

Road Runners Club of America

2021 Annual Report



RRCA
ROAD RUNNERS CLUB OF AMERICA



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On the cover: RRCA supporters show their dedication to Empowering Everyone to Run

On the back: Aaron Albert wins the 2021 RRCA Southern Region Half Marathon Championship, the Houston Half Marathon.

RRCA 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.

RRCA VISION

Empowering Everyone to Run

RRCA 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.

RRCA Leadership



George Rehmet
President



Lisa Rippe
Vice President



Barb Jewell
Treasurer



Blaine Moore
Eastern Region Director

Sue Brown-Nickerson
Central Region Director



Betsy Boudreaux
Southern Region Director



Stephen Wright
Western Region Director

Samantha Collmar
At-Large Director



Lionel Adams
At-Large Director

Stephanie Davies
At-Large Director



Jean Knaack
Chief Executive Officer



2021 RRCA Financial Report

YEAR	ASSETS	LIABILITIES	NET WORTH
2019	\$3,098,128	\$1,103,936	\$1,994,193
2020	\$3,196,728	\$723,735	\$2,472,993
2021	\$3,570,584	\$911,862	\$2,658,722
YEAR	INCOME	EXPENSES	NET PROFIT
2019	\$3,694,978	\$3,331,457	\$363,521
2020	\$2,699,953	\$2,221,150	\$478,803
2021	\$2,749,623	\$2,563,766	\$185,857

2021 RRCA Statement of Financial Activities (Audited) and 2022 Budget

INCOME	2020 AUDITED	2021 AUDITED	2022 BUDGET
Insurance Prog. & Music Licensing	\$1,201,742	\$1,438,243	\$1,849,187
Membership Dues	\$504,408	\$313,507	\$462,500
Certification Programs	\$481,577	\$460,820	\$451,857
Sponsorship & Convention Revenue	\$22,870	\$57,394	\$89,000
Contributions & Other Income	\$153,254	\$142,152	\$79,000
Investment Income	\$336,102	\$337,507	\$100,000
TOTAL INCOME	\$2,699,953	\$2,749,623	\$3,031,544
PROGRAM EXPENSES			
Championships & State Programs	\$130,856	\$149,783	\$175,000
Certification Programs	\$410,275	\$423,755	\$450,000
Kids Run the Nation Program	\$36,982	\$44,453	\$75,000
RunPro & Roads Scholar Program	\$82,397	\$61,428	\$65,000
Insurance Prog & Music Licensing	\$1,332,924	\$1,587,897	\$2,030,000
General RRCA Programs*	\$86,474	\$143,909	\$224,000
PROGRAM SUBTOTAL	\$2,079,907	\$2,411,225	\$3,019,000
ADMINISTRATIVE EXPENSES*			
National Office Management	\$69,286	\$67,012	\$75,000
Board Services	\$29,468	\$37,301	\$40,000
Fundraising	\$42,493	\$48,228	\$60,000
ADMIN SUBTOTAL	\$141,247	\$152,541	\$175,000
TOTAL EXPENSES	\$2,221,150	\$2,563,766	\$3,194,000
NET PROFIT/(LOSS)	\$478,803	\$185,857	(\$162,456)

Functional expenses on the RRCA's Audited Financial Statements. For 2022, the RRCA Board of Director approved a net decrease in assets of \$162K based on the investment account performance.

63rd RRCA National Convention

Thirteen months after the 2020 RRCA National Convention became one of the first major running events shut down by COVID-19, the 2021 RRCA Convention became the first in-person running industry conference in more than a year.

From April 15-18, 2021, over 127 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 two-day Coaching Certification Course, and the RRCA Annual Meeting of the Membership.

The Convention was the culmination of months of careful planning by RRCA staff and leadership to establish necessary COVID-19 related health protocols, and to ensure that attendees felt safe. Masks were required for indoor gatherings, and the rooms for all indoor sessions were arranged and spaced to accommodate social distancing. Extra time was built into the schedule to allow for cleaning and ventilation of meeting spaces after use, and some networking events, including receptions and meals, were moved outside.

Unsurprisingly, COVID-19 and its impact on the world, as well as the running industry, was a common theme for many of the education sessions. Orlando-based events company Track Shack Events shared detailed information on how they have successfully hosted in-person races, including a 2000-person event, over the last year.

At the general session on Saturday morning, RRCA Vice President Lisa Rippe moderated a panel discussion entitled ***Empowering Everyone to Run: A Conversation about Diversity, Equity, and Inclusion in the Sport of Running***. Participating in the panel were RRCA President, George Rehmet, Running Industry Diversity Coalition Co-Chair Alison Désir, National Black Marathoners Association Co-Founder and Executive Director, Tony Reed, and double amputee World Record marathon holder Marko Cheseto. The conversation outlined important concepts and focused on the challenges faced by non-white runners and opportunities to collaborate with running clubs/groups that appeal to BIPOC runners. The session built on ongoing discussions that began last summer and was recorded to be used as a resource for RRCA and its member clubs and events.

At the **2021 Meeting of the Membership held on Saturday April 17**, members approved updated Bylaws for the organization. The updated Bylaws included elevating the Executive Director position to become the Chief Executive Officer for the organization and grants the RRCA Board of Directors the ability to implement online voting to improve voting equity and access for RRCA members. The following board members were elected: Lionel Adams (At-Large Director), Lisa Rippe (At-Large Director), Betsy Boudreaux (Southern Region Director) and Stephen Wright (Western Region Director). They join George Rehmet (President), Barb Jewell (Treasurer), Sue Brown-Nickerson (Central Director), Blaine Moore

(Eastern Director), and Samantha Collmar (At-Large) to comprise the 2021 RRCA Board. The RRCA thanked long-time board member Goody Tyler for his years of service to the Board as he rotated off.

Kids Run the Nation® Program



The *Kids Run the Nation* program is the RRCA's gender inclusive, multi-week, turnkey, youth running program designed to meet the physical activity goals outlined by the United States Department of Agriculture (USDA) for children in kindergarten through sixth grade. The RRCA's vision is to help establish locally-managed youth running programs in every school in the U.S.

Since the grant fund's inception in 2007, the RRCA has distributed more than \$310,000 to youth running programs nationwide. This year, 17 programs from 12 states serving more than 5,300 children will receive a total of \$14,000 in funding. Despite continued event cancellations and restricted club activities in 2021 due to the COVID-19 pandemic, 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**.

The following is a complete list of this year's 17 Kids Run the Nation grant recipients:

Arbon Elementary Runners Club – Arbon Valley, ID
DeKalb Prep Run Club – Decatur, GA
GBES Run Fit – Albuquerque, NM
Huntington YMCA Youth on the Run – Huntington, IN
Kids Run RVA – Richmond, VA
Lambs Running Club – Charleston, SC
MES Club Mileage – Montegut, LA
Running for a Better Oakland – Piedmont, CA
Saluda Run Club – Saluda, SC
SES Wildcat Running Club – Stuart, VA
Stikine Middle School Running Club – Wrangell, AK
SVCCS Runners – Huntingdon, PA
Swift Kids Running – Kennesaw, GA
T. Clay Wood Elementary School – Nokesville, VA
Waverly City Schools – Waverly, OH
Wildcat Runners – Toppenish, WA
WVRR Lace It Up! Kids Running Program – Terre Haute, IN



RunPro

Run Pro Camp. In recognition of the difficult transition that often encumbers promising collegiate distance runners attempting to compete on the professional level, the RRCA maintains *RunPro.com* to provide athletes with a comprehensive overview of what is involved in becoming a professional distance runner.

RRCA's *RunPro Camp*, a two-day seminar held in July, connects 15-20 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:

- Benjamin Allen – Concordia Univ., St. Paul
- Gabrielle Jennings – Furman Univ.
- Judi Jones – Univ. of Nebraska
- Vincent Kiprop – Univ. of Alabama
- Grace Moore – Temple Univ.
- Aidan Reed – Southern Utah Univ.
- Joshua Yeager – South Dakota State Univ.
- Nadir Yusuf – Minnesota State Univ. Moorhead

Roads Scholar®

Since 1996, the RRCA has awarded \$745,500 in grants that support aspiring professional U.S. runners. The goal of the program is to assist American post-collegiate runners who show great promise to develop into national and world class professional runners. The RRCA has provided grants to 144 athletes, including those selected in 2021 (73 women and 71 men). The grants awarded by the RRCA go directly to the athletes to help support their goals and training needs.

Congratulations:

Aaron Albert (Baton Rouge, LA): Aaron began running in the 11th grade for Baker High School



in Baker, Louisiana. Despite this relatively late start, he qualified for Junior Nationals and decided to run competitively in college. He walked-on at Mississippi Valley State University before transferring to the University of New Orleans. By the end of his college career, Aaron held school records in the 5K and 10K. After college, he transitioned to the roads and has steadily progressed each year by setting personal bests of 14:20 in the 5K; 30:35 in the 10k; 50:13 in the 10 mile; and 1:07:28 in the half marathon. Aaron's personal best in the half marathon came at the 2021 RRCA Southern Region Championship, the Houston Half Marathon, where he took first overall. Aaron is currently representing RRCA member the Cajun Road Runner Club while being coached by Brock Moreaux.

Aidan Reed (Boulder, CO) Aidan was born in Ethiopia and grew up in Helena, Montana. He began to focus seriously on running in high school, competing in Cross Country and Track. He won the 2014 AA Montana State Cross Country Championship. Aidan's success continued in college where he competed for Southern Utah University, winning two Big Sky Outdoor Track and Field 10,000m titles and helping the SUU team finish 9th at the 2020 D1 NCAA Cross Country Championships. After graduation, Aidan attended the RRCA's 2021 RunPro Camp and joined the Roots Running Project in Boulder, CO. As a post-collegiate runner, he has won the 2021 Colleen De Reuck XC Classic, helped the Roots team finish 4th at the 2021 Michigan Pro Ekiden, and finished 11th at the 2021 USATF Club Cross Country Championships.

Tristin Van Ord (Blowing Rock, NC): Tristin Van Ord is a member of the On Zap Endurance team based in Blowing Rock, North Carolina. She was born and raised in North Carolina and attended Appalachian State University where she graduated with a degree in Sustainable Development. During her time in college, Tristin was a nine-time Sun Belt Conference Champion in various track events, and she set the school record in the indoor 5000 meters and the outdoor 10,000 meters. After graduating, Tristin ran her first marathon in 2019 and qualified for the 2020 Olympic marathon trials. While at Zap, Tristin has earned personal bests in the marathon, running a 2:32 at the 2021 Grandma's Marathon, and 1:12 in the US half marathon championships.

Joshua Yeager (Minneapolis, MN): Josh began his running career in middle school at Center Point-Urbana Schools in Iowa. He quickly found a love for the sport. While in high school, he set school records in the 1600m, 3200m, and Cross Country 5,000m. Josh attended Drake University for his undergraduate studies. At Drake, he won the Missouri Valley Conference (MVC) Outdoor 5K in 2018 and was awarded the MVC Elite 17 award at the same meet. With NCAA eligibility remaining, Josh enrolled at South Dakota State University to compete while pursuing a graduate degree. At South Dakota State, he ran the South Dakota Soil record for the 3,000m, broke the school record in the 5,000m, won the 2021 Drake Relays University Division 3,000m steeplechase, was named Summit League Outdoor Track and Field MVP, and qualified for the NCAA West Preliminary Round. After finishing his graduate studies, Josh attended the 2021 RunPro Camp and moved to Minneapolis, MN to join Minnesota Distance Elite (MDE). Josh has represented MDE at the U.S. Championships 5K, hosted by the Abbott Dash in New York City, and at the Michigan Pro Ekiden.



RRCA Championship Event Series - 2021

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 on well-run events, and to promote the sport of running by recognizing the top performing runners in the Open, Masters (40+), Grand Masters (50+), and Senior Grand Masters (60+) age categories for both men and women as RRCA Champions. As the country slowly recovered from the pandemic, three of the seven RRCA National Championship Events were able to be held.

Congratulations to the following RRCA National Champions:

Heart and Sole Run 5K, June 19, 2021, Billings, MT

Overall Male: Owen Smith, age 18, of Billings, MT, in 16:01.37
Overall Female: Whitney Hanson, age 20, of Colstrip, MT, in 19:10.12
40+ Male: Lewis Elliott, age 41, of Billings, MT, in 16:24.80
40+ Female: Sarah Lord, age 42, of Billings, MT, in 20:28:39
50+ Male: Kevin Pfefferle, age 63, of Powell, WY, in 19:32:48
50+ Female: Michael Kelsey, age 51, of Laurel, MT, in 23:07.71
60+ Male: James Knell, age 70, of Billings, MT, in 24:49.50
60+ Female: Lee Crellin, age 60, of Billings, MT, in 27:24.13

The Mile, July 3, 2021, Terre Haute, IN

Overall Male: Michael Dunagan, age 20, in 4:26.8
Overall Female: Kristy Seliger, age 31, in 5:52.6
40+ Male: Dustin Nichols, age 40, in 5:06.7
40+ Female: Kristy Lippencott, age 55, in 6:36.5
50+ Male: Jim Seymour, age 50, in 5:10.7
50+ Female: Mary Alice Sparks, age 65, in 7:29.3
60+ Male: Gary Haga, age 64, in 5:46.0
60+ Female: Linda Cullison, age 63, in 7:36.6

Stone Mill 50 Mile Run, November 13, 2021, Montgomery Village, MD

Overall Male: Nicolas Crouzier, age 36, of Darnestown, MD in 6:56:28
Overall Female: Kristen Kelman, age 33, of Germantown, MD in 8:10:44
40+ Male: Jeffrey Spencer, age 46, of Millersville, MD in 8:21:33
40+ Female: Kaari Liisi Linask, age 47, of Rockville, MD in 10:32:35
50+ Male: Paul Choquette, age 62, of Brookeville, MD, in 9:46:02
50+ Female: Gert Freas, age 61, of Palmerton, PA, in 10:41:06
60+ Male: Frank Mazur, age 64, of California, MD, in 11:40:34
60+ Female: Carole Williamson, age 60, of Sykesville, MD in 14:16:43



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.

The **RRCA** is pleased to welcome the newly designated **Runner Friendly Communities®** for 2021:

- **Arlington, Virginia**
- **Fort Wayne, Indiana**
- **Winston-Salem, North Carolina**
- **Rochester, Minnesota**
- **Sioux Falls, South Dakota**

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:

- **Columbus, Georgia**
- **Somerville, Massachusetts**
- **Traverse City, Michigan**

The goal of the RRCA's Runner Friendly Community 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. Runner Friendly Communities can increase the quality of life; improve physical activity for residents; and provide for increased economic impact for the community.



RRCA Coaching Certification Program

2021 was another successful year for the RRCA Coaching Certification Program in terms of number of courses held during the year, 35 Level I course and 2 Level II sessions. The RRCA also safely and successfully offered two in-person courses, achieving the goal of offering both an online and in-person option to prospective coaches. The coaching team, led by Randy Accetta

PhD, expanded to include four new instructors to join the experienced team of long-standing instructors. The teaching team includes:

- Randy Accetta, PhD – Director of Coaching Education
- Cari Setzler, DVM
- Brent Ayer
- Bobby Gessler, MD
- Christine Rockey, PhD
- Beofra Butler
- Benson Langat
- Alex Morrow
- Erica Gminski - Coaching Program Manager

Race Director Certification Program

The RRCA Race Director Certification Course remains a cornerstone program for the organization. Since the program's launch in 2013, the RRCA has certified more than 475 race directors, adding 62 new race directors in 2021. 2021 also saw a continued increase in international enrollment, as race directors based in Canada, Hong Kong, India, Indonesia, Oman, and Panama all obtained RRCA certification.

RRCA Distance Running Hall of Fame Inductees - 51st Class

Founded in 1971, the RRCA Distance Running Hall of Fame inducts American runners that have attained extraordinary levels of achievement in the sport of distance running as either an athlete or a key influencer (an individual that has contributed a considerable amount of their time and knowledge to the betterment of the sport of distance running). The RRCA is proud to announce its 52nd class of RRCA Distance Running Hall of Fame inductees.

Sally Jepkosgei Kipyego is a Kenyan-born American long- and middle-distance runner. She was the silver medalist in the 10,000 meters at the 2011 World Championships in Athletics and the silver medalist in the same race at the 2012 Summer Olympics in London. She has a personal record of 30:38.35 minutes for that event and her 5000 meters best of 14:30.42 minutes makes her the second fastest Kenyan woman for the distance. She became the first Kenyan woman to win



an NCAA cross country individual championship, the first woman to win three consecutive NCAA Division I Cross Country titles, and the first runner to win three consecutive Big 12 Conference cross country titles. She also won three straight NCAA Indoor titles over 5000 m and was a two-time NCAA Outdoor champion. She is tied with Suzy Favor-Hamilton for the most individual championships in NCAA history. Kipyego won more individual NCAA championships in 2 years than any other runner in NCAA history. In 2016, Sally was runner-up at the New York City Marathon behind winner Mary Keitany (2:24:26) and ahead of Molly Huddle who placed third in 2:28:13. In 2017, she became an American Citizen. In Atlanta, Georgia, at the U.S. Woman's Olympic Trials Marathon on February 29, 2020, Sally took third place in 2:28:52. She earned a spot on the US Olympic Team. Kipyego was considered a top contender going into the Olympic Marathon run in Sapporo, Japan, Aug. 7, 2021. She ran with the front runners alongside teammate Molly Seidel the first half of the race. In the hot and humid conditions, Kipyego's pace wasn't strong enough to keep with the pack. She moved back and finished 17th in 2:32:53. Academically, Kipyego earned a nursing degree.

Magdalena Lewy-Boulet is an American distance runner. Lewy-Boulet grew up in Poland and immigrated to the United States in 1991. She was sworn in as a U.S. citizen on the morning of September 11, 2001. She earned her bachelor's degree in human biodynamics from U.C. Berkley in 1997 and a master's degree in exercise physiology from Cal State Hayward. Boulet earned a spot on the U.S. Olympic Team by finishing second in the 2008 U.S. Women's Olympic Marathon Trials with a personal-best time of 2:30:19. She won two team bronze medals as the captain of the US Cross Country team at the World Cross Country Championships in 2010 and 2011. She won the 2002 San Francisco Marathon and finished sixth overall and first among American women at the 2009 New York City Marathon. She finished second at the 2010 Rotterdam Marathon, in a personal best time of 2:26:22. At the 2010 Chicago Marathon, she finished 7th in a time of 2:28:44. She won the 20K national title at the New Haven Road Race in a time of 1:07:41. After a ten-year career running marathons on the road, she transitioned to running trail and ultra-distance events in 2013. In 2015, Magda won her 100-mile debut at the prestigious Western States Endurance Run, and was named North American Ultra Runner of the Year. Currently Magda leads Innovation & Product Development at GU Energy Labs and enjoys training and competing in ultra-endurance trail races.

Tony Reed is the co-founder and executive director of the National Black Marathoners' Association (NBMA) and a proprietor of the National Black Distance Running Hall of Fame. He's also the first Black person to have completed a marathon on each of the seven continents. He's run 131 marathons ago, in all 50 states and logged over 45,000 miles since 1976. He holds two graduate degrees (management and accounting) and two undergraduate degrees (management and mathematics). He's taught project management, IT, accounting, and business collegiate courses and seminars. And he's authored six books and over fifty business, leadership, and technical articles. His adventures are chronicled in *Running Shoes are Cheaper Than Insulin: Marathon Adventures On All seven Continents* (2008), and his latest book is an autobiography, "From the Road Race to the Rat Race: Essays From a Black Executive Marathoner." Tony is the director and producer of the soon to be released documentary, *Breaking Three Hours: Trailblazing African-American Women Marathoners*. The film is about nine amazing women who are National Black Distance Running Hall of Fame honorees that have all run under 3hours for the marathon.

Michael Wardian is an American marathoner and ultra-marathoner. He won the 2008, 2009 and 2010 US 50 km championships and the 2011 US 50 mile championship. In 2008, he won the U.S. National 100 km championship. Wardian was the 2007 JFK 50 Mile winner, and won the National Marathon Rock 'n' Roll Marathon in Washington DC for three consecutive years (2006–2008) and again in 2010, 2011 and 2012. In 2006 during a span of 45-days, Wardian won four out of five marathons he raced. In 2007,

he ran 13 marathons (not including ultra-marathons), and seven marathons in a span of nine weeks (winning three). In 2008 after winning the Rock 'n' Roll Marathon in Washington DC on a Saturday, he finished 3rd at a marathon in Knoxville, Tennessee the very next day. Wardian qualified and participated in the 2004-, 2008- and 2012-Men's Olympic Marathon trials. Some of the notable ultra-marathons Wardian has completed include the Marathon des Sables, the Western States Endurance Run, the Himalayan 100 Mile Stage Race and the Vermont 100 Mile Endurance Run. The USATF named Wardian the 2008 and 2009 Ultra Runner of the year. In September 2011, he won the silver medal at the World 100K Championships. In January 2017, Wardian ran seven marathons in seven days on seven continents in a record average time of 2:45/marathon. In 2018, he was first at the Maldives Addu Marathon. On October 27, 2019, Wardian won the inaugural Marine Corps Marathon 50K with a time of 3:11:52. In 2020, Wardian won the Quarantine Backyard Ultra, running nearly 263 miles over the course of 63 hours, without sleep, in a repetitive loop in Arlington, VA to follow social distancing guidelines during the coronavirus pandemic.

National Running Award Recipients

Browning Ross Spirit of the RRCA – Goody Tyler

First and foremost, Goody Tyler loves the RRCA. He genuinely desires to see the organization thrive and is willing to contribute to the success – in any way possible. He has cheerfully served the organization in every way, at every level, giving generously of his time, talent, and resources. Goody was involved with the RRCA without any official titles for many years before formally stepping into a role as the Virginia State Rep and helping to exponentially grow the RRCA's presence in the state. From there, Goody moved up to the RRCA Board as an At-Large Director in 2017. Throughout his involvement with the organization, Goody has chaired multiple awards selection committees, including for Outstanding State Rep of the Year. He regularly traveled to and volunteered at countless RRCA races including serving as captain of a water stop at the Credit Union Cherry Blossom 10 Mile Run. Goody has also been a champion for fostering new leadership in the organization, and his decision to step down from the Board of Directors was motivated by a desire to give fresh voices an opportunity.



Outstanding Club President – Thomas Hick

Thomas's leadership has functionally grown and strengthened the Tidewater Striders (Norfolk, VA) in multiple ways. Thomas has made a conscientious effort to increase membership, including better publicizing member benefits, creating QR codes to make it easier to join the club, and creating new membership categories. The success of these initiatives is in the numbers, as the club has grown by more than 20% during his tenure, going from 1,750 to over 2,100 in 2021. Despite the challenges of COVID, Thomas sustained and grew the club's race schedule while implementing pandemic safety protocols. Thomas also supported and expanded the Tidewater Strider's youth program, adding high school training sites and events when schools in the area shut down all sports. Over the last two-year, club has also awarded \$34,000 in scholarships to deserving student athletes.

Outstanding State Rep – Mickie Sanders-Jauquet

Since taking over as New York State Rep in 2017, Mickie has been an active and engaged ambassador and leader. During her tenure, Mickie has made it a priority to grow the RRCA's presence in upstate New York, connecting with clubs, tabling at expos, and bringing in multiple new events as National, Regional, and State Championships. The challenges of the COVID-19 pandemic have underscored Mickie's exemplary coordination in the role. She established regular Zoom-based meetings for club representatives throughout the state to share ideas, experiences, and best practices. She regularly made herself available to answer questions for organizations in NY. Mickie also coordinated and completed the application process for RRCA Runner Friendly Community Designation for her hometown of Ithaca, NY.



Road Runners of the Year

Molly Seidel: In August, at the Tokyo 2020 Olympic Marathon in, Molly fought through off stifling heat and humidity to finish third in 2:27:46, capturing the bronze medal. Molly's performance made her the third American woman to win an Olympic medal, joining Joan Benoit Samuelsson (gold, 1984) and Deen Kastor (bronze, 2004).

Abbabiya Simbassa: Finished 2021 as the men's leader in the USATF Running Circuit Standings, a result of several strong performances across multiple distances throughout the year. His best performance came against a highly competitive field at September's Credit Union Cherry Blossom 10 Mile Run, the USATF 10 Mile Championship. He finished second overall and as the top American in 46:18. Abbabiya followed that race up by taking first in the USATF 25K Championship at the Amway River Run in October, finishing first overall in 1:14:26.95.



Road Runner of the Year – Female Master

Shalane Flanagan: In 2021, the 40 year-old Flanagan completed all six major marathons: Berlin, London, Chicago, Boston, Tokyo, and New York City in under three hours. The compressed racing calendar due to COVID related rescheduling meant Shalane finished all six races in six weeks, including Chicago and Boston within just 24-hours of each other. Despite the grueling schedule, Shalane ran her fastest time in the last of the six marathon, New York, finishing as the top American female master in a time of 2:33:32.

Road Runner of the Year – Male Master

Abdi Abdirahman: At age 44, at the Tokyo 2020 Olympic Marathon in August, Abdirahman became the oldest runner ever to compete for the U.S. Olympic Team. In tough conditions, he finished an impressive 41st with a time of 2:18:27. The race marked Abdirahman's fifth time running for the U.S. Olympic team, having previously done so for the marathon in 2012 and the 10,000 meters in 2000, 2004, and 2008.



Outstanding Volunteer – Jason Armitage

Jason is a tireless promoter and supporter of the Spa Pacers in Arkansas, running club, its races, and its group runs. As a key member of the club’s race committee, Jason works year-round to organize and then host the annual Spa Festival 5K, 10K, and half marathon, key events for the group. Additionally, Jason is also an expert mentor and motivator for individual runners in the club. He is always the first person people go to for running advice or support. He has helped countless runners in their first races at various distances, putting in the miles and, making it possible for me to achieve their goals. Jason is also adept at using social media to continuously encourage new and veteran runners to challenge themselves and stay connected to the Spa Pacers even virtually.



Outstanding Beginning Running Program – Chicago Area Runners Association

Dominique Sabbs has led two impactful programs making running more accessible to new and beginning runners and walkers through the Chicago Area Runners Association. Both programs are focused on making running more accessible, with a specific focus on reaching new runners of color in Chicago’s South and West sides. The 'Go Run (short for Chica-Go Run) is free and open to anyone in effort to make running enjoyable and accessible to all. Since taking over leadership of the program in 2020, Dominique has taken it to new levels. Go Run produced 39 program dates in 2021 and had an attendance of almost 4,000 runners and walkers. Dominique built on the 'Go Run program by launching CARA’s Run Crew program.



Outstanding Youth Running Program - Running for a Better Oakland

Running for a Better Oakland (RBO) is a non-profit organization that encourages Kindergarten-12th grade Oakland (California) students to develop healthy lifestyles through running. Overseen by Executive Director Diana Léon, RBO provides training and encouragement to help students build confidence and set goals, tools they can draw on in all areas of their lives. At each weekly sessions, students received different levels of training based upon their age, and while physical improvement is key, so is creating a culture of community and leadership. Parents are encouraged to participate, many of whom join their kids in taking up a healthy lifestyle. Additionally, past high school participants are encouraged and empowered to serve as mentors to their younger peers in the program.



Excellence in Running Journalism - David & Jane Monti

David and Jane Monti are the founders and publishers of Race Results Weekly, professional distance running data and news service providing results from over 3000 events annually, worldwide. Never was the sport’s reliance on David and Jane’s work more apparent than in 2021. While in-person events returned in bulk, COVID



concerns often led to date changes, cancellations, or packed weekends with multiple major races. Race Results Weekly, led by Dave and Jane, was the go-to source for tracking all this important information, allowing anyone with a stake in running to stay educated and informed. David's gifted storytelling and Jane's sharp photographs in the publication deftly chronicled the human side of the sport's return last year.

Communications Excellence - Frederick Steeplechasers:

With in-person group activities limited on and off throughout much of 2021, the Frederick Steeplechasers newsletter and club communications, managed by Oksana Lightfoot, served as a connector to members hungry for running information. Oksana keeps the club's newsletter fresh and relevant with a variety of content that members look forward to each new issue. The club also maintains an active, informative, user-friendly website, and posts regular updates on its social media accounts with club, pictures, news,



and general running-related information.

Road Race of the Year - The Mercy Health Glass City Marathon

Directed by Clint McCormick, the Mercy Health Glass City Marathon set the wheels in motion for many of the other major road races that occurred last year. While there were races that occurred following the onset of the COVID-19 pandemic, few, if any, matched the size and scope of what Glass City pulled off in late April 2021. Due to the relationship the event and Clint have with Mercy Health, the City of Toledo, and other major entities throughout Toledo, they collectively put a COVID safety plan together and implemented new policies so the event could happen safely. Perhaps just as impressive, 2021 marked the first year that the Mercy Health Glass City Marathon sold out all entries with over 342 runners qualifying for Boston.



RRCA State Representatives

For nearly 50-years, the RRCA State Representatives (State Reps) have served as ambassadors for the organization. State Reps promote RRCA programs and services to clubs and events in their home state. 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 State Reps:

Alabama: Alex Morrow
Alaska: Melanie Clark
Arizona: Tim Bentley
Arkansas: Jayme Butts-Hall
California - East: Simone Adair
California - Coastal: Stephanie Davies
California - South: Jackie Britton
Colorado: John Perez
Connecticut: Vacant
Delaware: Vacant
Florida - North: Gabriela Garza
Florida - South: Don Nelson
Georgia: F.M. Barron
Hawaii: Ron Alford
Idaho: Vacant
Illinois - North: Doug Pitchford
Illinois - South: Erica Hunt
Indiana: Kim Harding
Iowa: Kristin Adkins
Kansas: Vacant
Kentucky: Anna Heeman
Louisiana: Todd Delahoussaye (Outgoing)
Maine: Chandra Leister
Maryland & DC: Lou King (Outgoing); Ndegwa Kamau (Incoming)
Massachusetts: Stephen Viegas
Michigan: Scott Fiske
Minnesota: Paulette Odenthal

Mississippi: Vacant
Missouri: Vacant
Montana: Ronda Vukasin
Nebraska: Vacant
New Hampshire: Chandra Leister
New Jersey: Alethia Mongerie
New Mexico: Gary Schancer (Outgoing)
New York: Mickie Sanders-Jauquet
New York City: Tony Majewski
Nevada: Vacant
North Carolina: Goody Tyler (Interim)
North Dakota: Vacant
Ohio: Peter Qumsiyeh
Oklahoma: Vacant
Oregon: J.C Cortez
Pennsylvania: Jeff Hills
Rhode Island: Vacant
South Carolina: Lionel Adams
South Dakota: Benson Lagat
Tennessee: Sherilyn Johnson
Texas - North: Marcus Grunewald
Texas - South: Lee Greb
Texas - Central: Sharron Fisherman
Utah: Karie Underwood
Vermont: Chandra Leister
Virginia: Grattan Garbee
Washington: Grace Martinez
West Virginia: Vacant
Wisconsin: Kayla Sell (Outgoing)
Wyoming: Marlene Short



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 BBB Wise Giving Alliance Accredited Charity and is a Platinum-Level Guidestar Exchange Partner.

Kids Run the Nation® Fund

Thank you to the following clubs, events, individuals, and corporate supporters that contributed \$19,667 towards our fundraising goal for *the Kids Run the Nation* Fund in 2021.

15th Street Flyers	Jennifer Marie Derleth	Seashore Striders
Alaska Salmon Runs	Jersey Shore Running Club	Selina Santos
Albany Running Exchange	Jessica Walker	South Shore Runners
Angie Spencer	Joe Gigas	Susan Mix
April Kramer	Junction 311 LLC	Tracey Anglin
Athletic Equation, Inc.	Kansas City Track Club	Ventura Running Club
Badgerland Striders	Kelly Nash	William E Simon Foundation
Bob Dyer	Kelly Richards	Wonderland Adventure Running
Charmed by Endurance LLC	Kimberly Aubuchon	
Cole Crosby**	Lauren Shewmake Ritchie	
Colorado Runner Events LLC	Lynn Grieger	
Deena and Andrew Kastor	Marsha McCombie	
Dr. Julie Burges	MVM Teams	
Erin King	Nivian Pickett	
Falcon Events, LLC	NPHC of Greater Atlanta	
Frederick Steeplechasers	Olga Starikova	
Grattan Garby	Pinedale Half Marathon	
Healey Family Foundation	Rae Alexander	
Hometown Happenings	Rabbit Running LLC	****\$10,000 and above
Houston Striders**	Rocky Mountain Endurance Club	***\$5,000 and above
Insurance Management	Runner's High Club	**\$1,000 and above
Group****	Runners High Timing & Race	*\$500 and above
Jennifer Figgins Rooks	Management	

Roads Scholar® Fund

We thank the following clubs, events, individuals, and corporate supporters that helped raise \$20,000 in support of the Roads Scholar Fund for 2021.

Alaska Salmon Runs	Junction 311 LLC	Seashore Striders
Albany Running Exchange	Kansas City Track Club	Selina Santos
April Kramer	Kelly Richards	South Florida Racewalkers
Athletic Equation, Inc.	Kimberly Aubuchon	South Shore Runners
Chester County Running Club	Lauren Shewmake Ritchie	Susan Mix
Colorado Runner Events LLC	Lisa Rippe**	Tracey Anglin
Cumberland Valley Athletic Club**	MVM Teams	Ventura Running Club
CRO Redux Organizing**	NPHC of Greater Atlanta	
Committee	Olga Starikova	
Erin King	Rabbit Running LLC	
Goody Tyler****	River City Runners and Walkers Club	****\$10,000 and above
Hal Higdon*	Rocky Mountain Endurance Club	***\$5,000 and above
Huntsville Track Club*	Runners High Timing and Race	**\$1,000 and above
Jersey Shore Running Club	Mgmt	*\$500 and above
Jessica Walker	Schwab Charitable	

Annual Program Fund

Thank you to the following clubs, events, individuals, and corporate supporters that have contributed nearly \$14,820 to the Annual Program Fund in 2021. Annual contributions to the RRCA, along with our fundraising auction proceeds, help support the *Kids Run the Nation* program materials, Runner Friendly Community program, RUN@WORK Day promotional efforts, State Reps 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.

Advanced Running Project	Jill Gajkowski	Runners High Timing & Race Management
Alaska Salmon Runs	Kalamazoo Area Runners	Running Zone Foundation Inc
Albany Running Exchange	Kansas City Track Club	Samantha Collmar
Albert Frederick	Kay Evans	San Luis Distance Club
Amazon Smile	Kelly Richards	S and S Running LLC
April Kramer	Kenneth Winiecki	Seashore Striders
Barb Jewell	Kimberly Aubuchon	Selina Santos
Becky's Warriors NFP	Laurel Park	Sole 2 Soul Sports Visalia
Betsy Boudreaux*	Lauren Shewmake Ritchie	Forever Young Events
Brenda Groskinsky	Lisa Rippe**	South Shore Runners
Capitol Heights Walking & Running Club	Mark Lang	Susan Mix
Charlottesville Area Trailrunners	Marsha McCombie	Tina Humphreys
Colorado Runner Events LLC	Mickie Sanders-Jauquet**	Tracey Anglin
Erin King	New Jersey Road Runners Club	Ventura Running Club
Front Runners Tampa Bay	North Mitten	Virgin Island Pace Runners
Gasparilla Distance Classic	NPHC of Greater Atlanta	Crowell & Moring (In-kind)
Gisette Rodriguez	Olga Starikova	
Greater Bellingham Running Club	Pacesetters Running Club	
Greenburgh Road Runners	Patricia Winiecki	
Harold Tinsley***	Paypal Giving Fund	
James Riga	Pocono Area Running Club**	
Jean Arthur	Prairie State Road Runners	
Jennifer Figgins Rooks	Rabbit Running LLC	
Jersey Shore Running Club	Road Race Management	****\$10,000 and above
Jessica Walker	Rocky Mountain Endurance Club	***\$5,000 and above
	Runner's High Club	**\$1,000 and above
		*\$500 and above

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National Event Services	Insurance Management Group
Marathon Printing	K&K Insurance
Rock 'n' Roll Marathon Series	Constant Contact
RunSignUp.com	Brainshark
Gatorade	



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