



FOR IMMEDIATE RELEASE

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**FAST ELITE FIELDS READY FOR
KAISER PERMANENTE NAPA VALLEY MARATHON
AND HALF MARATHON**

NAPA, Calif.—February 24, 2019—The **Kaiser Permanente Napa Valley Marathon (NVM) and Half Marathon** has assembled formidable elite athlete fields for the 41st annual event scheduled for Sunday, March 3, 2019. The throng of over 4,200 event entrants will be highlighted by two KP Napa Valley Marathon past champions and a host of talented competitors vying for 2019 titles.

Top Half Marathon Contenders

The elite women's field for the event's inaugural **half marathon** race (13.1 miles) is particularly solid. Among the entrants is three-time NVM champion **Devon Yanko** (age 36, San Anselmo, Calif.). Yanko (*née* Crosby-Helms) set the fast NVM women's course record of two hours, 39 minutes, and 37 seconds in 2012.

Note: The superb NVM men's course record of 2:16:20 was set in 1987 by U.S. National Distance Running Hall of Fame member **Dick Beardsley**.

Yanko is, perhaps, best known as an ultramarathon runner, competing in races longer than the traditional 26.2-mile marathon. She has competed five times on the U.S. national 100 kilometer team, including the gold medal winning women's team at the 2009 100 km World Championships in Belgium. Yanko is running the half marathon event at NVM as a tune-up for the London Marathon on April 28th.

“The Napa Valley Marathon is one of my favorite races,” Yanko said. “The course is beautiful and works well for me. I like rolling hills and I've always felt like the event showcases some of the best parts of the wine country. I'm really excited by my marathon training right now. I'm going after a personal record time at London so the Napa Valley Half Marathon is a great fast effort to help with my lead-up into that race.”

Additional contenders for the female half marathon crown include:

Jenny Kadavy (36, Clayton, Calif.). Kadavy was the 2014 NVM (full marathon) female champion. Her fast winning time of 2:40:47 that year qualified her for the 2016 U.S. Olympic Marathon Trials race. Recently she placed second woman at this year's Kaiser Permanente San Francisco Half Marathon on February 3rd in a time of 1:17:52.

Samantha Diaz (27, Jackson, WY). Diaz owns a personal best of 1:17:40 for the half marathon distance and 4:40 for one mile.

Clara Peterson (35, Corte Madera, Calif.). Peterson (née Horowitz) was an All-American in track and field and cross country at Duke University where she earned Duke Athlete of the Year honors in 2006. Since then, as a prolific racer on the roads and trails, she has scored wins in a number of California's most competitive races—while raising four children with her husband, Jeff. Her personal best half marathon of 1:12:49 was recorded in 2012. More recently, she scored a 1:18:52 women's victory at the San Francisco Rock 'n' Roll Half Marathon.

The half marathon field on the men's side is chock full of contenders who will vie for victory. Top entrants include:

Lupe Cabada (27, Reno, NV). Cabada is certainly familiar with NVM's course having raced solidly on NVM's full marathon route three times previously. Cabada's best NVM (full marathon) performance was fourth place in 2017 with a time of 2:37:35. His all-time personal best performance at the half marathon distance is 1:09:17.

Chandler Kemp (29, Palo Alto, Calif.). Kemp scored a 1:09:30 third place at the 2018 Silicon Valley Half Marathon and will be among the men's top contenders in Napa.

Jonathan Briskman (27, San Francisco, Calif.). Briskman recorded his personal best half marathon time of 1:07:12 in 2017 and will aim for a solid run in Napa.

Top Full Marathon Contenders

For NVM's **full marathon** (26.2. mile) race **Liza Reichert** (31, Los Altos Hills, Calif.) comes in well prepared following a solid victory at last month's Kaiser Permanente San Francisco Half Marathon. Reichert's winning time of 1:16:41 set a personal record. In 2015, Reichert set her marathon personal best of 2:42:24 at the very competitive California International Marathon in Sacramento, placing 14th female. Her time qualified her for the 2016 U.S. Women's Olympic Marathon Trials race. Reichert's primary goal for NVM is to qualify for the 2020 U.S. Women's Olympic Marathon Trials in Atlanta, Ga.

“This will be my first attempt at the marathon distance since giving birth to my daughter, Madeline, about a year ago,” Reichert said. “I had my best cross country season to date this past fall, and set a 5K personal best of 16:32 on the roads. I haven't raced a marathon since the 2016 Olympic Trials, but my training has been going well, and I'm optimistic that I can go sub 2:45:00 at Napa.”

Outside of running, Reichert works as a clinical researcher in the field of neonatology (newborn medicine) at Stanford University and Lucile Packard Children's Hospital.

Sarah Hallas (39, Cotati, Calif.) is returning to NVM following runner-up performances in 2005 and more recently in 2018. Hallas' time of 2:51:01 at NVM last year marks her personal best at the 26.2-mile marathon distance.

"I'm really excited to return to Napa for my 34th marathon and race the beautiful and fast course again," Hallas said. "I've been able to get in more training miles than ever in preparation for the race and can't wait to see how it goes. I'm looking forward to some fast competition since several ladies are hoping to grab the 2020 U.S. Olympic Trials 'B' qualifying standard. I'm hoping they'll push me to a new personal record and a top five finish. Local races are always my favorite and Napa never disappoints."

Among the men's top entrants for NVM's full marathon keep an eye on **Zack Sims** (25, Atlanta, Ga.) who will be making his debut at the 26.2-mile distance. Sims, a graduate of the University of Georgia, owns personal bests of 3:47 for 1,500 meters, 14:07 for 5,000 meters, and 29:56 for 10,000 meters.

Additional Race Weekend Events:

The Kaiser Permanente Napa Valley Marathon's annual **Health and Fitness Expo** is scheduled for Saturday, March 2nd from 9 a.m. to 6 p.m. at the **Napa Valley Marriott Hotel & Spa**. The expo will also feature booths and information presented by NVM sponsors and running, wine, and food related vendors. Seminars and free beer and wine tasting are also scheduled. The Health and Fitness Expo is free for the general public. The full Health and Fitness Expo schedule, plus information about featured guest speakers, can be found on the [Kaiser Permanente Napa Valley Marathon website](#).

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The **Kaiser Permanente Napa Valley Marathon** has kept to its traditions over all the years. It's always on the first Sunday in March. The 26.2-mile full marathon race starts at 7:30 a.m. from Rosedale Road and the Silverado Trail in Calistoga. The USA Track & Field certified point-to-point course takes runners south, through St. Helena, Rutherford, Oakville, Yountville and to the finish line, located in the front parking lot area of Vintage High School in Napa. The 13.1 mile half marathon race, new this year, starts at 7:00 a.m. on the Silverado Trail at Conn Creek Winery and also finishes at Vintage High School. The companion Kiwanis Club of Greater Napa 5K (3.1 miles) race starts at 7:30 a.m. at Vintage High School where it also finishes. NVM has been supported by 1,200 volunteers each year. All proceeds from the Napa Valley Marathon (a non-profit organization) are donated to local charities in the Napa Valley.

The Napa Valley Marathon appreciates generous sponsor support from Kaiser Permanente/Thrive, New Balance, Road Runners Club of America, USA Track & Field, Napa Valley Marriott Hotel & Spa, Legendary Napa Valley, KPIX CBS5 and KBCW, XFINITY, KVYN/99.3 The Vine, KVON 1440 AM, KCBS AM and FM Radio, Napa Smith Brewery, Conn Creek Winery, Athletic Feat, Nuun Hydration, Nakedwines.com, Clif Family Winery, Raley's Nob Hill, Calistoga Motor Lodge & Spa.



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**2019 KAISER PERMANENTE NAPA VALLEY MARATHON:
ENTRANT PROFILE STORIES**

Runners Motivated to Run 41st Annual Race for Compelling Reasons

NOTE TO EDITORS: Short profile stories are included in this release about the following Napa Valley Marathon and Half Marathon entrants. We will gladly provide you with additional information about these entrants or other entrants. **Paul Breslin** (San Francisco, Calif.), **Brian Smith** (Folsom, Calif.), **Nicole Glathe** (Los Angeles, Calif.) and **Michelle Glathe** (San Francisco, Calif.), **Steve Radigan** (Fremont, Calif.), **Michelle Otto** (Jacksonville, Fla.), **Paula McCaffrey** (Welaka, Fla.) and **Brian McCaffrey** (Welaka, Fla.), and **Janet Cain** (Sonoma, Calif.).

NAPA, Calif.—February 14, 2019—A field of determined entrants from 21 countries, 47 U.S. states, and Washington, D.C. will gather in California’s Napa Valley for the 41st Annual Kaiser Permanente Napa Valley Marathon and Half Marathon on Sunday, March 3, 2019. There is also a 5K race sponsored by the Kiwanis Club of Napa. The Napa Valley Marathon (NVM) asks each entrant to describe on their entry form their reasons for entering the race. Among the varied responses each year, many illustrate how the challenges of a 26.2-mile race spurs marathoners to undertake charitable deeds that assist others who face adversity, or to overcome personal adversities themselves. A high percentage of respondents also cited the reputation of NVM as one of the best organized marathons in the U.S., and the allure of the picturesque Napa Valley wine growing region, as primary reasons for entering the race.

Every Napa Valley Marathon participant assists important local causes. All proceeds from the Napa Valley Marathon (a non-profit organization) are donated to local charities and schools in the Napa Valley region. Numerous NVM participants, however, choose to go beyond NVM’s annual philanthropy by dedicating their race to others, often raising donations that fund the charities of their choice.

On January 9, 2018 *Forbes Travel Guide* rated NVM among the top 13 marathons in the world “worth traveling for,” an honor it has bestowed on NVM three times in the past four years. On

January 28, 2016 *The Economic Times* ranked NVM at the top of its list of the “world’s best marathon locations to inspire you to lace up and get training.” *Runner’s World* magazine selected NVM as one of the top ten U.S. marathons for first-time marathon participants in its January, 2011 issue. *My Best Runs/World’s Best Road Races* has ranked NVM as one of the world’s best 100 races (regardless of distance). American Express’ *Departures* magazine declared NVM as #7 in their “ten travel-worthy races that make for truly memorable journeys on the run.”

This year NVM has added a half marathon (13.1 miles) to its longtime marathon (26.2 miles) and 5 kilometers (3.1 miles) race day offerings.

Entry limits for NVM are largely determined by the number of available hotel rooms in the world-renowned Napa Valley wine producing and tasting region.

NVM ENTRANT PROFILE STORIES

Selected NVM entrant’s stories appear below.

Paul Breslin (22, San Francisco, Calif.) was active as a youngster, running and playing outside with his two older brothers. Swimming and playing soccer were his favorite activities. Then Breslin broke both his legs in a car accident when he was 13 years old. He wasn’t expected to ever walk again. He was confined to a wheelchair for just under a year. During that time Breslin constantly visited doctors and physical therapists in an attempt to gain mobility in his legs. Fortunately, he received surgery from an astute ankle trauma specialist and progressed to crutches.

“He and his team were so hopeful for me that I had to give it every shot I had,” Breslin said about the specialist. “Luckily, being so young and still developing probably helped a fair amount as well.”

After finishing college at the University of Southern California, Breslin moved to San Francisco to begin a career in healthcare consulting. A few of Breslin’s friends from school had frequently talked about running a marathon so, along with Breslin, they decided a half marathon would be a good place to start. In fact, NVM is the first distance running race for Breslin regardless of distance.

“We looked into a few different races and the Napa Valley Half Marathon seemed like a perfect fit,” Breslin said. “And, none of us has ever visited Napa. I’ve been training for the past two months with a pretty standard regime. To add to my motivation, earlier this year my oldest brother, Ryan, passed away unexpectedly. He was always so proud of me for focusing on running a marathon so I’m running this race in his honor. I can finish the race and have a time that I’m proud of.”

Brian Smith (69, Folsom, Calif.) is competing in this year’s NVM with a goal of qualifying for the Boston Marathon, an event he’s competed in twice before. Smith’s pursuit of Boston isn’t a unique one, but perhaps his motivation for doing it isn’t quite so common.

Historically, NVM’s fast, point-to-point, USA Track & Field certified (for accurate distance) marathon course through the scenic Napa Valley has attracted marathon devotees whose goal is to achieve a qualifying time for the venerable Boston race. Each year, numerous everyday runners set their sights on Boston as their personal “Olympic Games.” Boston Marathon participants must earn their entry into the race by achieving a fairly demanding marathon

qualifying time, based on the entrant's gender and age. This year, over 40 NVM entrants stated on their entry forms that their primary motivation for running Napa is to qualify for the 2020 Boston Marathon or to get in a good training run after already qualifying for this year's Boston Marathon (April 20th).

Smith has four grandchildren. His ultimate goal is to earn a Boston Marathon finisher's medal for each of them. In his two Boston Marathons to date he brought home finisher's medals to his two oldest granddaughters, ages 18 and 14. Now, his aim is to earn coveted Boston finisher's medals for each of his youngest grandchildren, ages 2 ½ and 6 months.

Smith will be competing in the Napa Valley Marathon for the first time.

"I was scheduled to run the California International Marathon last December, but I had a Pulmonary Embolism in October and had to miss it," Smith said. "My doctors said I could go back to running so I jumped back in and Napa looked like a good race for my qualifier. I'm hoping to qualify for Boston 2020 at Napa and for 2021 at CIM or, ideally, at the 2020 Boston race."

Sisters **Nicole Glathe** (31, Los Angeles, Calif.) and **Michelle Glathe** (26, San Francisco, Calif.) will run the NVM Half Marathon together in honor of their father, Jeff Glathe. Jeff competently and passionately directed the finish line at NVM for many years. He passed away peacefully last October at the age of 62 with his wife (Tammy) and two daughters by his side after a courageous battle with Glioblastoma (brain cancer).

"When I reflect on the loss of my dad one of my biggest fears and triggers of sadness is losing a sense of connection with him," Michelle Glathe said. "Dad worked tirelessly during the months and weeks leading up to the marathon. I remember in high school I used to help him at the finish line and I'd watch as race volunteers looked at him with a lot of respect and admiration."

To keep the connections with her father strong, Michelle asked her sister, Nicole, if she'd run the NVM Half Marathon with her—even though neither sibling had concertedly trained as runners.

"I might not be trained for this endeavor, however, my energy and determination to complete this race will stem from my supportive sister and the strength of our beloved dad," Michelle said. "I've always been a casual runner, enjoying high intensity training classes that use treadmills, or going on, maybe, one 3-mile run per week. The (NVM) half marathon will be a brand new experience, but one I share with my dad and my sister. I personally don't expect to finish in record time, but I do expect to feel my dad cheering me on and meeting me at the finish line—right in his proper place."

In honor of Jeff Glathe's years of dedication to NVM, the NVM Board of Directors has established the **Jeff Glathe Memorial Scholarship** which will annually award \$1,000 to the Aldea Day Adolescent Program for Treatment (A.D.A.P.T.) program at Vintage High school in Napa. A.D.A.P.T serves special education-qualified high school students who have mental health challenges so they can graduate from high school or safely transition to a less restrictive academic environment.

This year NVM also established the **Gard Leighton Memorial Scholarship** (\$1,000) which will be awarded annually to a high school senior who demonstrates exceptional dedication to the sport of running and to the success of his or her team. The scholarship recipient will be selected

from the nominations submitted by high school running coaches. Leighton was the longest serving member of NVM's Board of Directors and a longtime ultra-marathon runner who won his age division at the Western States 100-Mile Endurance Run five times. He passed away last August at age 84.

These two new scholarships—when combined with NVM's \$14,000 in post-secondary scholarships historically awarded to seniors at eight Napa County high schools— bring NVM's annual scholarship giving to \$16,000.

Resuming runner stories: **Steve Radigan** (67, Fremont., Calif.) is the only runner that has completed all 40 NVMs to date. His phenomenal streak started in 1979, the first year of the event. He owns an amazing total of 156 marathons on his running resume. What keeps this unwavering runner returning to NVM every year?

“I love the course, the organization, the size of the field, and how the race has treated me over the years,” Radigan said. “And, it's much nicer to run on a quiet, gently rolling, uncrowded country road with no traffic than any urban setting. The fact that it's a point-to-point course makes quitting less tempting. There's no shortcuts to the finish line.”

Radigan's first NVM was his third marathon ever. He was 27 years old and had been running for about three years. Although he liked what running had done for his fitness it was becoming clear that he was never going to be an elite runner. By the time of his third NVM he had run 15 marathons all over California.

“As I was nearing the finish of that year's race I thought how much I liked the NVM course compared to others and it would be a good goal for me to try to run it every year until I was 50,” Radigan said. “It would give me something to point to and train for every year. I also thought if there was any chance of me breaking 2 (hours) 50 (minutes) and qualifying for the Boston Marathon this would be the course that would let me do it.”

In 1982 Radigan crossed the NVM finish line in 2 hours, 49 minutes, and 9 seconds, dipping under the qualifying time he needed for Boston by 51 seconds.

“Other races have come and gone,” said Radigan. “But I've been fortunate that NVM has continued and allowed me to come back year after year.”

Michelle Otto (40, Jacksonville, Fla.) and her mother, **Paula McCaffrey** (65, Welaka, Fla.), are running this year's Kaiser Permanente Napa Valley Marathon together to celebrate Otto's return to health following an ordeal with colon and liver cancer. Otto's father, **Brian McCaffrey** (65, Welaka, Fla.) is competing in the half marathon race to join the celebration. Otto's cancer was diagnosed in February, 2017 and she underwent resection surgeries and chemo treatments until April, 2018. She is a longtime runner, getting started in the sport on her middle school team. The only marathon she's participated in to date is the 2005 Walt Disney World Marathon. She has two children, six and eight years old.

“This really will be a special trip for my mom and dad and I to have together,” Otto said about her upcoming NVM. “When you're sick you have these huge goals to obtain just getting through surgery and each chemo treatment. A person can't do it without the support of their family, Now, together we get to obtain another huge goal: training and running a marathon, and my dad a half.

But at least this goal is fun. It's like we're completing the full circle. This journey is coming to an end."

Otto and her mom have been training for NVM under the guidance of Otto's brother/McCaffrey's son, Christopher McCaffrey, who finished second at the Jacksonville Marathon this past December.

Janet Cain (67, Sonoma, Calif.) has completed 69 marathons in her marathon running career which began in 1980. Number 70 will be at this year's NVM, a race where she's qualified for the prestigious Boston Marathon a half dozen times (among her total of 16 Bostons dating back to 1984). Cain also holds the NVM course record for female athletes in the 60 to 64-year-old age group: 3:43:49 which she set in 2014.

For Dr. Cain—a clinical psychologist with a professional office in Napa—this year's NVM will be particularly challenging. She will be running her second marathon since being diagnosed as legally blind. Cain has a current visual acuity of 20/600 in her left eye. She can't see fingers when held up in front of that eye. Her right eye is 20/70 corrected. Cain will run this year's NVM (and also this year's Boston Marathon on April 15th) with a female friend who will pace her and help ensure that she has safe and memorable races.

Cain is coached by notable U.S. distance runner Dick Beardsley who set the superb NVM men's course record of 2:16:20 in 1987, a record that still stands.

"I met Dick at the Napa Valley Marathon in 1996 and he's been my coach for 11 years," Cain said. "We have a lot in common. Although I'm five years older, we share a birthdate. We've both been through multiple physical setbacks and personal heartbreak. He understands that running can help get us through trauma. In addition to motivation he's provided me with a running schedule that has helped me tremendously. Napa is my favorite marathon. It's extremely well organized, a limited field of runners, and natural beauty over a net downhill course."

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For more information about the Kaiser Permanente Napa Valley Marathon, please visit the marathon's web site at www.napavalley-marathon.org.

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