



Thirteen Labs Bring 1,501 Walkers and Runners to Eighth Annual DOE Mile to Set Record Attendance, while Mile Record Times Hold

By Joy MacPherson, SNL/CA, Preventive Health/DOE Mile Coordinator

2023 marked the eighth annual running of the DOE Mile, a one-mile foot race between Department of Energy workers across the country and set record attendance with 1,501 walkers and runners. The race took place on many courses, on different days, time zones, weather conditions and elevations over the course of May. The enduring standards were the distance and the intention to promote health and comradery in the spirit of friendly competition. The DOE Mile continues to bring well over 1,000 lab workers to the starting line. Some seek to stand atop the highest podium, others want a personal best and still others don't care about time and are in it for the fun. While many more stories than those listed here will go unreported, some of the highlights and the results are contained in the following pages.

The graph below shows the top five individual finishers in the men's and women's run and walk.

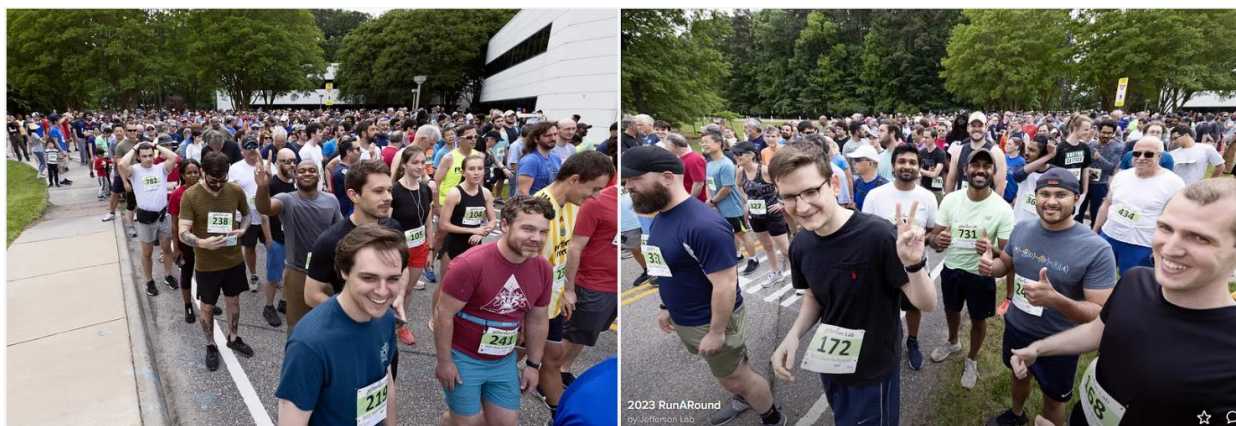
2023 DOE Mile - Individual Top 5 Finishers								
	Men's Run		Women's Run		Men's Walk		Women's Walk	
Place	Individual	Time	Individual	Time	Individual	Time	Individual	Time
1	Brett Sanborn, SNL/NM	04:14.0	Elizabeth Herndon, ORNL	05:13.6	Allan Ross, ORNL	10:13.0	Sarah Allendorf, SNL/CA	12:02.0
2	Chris Valicka, SNL/NM	04:21.0	Rebecca Schmitt, SNL/NM	05:30.0	Chris Oldani, Argonne	10:23.9	Fowzia Zaka, LLNL	12:11.0
3	Grant Martin, LANL	04:34.0	Sofie Schunk, SNL/NM	05:30.0	Jason Hall, Argonne	10:30.0	Jenny Gooch, ORNL	12:25.0
4	Luke Janik, SNL/NM	04:43.0	Kelly Aldrich, LANL	05:48.0	Alex Zeigle, LLNL	11:10.0	Amy Booker, SNL/NM	12:42.0
5	Shannon Frick, LLNL	04:44.0	Elaine Chung, LLNL	06:04.0	Nick Baumann, LANL	11:42.0	Jennifer Gilbride, SNL/CA	12:52.5

The sum of the numerical place finish of the top five finishers from each lab determine the lab's score – the lowest score wins. The chart below shows the top three lab scores for the four race categories. Each race category will be shown in more details in the following pages.

2023 DOE Mile - Overall Lab Top 3 (pts = sum of the place finish of top 5 participants)								
	Men's Run		Women's Run		Men's Walk		Women's Walk	
Place	LAB	Points	LAB	Points	LAB	Points	LAB	Points
Gold	SNL/NM	36	LLNL	42	SNL-CA	72	SNL/CA	50
Silver	LLNL	41	CNS Y-12	82	JLAB	76	Argonne	77
Bronze	LANL	83	SNL/NM	85	SNL-NM	84	ORNL	83



Jefferson Lab Tops Participation with Nearly 500 Participants SNL/CA Overall Top Performer with Event Sum of 11 Points



Jefferson lab workers and family members at the start of their 36th annual Run-A-Round on the lab campus. The mile-long foot race is a beloved lab tradition that brings the lab community together year after year and seconds at their DOE Mile. [See more pictures here.](#)

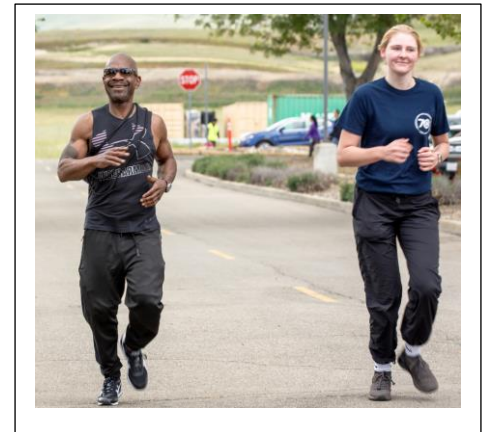
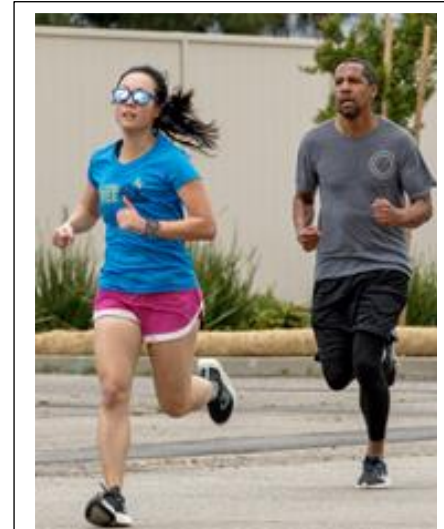
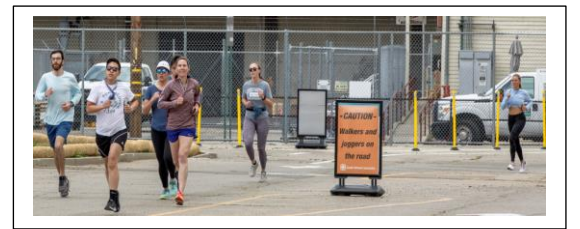
Sandia National Labs/California Tops Field Over the Four Races Combined Scores

The graph below shows the participation for each lab and the score for each race. The score is the sum of the numerical place finish of the lab's top five finishers in each race. A lab receives a no score (NS) if it has less than five participants in a race. The Event Sum is the sum of the lab's place finishes in the four races. SNL/CA had a sum of 11, making it the top performer over four races in the 2023 DOE Mile.

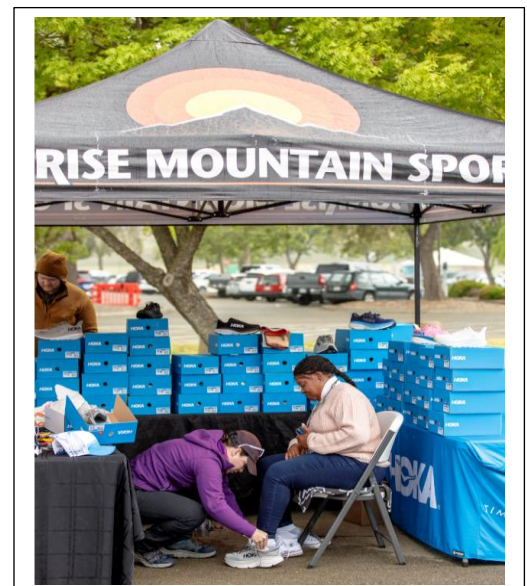
Total Lab Participation and Overall Placing Based on Top Five Finishers per Lab (NA = Not Available; NS = No Score - requires 5 participants to score)								
LAB	Participants (Run +Walk)	% Population	Men's Run Place	Women's Run Place	Men's Walk Place	Women's Walk Place	Event Sum	Place
Ames	6 + 36 = 42	9.4	NS	7	7	7	NS	NS
Argonne	19 + 29 = 48	1.3	11	4	4	2	21	6
CNS-Pantex	13 + 3 = 16	NA	7	NS	NS	NS	NS	NS
CNS Y-12	56 + 10 = 66	NA	9	NS	NS	9	NS	NS
Idaho	11 + 16 = 27	NA	12	9	9	NS	NS	NS
Jefferson	268 + 220 = 488	45	6	3	2	5	16	3
LLNL	47 + 12 = 59	1	2	5	5	6	18	4
LANL	71 + 81 = 152	1	3	8	8	8	27	7
LBL	9 + 7 = 16	NA	10	NS	NS	NS	NS	NS
ORNL	55 + 131 = 186	3	4	6	6	3	19	5
SNL-CA	102 + 84 = 156	7.5	5	2	1	1	9	1
SNL-NM	113 + 85 = 228	1.9	1	3	3	4	11	2
SRNL	15 + 2 = 17	NA	8	1	NS	NS	NS	NS



2023 DOE MILE RUN / WALK



Above: Sandia Associate Labs Director Andy McIlroy and LLNL Lab Director Kim Budil speak to participants about the importance of employee well-being.





SNL/CA is Fastest Lab, JLAB Boasts Highest Participation

Thirteen DOE Labs joined forces to field 1,501 participants in the eighth annual DOE Mile in May, a one-mile walk/run foot race that sparks health and fitness through a friendly competition. The Employee Health Services group at the Sandia National Laboratories California site created and hosted the event, which grows every year and went virtual to survive the Covid-19 pandemic.

Nearly 500 employees and family members participated in the DOE Mile at Jefferson Lab (shown at the start, below). The race was tied to their 36th annual Run-A-Round on the lab campus.



The Run-A-Round, a mile-long foot race, is a beloved tradition at JLAB. It brings lab community together year after year as participants of all ages (below) make their way to the finish and post-race celebration.



Brett Sanborn Repeats as Fastest DOE Miler Elizabeth Herndon/ORNL Tops Women's Field

Brett Sanborn of Sandia National Labs/NM nipped five seconds from his winning time last year to top the entire field, to win the men's mile in 4:14, and lead SNL/NM to win the men's mile. **Elizabeth Herndon** of Oak Ridge won the women's mile in 5:13.6, stealing the crown from **Sofie Schunk** (SNL/NM) who held it since 2020. LLNL won the women's mile with 42 points, well ahead of CNS Y-12 who finished second with 82 points.

DOE Mile Records Hold

Scott Trummer of Lawrence Livermore holds the men's mile record with a time of 4:02 set in 2020, while **Sofie Schunk** (SNL/NM) set the women's mark in 2022, running a 5:11 mile.

"The DOE Mile is a highly anticipated annual event and a tremendous event to reinforce our core value of community." – Chelsey Aisenbrey, Director of Performance Management, Ames National Lab

Chelsey Aisenbrey, Director of Performance Management at Ames National Labs, captured the DOE Mile spirit, rallying participants at their race starting line: "The DOE Mile is a highly anticipated annual event. It brings out employees from all areas of the laboratory and provides a mechanism for individuals to interact informally. From my standpoint, this is a tremendous event to reinforce our core value of community."

How the DOE Mile Works

Labs held a one-mile race on their campus over the month of May. The race times from all lab participants were merged to create the overall field. Onsite and "do-it-yourself" options were available this year to accommodate onsite and virtual workers. Family members were invited. A cross-country running [scoring system](#) was used to



determine individual and team/lab scores and placing. Races were scored by assigning a point value for the place in which a participant finished. **The team/lab score is the total of the place numbers of the first five participants.** For example, if members of a team place third, fourth, sixth, eighth and 10th, those numbers are added together to give the team a score of 31 points (3+4+6+8+10=31). The lowest score wins.



A repeat of last year, **Brent Sanborn led SNL/NM (off the starting line, above) to win the overall race and men's mile.** He was followed by lab mate **Chris Valicka**, in 4:21 for second place. SNL-NM's fifth place runner finished in 17th place, giving SNL/NM a combined score of 36 points. **Lawrence Livermore** was second with 41 points, and **Los Alamos** was third with 83 points. The lab scores and place finish for the men's mile is shown below, while the top five for each lab are shown at right.

Men's Mile Lab Scores and Placing. Score is Sum of Top 5 from each Lab. SNL/NM Wins

LAB	1	2	3	4	5	Total	Place
Ames	50	62	63			NS	NS
Argonne	33	41	51	54	55	234	11
CNS-Pant	11	20	31	46	57	165	7
CNS Y-12	21	40	42	44	46	193	9
Idaho	45	52	53	56	59	265	12
Jefferson	16	25	27	37	38	143	6
LLNL	5	6	9	10	11	41	2
LANL	3	13	15	24	28	83	3
LBL	30	34	48	48	61	221	10
ORNL	7	14	19	25	32	97	4
SNL-CA	18	22	23	36	39	138	5
SNL-NM	1	2	4	12	17	36	1
SRNL	8	29	35	43	60	175	8

Men's Mile: Top 5 from each Lab

PLACE	LAB	NAME	TIME
1	SNL-NM	Brett Sanborn	04:14.0
2	SNL-NM	Chris Valicka	04:21.0
3	LANL	Grant Martin	04:34.0
4	SNL-NM	Luke Janik	04:43.0
5	LLNL	Shannon Frick	04:44.0
6	LLNL	Robert Thayer	04:46.0
7	ORNL	Dmitrij Nikonov	04:52.0
8	SRNL	Josh Cooper	04:54.0
9	LLNL	Kenny Swartz	04:57.0
10	LLNL	David Galvez	04:59.1
11	LLNL	Michael Troksa	05:00.0
12	SNL-NM	Eric Nelius	05:01.5
13	LANL	Paul Geimer	05:09.0
14	ORNL	Albert Wolff	05:10.0
15	LANL	Tong Goertz	05:12.0
16	JLAB	Benjamin Perry	05:14.0
17	SNL-NM	John Erickson	05:18.0
18	SNL-CA	Benjamin Wagma	05:18.9
19	ORNL	Kris Jones	05:20.0
20	CNS-Pant	Cody McClary	05:21.0
21	CNS Y-12	Brad Vaughn	05:22.0
22	SNL-CA	Francois Leonard	05:28.7
23	SNL-CA	Addison Hill	05:30.0
24	LANL	Stephen Betts	05:30.5
25	ORNL	Nathan Helton	05:37.0
25	JLAB	Sean Jeffas	05:37.0
27	JLAB	Nick Gu	05:39.0
28	LANL	Giacomo Capoda	05:41.0
29	SRNL	Andrew Duncan	05:44.0
30	LBL	Stijn Wielandt	05:44.9
31	CNS-Pant	Reid Copelin	05:49.0
32	ORNL	Ben Dean	05:51.0
33	Argonne	Sebastien Baudie	05:53.8
34	LBL	Sarvesh Kumar	05:55.0
35	SRNL	George Larsen	05:58.0
36	SNL-CA	Isaac Ekoto	06:01.0
37	JLAB	Pierre Chatagnon	06:02.0
38	JLAB	Oleksandr Hrhgor	06:04.0
39	SNL-CA	Kevin Griffith	06:05.0
40	CNS Y-12	Josh Melton	06:06.0
41	Argonne	David Sehloff	06:06.1
42	CNS Y-12	Randy Goldberg	06:11.0
43	SRNL	Charles McKeel	06:15.0
44	CNS Y-12	Matthew Pippin	06:20.0
45	INL	Kellen Giraud	06:25.0
46	CNS Y-12	Kevin Shag	06:27.0
46	CNS-Pant	Chris Rue	06:27.0
48	LBL	Daniel Collins-Wil	06:36.0
48	LBL	Juan Pablo Carva	06:36.0
50	Ames	Marek Kolmer	06:38.0
51	Argonne	Nicolas Bodet	06:41.4
52	INL	Robert Egert	06:43.0
53	INL	Simon Pierre-Clet	06:46.0
54	Argonne	Nicholas Stauff	06:46.5
55	Argonne	Erik Medhurst	06:49.3
56	INL	Brandon Cox	07:05.3
57	CNS-Pant	Gregory Graham	07:10.0
57	CNS-Pant	Adam Meyers	07:10.0
59	INL	Daniel Barrick	07:22.0
60	SRNL	Dan Lambert	07:30.0
61	LBL	Zisuan Li	07:36.0
62	Ames	Prashant Singh	08:23.0
63	Ames	Muhammed Imrad	12:10.1



“I goaded my fellow Sandia runner friends to run in the DOE Mile this year.” – Brett Sanborn

“With the advanced notice of the DOE mile this year, I goaded my fellow Sandia runner friends to run,” Brett said, “and thankfully Chris (Valicka) was up for it. **I think a lot of people are daunted by doing an all-out mile and don’t feel in shape on a given day.** Chris and I were able to do a couple of workouts for it this year and that probably helped.” It seems the workouts paid off, as both Brett and Chris posted faster times this year.

“I had a blast running the DOE Mile with Brett again this year – he’s a great guy,” said Chris, the men’s mile silver medalist. “I’m proud of the DOE Mile participation from Sandia and the DOE.”

LLNL Takes Silver, LANL Claims Bronze

Lawrence Livermore joined neighbors Sandia California in their onsite race (below), capitalizing on the out-and-back course to win silver in the men’s mile with 41 points. Located on the Pajarito Plateau at **7,320-foot elevation**, in the mountains of Northern New Mexico, Los Alamos overcame the decreased oxygen levels to win bronze.

Runners doing pre-race warm up drills before the start at the Sandia/California site



Elizabeth Herndon (ORNL) and LLNL Top Women’s Mile, CNS Y-12 & SNL/NM in 2 and 3

Beth Herndon of Oak Ridge won the women’s mile in 5:13.6, taking the title held by SNL/NM’s Sofie Schunk for the past three years. Sofie would retain the women’s mile record she set in 2022 with a time of 5:11.

“I put on my racing flats and went for the best time I could. I was hoping for the record.” – Beth Herndon

“I really enjoy participating in the DOE Mile each year,” said Beth. “This year I mapped out a loop in my neighborhood, put on my racing flats, and went after the best time I could. **I was hoping for the record but came up a bit short.** I also enjoyed cheering on the in-person mile at ORNL!”

Women’s Mile Lab Placing: Sum of Top 5 Finishers. LLNL Wins, then CNS Y-12 & SNL/NM

LAB	1	2	3	4	5	Total	Place
Ames	39	49	50			NS	NS
Argonne	40	45	46	47		NS	NS
CNS-Pantex	11	38	44			NS	NS
CNS Y-12	10	11	17	19	25	82	2
Idaho	41	48				NS	NS
Jefferson	6	23	33	34	36	132	7
LLNL	5	7	8	9	13	42	1
LANL	4	15	19	23	27	88	4
LBL	18	42				NS	NS
ORNL	1	21	27	29	37	115	5
SNL-CA	14	22	26	31	33	126	6
SNL-NM	2	2	16	30	35	85	3
SRNL	43					NS	NS

Sofie and colleague **Rebecca Schmitt** tied for second place in the women’s mile in 5:30. **“The race was a good day for me, and I ran close to my goal time,”** said Rebecca, citing a “fun fact that Sofie is my coach and helped me improve my times recently with daily running workouts and strength training.” Schmitt stated that Sofie was nursing an injury and would have had a much faster time.

World Record Mile Times

Men = 3:43.13
 Women = 4:12.33



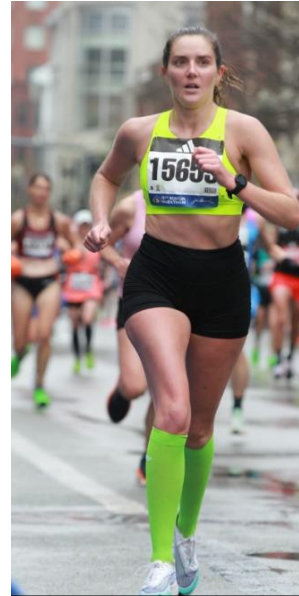
2023 DOE MILE RUN / WALK

“My injury is a reminder that there are seasons in life, work and running, and it’s important to recognize that you can’t be at your best all the time with shifting priorities.” – Sofie Schunk

Sofie says she is grateful for the moments when she can perform at her best and is excited by the fast times and how much the DOE Mile event has grown. “Maybe Rebecca and I will go for sub-five (minutes) next year,” she said with a smile.

Women’s Mile: Top 5 from Each

PLACE	LAB	NAME	TIME
1	ORNL	Elizabeth Herndon	05:13.6
2	SNL-NM	Rebecca Schmitt	05:30.0
2	SNL-NM	Sofie Schunk	05:30.0
4	LANL	Kelly Aldrich	05:48.0
5	LLNL	Elaine Chung	06:04.0
6	JLAB	Madelyn Kaban	06:06.0
7	LLNL	Elizabeth Glascoe	06:18.0
8	LLNL	Stephanie Matson	06:21.6
9	LLNL	Elyse Will	06:22.0
10	CNS-Y-12	Jennifer Christmas	06:29.0
11	CNS-Pante	Stephanie Cruz	06:43.0
11	CNS-Y-12	Amber Kramer	06:43.0
13	LLNL	Sophie Lemaignan	06:46.0
14	SNL-CA	Kelley Ruehl	06:54.0
15	LANL	Kate Jesse	06:56.0
16	SNL-NM	Harmony Jackman	06:58.0
17	CNS-Y-12	Michelle Williams	06:59.0
18	LBL	Lauren Walters	07:01.0
19	LANL	Stephanie Fronk	07:06.0
19	CNS-Y-12	Trinity Pominville	07:06.0
21	ORNL	Emily Mazeau	07:07.0
22	SNL-CA	Adriana Pavia Sande	07:10.0
23	LANL	Jennifer Estrada	07:19.0
23	JLAB	Julie Raydo	07:19.0
25	CNS-Y-12	Michelle Hillard	07:20.0
26	SNL-CA	Meghan Peterson	07:22.0
27	LANL	Heather Dion	07:25.0
27	ORNL	Sarah Powers	07:25.0
29	ORNL	Sonya Hurt	07:26.0
30	SNL-NM	Bethany Little	07:26.1
31	SNL-CA	Alicia Brown	07:33.0
32	SNL-CA	Helena Jin	07:39.0
33	JLAB	Torri Jeski	07:40.0
34	JLAB	Holly Szumila-Vance	07:41.0
35	SNL-NM	Suzanne Howard	07:46.5
36	JLAB	Mary Jo Bailey	07:50.0
37	ORNL	Tracy Xu	08:13.0
38	CNS-Pante	Kim Tabor	08:27.0
39	Ames	Jennifer Brockpahler	09:21.0
40	Argonne	Clare Shaughnessy	09:22.6
41	INL	Megan Rose	09:30.0
42	LBL	Sherry Li	09:39.0
43	SRNL	Beth Lewczyk	09:43.0
44	CNS-Pante	Takara Riedinger	09:57.0
45	Argonne	Katie Kranz	10:24.0
46	Argonne	Pattie Pedernana	10:27.0
47	Argonne	Bing Shi	11:22.2
48	INL	Janelle Carter	11:31.0
49	Ames	Zhengzheng Xu	12:10.0
50	Ames	Kelly Bergman	12:40.0



Kelley Ruehl knows how to finish strong, saving her fastest mile of the 26.2-mile [Boston Marathon](#) for last, which she ran in 6:54 and submitted for the DOE Mile. The time placed her 14th overall and first for SNL/CA.

“This is my second time running Boston,” said Kelley. “My first time was in 2019, but this year was especially significant. It was the 10-year anniversary of the Boston Marathon

bombing, and it was personally the result of a four-year journey back to the Boston Marathon post-ACL surgery. I ran Boston in April 2019, tore my ACL in May 2019 (it went undiagnosed for months), got surgery in October 2019, qualified for Boston in June 2022 and ran Boston in April 2023.

“The Boston Marathon is unlike any other race. The whole city shuts down to cheer for the runners, and the energy is extraordinary. You can hear the Wesley scream tunnel more than a mile away, and you can feel it when you run through it. For me the race had many layers of significance, and I can honestly say that I started and ended the race with tears of joy.”



[The Boston Marathon](#)
Monday, April 15, 2024



Sarah Allendorf Wins Women’s Walk, Leads SNL/CA to Victory with 50 Points

“Yay,” exclaimed an exuberant **Sarah Allendorf** (below, center) about winning the women’s mile in 12:02. A director at the California site, Sarah is a regular in the DOE Mile and enjoys the annual challenge. “I’m learning the value of strength training, practicing technique and picking the right music to keep my feet going ... and of course, indulging my competitiveness to try to keep up with the runners.” Sarah says she plans to start her final push earlier next year to see if she can finish under 12 minutes.

“I’m learning the value of strength training, practicing technique, and picking the right music.” – Sarah Allendorf, Gold Medalist



Women’s Mile Walk Team Score & Placing

LAB	1	2	3	4	5	Total	Place
Ames	24	36	36	39	40	175	7
Argonne	11	13	14	16	23	77	2
CNS-Pantex	46					NS	NS
CNS Y-12	27	29	35	48	48	187	9
Idaho	9	21	50	53		NS	NS
Jefferson	6	18	18	24	26	92	5
LLNL	2	28	38	45	45	158	6
LANL	29	29	41	42	44	185	8
LBL	43	51	52	54		NS	NS
ORNL	3	7	8	32	33	83	3
SNL-CA	1	5	10	12	22	50	1
SNL-NM	4	15	17	20	34	90	4
SRNL						NS	NS

Women’s Mile Scores & Placing Based on Top 5 Finishers from Each Lab

PLACE	LAB	NAME	TIME
1	SNL-CA	Sarah Allendorf	12:02.0
2	LLNL	Fowzia Zaka	12:11.0
3	ORNL	Jenny Gooch	12:25.0
4	SNL-NM	Amy Booker	12:42.0
5	SNL-CA	Jennifer Gilbride	12:52.5
6	JLAB	Cissie Mei	12:53.0
7	ORNL	Marie Kurz	13:02.0
8	ORNL	Syreeta Vaughn	13:09.0
9	INL	Sherry Fanning	13:10.5
10	SNL-CA	Kristen Paule	13:15.0
11	Argonne	Kirsten Czech	13:23.0
12	SNL-CA	Ashfia Huq	13:30.0
13	Argonne	Elena Galinski	13:31.9
14	Argonne	Kathylee Simunich	13:35.9
15	SNL-NM	Karen Alaniz	13:36.0
16	Argonne	Hannah Parragah	13:36.6
17	SNL-NM	Hazel Barclay	13:45.0
18	JLAB	Senuki Rathnayake	13:51.0
18	JLAB	Aruni Nadeeshani	13:51.0
20	SNL-NM	Kaitlynn Fitzgerald	13:52.0
21	INL	Angie Smith	13:56.0
22	SNL-CA	Judi Marquez	14:00.0
23	Argonne	Nancy Rezek	14:06.2
24	JLAB	Gabriela Aguilar	14:24.0
24	Ames	Kori Grooms	14:24.0
26	JLAB	Natalya Accardi	14:36.0
27	CNS Y-12	Karen Lacey	14:42.0
28	LLNL	Cathy Chang	14:44.0
29	LANL	Caroline Fox	15:00.0
29	LANL	Theresita Martinez	15:00.0
29	CNS Y-12	Aleshia Glandon	15:00.0
32	ORNL	Carolyn Harrell	15:04.0
33	ORNL	Ingrid Busch	15:07.0
34	SNL-NM	Omit Name	15:15.0
35	CNS Y-12	Peggy Campbell	15:17.0
36	Ames	Susan Elsner	15:23.0
36	Ames	Lori Johnston	15:23.0
38	LLNL	Ramya Tipparaju	15:33.0
39	Ames	Danielle Tiarks	15:35.0
40	Ames	Afton Erdman	15:39.0
41	LANL	Laida Valdez	15:40.0
42	LANL	Lindsay O'Brien	15:43.6
43	LBL	Erica Yik	16:00.0
44	LANL	Georgete Maestas	16:19.0
45	LLNL	Megan Ince	16:40.0
46	CNS-Pante	Tessa Pendergraft	16:50.0
47	LLNL	Christina Fong	18:10.0
48	CNS Y-12	Vanessa Chandler	18:12.0
48	CNS Y-12	Jan McKamey	18:12.0
50	INL	Kathryn Harris	18:37.0
51	LBL	Rachael Allamby	20:20.1
52	LBL	Alice Muller	22:21.0
53	INL	Elisa Oats	24:08.0
54	LBL	Jessica Puente Ca	24:33.0



**SNL/CA Nabs Men's Walk
Allan Ross (ORNL) Fastest Walker in 10:13**

SNL/CA nabbed the men's walk with 72 points, with JLAB close behind in 76 points, and SNL/NM third with 84 points. **Allan Ross of Oak Ridge won the men's mile in 10:13**, helping ORNL to an overall DOE Mile event place of fifth.

LAB	1	2	3	4	5	Total	Place
Ames	28	30	30	39	40	167	7
Argonne	2	3	24	25	41	95	4
CNS-Pantex	29					NS	NS
CNS-Y-12	42	51				NS	NS
Idaho	7	44	46	47	50	194	9
Jefferson	11	12	17	18	18	76	2
LLNL	4	10	26	38	49	127	5
LANL	5	34	36	45	48	168	8
LBL	32	52				NS	NS
ORNL	1	33	35	36	43	148	6
SNL-CA	6	8	15	21	22	72	1
SRNL	14					NS	NS
SNL-NM	9	13	15	20	27	84	3

Jackson Mayo paced SNL/CA, finishing sixth overall in a time of 11:54. Jackson says that running is not his forte and has "always enjoyed walking for exercise – and I have a lot of opportunity because I don't drive. By doing the walk (typically less popular for men than the run), I hoped to have a chance to place in a smaller field. The challenge is to move as fast as possible while always keeping one foot on the ground. The fast-paced mile tired me out, but the slight downslope near the end gave me a finishing burst and I was pleasantly surprised to come in under 12 minutes."

Men = 5:31.08
Women 6:17.29

Men's Walk Team Score & Placing Based on Top 5 Finishers from Each Lab

PLACE	LAB	NAME	TIME
1	ORNL	Allan Ross	10:13.0
2	Argonne	Chris Oldani	10:23.9
3	Argonne	Jason Hall	10:30.0
4	LLNL	Alex Zeigle	11:10.0
5	LANL	Nick Baumann	11:42.0
6	SNL-CA	Jackson Mayo	11:54.0
7	INL	Devin Romrell	11:58.0
8	SNL-CA	Joy Michael	12:00.0
9	SNL-NM	Omit Name	12:01.0
10	LLNL	Chris Lam	12:16.0
11	JLAB	Vladimir Popov	12:20.0
12	JLAB	Seth Marks	12:31.0
13	SNL-NM	Danny Roybal	12:32.5
14	SRNL	Rob Lascola	12:42.0
15	SNL-NM	William Jacobs	12:45.0
15	SNL-CA	Bill Riker	12:45.0
17	JLAB	Rafe Remele	12:47.0
18	JLAB	Zachary Remele	12:48.0
18	JLAB	Benjamin Zhang	12:48.0
20	SNL-NM	John Bartholomew	13:02.0
21	SNL-CA	Christopher Harrell	13:17.0
22	SNL-CA	Jan Tross	13:24.0
22	SNL-CA	Neil Cole-Filipiak	13:24.0
24	Argonne	John Woodford	13:32.4
25	Argonne	Joe Strzalka	13:41.0
26	LLNL	Eric Green	13:42.0
27	SNL-NM	Gavin Jones	13:37.5
28	Ames	Bills Sears	13:54.0
29	CNS-Pantex	Everette Bishop	14:00.0
30	Ames	Arne Swanson	14:06.0
30	Ames	Bruce Spire	14:06.0
32	LBL	Anthony Fernandez	14:37.9
33	ORNL	Jame Arthur Kohl	14:50.0
34	LANL	Brittain Catron	15:00.0
35	ORNL	Larry Orcutt	15:07.0
36	LANL	Doug Fassett	15:15.0
36	ORNL	Sam Howard	15:15.0
38	LLNL	Elijah Bigham	15:35.8
39	Ames	Cory Kuykendall	15:37.0
40	Ames	Nathaniel Orellana Adam	15:39.0
41	Argonne	Todd Hayden	15:41.6
42	CNS-Y-12	Jason Bohne	15:42.0
43	ORNL	Geoff Howley	15:44.0
44	INL	Robert Trejo	15:52.0
45	LANL	Ryan Scott	16:00.0
46	INL	John Batacan	16:02.0
47	INL	Scott Baker	16:17.0
48	LANL	James Woerner	16:30.0
49	LLNL	Peter Goldstein	17:25.0
50	INL	Brandon Andrus	17:36.0
51	CNS-Y-12	Doug Sexton	19:00.0
52	LBL	Erik Zalkin	27:47.5



The following pages contain information provided by lab race coordinators





Ames National Labs				
Event	Men's Run	Women's Run	Mens' Walk	Women's Walk
Place	NS	7	NS	7

The Ames National Laboratory held its annual in-person event on, May 10th with a one-mile loop around the Ames National Laboratory and Iowa State University campus. The weather really turned out great and our in-person employees showed up as well. Our event kicked off just after 11 a.m. and we had 37 participants. Following the race/walk, we had some snacks and music to enjoy! Chelsey Aisenbrey, Director of Performance Management said, “The DOE Mile is a highly anticipated event annually. It brings out employees from all areas of the laboratory and provides a mechanism for individuals to interact informally. From my standpoint, this is a tremendous event to reinforce our core value of community.”

Our first-place runner and Ames Lab Scientist, Marek Kolmer, said, “It was a great event. The conditions were perfect for runners. Mild temperature and a little bit of sunshine. Our campus is nice at this time of the year, when all the plants are blooming. And it is flat! I remember doing this at ORNL campus four years ago, and it was a little bit hilly. Generally, I like the way we keep community within the Lab during such social events. Especially for the post-pandemic era, where we do not have much face-to-face interactions across different divisions/groups.”

With only a few runners during our in-person event this year, our top two male runners were Marek Kolmer, with a time of

6:38 and second-place finisher Prashant Singh with a time of 8:23. As for the in-person female running category, our top two finishers were Zhengzheng XU with a time of 12:10, and Kelly Bergman with a time of 12:40. Our virtual event brought in a few more competitors with our leading female runner, Jennifer Brockpahler, and a time of 9:21.

Our top male walker was Bill Sears with a time of 13:54. Other leading male walkers were Arne Swanson, Bruce Spire, Cory Kuykendall and Nathaniel Orellana Adams. As for our leading female walker, that went to Kori Grooms with a time of 14:24. Other leading female walkers were Susan Elsner, Lori Johnston, Danielle Tiarks and Afton Erdman.

This has been a fun event through the years. It gets our employees together, encourages a healthy lifestyle by getting our bodies moving and throws in some friendly competition as well. “This event is an important reminder that we are a part of the bigger DOE National Laboratory complex. It is great having these opportunities to collaborate with other National Labs on initiatives,” said Chelsey. “Employee wellbeing is a priority for Ames National Laboratory. The DOE Mile certainly provides physical activity, but it also provides social connection, which is vital too.”



Run/Walk Race Highlights






JLAB				
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	6	3	2	5

There was a record crowd of runners and walkers on hand before the start of the race including staff, users and families on May 17. It was a beautiful day to be outside in Newport News, Virginia, partly cloudy and low 70s at start time. The Lab director (Stuart Henderson) was on hand to welcome everyone and to unveil the winning T-shirt design by staff member Jessica Weaver. When the race was over, 488 participants had crossed the finish line.

“It’s not fair!” That’s what then-7-year-old Ben Perry exclaimed to his mother in 2014 with a hint of frustration. Competing in the 15 and underage group was tough for the boy, but he loved coming every year to the lab where his mom Jessica works for the big race. Fast forward to May 2023, and this time, 16-year-old Ben cruised comfortably across the finish line well ahead of the pack with a DOE Mile time of 5:14 to take first place overall in the 36th edition of the Jefferson Lab Run-A-Round. Jefferson Lab user Sean Jeffas finished second overall, and Nick Gu, the son of staff member William Gu, finished third.

The top overall female finisher was Madelyn Kaban, a grad student from Canada who finished in a time of 6:06. Julie Raydo, 13, daughter of staff member Ben Raydo, finished second, and staff member (post-doc) Torri Jeski finished third.

The walkers had to follow the runners at the start but quickly found their stride. Top male finishers included longtime staff member Vladimir Popov in first (12:20), staff member Seth Marks in second and Rafe Remele, young son of staff member Zachary Remele, finishing third. In the female division, new staff member Cissie Mei finished first (12:53), and the daughter/mother team of Senuki Rathnayake and Aruni Nadeeshani finished second and third. Aruni is a user at the Lab.

		
Race coordinator David Abbott (shown) and Lab director Stuart Henderson congratulate Jessica Weaver on winning the T-	Nearly 500 runners and walkers gather in anticipation of the start of the race.	A crowded field jockey for position as the gun goes off.



2023 DOE MILE RUN / WALK



RUN:

Female:		Male:	
Gold: <u>Madelyn Kaban</u>	6:06	Gold: Benjamin Perry	5:14
Silver: <u>Julie Raydo</u>	7:19	Sliver: <u>Sean Jeffas</u>	5:37
Bronze: <u>Torri Jeski</u>	7:40	Bronze: <u>Nick Gu</u>	5:39

WALK:

Female:		Male:	
Gold: <u>Cissie Mei</u>	12:53	Gold: <u>Vladimir Popov</u>	12:20
Silver: <u>Senuki Rathnayake</u>	13:51	Silver: <u>Seth Marks</u>	12:31
Bronze: <u>Aruni Nadeeshani</u>	13:51	Bronze: <u>Rafe Remele</u>	12:47



Seven years old Ben Perry in 2014 at the race start, and again in 2023 (age 16) crossing the finish line and winning this year's event



Female division winner Madelyn Kaban (#104) finding her way through the pack at the start of the race.



Runners wind their way through the Jefferson Lab campus on the mile long course.



2023 DOE MILE RUN / WALK

**Lawrence Livermore
National Laboratory**

	LLNL			
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	2	5	5	6



Left: Top Three Female Runners



Above: SNL and LLNL Runners at the DOE Mile Starting Line at Sandia National Lab May 2nd 2023

Top 3 Female Runners:

1. Elaine Chung - Time: 6:04:00
2. Elizabeth Glascoe - Time: 6:18:00
3. Stephanie Matson - Time: 6:21:55

Top 3 Female Walkers:

1. Fowzia Zaka - Time: 12:11:00
2. Cathy Chang - Time: 14:44:00
3. Ramya Tipparaju - Time: 15:33:33



Above: SNL and LLNL Employees at the DOE Mile at Sandia National Lab May 2nd 2023



Right: Top Three Male Runners

Top 3 Male Runners:

1. Shannon Frick - Time: 4:44:00
2. Robert Thayer - Time: 4:46:00
3. Kenny Swartz - Time: 4:57:00

Top 3 Male Walkers:

1. Alex Zeigle - Time: 11:10:00
2. Chris Lam - Time: 12:16:00
3. Eric Green - Time: 13:42:00



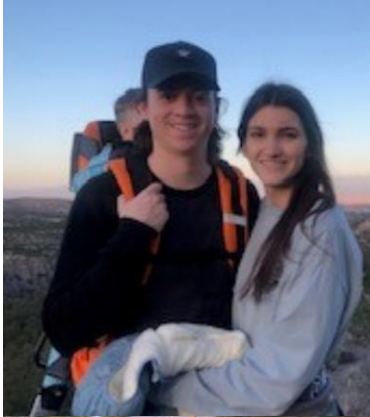
Above: SNL and LLNL Walkers at the DOE Mile Starting Line at Sandia National Lab May 2nd 2023



2023 DOE MILE RUN / WALK



LANL				
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	3	8	8	8





INL				
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	12	9	9	NS

INL Walk



4:36 PM

Went on a walk around Jensen's grove with my family.





2023 DOE MILE RUN / WALK



Argonne				
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	11	4	4	2





The Savannah River National Laboratory participated in the 8th annual DOE Mile in May of 2023. This event is a one-mile walk/run race between lab workers and their family members across the DOE complex. Twelve DOE national labs and over 1300 workers participated in the 2022 event. This year was marked with 2 different participation options. Employees and family members were encouraged to participate “virtually” between dates if May 1st through May 22nd. Several regular employees participated in this virtual option including our 2021 and 2022 top male finisher, Josh Cooper. There were several first-time participants that were encouraged to start spring off on the right path (see below)



First time virtual participant John Pareizs celebrates his mile finish for Team SRNL

In addition to the virtual option, employees and their families were also encouraged to participate in a small group event was held on Saturday May 13th at Citizens Park in Aiken. Employees met at the soccer field of Citizens Park to run with Palmetto track and field club on their mile course. Twenty-six runners participated in the event. Although not every runner was a qualified participant in the competition, there was a lot of energy running as a group and the weather did not disappoint (see photo-montage). The results were tabulated and are included in this report.

Savannah River				
Event	Men's Run	Women's Run	Mens' Walk	Women's Walk
Place	8	1	NS	NS

Top 3 Winners by Category

Run

Female

Gold: Aivah Duncan, 7:49
 Silver: Elizabeth Colon Laborde, 8:01
 Bronze: Beth Lewczyk, 9:43

Male

Gold: Josh Cooper, 4:54
 Silver: Andrew Duncan, 5:44
 Bronze: George Larsen, 5:58

Walk

Female

Gold: June Thacker, 12:45

Male

Gold: Rob Lascola, 12:42



DOE Mile Montage rotating clockwise from upper left. 1 mile course marked, recording of result start and finish.



2023 DOE MILE RUN / WALK



**Sandia
National
Laboratories**

Albuquerque, New Mexico

SNL/NM				
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	1	3	3	4

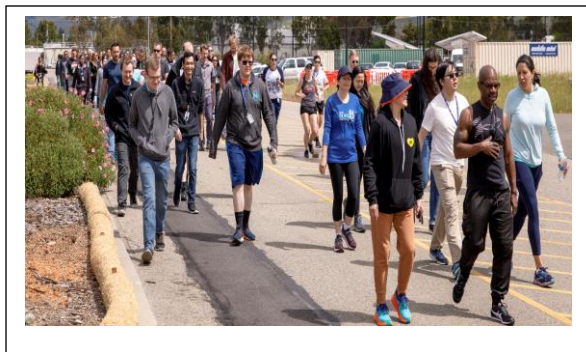




**Sandia
National
Laboratories**

Livermore, California

SNL/CA				
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	5	2	1	1





2023 DOE MILE RUN / WALK



Oak Ridge				
Event	Men's Run	Women's Run	Men's Walk	Women's Walk
Place	4	6	6	3

