

Three First Place Finishes for Top Female Finisher at Turkey Trot

989 total finishers in the festive Turkey Trot 10K and Mile aboard Marine Corps Base Quantico

QUANTICO, VA (November 17, 2018) – The first female finisher to break the tape for the Turkey Trot 10K this morning was Lt. Sandra Pahl, U.S. Navy Reserves, 40, from Alexandria, VA with a time of 44:38. This is the third time Lt. Pahl has been the top female finisher in the 2018 MCM Event Series, having crossed the finish first at the Devil Dog Double (2:19:37) in May and the Quantico 12K (55:11) in August.



“This is awesome. I'm focusing more on coaching others now and giving back,” shares Lt. Pahl on her three-peat accomplishment. She also captured the coveted Distinguished Participant medal.

U.S. Marine Corps Col. Stephen Armes, 48, from Triangle, VA, crossed the festive finish line first among the males in 39:29. Col. Armes is an accomplished runner and triathlete who currently oversees the Marine Corps Force Fitness Readiness Center. “It was a great race. It was the first time I've ran it. It is a beautiful course and was greatly supported.”

The second place male finisher was Brandon Barker, 17, from Verona, VA, with a time of 39:52. Closely behind was Brandon Kwon, 17, from Fredericksburg, VA, who placed third with 40:14. Rounding out the female podium in second and third were Elizabeth Robeson, 37, from Quantico, VA, 45:08, and Dani Flavin, 16, of Woodbridge, VA, 45:24.

The 2018 Turkey Trot featured a flock of festive activities to accompany the 10K and one mile fun run including:

- Awards including Thanksgiving frozen turkeys and pumpkin pies courtesy of Wegmans.
- Wild turkey-themed costumes like the one worn by Mary Polonia, who ran the one mile in a full Thanksgiving turkey stuffed jumpsuit. “Why not have fun? I wanted to do something more festive.”
- “I like to volunteer to be around the military community. I used to be in the Air Force and I love to help out and take advantage of it. Even in the cold, there's great energy and costumes,” says volunteer Yolanda Baez. She volunteered with baggage and enjoyed a view of the nearby petting zoo, as her friend has a llama farm in Georgia.
- The petting zoo featured llamas, mini horses, turkeys, ponies, rabbits and goats. “Everyone is a kid around animals,” says Bruce Stickl, Pony To Go.
- The youngest 10K participant was Sully Johnstone, 8, with a time of 1:18:21 and the senior participant was Robert Stocker, 75, who finished in 1:31:05.

Marine Corps Base Quantico's Commanding Officer Col. William C. Bentley III boasts, “It was an absolutely terrific event with all of the costumes, pies and turkeys, the Thanksgiving theme and the focus on the families and children.”



MEDIA RELEASE

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The field of Turkey Trot runners also included the Distinguished Participants, who completed their final 2018 MCM Event Series run. There were more than 300 Distinguished Participants in 2018, a record number from past years with a 42 percent increase since 2017. Runners sought and earned the coveted Semper Fidelis medal which features a shiny gold finish and the MCM Event Series logos on the back. In order to gain this prestigious medal, runners would have participated in Historic Half Weekend in May; Run Amuck or Belleau Wood 8K in June; Quantico Tri or Quantico 12K in August; and finally the Turkey Trot. The Distinguished Participant medal is presented by local running specialty store, VA Runner, and Always Advancing.

Unofficial results are available at www.marinemarathon.com. Runners may continue their commitment to #RunWithTheMarines by participating in the inaugural Medal of Honor 8K presented by Marines Plumbing on December 8. The list of 2019 MCM events can be found at www.marinemarathon.com.

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Turkey Trot is part of the 2018 MCM Event Series, hosted by the Marine Corps Marathon Organization. The MCM Event Series is sponsored by Always Advancing, Brooks, Burns, Camelbak, Dole, First Command, GEICO, Holiday Inn Quantico, Marines Plumbing, Mission BBQ, M9 Solutions, Pohanka Nissan, Sentara Healthcare, SJK, Marines Moving, Uhaul, USO, VA Runner and Wegmans. No federal or Marine Corps endorsement is implied. Connect with the Marine Corps Marathon on [Facebook](#), [Twitter](#), [Instagram](#), [YouTube](#) and [Flickr](#). #RunWithTheMarines