

History

Ten Years Running

5K Run For Kathy

10/11/008

By Carolin Pollack



Some people run a race to win, some run for fitness, but some run for a cause. All of those people came out on Saturday, October 11th for the 10th annual “Run 4 Kathy”. Who was Kathy and why do we run for her? Kathy Popp-Long was my sister and she died of cervical cancer at the too young age of 36. She was also a teacher in Prince George’s County, a mother of three girls, a wife, a daughter, a sister, a cousin, a friend. We all loved her. So while we were grieving her too short life, two of her husband’s cousins decided to hold a race to earn money for cancer research. This would give us another time to be together with all the family and friends who missed her, and do something positive for a good cause in her name.

Ken Long and his sister, Kathleen Lineberger, were both runners, so when they first proposed the idea of a race, all of the relatives were excited. We all volunteered our time to set up, get sponsors, find prize donors, man the stations and whatever else was needed. We were legion and we wanted to “Run 4 Kathy”. We had no idea how much work would be involved! Ken and Kathleen put us into action, found more volunteers, gave their time and used their knowledge of what a good race should be. The first run was a success with over 165 runners. There were runners for the 5K and people who signed up for the 1 mile “fun run” around Allen’s Pond. A DJ provided music to set the pace. There was food and water for the runners, face-painting and activities for the children. Many prizes were given in each of

the age categories. Pictures of Kathy and her family were set up to remind us of why we were there and what we were running for. And of course, all of the money raised went to the Johns Hopkins cancer center. The race was such a success that we decided to repeat the event in hopes of raising \$100,000 in Kathy's name.

Over the next nine years Ken and his family worked, and we ran and we earned more money. Cancer survivors were encouraged to register and run for free. Families were encouraged to come out and run together. Parents pushed babies in strollers around the pond; little ones barely able to walk were all there. Some families came to support and remember their own cancer victims. Each year we got a little better at getting donations and having volunteers in place. We learned how much water is enough for a race and how much food to have ready. Families kept coming. Each year the Popp and Long families all met again. Kathy's friends and neighbors all came back to work and volunteer, but there were always new faces too. Runners heard about the great course layout and the terrific prizes, and even though they knew nothing about our family or Kathy, they ran. Year after year more people came. We ran in good weather and rain; we ran when it was so cold the stickers wouldn't stick to the children's craft projects. When the sniper came to Washington, we postponed the race, but we still ran.

This was not just a race, it was an event. Whole families could come and have a good time. The Bowie community came out to support the racers and the cause. Even as the event grew to over 300 runners, it still remained a family affair. Ken was our head cheerleader. Sisters, brothers, cousins, aunts, uncles grandparents, in-laws all turned out to help. Many things have changed in the past ten years: we have new babies and our children are getting married. These additions are making the Popp and Long families bigger. But we are getting older, too. We hit our goal of \$100,000 for cancer research this year as we watched the runners cross the finish line for the tenth time. Thank you, Ken for all your hard work. We will never forget our sister, but thanks to you, over 2,100 people involved over the years will remember her too. It has been a huge amount of work, but it has been an amazing race.

Run for Kathy Raises \$100K for Cancer Research

Oct. 11, 2008

Ruth for Kathy

By Chuck MacDonald



The perfect weather Saturday, Oct. 11 helped attract a near record crowd for the final installment of the Run for Kathy that has been held every year for the last decade. The event kicked off with a one-mile fun run at Allen Pond in Bowie, followed by a 5K race. The fun run buzzed with enthusiasm as children of all ages tried to contain their energy long enough for the race to start. A knot of blonde and brown-haired buzz cut boys practiced their starts while talking in quick bursts of energy. “I believe there’s between 20 and 25 cousins and cousins related by marriage here in the race,” said Terri Moroney, of Elkridge, who contributed some of her brood to the race. “Kathy was my cousin, and this event brings memories of her back. We miss her.”

The Run for Kathy finished a decade of fun and fund raising by making its final donations to a contribution of \$100,000 to cervical cancer research at the Sidney Kimmel Cancer Center at Johns Hopkins Baltimore. From the beginning the event was as much about supporting family as it was about fighting a dreaded disease. The race was held in memory of Kathryn Popp Long, who passed away in 1999 at the age of 36. She succumbed to cervical cancer.

At the awards presentation, Mrs. Long’s three daughters, Adriane, Elizabeth and Caitlin Long, received plaques in memory of their mother. “When our family began the race 10 years ago, I was single,” said Ken Long, the event coordinator. “Now I am married, have four children and can appreciate what it would mean for children to be without a parent. We started this race in memory of her. She was a loving mom, a teacher, and a great person.

Kathryn Popp Long, was Ken's cousin. He was ably assisted at the Oct. 11 event by two of his sisters: Kathleen Lineberger and Kelly Hershey. "We've been doing this event for 10 years, and it has been very fulfilling and inspiring," said Long. "We're very thankful for the volunteers and sponsors over the years who have made the event possible."

Over the years more than 2,000 people have participated in the Run For Kathy as volunteers, sponsors, and participants. The 2008 event had more than 300 people sign up for the races, one of the highest numbers ever.

The nearly perfect weather provided ideal conditions for the 5-kilometer- (3.1 mile) race that began at Allen Pond and wound its way through the streets adjacent to the park. Both the male and female winners set course records. Matt Straughn, who lives in Glendale, was the winner of the men's event with a time of 16:12, and Cate Fenster was the first women finisher with a time of 18:05. Iain Banks, was the first Bowie finisher. He finished third overall with a time of 17:01. "The people here are great," said Straughn, who appreciated the relaxed friendly atmosphere. "It's one of the better races I've participated in, and it's for a great cause."

Not only did Long hand out medals for the winners in each age group, he also distributed a number of valuable prizes from local businesses to participants. Gift coupons from Bowie restaurants, merchants, and apparel were some of the items distributed.



9th Annual 5K Run for Kathy

By Chris Pitts

October 13, 2007

Allen Pond Park, Bowie, MD

For the *Washington Running Report*



There are times when you just know that someone would have appreciated and approved of what you are doing in their memory or to honor them. In this case, Saturday's 9th Annual Run for Kathy was exactly what Kathy Popp Long would have wanted. The 5K race held at Allen Pond Park was very successful raising over \$12,000 for the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, bringing the nine year total to \$89,000. Ken Long and his extended family work tirelessly to make sure that the event honors Kathy's memory and is a worthwhile event for runners.

Kathy was a personal friend and running partner of mine for several years. We used to run in the early morning hours before the kids woke up and the chaotic day began. We both cherished those morning runs. Well, maybe not the getting up so early part but

definitely the sharing our thoughts part. She loved the outdoors as much as she loved family activities, so the Run For Kathy is the perfect way to honor Kathy.

What Kathy would have appreciated most is that anyone could have participated in the activities, and there was something for everyone. She loved family outdoor activities, and Saturday's activities included a 5K Run, a 1 Mile Kid Run, and a 1 Mile Walk. After-race activities included face painting, crafts, cotton candy, and food. Yes, food! Popeye chicken, Panera Bread bagels, fresh fruit, and Pizza Hut pizza were served up after the race along with plenty of water. Age-appropriate drawings for Under Armour apparel, gift certificates to a wide variety of restaurants, rounds of golf, and even flying lessons were available to all participants.

The other part Kathy would have appreciated was that the \$89,000 raised over the years ALL goes for cancer research. Kathy died at the very young age of 36 from cervical cancer in January of 1999. She was survived by a husband, 3 girls, and a loving family. The money contributed Saturday, and over the last 8 years, goes directly to research that will one day find a cure for cervical cancer so that women as young and vibrant as Kathy do not have to succumb to cancer. We all know someone who has been affected by cancer and the research done at Johns Hopkins can one day change that.

The weather was perfect for running starting out a little cool but warming as the race start time arrived. The 1 Mile Kid Run started promptly at 8:45am followed by the 1 Mile Walk and shortly thereafter the 5K race. The encouragement from the volunteers, who were everywhere from guiding the race to handing out water to each participant to helping the kids with crafts, was very heart warming. Upbeat music could be heard from the time you arrived at the park and seemed to lift everyone's spirits ... or at least wake them up.

There were prizes for overall winners in the male and female category as well as age brackets. Impressive times were clocked by the top finishers.



The Mayor of Bowie Fred Robinson was there to thank everyone for participating. A representative of Johns Hopkins, Kyleigh Helfrich was on hand to share information about Johns Hopkins and how important fundraisers like Run for Kathy are to the research in finding a cure for cancer. Here are a few comments that Kyleigh said:

"This is a wonderful way to honor Kathy's memory and to be proactive in the fight against cancer... Every dollar that you have raised has gone to researching better prevention methods, treatment of and vaccines for cervical cancer. We are relying more heavily on the generosity of individuals like you to make up for the decreased availability of federal research funds because of budget cuts. Each year there are 13,000 women diagnosed with cervical cancer in the United States... There are several things that Kimmel researchers

have done in the last year that we believe will dramatically reduce that number...the first is the Human Papillomavirus (HPV) vaccine, the second is prevention and early diagnosis,...the third is clinical trials...Thank you again for your support of the Kimmel Cancer Center at Johns Hopkins and for helping us fight cancer."





Kathy would have loved seeing her girls, her brothers, her sister, her mom and step-dad, cousins, nieces, nephews, her in-laws, and close friends working together to bring individuals and families together for an outdoor activity. I recognized many of the runners from years past, and I talked with a few runners who ran their first Run for Kathy today. In talking with them after the race, they said they will definitely be back next year.



Run For Kathy 5K

Another Success for All

By Jim Hershey

October 14, 2006

Bowie, MD



For the *Washington Running Report*

In its 8th year, the Run for Kathy 5K, which is held each year in October at Allen Pond Park in Bowie, MD, is an incredibly well organized and community supported event.

The 5K course has everything. The start is straight and wide open--all runners have plenty of room to get into position and settle into their pace. Upon leaving Allen Pond Park, the runners file straight down Northview Drive before turning right to make a loop through the residential community which has some small hills. Safety is clearly a priority at this race as traffic is strictly controlled by well positioned officers from Prince Georges County Police. The course makes its way back to the path that loops around Allen Pond. Runners can see and hear the crowd at the finish line as they run alongside the lake for the final 0.3 miles.

First, second, and third places prizes, along with a medal, are awarded in eight age groups. The prizes include gift certificates to great places like McCormick & Schmicks, Jolie Day Spa, Bobby Van's Steakhouse, Road ID, and Tel-a-Runner place. The overall men's winner was George Vogel (16:46). For the women, it was Kathleen Liever (18:28). This was the first time George and Kathleen competed in the Run for Kathy. They edged out long time participants like Blaine Johnson (16:57), Ian Banks (17:03) and Sheryl Kline (19:32). Make no doubt; this race is for all ages. Richard Williams, 70 years young, won his age group with a time of 23:33--that is a pace of 7:20 min/mile! In a slightly younger age group Tommy McGee (age 7) finished in 26:13.

In photo below, George Vogel (33) of Alexandria, VA win the race in 16:47 and happily receives his award.



In addition to the 5K race, there is a Family Walk (free to all) that loops around Allen Pond. Then there is the popular 1 mile Kids Run, in which the kids are cheered by the crowd as they experience the thrill of crossing the finish line--at that point they are awarded a 1st place ribbon and a balloon.

The race may be over then, but the activities continue...in the background is the upbeat DJ from HOT 99.5 playing music and organizing games. The children enjoyed face painting, crafts, and swinging at a candy filled pinata. The park also has a playground area. Also, nobody leaves hungry...the pavilion looks like a buffet that includes Panera Bread bagels, Popeye's chicken, Pizza Hut pizza, and a variety of fruit.

For those of us that did not finish in the top 3....our chances of going home with something are still good. The door prizes are some of the best around. I am not sure how many there were (about 50), but numbers kept on getting called and people kept on walking up to receive gifts such as Under Armour apparel (more than 30 items were given away!) and certificates to Panera Bread, Bowie Baysox, and Crofton Bowling Alley.

The Long and Popp families started the Run for Kathy Organization in 1999 in honor of Kathryn Popp-Long who died of cervical cancer that same year. Since that time, they have raised more than \$75,000. All this money has gone directly to The Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins in Baltimore, MD to support patient services and medical research. This is the center in which Kathy was treated both medically and compassionately.

In one way or another, cancer affects us all. More than 500,000 people in the United States die each year from this disease. Although there have been advances in both research and treatment, unyielding public support is needed to get us to the day when all cancer patients are cured - this can be a reality. Everything about the Run for Kathy--the organizers, the volunteers and the participants, represent that spirit.

In photo below, Kathleen Liever (28) of Alexandria, VA is sixth overall, winning the women's race in 18:29.



Viewpoint: Run for Kathy a wonderful Bowie charity event - 2006

By Sam Falzinger

The beautiful Bowie that we know and love is full of activities, events and busy family schedules.

There is one event our family takes part in each year that puts aside soccer games and the usual Saturday morning routine, although I would do just about anything to get out of doing 10 loads of wash! So pull out your running, or walking, shoes to participate in the eighth annual Run for Kathy (www.run4kathy.org) benefit race Oct. 14 at scenic Allen Pond.

"Why?" you ask. Because this run is worth getting up for on a beautiful fall Saturday morning to punish your body when you could be lying in bed with a cup of joe, reading the paper in your PJs and fuzzy-pink bunny slippers or spending your morning buying more stuff at the many Bowie neighborhoods in the Garage Sale Capital of the World.

There are many reasons for you, your friends, your family members, college roommates, high school sweethearts, and those you barely know to come out and support this wonderful Bowie event. Not to mention, that since my last column about growing up in Bowie, I have heard many of you reminisce about the "turtle" that most of us sat on in front of People's Drug store in what is now Marketplace. Well, it and some babies are at the playground at Allen Pond. It would be great to get a picture of you or your kids sitting on that turtle and remembering when.

Let's start with the fact that the Run For Kathy has raised over \$62,000 for cancer research over the last seven years. And as an added bonus, as if you need one, 100 percent of the money raised goes to the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins. Events include a 5K race, 1-mile kids run and 1-mile family walk where all the kids get a ribbon and a balloon. Look for the infamous "Cat in the Hat Lady" giving out candy and toys as well. Or you can just come out and cheer on the participants. All cancer survivors get to run for free.

This event also has other activities, such as face painting and a piñata for the youngsters and young at heart. There will be prizes for the speedy runners in each age group and door prizes for us mere mortals. With music playing in the background by HOT 99.5, your time is sure to be a couple of minutes faster.

Some of the prizes include: gift cards to local eating establishments, brunch for two at the wonderful Grace's Fortune, free flying lessons from Freeway Airport, Baysox tickets, medals, and Under Armour gear - always a crowd favorite. New for this year is an online silent auction with the prize being a dinner with ESPN

celebrity, Tim Kurkjian, from Baseball Tonight and SportsCenter (www.run4kathy.org/auction.html). You don't need to be present to win the auction. Watch for next year's big money-maker ... dinner with the Fatzinger clan plus a free shirt that says, "I survived dinner at the Fatzingers'." It's sure to be a collector's item.

Our favorite part of the event is the postrace food. Some of the tasty nibbles include Popeye's chicken, fruit, cotton candy, Panera Bread, and much more. We normally take in more calories than we burn on the run.

As with any event, the more the merrier, so all are welcome to run. Our family is always looking for activities that we can do together. I will be the old lady pushing the baby stroller as Rob and the kids pass me laughing. So, please come out and run with me or cheer me on to the finish.

The real reason for dragging our bodies out to run is to support two wonderful Bowie families doing something to pay tribute to a family member. Kathy Popp Long died from cancer in 1999, leaving three daughters and a husband. Kathy herself was a Bowie gal through and through. She and her five siblings moved to Bowie in 1962 and were all Bowie High graduates.

The Popp family has been involved in many Bowie activities including Bowie Boys and Girls Club, Boy Scouts and PTA. There is even a plaque at City Hall honoring the late Skip Popp, Kathy's father, who gave his life to save another.

The race organizers, the Long family, have been in Bowie since 1972. All five daughters and one son have also graduated from Bowie High. There are still about a dozen extended family members living in Bowie. Kathy was their cousin.

Kathy, who was a teacher at Mount Rainier Elementary School, has a playground named in her honor at that school. Ask anyone who worked with her and they will tell you how wonderful she was.

Kathy was a neighbor of ours and always had a smile on her face and a kind word. She was a great mom and, from what we hear, she was a superb physical education teacher. She was very active in Bowie activities, especially the Bowie Boys and Girls Club.

So please come on out and support this wonderful Bowie event, or at least get a good laugh at me pushing the baby for 5K. We'll see you Oct. 14 at Allen Pond. The gun goes off at 9 a.m. for the 5K, while the kids run and family walk start at 8:45. Don't forget that there is no charge for the family walk. To register online, visit www.run4kathy.org. Those who preregister will get a water bottle and a T-shirt. You may also get information about the race, including pictures from prior years, online. Log on after the race to see your or your friends' times, or see pictures of Rob running in his Richard Simmons wannabe shorts. Last-minute registration the morning of the race is from 7 to 8:30. If you can't make the race, consider making a donation at www.run4kathy.org/donation.html. The event's ultimate goal is to raise over \$100,000, so feel free to make a donation of any

amount in honor of a loved one or friend who has or is battling this terrible disease.

We hope to see you there ... we're off running now.



Rain Does Not Dampen the Spirits of an Excellent Race

Run for Kathy 5K and 1 Mile Walk/Fun Run

By Kathleen Schrantz

Race Date: October 8, 2005

Bowie, MD



For the *Washington Running Report*

I rolled out of bed to the sound of hard driving rain on the window. I was determined to go as this was my daughter's first 5K. She was running with other members for her 5th grade soccer team. We tied our shoes, donned our raingear, and headed out for the race not knowing what to expect. As we pulled up to the scenic Allen Pond, we were shocked at the cheery hustle and bustle of the park. Music poured through the park as runners with their white bib tags checked in and warmed up for the race. For a rainy day, the place was packed. I asked a group of the runners if they were surprised at the turnout, they smiled and said, "This was one of their favorite races." Rain or no rain, the course was fast and the race was well run.

The Popp-Long Family is a humble, hardworking group who greeted everyone at check-in with a big smile. They handed every runner a stuffed race bag complete with water bottle, nice T-shirt, Cliffbars, and coupons. Co-race organizers and siblings, Ken Long and Kathleen Lineberger started the race seven years ago to honor their cousin, the late Kathy Popp-Long. Kathy succumbed to cervical cancer at the age of 36 in June 1999, leaving behind a husband and three daughters. She was an avid runner and received her care at Johns Hopkins in Baltimore MD. All proceeds for the race are donated in her memory to the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins. It is also notable that all cancer survivors can run for free.

After some stretches with the soccer team, we headed up the scenic path for the start of the race. On the way to the start line, I drew some inspiration from the runners of tomorrow. A pack of little kids, parents, and a few pets ran through the drizzle with big smiles and fast legs in the 1-mile fun run. At the start of the 5K, Ken Long had a quick word of thanks and as the rain slowed down to a light drizzle, he blew the foghorn and we were off. As expected, the young runners tore out of the starting gate, while the more experienced runners hit their stopwatches and quickly set their pace. The course was scenic and interesting with well-maintained paths that rolled along a lake and into a neighborhood with cheerful volunteers at every turn.

At the finish line, the Run for Kathy had a new champion, Andrew Madison (18) from Edgewater, MD, with a time of 16:46. Madison narrowly beat last year's winner, Blake Johnson (24), who had a time of 16:49. Sheryl Kline (42), who just started racing two years ago, was the top women's runner coming in at 19:52. Kline improved her time over last years race by over 20 seconds despite the weather conditions. Other notable runners were young Gloria Roberts (13)

who placed second in women's overall with a spectacular time of 20:39. I was impressed that the race had four runners over 70. Richard Miller (70) had a time of 28:02 and 73-year-old Jim Keats ran the course on this rainy day with a 29:45.

Whether you were first or last, you were greeted at the finish line with a cheer and a bottle of water. At the pavilion, just a few steps away, there was a delicious buffet of food, some of which is not usually seen at races: fresh bagels and fruit, Cliffbars, fried chicken, and even cotton candy (a huge hit with the kids). Even in the rain, the Popp-Long family went out of their way to make sure that the kids had fun. There was free face painting, kids crafts, and a pinata.

Awards, along with prizes, were given out to first three male and female runners as well as 1st and 2nd place in each of eight age brackets. Many of the prizes were Under Armour apparel, Panara Bread free bread for a year, 2-month membership to Curves, as well as gift certificates to local stores and restaurants. The top men's prize was a \$100 gift certificate to Ruth Chris Steak House and 4 Baysocks tickets. The top women's prize was a \$100 dollar gift certificate to Ruth Chris Steak House and a Jolie Day Spa certificate. To top the morning off, there were 40 door prizes given out to anyone who ran the 5K or the 1K fun run. A good and wet time was had by all.

Some people come to races to win and others to finish. This race offers a third reason to run - to be inspired. This race is a testament to the power of ordinary people doing extraordinary acts that will make a difference for all of us. The race was professionally done, well run, and fun. This year the Run For Kathy raised \$9,500 bringing the 7-year total to over \$62,000 for cancer research. Although this race is off the beaten path for some Washington and Virginia runners, it is worth the drive and I encourage anyone who wants to run a fast race on a well maintained course to put this 5K on their short list of must do races.



The effort of Kathy Popp-Long's family, friends and volunteers have honored and celebrated her life. If you would like to make a tax-deductible donation, please send a check payable to Run For Kathy to 14410 Autumn Crest Road, Boyds, MD 20841, or go to their website: www.run4kathy.org. You may also send a [e-mail](mailto:run4kathy@run4kathy.org) message

By [James Moreland](#)

October 12, 2004

Allen Pond, Bowie, MD

The fall weather was perfect all week long with crisp, clear mornings followed by gorgeous blue skies with an occasional fluffy white cloud. The morning started with a cool mist hovering around the trees not bold enough to block the brilliant flowers adorning the park for the 6th Annual Run with Kathy race. Allen Pond is a bustling park with soccer fields and baseball fields adorning the centerpiece pond. The pond with its picturesque fountain in the middle helps create a joyful spirit for this fun race.

Race Director Ken Long and his friendly staff of volunteers put on a clinic in putting on a race. All the details were well taken care of and his relaxed smile made it seem like he was out for a weekend stroll. Instead, the race rebounded from a smaller crowd the last two years to a near record 211 finishers in the 5K.

The race day started with more signups and an efficient packet pickup led by long time runner Julie Trapp. She was already handing us our packets before we even got to her booth. Julie is a mega race volunteer, logging volunteer efforts with scores of races each year. The packet included a water bottle and some Clif Bars to go with a nice long sleeve shirt in a keeper of a race bag.

Last year I arrived with hopes of running the race and instead lamely played photographer. This year we took a warm up jog around the pond to survey the last half-mile of the race. Upon returning through the finishing chutes, it was already time for the march to the starting line about a third of a mile up the park road. Nice! This makes for a net downhill race. While the 5Kers warmed up and stretched, the youngsters started an ambitious mile run and walk around the pond.

Ken wasted no time getting us started and with a quick toot of the foghorn and the race was on. Man, those young runners can dart out fast. Even with the downhill start, I watched as scores of runners flooded by. Three-time race winner Ted Poulos eased by me about a hundred yards in the race. Though he had his calm race-day face on and it was too early to panic, surely he was concerned that his bib marked number one might not renew this day. Ted owned the third fastest time racing to a 16:25 win in the race's biggest year, 2001. That year many races had cancelled and Kathy's race benefited. The year before he had set his personal record at the Freddie Mac 5K in 15:48.

Today youngster Blake Johnson of Riverdale, MD raced down the lane in a hurry and led the runners out of the park into the neighboring suburbs of Bowie. Another local runner JD Rojas of Temple Hills, MD led a pack of three, which included newly minted master's runner Chris Hamley of Silver Spring, MD and Mike Sheehy of Chevy Chase, MD, in a fruitless effort to gun down Johnson. The course record was set in the first year Kurt Kroemer 15:59 that he narrowly earned over Steve Nearman (16:02) before the course was certified.

Upon leaving the park, the course heads up Northview Drive and the one-mile mark turns us into the housing area as Sean Dixon of Fort Belvoir, VA puts it. Sean loved the race and now that he is back from New York, this excellent race has put him in the racing mood. He is eager to build on today's success.

The next mile is a big rolling square leading back to Northview. There are down hills and there are some up hills too. Back onto Northview, the two-mile mark points the way back down towards the park. Races that end with little or no hills in the last mile get my vote. There were marshals everywhere showing us the way but they cannot help you run up the hills when your lungs are

burning and you hear footsteps coming up behind you. Finally, you hit the woods and circle around the other side of the pond. Breaking back out of the woods the finish line is a tantalizing quarter-mile away.

By the time I lunged past the finish line, most of the age group winners had followed Blake Johnson over to the post-race food table. I did not need to hurry because there was plenty of food, but I did. The bagels were fresh, the apples were crisp and cold, and I loved that hot chicken from Popeye's. Last year Ken thought he almost ran out of Deer Park bottles of water, so he ordered extra this year. Actually, there was plenty last year too. One woman exclaimed, "I have never been to a race that had cotton candy!"

The crowd stayed around waiting for the awards and hoping to be a recipient of one of the many random awards. Your chances were about one in five and before I could say, "I'll never win," my number was called and I was the proud owner of a great Under Armour racing shirt.

The Run For Kathy honors the late Kathy Popp-Long who succumbed to cervical cancer at the age of 36, in June 1999. The first race was held that October. The race is very serious about raising funds for The Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins. So far, it has raised more than \$41,000. Race Director Ken Long thanked runners for their contributions and encouraged them to donate to this worthy cause. He also announced that the race's policy continues to be that cancer survivors get complimentary entry into the race.

Meanwhile, as the long line of happy random awards winners marched up to claim their prize, the littlest participants were taking a swing at a brightly colored pinata. Now for the race awards. The overall winner took home \$100 gift certificate for Under Armour products. Blake Johnson, now the owner of the third fastest time of 16:17 was the men's winner. Ann Reed of Columbia, MD, (30) crushed last year's course record of 18:59 set by Katie Dickerson. Ann's time was a tenth overall 18:14. Rojas (21) used his nineteen-year age advantage to push Chris Hamley back to third. For his efforts he earned an \$85 shoe store gift certificate. Almost better was third place, dinner at Ruth Chris Steakhouse.

Eileen Kickish (24) of Washington, DC made a monster improvement in time. Though she won last year (19:54) and this year had to settle for second place, her 19:04 was a stellar bid and third fastest all time. Sheryl Kline was a rookie master's runner last year when she won second place overall in 21:08. Reed's super time helped bump her back to third even though Sheryl improved her finish this year to 20:18. In fact, she just did crack the top three with rising star, Gloria Roberts, age 12, of Largo, MD right behind her in 20:22.

Devon Gillet (15) of Columbia, MD had a big age group win in 18:10. Iain Bain of Bowie, MD edged fellow twenty something Michael Dusenberry of Savage, MD 17:54 to 17:59. 30-39 champion Mike Sheehy (17:01) was fourth overall to Eric Rodkin of Silver Spring in 17:33 for sixth overall. Ted Poulos (42) of McLean, VA finished smoothly ahead in 17:29 to win the 40-49 division. Last year Jim Noone (59) easily won the division with a record 19:36. Now sixty, he had other fish to fry. Last year's 40-49 champion Lionel Scatliffe (49) won a narrow two-second victory in 18:21. Now fifty, he was nowhere to be found. That was great news for James Moreland of Gaithersburg, MD who darted out way too fast and then had to drag himself home listening for the thundering of fifty-year-old shoes. Luck be told, there were none in time to stop an age group win in 20:38. Richard Kutzner (61) of Alexandria, VA held off his city mate Richard Williams (68) to win the sixty and over division 22:29 to 23:31.

For the women, Melissa Lott (21:51) of College Park, MD and Ruth Burns (22:09) of Crofton, MD were separated by just two places. Karen Guilds of Gaithersburg, MD easily won the 30-39 division in 23:22. Cheryl Hendricks (48) of Waldorf, MD ran an even swifter 23:16. Last year's runner-up in the 50-59 division, Lainey Bernstein of Potomac, MD, was a little nervous racing

through the somewhat humid morning. Training for her first marathon, she had just finishing winning the Great Allegany 15K in 1:16:00 last week. She had cruised through the first 5K in 24:45. Last year she had run 25:05 at Allen Pond but this year the going was tough. At the finish, I explained to her that you could never tell what age the runners in front of you really are. Her solid 25:30 was good enough to win her another medallion, this year for first place.

All the runners got medallions with the race name engraved on the back. In addition, winners were handed two dinners from Mongolian Barbeque.

The race Web site, www.run4kathy.org, is very professionally done. It contains messages from the recipients of all the fine work they did on this race. They have all the information you could want about the race and the goals of their donations, as well as complete results from every year of the race.

The efforts of Kathy Popp-Long's family, friends, and volunteers have honored and celebrated her life. If you would like to make a tax-deductible donation, please send a check payable to Run For Kathy at 14410 Autumn Crest Road, Boyds, MD 20841. You may also send a message to donations@run4kathy.org or to get more information.

Five Stars for 5th Annual Run for Kathy 5K

By James Moreland
October 11, 2003
Bowie, MD

For the *Washington Running Report*



The temperature was a pleasant sixty degrees with a nice cool breeze blowing off Allen Pond. Some clouds hovered overhead briefly as runners marched from the parking lot to pick up their race packets. Soon the happy music, the beautiful flowers at this lovely park, and the cheerful moods of the many volunteers showed those clouds to the door. Bowie, MD, is a little way off from the huge running centers in Montgomery County and Northern Virginia, nestled just west of Anne Arundel County. Still, a race such as this is a powerful draw for race lovers.

The race started five years ago and after hearing many good things about the race, I decided to check it out. I have now added this on to my short list of must do races. The course is scenic and fast. That is right, scenic and fast. This small Prince George's County Park is amazingly well maintained. The course begins at one end and races past a soccer field on one side, with an ice rink on the other. The park road has just enough roll to make it interesting, not hilly. Leaving the park, the runners head gently up into the neighborhood before circling back. By the mid point in the race, all of the rolls are gone as the runners reenter the park to swing around the pond for the last half-mile.

The Run For Kathy honors the late Kathy Long-Popp who succumbed to cervical cancer at the age of 36, in June 1999. The first race was held that October. The race is very serious about raising funds for The Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins. So far, it has raised more than \$40,000.

The one-mile fun walk is free. It moved me to learn that they also gave free entry to cancer survivors. The park was a happy playground being shared by others. After collecting a well stuffed goodie bag, we moved over to the starting line. The first year of the race, there were 164

finishers and it increased to 256 by 2001. Last year the race was rescheduled to November to avoid that painful time of the snipers. The finishers total dropped to 122.

First year winner Kurt Kroemer still has the record of 15:59 that he narrowly earned over Steve Nearman (16:02). Since then, it has been all Ted Poulos (41) of McLean, VA. He has won the last three years. In 2001, he ran 16:25 for the third fastest course time and one of his last races as a submaster. Three other runners ran sub 17:00 that year. Last year he held off Bill Dunn (24) of Alexandria, VA, running 16:53 to 16:57. Nobody else was close. This year Poulos had two runners on his heels as he poked out of the woods with 400 meters to go. Poulos is the master of winning the close ones. Still, the look on his face told us that he knew the race would not be over until he crossed the finish line. His time was 16:58. Bill Schultz flashed across a few quick steps back in 17:01 with Arturo Fernandez, also of Bowie, MD, on his heels with 17:03.

After that, Lionel Scatliffe (49) of Alexandria, VA proved he still had the stuff, holding off Pablo Caballero by two seconds, 18:21 to 18:23. Jim Noone of Fairfax, VA had won the ten-year age group 50-59 in 2001 with a nifty 19:31. Last year he was bumped to third place, slowing to 20:01. Competing with the top half of the age group can be daunting. This year at age fifty- nine, he cruised to victory in 19:37. For the older folks, it is even tougher with a 60-99 age group. This keeps many of the older runners away. With the absence of Chan Robbins, John Gluck (66) of Alexandria, VA moved up from second to first. Annapolis Striders standout runner Milton Taylor (70) of Odenton, MD was second in 25:16.

Last year Katie Dickerson (22) of Germantown, MD set the record in 18:59. This year another young gun, Eileen Kickish (23) of Washington, DC, had an easy time with only the second sub 20:00 time ever for the women. Sheryl Klein of Arnold, MD was next and the masters champion in 21:09, pushing last year's runner-up Nadine Connell of New Carrollton, MD to third. Katherine Clagett (33) of Brandywine, MD and Jennifer Johnson (24) battled mightily for fourth place, with both winning their respective divisions. Clagett eked a victory by one second in 21:12. Cheryl Hendricks of Waldorf, MD won the young masters division (40-49) in 24:07.

For the women, only one other runner besides runner-up Sheryl Kline ran a qualifying time for Ranked Runner in the *Washington Running Report*. That was 50-59 winner Sabra Harvey of Indian Head, MD in 24:14. Second in that division, Lainey Bernstein of Potomac, MD, just missed a PR, running 25:05.71. That time would have been second in the 40-49 division. She was just out kicked by second place in the 30-39 division, Sherry Beenas of Rockville, MD, in 25:04.49.

At the finish, when most of us are at our weakest, volunteers gently handed each runner a bottle of water. There was a large pavilion nearby stocked with fresh bagels, bananas, apples, and "Love that Chicken from Popeye's." What could be better than a picnic lunch by a picturesque pond on a lovely autumn day? Random awards! You did not even need your number. They found you. How about dinner for two or running apparel or green fees at a local golf course! Soon afterwards, the awards were announced. First place got a pair of Brooks running shoes and \$50 cash. Second Place received Under Armour apparel. Third place received \$50 to Ruth's Chris Steakhouse. Age group winners earned medallions. Then it was too soon to leave. This day needed a walk around the pond.

The [race Web site](#) is very professionally done. It contains messages from the recipients of all the fine work they did on this race. They have all the information you could want about the race and the goals of their donations, as well as complete results from every year of the race.

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Weather Doesn't Drown Spirit at Run for Kathy 5K and One Mile Walk

by Sean Regan

November 17, 2002

Bowie, MD

For the *Washington Running Report*

[Results](#) available for the 5K

The day before the Run for Kathy 5K was scheduled to take place, co-race directors Ken and Kathleen Long, had a tough decision to make. Should they go ahead with the carefully organized race; their hard work meant all the preparations were complete. But they had one big problem - there was a sniper terrorizing the Washington, D.C. area. They decided to postpone the race for safety reasons after another shooting on the eve of the race.

On Saturday, November 16, 2002, a successful running of the Fourth Annual Run for Kathy 5K took place one month after its original start date. Large puddles of water remained on the course in Bowie, MD from hours of rain. A free One Mile Walk around scenic Allen Pond was open to all, including pets. The Run for Kathy honors the late Kathy Long-Popp as well as raises funds for Johns Hopkins Oncology Center for Cancer Research. Kathy succumbed to cervical cancer at the age of 36, in June 1999, leaving behind 3 daughters and a husband.

Ted Poulos of McLean, VA, a familiar face on the local racing circuit, returned to successfully defend his title with a winning time of 16:52. Bill Dunn of Alexandria, wearing a skimpy tank top and shorts, made Poulos earn the victory by coming in a close second at 16:58. Katie Dickerson, the top female finisher and fifth overall, splashed unchallenged two minutes ahead of her nearest competitor and completed the course in a personal record of 18:58. Nadine Connell of New Carrollton claimed second place with a time of 20:55. Katie liked the fast course with small hills that gave her some speed on the downhills.

Casey Mlyniec (11) of Washington, DC finished first in his 1-12 age group with a time of 23:36. Mollie Jones (8) was the youngest competitor as well as the winner of her 1-12 age group. Jones ran a very strong time of 24:12. Bill Osborne (78) completed the age spectrum running an impressive 32:01. The female 30-39 age group competition was very tight with Susan Costenbader (23:39) of Laural, MD edging out Calene Theodore of Columbia, MD by only five seconds. The men's 30-39 group was also tightly competed with Hugh Harris of New Carrollton, MD (18:54) beating Bowie resident David McGee (19:07) by a few seconds. Chan Robbins (22:39) of Arlington, VA out-dueled John Gluck (22:59) of Alexandria, VA, both 65, in the men's 60 and over age group.

Post-race ceremonies took place under a small pavilion in the park. A fine selection of refreshments and great food donated by located merchants was available. Age group winners received medals and gift certificates; gift certificates and prizes were also given out as door prizes.

Kathy's legacy lives on through the efforts of family and friends. During Kathy's difficult battle with cancer, her cousins, Ken and Kathleen Long, decided to host an event that would celebrate her active lifestyle and raise money to help fight cancer. Today's event raised over \$7,000 and puts the total monies raised for cancer research over \$31,000 since the race's inception.

The race is truly a testament to a remarkable life and exemplifies the resilience of a caring family.

Event volunteers included Kathy's mother, brothers, sisters, cousins, nephews, nieces, in-laws, granddaughter and close friends; many family members and friends also ran the 5K. Ken Long explained, "At first we really piecemealed the event all together with the help of family and friends. We tapped resources from all of them without costing the race anything. Everything from graphic arts for t-shirts and flyers, to our web site. That way all the money raised went directly to the cause." Other volunteers included an emergency medical technician, a singer for the National Anthem and a DJ to contribute to the Start/Finish festivities.

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