

2024 End of Year Party

January 10, 2025

2024 Selected Individual Awards

Men's MVP: Peyton Artz

Women's MVP: Eden Slater

Women's Rookie of the Year: Charlotte Kowalk

Men's Rookie of the Year: Rich Wilson

Coach's Award: Jamal Robinson

Most Races Run: Mike Naff (25 races, 278.5 miles)

Top Attendance Award (Tie): Klim Krivosheev, Ross Rubin (37 practices)

Men's 2024 Top Performances

1. Kevin Cory - Richmond Half Marathon - 1:09:48
2. Chris Bourke - Marine Corps Marathon - 2:30:22
3. Ryan Henderson - Richmond Half Marathon - 1:10:39
4. Sam Sharp - St. Rita's 5K - 15:38
5. Peyton Artz - USATF Club Cross Country Championships 10K - 217th place
6. Johnny Rogers - St. Rita's 5K - 15:45
7. Evan Fallor - Rehoboth Half Marathon - 1:13:20
8. Spencer Conti - Boston Marathon - 2:39:51
9. Will Sullivan - Cherry Blossom 10-Miler - 55:39
10. Alex Markenzon - Bayshore Marathon - 2:44:02

Women's 2024 Top Performances

1. Charlotte Kowalk - St. Rita's 5K - 17:11
2. Annalise Davis - Cherry Blossom 10-Miler - 1:01:18
3. Bree Hammond - USATF Club Cross Country Championships 6K - 154th place
4. Emma Macdonald - DC Rock & Roll Half Marathon - 1:21:19
5. Gabi Richichi - USATF Club Cross Country Championships 6K - 166th place

6. Eden Slater - Cherry Blossom 10-Miler - 1:02:11
7. Katie Read - St. Rita's 5K - 17:45
8. Maggie Larkin - USATF Club Cross Country Championships 6K - 22:47
9. Grace Heller - New York City Marathon - 3:05:51
10. Jordan Schuck - Chicago Marathon - 3:10:33

Masters Men 2024 Top Performances

1. Rich Wilson - USATF Club Cross Country Championships 10K - 81st place
2. Erik Uribe - Cherry Blossom 10-Miler - 56:06
3. Peter James - Cherry Blossom 10-Miler - 57:05
4. Josh Singaas - Houston Marathon - 2:48:22
5. Tom McCarthy - St. Rita's 5K - 22:34

Masters Women 2024 Top Performances

1. Lisa McNichols - St. Rita's 5K - 19:12
2. Joy Harrington - Lake Accotink 5K - 20:09
3. Michelle Cullum - Run Geek Run 5K - 20:14
4. Erin Swiatocha - Scranton Half Marathon - 1:33:19
5. Martha Merz - Cherry Blossom 10-Miler - 1:20:20

Top Attendance (# practices/45)

1. Greg Swiatocha (42)
2. Jim Cari (40)
3. Michelle Cullum (38)
4. Klim Krivosheev (37)
5. Ross Rubin (37)
6. Erin Swiatocha (36)
7. Joy Harrington (36)
8. Tom McCarthy (36)
9. Jamal Robinson (33)
10. Kunrui Peng (32)
11. Mark Thompson (32)
12. Peyton Artz (32)

2024 End of Year Stats

- Total # races recorded by NOVA members: **404**
- Total # of PRs set by members: **130**
- Total Members as of Dec 2024: **300**
- Total \$\$ raised in 5K: **\$3,422**

Welcome to our 2025 NOVA Board!

President: Tom McCarthy

Vice President: Erik Uribe

Treasurer: Greg Swiatocha

Membership Coordinator: Jim Cari

Membership Coordinator: Erin Swiatocha

Newsletter Coordinator: Will Sullivan

Webmaster: Justin Le

Resources & Fundraising: Maddie Kelleher

Social Media Coordinator: Michelle Cullum

Member at Large: Eden Slater

And farewell to our departing 2024

Board Members: John Hall, Colin Winchester

Thanks for your service on the NOVA Board!

Many thanks to all the members who generously contributed to NOVA this year!

We raised \$4,042 in our Donation Drive!!

2024 Selected Individual Awards

With thoughts from Coach Jerry



NOVA Running Club 2024 Men's MVP: Peyton Artz

Peyton had a breakthrough year in 2024. His many excellent performances include 15:17 for 5k, 56:11 for 10 miles, and a 1:11:38 half marathon. Peyton capped off his season by finishing an impressive 217th at Clubs XC. Peyton's improvement was the result of months of unrelenting hard work and dedication, and there is much more to come.

NOVA Running Club 2024 Women's MVP: Eden Slater

Eden had another great year in 2024. She ran a big PR of 62:11 for 10 miles, and had major success in cross country, running 22:20 for 6k at the Gettysburg Invitational where she placed 17th, and placed an excellent 170th at Clubs. Eden is the inspirational leader of NOVA's women's elite squad, and in that capacity she serves as a trusted mentor for her less experienced teammates.

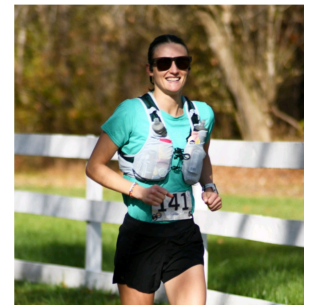


NOVA Running Club 2024 Men's Rookie of the Year: Rich Wilson

The Rookie of the Year Award is reserved for someone new to NOVA, new to running, or both. Rich was a standout at Amherst College. And then life happened, and he was out of the sport for 20 years. Rich regained the desire to compete in 2024, and this fall he ran 17:18 for 5k, 28:11 for 5 miles at the Gettysburg XC Invitational, and finished the year with an outstanding 81st place in the masters race at Clubs. Rich is just getting started, and there are big things to come.

NOVA Running Club 2024 Women's Rookie of the Year: Charlotte Kowalk

Charlotte had a fantastic first season with NOVA. Charlotte showed her potential by running 21:58 for 6k at Gettysburg and placing seventh. Charlotte delivered on that potential in a huge way by running an outstanding 17:11 to win St Rita's 5k, where she beat several elite athletes. Charlotte's performance at St Rita's is unquestionably in the top 5 races ever run by a NOVA woman. Charlotte finished the year by leading the NOVA women at Clubs XC by placing 143rd.



NOVA Running Club 2024 Coach's Award: Jamal Robinson

Jamal threw himself into racing in 2024, and the results were extremely impressive. Jamal ran numerous big PRs, including 18:30 for 5k, 30:25 for 8k, 65:45 for 10 miles, and an outstanding 1:22:19 half marathon. Jamal embodies the spirit of NOVA—he came to the team as a complete beginner and within a short time he has developed into a serious runner with strong credentials. It's only going to get better for Jamal as he continues his development.

"To enhance our members' enjoyment of the sport of running"

In Memoriam: Alice Stewart

By Tom McCarthy, NOVA President

Many NOVA members knew Alice Stewart from Tuesday track along with Saturdays via Potomac Runners. Alice died in May 2024, too young at 58.

In that she was part of a national news organization, there is much publicly available about her. This is not a recitation of her role or accomplishments.

Rather it is a recognition and celebration of Alice's role with us as a Running Buddy.

We gather to run seeking fellow runners. We do not seek role, political orientation, gender, age or other defining characteristics. And while pace might come into play, it does so as a natural and non-judgmental selection criterion.

Along the way we get to know each other, and it seems that no matter from where we come, above all we value the common bond as fellow runners. From time to time, we bestow the title "Running Buddy." That designation earned over miles and time is as valued as any degree or similar accomplishment.

We see and understand our Running Buddies when they run well and not so well. We judge not, as we expect to likewise not be judged. Just as we always support and likewise expect such in return.

Alice was one of my Running Buddies. I enjoyed my conversations with her as they were always a two-way street; both listening to and being listened to. Alice would ask about something talked about in our previous run to start the dialogue, even if the interval was weeks. She was a fierce competitor: training last year for New York she was injured a few weeks out. Without being foolish, Alice saw her way to rehab and run what she saw as an admirable time.

I suspect Alice was a Running Buddy to many who admired her for these and other worthy attributes. She will be missed.

Rest in peace Alice.

We know for whom the bell tolls ... it tolls for us.

Here is Alice's obituary from CNN: <https://www.cnn.com/2024/05/18/politics/alice-stewart-cnn-commentator-dies/index.html>

