

Third First Place Finish of 2018 for Local Runner at Medal of Honor 8K

400 athletes ran the greens at the Quantico's Medal of Honor Golf Course

QUANTICO, VA (December 8, 2018) – The worlds of running and golf collided this morning as 400 runners completed the Medal of Honor 8K presented by Marines Plumbing. The 4.97-mile run along cart paths weaved through the scenic 18-hole Medal of Honor Golf Course for a truly exclusive experience. This event brought holiday cheer aboard Marine Corps Base Quantico and drew to a close the 2018 Marine Corps Marathon event calendar.



The first male finisher of the Medal of Honor 8K was Matt O'Neil, 23, of Woodbridge, VA with 27:26. This is O'Neil's third first place finish in 2018 at a Marine Corps Marathon event, as he crossed the finish line first at the Belleau Wood 8K in June and the Quantico 12K in August.

Topping the charts once again was Lt. Sandra Pahl, U.S. Navy Reserves, 40, from Alexandria, VA who was the top female finisher with a time of 36:32. The Medal of Honor 8K presented by Marines Plumbing is Pahl's fourth top finish this year, earning titles from the Dog Double in May, Quantico 12K in August and the Turkey Trot in November.

Filling out the field of top finishers includes:

- U.S. Marine Corps Col. Stephen Armes, 48, from Triangle, VA with a time of 33:04 as the male second place top finisher. Col. Armes was the top finisher last month at the Turkey Trot.
- U.S. Marine Corps Maj. John Dexter, 34, from Burke, VA crossed the finish line as the male third place competitor with a time of 33:46.
- The second place female finisher, Sara Gilliam, 41, from Stafford, VA soared across the finish line with a time of 36:56.
- Dana Mills, 38, from Stafford, VA ran a 38:24, landing her third place for the women.

Marine Corps Base Quantico's Commanding Officer Col. William C. Bentley III participated in the Medal of Honor 8K and boasts, "This is a great opportunity to get involved with the community and experience the golf course from a different perspective. It was a well organized and attended event."

Runners teed up at the start line for the Medal of Honor 8K at 9:30 a.m. Runners scattered the golf course greens in four waves and noted the following:

- All participants received a special Medal of Honor 8K fleece hat, holiday ornament and free greens fee at the Medal of Honor Gold Course for future use.
- Runners were treated to coffee and donuts courtesy of Dunkin Donuts prior to the event.



MEDIA RELEASE

www.marinemarathon.com

#RunWithTheMarines

f Marine Corps Marathon

@Marine_Marathon

- Gift baskets donated from Marine Corps Community Services were given to the top finishers at the event's award ceremony with the picturesque golf course scene in the background.
- The youngest Medal of Honor 8K runner was Bryton Lee, 7, from Gloucester, VA and the senior runner was Broniek Dutkiewicz, 80, from Quantico, VA.
- Over a quarter of the field of runners were members of the military, including 86 Marines.
- Ray Toczykowski represented presenting sponsor Marines Plumbing as a participant in the 5.97-mile run.
- Sixteen states were represented during the eighteen hole run including: Alaska, Arizona, Colorado, Washington D.C., Delaware, Florida, Kentucky, Maryland, Virginia, Michigan, New York, New Jersey, Pennsylvania, Rhode Island, South Carolina and Texas.

Unofficial results are available at www.marinemarathon.com. Runners may continue their commitment to #RunWithTheMarines by viewing the list of 2019 MCM events at www.marinemarathon.com. Registration is now open for May 2019 Historic Half Weekend events including the Historic Half (13.1 miles), the Semper Five (five miler) and Devil Dog Double, where participants run the Five then tackle the half marathon. Four Star Packages are also available for runners to obtain entries for the 2019 Marine Corps Marathon. By purchasing a Four Star package, runners obtain entries, hotel nights, shuttles, hospitality and more, while skipping the uncertainty of the Lottery process. The 44th MCM will be held in October 2019.

For media information please contact Ashley Topolosky, Marine Corps Marathon Public Relations Coordinator at 703-987-3191 or ashley.topolosky@usmc-mccs.org.

Medal of Honor 8K presented by Marines Plumbing is hosted by the Marine Corps Marathon Organization and Marine Corps Community Services (MCCS). The Medal of Honor 8K presented by Marines Plumbing takes place at the Medal of Honor Golf Course on Marine Corps Base Quantico. No federal or Marine Corps endorsement is implied. Connect with the Marine Corps Marathon on [Facebook](#), [Twitter](#), [Instagram](#), [YouTube](#) and [Flickr](#). #RunWithTheMarines