MISSION

The RRCA champions the development and success of community-based running organizations that empower all people to participate in the sport of running in pursuit of enjoyment, health, well-being, and competition.

VISION

Empowering Everyone to Run

VALUES

- **Integrity:** We strive for the highest ethical and professional standards for our organization and the sport. We believe in fair competition, no cheating, anti-doping compliance, and respect by participants for race and club rules and policies.
- **Excellence:** We strive to deliver the highest possible quality and value in our programs and services, as well as to employ best practices in organizational governance and management.
- **Diversity, Equity & Inclusion:** We believe in providing equal opportunities for everyone to participate in and contribute to the sport of running, where all are safe, welcome, and have a sense of belonging. The success of the sport is enhanced by the leadership and contributions of people of diverse backgrounds, experiences, and identities.
- **Collaboration:** We believe in the power of working together with people and organizations that value our mission and vision. Fostering positive relationships with members, volunteers, donors, and sponsors will enable our success.



2022 RRCA Leadership

George Rehmet
President

Lisa Rippe
Vice President

Barb Jewell
Treasurer

Jean Knaack
Chief Executive Officer

Blaine Moore
Outgoing Eastern Region Director

Mickie Sanders-Jauquet
Incoming Eastern Region Director

Sue Brown-Nickerson
Outgoing Central Region Director

Bonnie Sexton
Incoming Central Region Director

Betsy Boudreaux
Southern Region Director

Stephen Wright
Western Region Director

Lionel Adams
At-Large Director

Stephanie Davies
At-Large Director

Samantha Collmar
Outgoing At-Large Director

Hans Wong
At-Large Director

2022 RRCA Financial Report

Independently audited.

YEAR	ASSETS	LIABILITIES	NET WORTH
2020	\$3,196,727	\$723,732	\$2,472,995
2021	\$3,571,072	\$912,220	\$2,658,852
2022	\$3,360,600	\$1,206,774	\$2,153,826
YEAR	INCOME	EXPENSES	NET PROFIT
2020	\$2,691,694	\$2,212,891	\$478,803
2021	\$2,749,623	\$2,563,766	\$185,857
2022	\$2,449,251	\$2,954,277	(\$505,026)

2022 RRCA Statement of Financial Activities and 2023 Budget

INCOME	2021 AUDITED	2022 AUDITED	2023 BUDGET
Insurance Prog. & Music Lic.	\$1,438,245	\$1,737,099	\$1,758,500
Membership Dues	\$313,507	\$479,999	\$530,000
Certification Programs	\$460,820	\$437,419	\$440,000
Sponsorship & Convention Inc	\$57,394	\$79,473	\$107,500
Contributions & Other Income	\$142,063	\$98,301	\$84,700
Investment Income	\$337,594	(\$383,040)	\$35,000
TOTAL INCOME	\$2,749,623	\$2,449,251	\$2,955,700
PROGRAM EXPENSES			
Championships & State Prog.	\$149,783	\$185,908	\$195,000
Certification Programs	\$423,755	\$376,984	\$420,000
Kids Run the Nation Program	\$44,453	\$65,105	\$75,000
RunPro & Roads Scholar Program	\$61,428	\$51,883	\$65,000
Insurance Prog & Music Licensing	\$1,587,897	\$1,914,022	\$1,935,000
General RRCA Programs*	\$143,909	\$202,860	\$218,445
PROGRAM SUBTOTAL	\$2,411,225	\$2,796,762	\$2,908,445
ADMIN. EXPENSES*			
Management & Board Serv.	\$104,313	\$108,677	\$90,500
Fundraising	\$48,228	\$48,838	\$35,000
ADMIN SUBTOTAL	\$152,541	\$157,515	\$125,000
TOTAL EXPENSES	\$2,563,766	\$2,954,277	\$3,033,945
NET PROFIT/(LOSS)	\$185,857	(\$505,026)	(\$78,245)

- 2021 – RRCA increase in net assets due to unrealized stock market gains was \$185,857 for a 2-year gains of \$664,660. RRCA has the financial position to absorb the unrealized stock market losses in 2022.
- RRCA uses GAAP for functional allocation of expenses. In 2022, credit card processing fees were correctly allocated across certain programs including Insurance, Music Licensing, Certifications, etc. compared to 2021 when the costs were split between Management & Fundraising.



Kids Run the Nation® Program

Since the *Kids Run the Nation* grant fund's inception in 2007, the RRCA has distributed more than \$325,000 to youth running programs nationwide. In 2022, 37 programs from 27 states serving nearly 20,000 children received a total of \$30,300 in funding. RRCA members, individual donors, and the Insurance Management Group (IMG) and K&K Insurance have once again shown their support for gender-inclusive, participation-based running education through their

contributions to the **Kids Run the Nation Fund**.

In the Atlanta area, **BlazeSports' Youth Track & Field** program uses the sport of running to help young people with physical disabilities realize their potential and develop the life skills they need to succeed. As part of the Youth L.E.A.D. (Leadership, Employment, Advocacy, Development) initiative, young runners in elementary, middle, and high school grades evaluate their personal strengths and weaknesses, set goals, and focus on self-esteem, confidence, and motivation to help them reach those goals. Practices have a different theme every month, such as leadership, mental health, or teamwork, which are also incorporated into webinars and other events.



Year after year the Kids Run the Nation Fund supports programs in communities across the U.S. The following is a complete list of the 2022 Kids Run the Nation grant recipients:

Denali Running Club – Fairbanks, AK
 Mesquite Mileage Club – Tucson, AZ
 Kids Run the School – San Jose, CA
 BGCV Project Fun Running Club – Vista, CA
 BV Run Club – Walnut Creek, CA
 Saints in Motion – Greeley, CO
 Teens Run DC – Washington, DC
 OBE Running Club – Gulf Breeze, FL
 Florida Striders Children's Running Program – Orange Park, FL
 BlazeSports Youth Track & Field – Norcross, GA
 Arbon Valley Runners Club – Arbon Valley, ID
 Wild Fox Run Club – St. Charles, IL
 Harrison Track Program – South Bend, IN
 Manhattan Cross Country Club – Manhattan, KS
 VSL Running Club – Louisville, KY
 Junior Bulldogs Running Club – Boston, MA
 Kids Run the Nation – Stoneham, MA
 Recess Running Club – Sabillasville, MD
 Brainerd Family YMCA Youth Running Club – Brainerd, MN

Gibbs Gallopers – Rochester, MN
 The NB3 Running Club – Santa Ana Pueblo, NM
 Vikings Running Club – Las Vegas, NV
 Kids on The Run – Glens Falls, NY
 The P.S. 146 Running Club – New York, NY
 Menlo Park Academy Running Club and Track Team – Cleveland, OH
 Interscholastic Track Inclusion – Wooster, OH
 YMCA of Youngstown Running Club – Youngstown, OH
 Elementary Track Program – Maysville, OK
 Small Strides – Lakeview, OR
 Atkinson Running Club – Portland, OR
 Students Run Philly Style – Philadelphia, PA
 Honea Path Elementary Running Club – Honea Path, SC
 Youth Villages Runners' Club – Memphis, TN
 Patriot Pacers – San Antonio, TX
 Rappahannock Ospreys – Fredericksburg, VA
 Kids Run RVA – Richmond, VA
 Kids Run the Nation – Princeton, WV



RRCA Championship Event Series - 2022

The RRCA Championship Event Series is one of the oldest traditions in distance running in the U.S., dating back to 1958 when the RRCA awarded their first championship designation. The goal of the RRCA Championship Event Series is to shine a spotlight well-run, community-based events, and to promote the sport of running by recognizing the top performing runners in the Open, 40+, 50+, and 60+ age categories for men and women as RRCA Champions.

2022 RRCA National 10 Mile Championship Wintrust Lakefront 10 Mile, April 10, 2022, Chicago, IL

- Male Open: Joe Cowlin, age 27, Chicago, IL in 51:17
- Female Open: Jane Bareikis, age 27, Chicago, IL in 55:48
- Male Master: Matthew Jeromin, age 41, Rolling Meadows, IL in 59:03
- Female Master: Erica Van Heerden, age 40, Chicago, IL in 1:02:38
- Male Grandmaster: David Maley, age 61, Chicago, IL in 1:05:11
- Female Grandmaster: Angelica Guerrero, age 60, Chicago, IL in 1:10:42
- Male Senior Grandmaster: Michael Brosilow, age 61, Chicago, IL in 1:09:11
- Female Senior Grandmaster: Grace Wasielewski, age 68, Prospect Heights, IL in 1:22:16



2022 RRCA National Half Championship Hibiscus Half Marathon, May 29, 2022, Honolulu, HI

- Male Open: Jaydn Asay, Orem, UT in 1:16:31
- Female Open: Berry Savannah in 1:21:28
- Male Master: Jay Dela Cruz, Honolulu, HI in 1:19:17
- Female Master: Akiko Patterson, Honolulu, HI in 1:34:43
- Male Grandmaster: Jon Weston, Kapolei, HI in 1:38:54
- Female Grandmaster: Sheila Deas, Honolulu, HI in 1:56:38
- Male Senior Grandmaster: Clifford, Lau, Honolulu, HI 1:51:09
- Female Senior Grandmaster: Jean Vieira, Middleboro, MA in 2:02:29



2022 RRCA National One Mile Champions: Loudon Mile, May 30, 2022, Winchester, VA

- Male Open: David Butts, age 20, Hagerstown, MD in 0:04:03.8
- Female Open: Gina McNamara, age 27, Washington, DC in 0:04:31.7
- Male Master: Kevin Shirk, age 42, Stephenson, VA in 0:04:26.5
- Female Master: Adrienne Glasheen, age 43, Aldie, VA in 0:05:19.1
- Male Grandmaster: Luca Schianchi, age 50, Winchester, VA in 0:04:51.8
- Female Grandmaster: Terri Rath, age 58, Reston, VA in 0:06:09.3
- Male Senior Grandmaster: Hernan Garbini, age 60, Charlottesville, VA in 0:05:35.4
- Female Senior Grandmaster: Julie Hayden, age 62, Lake Frederick, VA in 0:06:14.0



2022 RRCA National Championship Kalamazoo Klassic 5K, June 18, 2022, Kalamazoo, MI

- Male Open: Joseph Loriso, age 18, Portage, MI in 16:42.7
- Female Open: Ellie Voetberg, age 19, Portage, MI in 17:51.6
- Male Master: Jeremy Thompson, age 43, Portage, MI in 17:15.4
- Female Master: Julie Swager, age 52, Portage, MI in 21:14.1
- Male Grandmaster: Scott Fiske, age 58, Saint. Clair Shores, MI in 18:51.0
- Female Grandmaster: Anjanette Jones, age 51, Richland, MI, in 23:31.9
- Male Senior Grandmaster: Lawrence Sak, age 51, Lake Orion, MI in 18:56.9
- Female Senior Grandmaster: Sandi Fritz, age 63, Kalamazoo, MI in 24:18.3



2022 RRCA National Ultra Championship Finger Lakes 50K, July 2, 2022, Hector, NY

- Male Open: Iain Ridgway, age 42 Holden, MA in 4:28:34
- Female Open: Emma Raub, age 43, New York, NY in 5:30:24
- Male Master: Michael Ahrens, age 43, Vienna, VA in 5:42:32
- Female Master: Kyle Inda, age 47, Naples, NY in 6:24:21
- Male Grandmaster: Martin Teschl, age 50, Ithaca, NY in 6:06:30
- Female Grandmaster: Sophie Till, age 51, Watkins Glen, NY in 7:35:43
- Male Senior Grandmaster: Eli Horowitz, age 61, Falls Village, CT in 7:53:51
- Female Senior Grandmaster: Cathie Trabucco, age 62, Rochester, NY in 8:44:37



2022 RRCA National 10K Championship Cajun Cup 10K, November 12, 2022, Lafayette, LA

- Male Open: Jarrett Leblanc, age 32, Jennings, LA in 31:06.3
- Female Open: Kir Selert Faraud, age 35, New Orleans, LA in 35:04
- Male Master: John Hitter, age 44, Lafayette, LA in 33:11.4
- Female Master: Marina Smit, age 45, Lake Charles, LA in 39:36.4
- Male Grandmaster: Kent Lang, age 60, Sedalia, MO in 40:11.4
- Female Grandmaster: Ruth Ann Gannon, age 53, Lafayette, LA in 48:36.1
- Male Senior Grandmaster: Patrick Riggins, age 62, Morgan City, LA in 44:14.7
- Female Senior Grandmaster: Tammy Romero, age 61, Lafayette, LA in 50:22.1



2022 RRCA National Marathon Championship BMW Dallas Marathon, December 11, 2022, Dallas, TX

- Male Open: Cameron Beckett, Little Rock, AR in 2:27:00
- Female Open: Megan Taylor, Cave Springs, AR in 2:45:55
- Male Master: Matt Kowalsi, Austin, TX in 2:40:00
- Female Master: Denisse, Justiniano, Canmore, AB (Canada) in 3:18:04
- Male Grandmaster: Jose Ramirez, Mesquite, TX in 2:58:19
- Female Grandmaster: Deborah Powell, The Woodlands, TX in 3:22:33
- Male Senior Grandmaster: Peter Beauvais, Granbury, TX in 03:09:15
- Female Senior Grandmaster: Andrea Hudson Baldwin, Dallas, TX in 3:41:35



RRCA's Runner Friendly Community®

The goal of the program is to shine a national spotlight on communities that stand out as runner-friendly and provide incentives and ideas for communities to work towards becoming runner-friendly communities. RRCA welcomed the following communities in 2022:



- **Anniston, Alabama**
- **Fort Thomas, Kentucky**
- **Greensboro, North Carolina**
- **Lumberton, North Carolina**
- **Toledo, Ohio**

Runner Friendly Communities have shown that they meet the program's criteria, which includes community infrastructure, community support and local government support for running. Every five years, a Runner Friendly Community must work with the RRCA to ensure it continues to meet our expectations for the designation. The following communities have successfully renewed their Runner Friendly Community designation in 2022:

- **Holland, Michigan**
- **Knoxville, Tennessee**
- **Lynchburg, Virginia**
- **Minneapolis/St. Paul, Minnesota**
- **Richmond, Virginia**



RunPro Camp and Grants

RRCA's **RunPro Camp**, a two-day seminar held in July that connects aspiring professional runners with the resources necessary to pursue a professional running career. RunPro Camp helps athletes understand how to stay in the sport for the long term, as most distance athletes see success the closer they get to their thirties.



The following athletes were supported by RRCA to attend RunPro Camp:

- Owen Hoefft – Univ. of Minnesota
- Jacob Klemz – Univ. of Portland
- Brent Leber – Furman
- Melissa Menghini – Univ. of Missouri
- Riley Osen – Univ. of Portland
- Jeralyn Poe – Michigan State
- Nick Randazzo – Univ. of California, Santa Barbara
- Stephanie Sherman – Univ. of Toledo
- Cole Shugart – Univ. of Portland
- Brody Smith – Syracuse



RRCA Coaching Certification Program

The coaching team, led by Randy Accetta PhD, continues to be a cornerstone program for the RRCA. The RRCA Coaching Certification Program provides a baseline of education for people wanting to become knowledgeable and ethical running coaches to work with runners of all ages and abilities and to connect with our global community of RRCA Certified Run Coaches. In 2022, the program saw continued global reach as coaches from India, Canada, Mexico, Germany, Costa Rica, France, Italy, Kenya, Malaysia, Philippines, Bahrain, and Qatar became certified. We thank our dedicated team of course instructors: Randy Accetta, Bee Butler, Benson Langat, Christine Rockey, Cari Setzler, Bobby Gessler, and Alex Morrow. We also thank Erica Gminski, Youth and Coaching Program Manager for her dedicated service to the program.

Since the program's inception more than 11,300 people have become RRCA Certified Running Coaches.



Race Director Certification Program

The RRCA Race Director Certification Course remains a cornerstone program for the organization. Since the program's initial release in 2013, the RRCA has certified more than 500 race directors, adding 41 new race directors in 2022. The year also saw continued international enrollments, as race directors based in Australia, Canada, Egypt, Hong Kong, India, Oman, and Panama all obtained RRCA certification.

64th RRCA National Convention

From March 17-19, 2022, over 175 attendees and sponsors from across the country, consisting of club leaders, race directors, RRCA volunteers, and coaches gathered in Orlando, FL. The three days consisted of a full schedule of events, including education sessions, networking functions, the RRCA Hall of Fame and National Running Awards breakfast, a three-day Coaching Certification Course for both Level I and Level II. Keynote speakers for the convention included Marko Cheseto, world record holder for the marathon by a double amputee, and Mikah, Meyer, American travel journalist and LGBTQ rights advocate. Meyer became the first person to visit all 419 U.S. National Parks in a single journey.



RRCA Distance Running Hall of Fame Inductees – 53rd Class

The RRCA is proud to announce its 53rd class of RRCA Distance Running Hall of Fame inductees. These outstanding contributors to our sport will be honored at the RRCA National Running Awards Luncheon and Ceremony on March 25, 2023 in Chicago, IL.



Molly Huddle is a 10-time All-American at Notre Dame and was named all-BIG EAST 15 times and won seven BIG EAST track and field titles. On June 28, 2012, Huddle finished 2nd in the 5000 at the 2012 United States Olympic Trials to qualify for the 2012 London Olympics. At the London Games (2012), Huddle placed 11th in the 5,000. She set the American record in the 5,000 in 2014 (14:42.64). Also in 2014, her win at the NYRR New York Mini 10K made her the first American to win the title in a decade, and her time of 31:37 set an American record for a women-only race. In 2015, Huddle won her first United Airlines NYC Half, set the American road 5K record (14:50) at the B.A.A. 5K, won the USATF Outdoor Championships 10,000 meters, and placed fourth at the IAAF World Championships 10,000. She swept the 5,000 meter and 10,000-meter events at the 2016 U.S. Olympic Trials, becoming the first woman in history to win both races in the same year. On August 12, 2016, Huddle achieved an American record of

30:13.17 in the 10,000 at the 2016 Olympic Games while placing sixth. In November 2016, Huddle ran the New York City Marathon as her marathon debut where she finished in 3rd place in 2:28:13. On January 14, 2018, at the Aramco Houston Half Marathon, Huddle broke Deena Kastor's 67:34 American record in the half marathon set in 2006 by running 67:25.



Galen Rupp is one of the greatest distance runners in University of Oregon history. He became the first person ever to win six NCAA distance races in the same calendar year. Rupp redshirted the 2008 college track season to focus on the 10,000 at the 2008 U.S. Olympic Track and Field Trials, where he finished second (27:43.11), earning a spot on the 2008 U.S. Olympic team. He went on to finish 13th at the 2008 Olympics. In 2011, Rupp ran the New York City Half Marathon, his debut half, and finished third with a time of 1:00:30. On August 4, 2012, at the London Olympic Games, Rupp took the silver medal in the 10,000-meter with a time of 27:30:90. This was the first time a U.S. man had earned a medal in the Olympic 10,000-meter run in 48 years. At the 2016 Olympic Trials Marathon in Los Angeles, Rupp won his debut marathon with a time of 2:11:13. A few months later, on July 1, Rupp won the 10,000-meter run at the United States Olympic Trials

with a time of 27:55.04, qualifying for the Olympics in a second event. At the 2016 Summer Olympics in Rio de Janeiro, Rupp placed fifth in the 10,000-meter run. Eight days later, Rupp finished third and earned a bronze medal in the Olympic Marathon with a time of 2:10:05. On October 8, 2017, Rupp won the Bank of America Chicago Marathon with a time of 2:09:20. On February 29, 2020, Rupp won the 2020 United States Olympic Marathon Trials in Atlanta with a time of 2:09:20. On August 8, 2021, Rupp finished eighth in the Olympic Marathon held in Sapporo, Japan with a time of 2:11:41.



Cary Pinkowski came to the helm of the Bank of America Chicago Marathon nearly three decades ago, serving as its executive race director since 1990. During his tenure, the Chicago Marathon has experienced astronomical growth, expanding from 6000 registered runners in 1990 to a record 45,786 finishers in 2019, including runners from all 50 states and more than 130 countries. For 30 years, Pinkowski has been a key player in building the marathon's dynamic relationships with the city, the corporate community and the local neighborhoods along the course. Under Pinkowski's leadership, the event generates an economic impact on the City of Chicago of \$378 million, and, since 2002, charity runners have helped the Chicago Marathon charity program raise more than \$234 million for local, national and global causes. In 2006, Pinkowski helped found the Abbott World Marathon Majors (AbbottWMM). Pinkowski, along with the race directors at

the Boston, London, Berlin and New York City marathons, created a series – which now includes the Tokyo Marathon – to award the world's top male and female marathon runners. Pinkowski's legacy with the Chicago Marathon includes designing its record setting and spectator friendly course that traverses 29 diverse Chicago neighborhoods, starting and finishing in Chicago's "front yard," Grant Park. Pinkowski's course design allows for more than 1.7 million spectators to watch the race. Four of the Chicago Marathon's five world records have been set during Pinkowski's time: Morocco's Khalid Khannouchi (1999), Kenya's Catherine Ndereba (2001), Great Britain's Paula Radcliffe (2002) and Kenya's Brigid Kosgei (2019). To commemorate his 20th anniversary as Executive Race Director, the City of Chicago and Bank of America bestowed Pinkowski with an honorary street naming – "Carey Pinkowski Drive" – at the intersection of Monroe Street and Columbus Drive, the site of the race's start line.

National Running Award Recipients

Browning Ross Spirit of the RRCA



Jean Arthur: Jean Arthur has made a lasting impact on the RRCA at the club, event, and national organization level. Last fall, Jean was elected President of Cherry Blossom, Inc., which oversees the production of the Credit Union Cherry Blossom 10 Miler, one of the country's signature road races. Jean's ascension to President follows more than 20-years of service to the event, including managing the water stop operations. Jean has also been a long-time member of the Montgomery County Road Runners Club (MCRRC). With the club, she served as president twice in non-consecutive terms, and she has acted as race director for many MCRRC events, including Pikes Peek 10K. From 2013-2020, Jean was a At-Large Board Member of the RRCA and served as both Secretary and Vice President. At the conclusion of her term, she spent two years as a member of the RRCA's Board Development Committee. Her tenure came at a crucial time in the committee's transformation into one charged with improving the organization's leadership growth and DEI efforts.

Outstanding Club President



Michelle Sledge: As president of the Chattanooga Track Club (CTC), Michelle has done an exceptional job leading the club and helping it achieve its mission of promoting running across the region. The CTC recently marked its 50th anniversary, and the club has never been healthier, thanks in no small part to Michelle's leadership, dedication, and enthusiasm. CTC hosts 15 races a year, including a marathon that attracts several thousand participants from across the country. She has personally directed or played a key role in making sure that the logistics, course, timing, awards and other details of every event are handled with care, always with the runner experience top of mind. Michelle has also been a force for expanding CTC's youth running program, which turn hundreds of school-age kids in the region onto the joys of running and fitness. Michelle's work inspired one long time club member to note "I can say without reservation that the Chattanooga Track Club is thriving at its all-time best, and Michelle has been a key force behind this success."

Outstanding State Rep

Scott Fiske: Scott Fiske has been the RRCA Michigan State Rep for more than seven years. During his tenure, Scott has been a regular presence at RRCA Championship Events throughout the state, both actively competing (always in RRCA gear) and handing out medals at the finish line. Scott has worked hard to recruit new events to join the RRCA, and he has been a resource to all members throughout the state. During the COVID-19 pandemic, Scott brought club and event leaders from across the state of Michigan together in virtual meetings to discuss how they were navigating the pandemic, providing a valuable forum of support for one another. Scott regularly tables on behalf of the RRCA at expos, and, as a testament to his continual outreach, Michigan boasts eight RRCA Runner Friendly Communities, more than any other state.



Outstanding Volunteer



Franklin Ruona: Several years ago, Franklin, an accomplished distance runner, was approached about finding someone to coach the men's running group at nearby San Quentin State Prison. The group participants were active and passionate about the sport, but sorely in need of guidance. Unable to find anyone to take on the role, Frank took on the position himself, not fully knowing what to expect. From the day Frank arrived, the club has blossomed into something remarkable. Frank is not concerned with any participant's past, he is simply there to ensure they learn to run and train properly, without judgement or bias. Frank's duties for the club include implementing a monthly event schedule, attending bi-weekly workouts in all weather conditions, and

maintaining an active donation programs for running essentials like shoes and hydration stations. An annual highlight of the club is the November marathon held on the San Quentin grounds. In 2018, one of the program's participants, Markelle Taylor, qualified for the Boston Marathon at the event, and was able to participate the following year after his release on parole. When a runner is released from San Quentin, Frank helps him receive a job in the community, and he continues to serve as a coach and confidant. Out of the 45 men Frank has coached that have been released, not one has returned to prison.

As the wife of one of Frank's runners put it, "These men look at him as more than their coach, they see him as a uncle, a father figure, a friend, and a mentor."

Outstanding Beginning Running Program

Conroy Zien and Sarah Day, Montgomery County Road Runners Club: Conroy and Sarah lead Montgomery County Road Runners Club's (MCRCC) First Time Marathon program (FTM), with Conroy serving as director of the program, and Sarah as head coach. In tandem, they manage and lead the entire group of volunteer coaches and participants. The FTM program has been a longstanding institution with the club and has had tremendous success, leading hundreds of runners each year (and thousands of total runners over the history of the program) to successful completion of their first marathon. The program routinely sees enrollment of between 250-300 runners. Conroy and Sarah have worked hard to bring success to the hundreds of runners each year and have made the program the go-to program in the Washington DC area for first-time marathoners. They both volunteer to lead the program purely for their love of helping runners achieve success in their first marathon.



Communications Excellence

Front Runners – New York: With a committed and creative communications strategy, the Front Runners New York (FRNY) remains at the forefront of using digital media to connect with members and the larger local running community. In 2022, the club completed an overhaul of their website, including a new design and updated branding, overseen by members Katrina Skovan and J Solle. J also helped oversee the club's social media presence with past President Gilbert Gaona, which included the club's weekly newsletter, The Gram. In addition to driving membership growth following COVID, running counter to nationwide trends, Front Runners New York continually use their platforms to promote a culture of inclusion and acceptance, demonstrating their club and running, at-large, are welcoming to everyone.

Excellence in Running Journalism

Kelyn Soong, The Washington Post: Kelyn Soong returned to The Washington Post in 2022 as a fitness writer, focusing on fitness and exercise advice, trends and culture, connecting everyday athletes with the latest advice and science from the world of professional and elite sports. The move back to The Post followed four years as sports editor for Washington City Paper. At both outlets, Kelyn produced dedicated, smart, and insightful coverage of the sport of running, digging in well beyond just the results of major races. Among the topics Kelyn has spotlighted include the challenges stand-out, college runners face transitioning to professionals, running as a therapeutic outlet at the height of COVID, and in 2022, an examination of how having a full-time job can benefit a professional runner's performance, and important subject the RRCA's highlights during its annual RunPro Camp for emerging professional runners.



Outstanding Youth Running Program



Rappahannock Ospreys The Rappahannock Ospreys are the youth running program of the Fredericksburg Area Running Club (FARC). The team is primarily for elementary through middle school aged children with the goal of providing area youth a safe and fun environment where they can learn the fundamentals of running. The Ospreys train year around, two to three times a week, with training centered on preparing to compete in local, age-appropriate road races, cross-country competitions, and track meets. The program's success is a testament to head coach Dana Mills. An accomplished runner herself, Dana encourages participants to do their best but, most importantly, to have fun. As a 2022 RRCA Kids Run the Nation Grant recipient, the Ospreys are an enduring organization. Since 2015, many Osprey athletes have either kept up with the sport recreationally or gone on to compete at the high school and collegiate level.



Road Runner of the Year - Female

Emily Sisson: In 2022, Emily Sisson re-wrote the record books for American distance running. In May at the USATF Half Marathon Championship in Indianapolis, Sisson broke the women's half marathon record with a time of 1:07:11, besting Keira D'Amato's mark after less than four months. In October in Chicago, Sisson set the record for a North American woman in the marathon, running a 2:18:29. Showing that there are no signs of slowing down in 2023, Sisson broke her own half marathon record, lowering the mark to a 1:06:52.

Road Runner of the Year – Male

Futsum Zeinasellassie: Futsum Zeinasellassie finished 2022 second overall in the USATF Running Circuit Standings, a result of several strong performances across multiple distances throughout the year. Perhaps his best performance came against a highly competitive field at December's California International Marathon. There, he finished first overall with a time of 2:11:01, besting the second-place finisher by more than 40 seconds. Futsum is 2020 RRCA Roads Scholar, and a 2017 RunPro Camp alum.



Road Runner of the Year – Female Master



Camille Herron: 2022 was a banner year for Camille Herron, one of the greatest ultrarunners of all-time. Having turned 40 and moved to the Masters division, Camille won the Jackpot 100/US Championship outright beating all of the men by almost 30 minutes. Other accomplishments included: becoming the youngest woman on record to log 100,000 lifetime miles, and, at the 2022 Desert Solstice Track Invitational, breaking her Open and Masters Track American Records for 50 miles, 100km, and 100 miles.

Road Runner of the Year – Male Master

Abdi Abdirahman: At age 45, five-time Olympian and RRCA Hall of Famer Abdi Abdirahman dominated the male masters division in 2022. Throughout the year, races where he was the top 40+ runner include the: NYC Half, (1:06:01), Cooper River Bridge Run 10K (29:38), Pittsburgh Half (1:05:36), Peachtree 10K (30:00) and the Bix 7 (35:17).



Road Runner of the Year – Challenged Athlete

Jacky Hunt-Boersma: In 2022, Jacky ran an astonishing 104 marathons in 104 days (or 2,724.8 miles), setting a Guinness World Record for a runner with a prosthesis. On day 92 of her endeavor, Jacky ran the prestigious and competitive Boston Marathon, placing third in the Para T63-T64 division. As part of her marathon challenge, Jacky raised more than \$190,000 for Amputee Blade Runners, a charity providing running blades – which are often costly – for amputees. When asked why she pursued this record, Jackie stated: "I thought it would be a great way to inspire others to push your limits because I truly believe that we're stronger than what we think."

Road Race of the Year

Avenue of the Giants Marathon, Six Rivers Running Club, Cynthia Timex, Race Director: Celebrating its 50th edition, the Avenue of the Giants Marathon was the 2022 RRCA Western Region Championship Event. Taking place in the majestic redwoods of Humboldt County in Northern California, the course is a double out and back, entirely on paved roads. The roads are lined with 300 feet tall old-growth Redwood trees. The 2022 running was particularly memorable. Following two years of COVID restrictions, participation was very high, and race day brought perfect weather. Capping off the day, Grayson Hough set a new men's course record, breaking a mark that had stood for 49 years. Hosted by RRCA member, the Six Rivers Running Club, the event is an independently green organization, with proceeds benefiting the local youth running program.



RRCA Running Around the Nation

RRCA Representatives (RRCA Reps) serve as ambassadors for the organization by providing a physical presence in their home states and communities. RRCA Reps promote our programs and services to clubs and events. IN addition, they assist the National Office and the RRCA Board of Directors in carrying out the mission, vision, and values of the organization. The RRCA thanks the following individuals for volunteering to serve as RRCA Reps:

Teri Bossard – Alabama Rep
Melanie Clark – Alaska Rep
Tim Bentley – Arizona Rep
Jerry White – Arkansas Rep
Simone Adair – California Rep
Stephanie Davies – California Rep
Jackie Britton – California Rep
Sheri Lubniewski – Colorado Rep
Gabriela Garza – Florida Rep
Don Nelson – Florida Rep
F.M. Barron – Georgia Rep
Ron Alford – Hawaii Rep
Doug Pitchford – Illinois Rep
Erica Hunt – Illinois Rep
Kim Harding – Indiana Rep
Kristin Adkins – Iowa Rep
Anna Heeman – Kentucky Rep
Rawn Davis– Louisiana Rep
Chandra Leister – Maine, Vermont, New Hampshire Rep
Ndegwa Kamu – Maryland, DC & Delaware Rep
Stephen Viegas – Massachusetts Rep
Scott Fiske – Michigan Rep
Paulette Odenthal – Minnesota Rep
Ronda Vukasin – Montana Rep
Alethia Mongerie – New Jersey Rep
Ian Maddieson – New Mexico Rep
Tony Majewski – New York Rep
Mickie Sanders Jauquet – New York Rep
Peter Qumsiyeh – Ohio Rep
Steve Wright – Oregon Rep
Aileen Kroon Pennsylvania Rep
Lionel Adams – South Carolina Rep
Benson Langat – South Dakota Rep
Sherilyn Johnson – Tennessee Rep
Marcus Grunewald – Texas Rep
Lee Greb – Texas Rep
Sharron Fisherman – Texas Rep
Karie Underwood – Utah Rep
Grattan Garbee – Virginia Rep
Dave Preston – Washington Rep



Generous support from our members, individual donors, corporate sponsors, and foundations enables the RRCA to grow and enhance our valuable programs that benefit the running community. The RRCA is proud to be a Platinum-Level Candid seal holder (formerly Guidestar Exchange Partner).

Kids Run the Nation® Fund

Thank you to the following clubs, events, individuals, and corporate supporters that contributed \$25,300 towards our fundraising goal for *the Kids Run the Nation* Fund in 2022.

406 Race Series	Jersey Shore Running Club	Rockford Road Runners, Inc.
Adam Engst	Kalamazoo Area Runners	Roundabout Runners Club
Andrew Langtry	Kayla O'Mara Memorial Scholarship	Run To Remember 1st Responders
April Harrison	Fund, Inc.	Run the Ritter
April Kramer	Kelly McLay	runLawrence
Arkansas RRCA Event Club	Kelly Richards	runLawrence
Athletic Equation, Inc.	Kenosha Running Club	Said Alhajri
Atomic City Road Runners Club	Kyle Cutler	Salisbury Rowan Runners
Barbara Jewell	Kym Mauseth	Savanna Steffen
Benson Langat	Lauren Clement	Stephen Viegas
Beverly Asante Puschmann	Lincoln Track Club	Tara Satine
Buffalo Run Adventures, LLC	Lynne Bruce Flores	The Kauai 50
By the Beach Productions, LLC	Mark B. Stickley	Toledo Roadrunners Club*
Caroline Yasuda	Mark Grandonico	Valeria Secli
Charmed By Endurance, LLC	Mammoth Track Club	Valerie Grasso
Chris Sapp	Maui Oceanfront Marathon Events	Varsity Sports
Christopher Kaprielian	Mercedes-Benz Marathon Weekend	Venecia Alb
Destination Sports, LLC	of Events	Wonderland Running
Elizabeth Stockton	Michael Weisberg	
Falcon Events, LLC	Mickie Sanders-Jauquet	
Fort Wayne Running Club	Midnight Sun Run	
Get in Gear*	New Orleans Running Systems,	
Gisette Rodriguez	Inc.	
Golden Valley Harriers	Northstar Running	
Greater Framingham Running Club	Northwest Dirt Churners	
Heart & Sole Run	Oregon Road Runners Club	
Houston Area Road Runners Assn.*	Peachtree City Running Club	
Houston Striders *	Pensacola Runners Association	
Insurance Management Group****	Racine Area Running Club	****\$10,000 and above
Holland Haven Marathon	Rainshadow Running Club	***\$5,000 and above
James B. Riga	River City Runners	**\$1,000 and above
Jean Knaack	River to River Runners	*\$500 and above
Jenni Dorsey	Rochester Runners Club	

Roads Scholar® Fund

We thank the following clubs, events, individuals, and corporate supporters that helped raise \$4750 in support of the RunPro/Roads Scholar Fund for 2022.

Aaron Kinsman	David Trump	Mammoth Track Club
Andrew Kastor	Destination Sports, LLC	Marcus Shore
April Harrison	George Rehmet	Maui Oceanfront Marathon
April Kramer	Gisette Rodriguez	Events
Atomic City Road Runners Club	Hal Higdon	Mickie Sanders-Jauquet
Beverly Asante Puschmann	Heather Kralj	New Orleans Running Systems,
Bonnie Sexton	Huntsville Track Club	Inc.
Cathy Kerns	Jersey Shore Running Club	Rainshadow Running Club
Chicago Road Runners	Kelly Richards	Rainshadow Running Club
Cumberland Valley Athletic	Lauren Clement	River City Runners
Club*	Lisa Rippe*	River City Runners and Walkers
Cynthia Timek	Lynne Bruce (Flores)	Club

Said Alhajri
Six Rivers Running Club
Southeastern Trail Runs, LLC
The Kauai 50
Troy Johnson

Valeria Secli
Varsity Sports
Venecia Alb

****\$10,000 and above
***\$5,000 and above
**\$1,000 and above
*\$500 and above

Annual Program Fund

Thank you to the following clubs, events, individuals, and corporate supporters that have contributed nearly \$25,762 to the Annual Program Fund in 2022. Annual contributions to the RRCA, along with our fundraising auction proceeds, help support the *Kids Run the Nation* program materials, Runner Friendly Community program, RRCA Representatives Program, RRCA National Running Awards Ceremony, including award winner travel stipends, Championship Events Series awards and materials, *2,000 Hour* Volunteer Recognition program, and much, much more.

Amazon Smiles
Anchorage Running Club
Andrew Kastor
April Harrison
April Kramer
Atomic City Road Runners Club
Barbara Linton
Beth Salinger
Beverly Asante Puschmann
Blake Edmondson
Brittany Streufert
Capital Striders Running Club, Inc.
Carpet Capital Running Club
Clinton Tebbetts
Corinth Coca-Cola
Danielle Luna
David Murray
Destination Sports, LLC
Douglas Hendricks
Elizabeth Stockton
Epic Races
Gisette Rodriguez
Go! Running
Golden Valley Harriers
Goody Tyler****
Greenburgh Road Runners
Harold Tinsley***

Heather Kralj
Jean C. Arthur
Jenni Dorsey
Jersey City Road Runners
Jersey Shore Running Club*
Kalamazoo Area Runners
Kelly McLay
Kelly Richards
Kim Donovan
Land of Lakes Running Club
Laurel Park
Lisa Rippe*
Los Angeles Running Club, Inc.
Lynne Bruce (Flores)
Malibu Race Series
Mammoth Track Club
Mammoth Track Club
Marcus Shore
Maria Sander
Mark Hughes
Maui Oceanfront Marathon Events
Micke Sanders-Jauquet*
Napa Valley Marathon, Inc.
Pacesetters Running Club Inc
Philippe Vanhille
Prairie State Road Runners
Rainshadow Running Club

River City Runners
Rochester Runners Club
Rock CF Foundation
Rohini Mitra
Run Vermont Inc.
Said Alhajri
San Luis Distance Club
Sarah Kozul
Shoreline Sharks
Stephanie Davies
Stephen Wright
The Kauai 50
The OC Marathon LLC
Timed Sports Systems, Inc.
Utica Roadrunners, Inc
Valeria Secli
Varsity Sports
Venecia Alb
West Chester Running Club
Wonderland Running

****\$10,000 and above
***\$5,000 and above
**\$1,000 and above
*\$500 and above

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