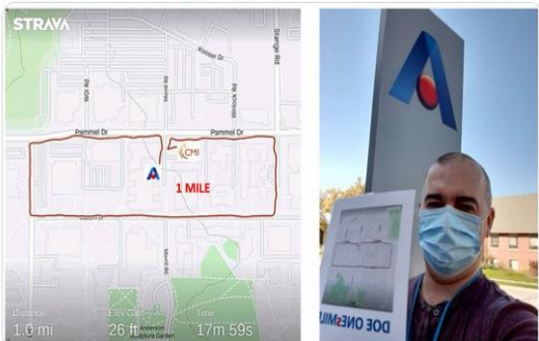




Denis Prodius  
@ProdiusDenis

"Life is like a box of chocolates..." or "Run, Forrest, Run!!!" @ForrestGumpFilm is one of my favorite movies. Everyone at the @Ames\_Laboratory is encouraged to participate by walking or running a DOE @ENERGY mile between Oct. 1 and Oct. 12. So... Run, @Ames\_Laboratory, RUNNNNN!!!



### COVID-19 Plan B

Not to be daunted by the COVID-19 pandemic and social distancing requirements, DOE Mile organizers converted the annual onsite race to a "get out there and do-it-yourself" event. And while you're at it, invite your spouses, dependents, and four-legged friends to tag along.

Participants had between Oct. 1 and 12 to map out a course, race it, and report their time. Devices such as Map My Run, Garmin, and Strava were used to validate distance and time.

Records were broken. Many of them. Read more stories and see the results, below.

# 2020 Do-It-Yourself DOE Mile Race Report

## 1,026 EMPLOYEES, SPOUSES & DEPENDENTS DO THE DOE MILE

by Joy MacPherson, SNL-CA

The DOE Mile evolved from a monthly mile at the Sandia National Laboratories California site in 2012, expanding to an inter-lab virtual foot race when SNL/CA challenged colleagues on the SNL/NM site to "a little friendly competition" in 2014. Why stop there? Two years later, the healthy challenge went out to all the national labs across DOE and the first DOE Mile was held in 2016.

The 2020 DOE Mile marks it's fourth running (2017 was skipped) and was nearly scrapped for the social distancing requirements created by the COVID-19 pandemic. Certainly, getting outside for a little physical activity and fresh air would go a long way in elevating spirits confined to homes and coping with numerous stressors.

Ten labs (right) across the DOE complex agreed and encouraged workers and their families to participate. A total of 1,026 answered the call and consisted of 873 workers, 80 spouse, 73 dependents, and assorted four-legged creatures. They headed to the track, local parks, remote dirt roads, bike and hiking trails, the mountains and shorelines. One lucky Sandian ran barefoot on a Hawaiian beach.

While shy of the 1232 workers who participated in 2019, the 2020 Do-It-Yourself DOE Mile was one for the record books. See results and stories, below.

## 10 DOE LABS VIE FOR FASTEST LAB

	Albuquerque, NM Livermore, CA
	PANTEX PLANT   Y-12 NATIONAL SECURITY COMPLEX
	EST. 1943



Members of team Los Alamos National Laboratory leap cattle guards and push strollers for their Do-It-Yourself Mile.

The current world record for one mile is 3:43.13, set by Hicham El Guerrouj of Morocco in 1999.

# Sandia National Laboratories/NM Retains Fastest Lab, Darren Driscoll of Argonne is Fastest DOE Miler

## Fastest DOE Lab

Sandia National Laboratories at the Albuquerque, New Mexico site scored just 35 points in the Men’s Mile to win the DOE Mile for the second consecutive year. They were followed by Y-12 (64 points), and Los Alamos National Lab (LANL) with 81 points.

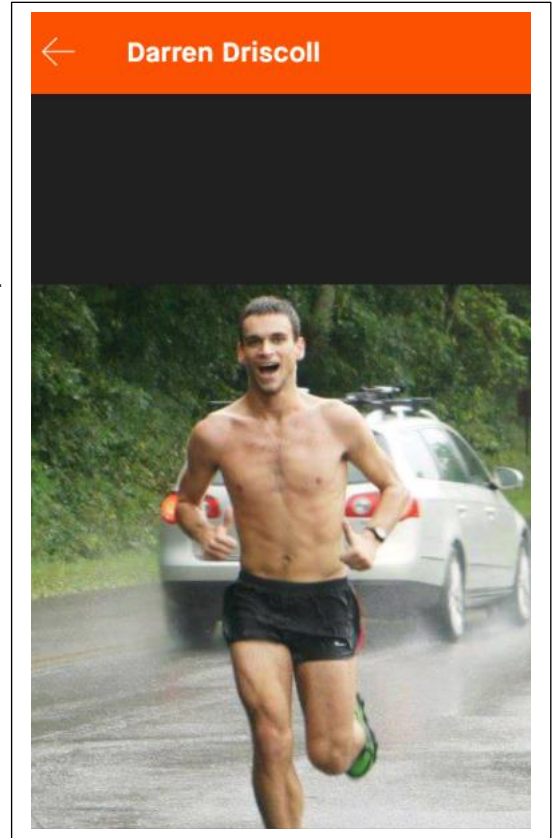
In the Women’s Mile, SNL/NM ran away with the title with just 15 points, While LANL was second in 59 points, and SNL/CA was third with 81 points.

## The cross-country scoring system was used to score the events

The first five runners from each team to cross the finish line receive the points that correspond to their place. The first-place runner receives one point, the second-place runner two, and so on. The team receiving the lowest score wins.

## Fastest DOE Milers

Darren Driscoll (Argonne) clocked a 4:27 to win the DOE Mile, shaving 22 seconds from the record set by David Galvez of Lawrence Livermore National Lab in 2019. Unfortunately for SNL/NM, Justin Wiens’ time of 4:21 did not count toward the DOE standings, because he is a spouse. Sofie Schunk (SNL/NM) also set a record in the Women’s Mile in 5:13, well ahead of 5:41 set by Vicki Garcia, SNL/NM in 2019.



## Four Finish Below 10 Minutes in Men’s Walk

Lead by Anthony Fernandez of Lawrence Berkeley National Laboratory, four in the Men’s Walk finished under the 10-minute mark. Anthony walked in 8:57, smashing the record set by Anthony Dipette (11:28) of Jefferson Lab. The LBNL won with 29 points, LANL finished second with 61 points, and SNL/NM was third with 65 points.

**LANL took the Women’s Walk** with just 18 points, followed by Oak Ridge National Lab (ORNL) with 62 points, and SNL/NM finished third with 70 points. LANL claimed the first three finishers, lead by Brandy Gaffney in 10:32. She surpassed the previous record set of 12:45 set by Heather Turbush of Brookhaven National Lab.

## Participation by DOE Laboratory – Ames Lab brings 12%, SNL/NM attracts 343

Lab	Run	Walk	Total	Population	% Participation	Spouse	Dependents
Ames	16	29	45	388	12%		
Argonne	35	25	60	3400	2%	7	1
Fermi	26	16	42	1837	2%	9	8
LANL	96	80	176	11,718	0	4	8
LBNL	10	28	38	NA	NA	2	6
ORNL	16	15	31	5487	1%	2	3
Pantex	8	7	15	NA	NA		
Sandia-CA	49	26	75	1684	5%	8	10
Sandia-NM	196	147	343	13772	5%	45	32
Y-12	35	13	48	NA	N	3	5
<b>Total</b>	<b>487</b>	<b>386</b>	<b>873</b>			<b>80</b>	<b>73</b>



# Men's Run - Individual and Team Placing

Darren Driscoll	Argonne	4:27	1
Avi Bregman	SNL-NM	4:37	2
Samuel Oxandale	SNL-NM	4:39	3
Coffey, Ethan	ORNL	4:52	4
Carlos Ortega	SNL-NM	4:53	5
Timothy Glenn	Y-12	5:10	6
Clay Sanders	SNL-CA	5:14	7
Paul Geimer	LANL	5:15	8
Travis Wilson	Y-12	5:18	9
Nick Hetro	Y-12	5:18	9
Daniel Gray	LANL	5:25	11
Jason Sonnek	SNL-NM	5:29	12
Brett Sanborn	SNL-NM	5:30	13
Stijn Wielandt	LBNL	5:31	14
Schmidt, Scott	ORNL	5:31	14
Francois Leonard	SNL-CA	5:34	16
Stephen Betts	LANL	5:35	17
Josh Melton	Y-12	5:41	18
Sarang Supekul	Argonne	5:43	19
Jonathan Hunt	Fermi	5:47	20
Brent James	LANL	5:54	21
Harrison Smith	Y-12	5:55	22
Oscar Negrete	SNL-CA	5:56	23
Mark Edwards	LANL	5:57	24
Axel Visel	LBNL	6:11	25
Reid Copelin	Pantex	6:15	26
Steven Fillmore	SNL-CA	6:20	27
Michael Starr	SNL-CA	6:25	28
Mason Lemon	Pantex	6:29	29
Barker, Steven	ORNL	6:31	30
Javier Duarte	Fermi	6:37	31
Dan Carlson	Argonne	6:43	32
Gillen, Rob	ORNL	6:45	33
Alexander Shen	Fermi	6:47	34
Luciano Elemer	Fermi	6:50	35
Chris Oldanie	Argonne	6:51	36
Brandon Manni	LBNL	6:51	36
Alexx Stephen	Fermi	6:52	38
William Jenks	Ames	7:10	39
Tom Costello	Argonne	7:13	40
Thomas Anciso	Pantex	7:17	41
Benjamin Uelan	Ames	7:24	42
Maheshwari, Ke	ORNL	7:55	43
Grant Johnson	Ames	7:55	43
Michael Ehrlich	LBNL	8:02	45
Kevin Kieth	Pantex	8:07	46
Carey Waage	LBNL	8:24	47
Terry Reints	Ames	8:28	48
Marty Moore	Pantex	8:45	49
Emrah Simsek	Ames	8:46	50

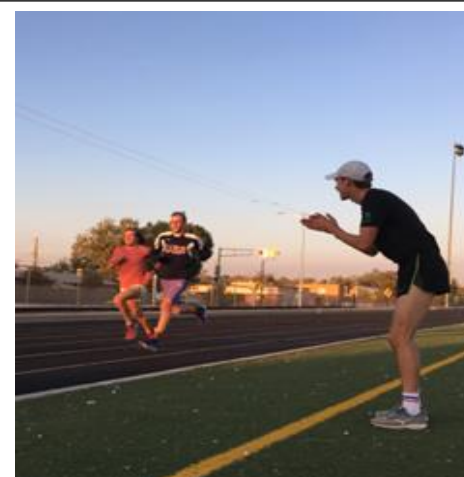
**Argonne's Darren Driscoll sets DOE Mile record, Sandia/NM wins Fastest DOE Lab**

Men's Run: Overall Place Finish of Lab's Top 5 Participants							
Lab	1	2	3	4	5	Total	Place
SNL-NM	2	3	5	12	13	35	1
Y-12	6	9	9	18	22	64	2
LANL	8	11	17	21	24	81	3
SNL-CA	7	16	23	27	28	101	4
ORNL	4	14	30	33	43	124	5
Argonne	1	19	32	36	40	128	6
Fermi	20	31	34	35	38	158	7
LBNL	14	25	36	45	47	167	8
Pantex	26	29	41	46	49	191	9
Ames	39	42	43	48	50	222	10



**2020 DOE Mile Champion, Darren Driscoll** of Argonne National Laboratory, catches his breath after clocking a 4:27 mile, shaving 22 seconds off the previous DOE Mile record time of 4:49, set by David Galvez of LLNL in 2019. **Sandia National Laboratories at the Albuquerque site, won the fastest DOE Lab.**

"I am extremely happy about my 1-mile race time," said Darren of his 4:27 mile. These past 7 months I have really focused on improving my overall fitness and this race demonstrated that I can continue to improve even during difficult and sometimes stressful times." **Avi Bregman**, Sandia National Labs in Albuquerque, finished second in 4:37, while SNL/NM teammates followed close behind, to claim the Fastest Lab Title. **Sandia/New Mexico's** top five runners finished in the top 13 places overall, giving them the lowest team score and victory. Individual and lab scores are shown above.



SNL/NM's Avi Bregman and Sam Oxandale sprint to the finish of their Do-it-Yourself DOE Mile



# Women's Run - Individual and Team Placing

Sofie Schunk	SNL-NM	5:13	1
Michelle Hummel	SNL-NM	5:52	2
Rebecca Schaller	SNL-NM	5:52	2
Vicki Chavez	SNL-NM	6:01	4
Herndon, Elizabeth	ORNL	6:06	5
Rebecca Nylan	SNL-NM	6:17	6
Jenny Christmas	Y-12	6:27	7
Therese Trujillo	LANL	6:50	8
Kelley Ruehl	SNL-CA	6:52	9
Michelle Williams	Y-12	6:52	9
Paula Rutherford	LANL	6:59	11
Nadia Chisler	LANL	7:00	12
Lindsay O'Brien	LANL	7:14	13
Diana Kafkes	Fermi	7:16	14
Sanna Sevanto	LANL	7:17	15
Kyra Schmidt	SNL-CA	7:27	16
Suzanne Howard	SNL-CA	7:28	17
Bernadette Gallego	SNL-CA	7:34	18
Lola Neisius	Y-12	7:34	18
Silvia Mulligan	Argonne	7:36	20
Taylor Moehling	SNL-CA	7:37	21
Jessica Benelli	Fermi	8:00	22
Grace Inman	Ames	8:03	23
Lori Page	Pantex	8:04	24
Amber Kramer	Y-12	8:05	25
Ashley Whitehead	Ames	8:06	26
Shilpani Perera	LBNL	8:15	27
Linda Vickers	Y-12	8:17	28
Charlette Lim Yan	LBNL	8:30	29
Emily MacDonald	Fermi	8:36	30
Allison Reinsvold	Fermi	8:39	31
Mary Simmons	Fermi	8:52	32
Mariel Jomant	Argonne	8:54	33
McKinnon, Alison	ORNL	9:12	34
Sparks, Joey	ORNL	9:14	35
Yvette Paige	Ames	9:38	36
Andriola, Evalyn	ORNL	9:39	37
Laura Graves	Ames	9:42	38
Tracy Bennish	Argonne	9:43	39
Gabriela Fuentes-	LBNL	10:00	40
Lauren Raino	Argonne	10:16	41
Julenne Krennich	Ames	10:24	42
Patti Pedernana	Argonne	10:43	43
Marlene Turner	LBNL	12:06	44
Marissa Smithwick	LBNL	12:49	45
Jackson, Amiee	ORNL	14:13	46

Nadia Chisler, Therese Trujillo, and Fatima Woody shown at right (l to r) of Los Alamos National Lab

Lab	1	2	3	4	5	Total	Place
SNL-NM	1	2	2	4	6	15	1
LANL	8	11	12	13	15	59	2
SNL-CA	9	16	17	18	21	81	3
Y-12	7	9	18	25	28	87	4
Fermi	14	22	30	31	32	129	5
ORNL	5	34	35	37	46	157	6
Ames	23	26	36	38	42	165	7
Argonne	20	33	39	41	43	176	8
LBNL	27	29	40	44	45	185	9
Pantex	24						No Score

## SNL/NM tops women's field

The women at the **Sandia National Laboratories/Albuquerque** site, placed their top five runners in the top six places overall, giving them a team total of just 15 points, well ahead of second place, Los Alamos National Lab, with a team total of 59 points. **SNL/NM's Sofie Schunk, finished first, winning the DOE Women's Mile in a blazing 5:13**, shaving 28 seconds off the 5:41 record set by colleague Vicki Garcia, in 2019. Three SNL/NM runners finished below the six-minute mark, with Oak Ridge National Lab's Elizabeth Herndon breaking into the SNL/NM pack, finishing in 5<sup>th</sup> place in 6:06.



DOE Mile 2020 Women's Champion, Sofie Schunk, is shown at left competing in a cross-country running race in San Diego last year. A Division 1 soccer player for Marquette, Sofie only recently took up running and has no shortage of speed. In fact, she spent the better part of the summer trying to break a 5-minute mile, and got very close, clocking 5:05 before she got "burned out" on training at the track.

After a two-week hiatus, Sofie ran her 5:13 Do-It-Yourself DOE Mile over a stretch on Tramway, near her home.

Landing a job at Sandia in Albuquerque, Sofie is excited to be back in New Mexico, where she grew up. She lauds the value Sandia puts on work-life balance and replenishes herself running on mountain trails. "I am looking forward to running with others, especially post-COVID," she said. "It is one of my favorite ways to connect with the community and network, and some of my best problem-solving and thoughts come while I'm at for a run."



# Men's Walk - Individual and Team Placing

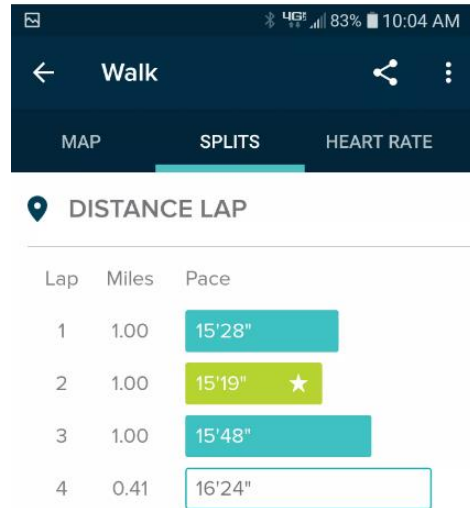
Anthony Fernandez	LBNL	8:57	1
Thomas Russel	LANL	09:06	2
Tin Ho	LBNL	9:17	3
Biju Jacob	LBNL	9:22	4
Russ Richards	LANL	11:59	5
Gilbert Chan	Y-12	12:28	6
Kevin Denis	Ames	12:45	7
Thorsten Stezell	LBNL	13:06	8
Edward Carroll	SNL-NM	13:25	9
Austin Von Tom	SNL-NM	13:26	10
Dakota Travis	LANL	13:30	11
Monroe, Tim	ORNL	13:35	12
John Kim	LBNL	13:50	13
Matthew Kress	SNL-NM	13:53	14
Perry D'Antonio	SNL-NM	14:00	15
Mike Skwarek	Argonne	14:02	16
Evan Harvey	SNL-NM	14:03	17
Gerald Guglielmi	Fermi	14:30	18
Hornick II, Mich	ORNL	14:32	19
Jason Miller	Y-12	14:35	20
Keith	LANL	14:37	21
Jacob Garrett	LANL	14:45	22
Brian Oden	SNL-CA	14:52	23
Raju Kumal	Argonne	15:00	24
John Stevens	Argonne	15:00	24
Jackson May	SNL-CA	15:01	26
Cheri Markt	SNL-CA	15:07	27
Jody Garcia	SNL-CA	15:15	28
Jake Irving	Ames	15:19	29
Clay Miller	Ames	15:21	30
Kent Pfeifer	SNL-CA	15:36	31
Patrick Beallis	Argonne	15:49	32
Vitalij Pecharsk	Ames	15:51	33
Nathan Schmidt	Argonne	16:00	34
Bill Sears	Ames	16:01	35
Rao, Govind	ORNL	16:38	36
Daniel Szkola	Fermi	17:23	37
Cochran III, Eug	ORNL	18:15	38
Graves, Van	ORNL	18:57	39

Lab	1	2	3	4	5	Total	Place
LBNL	1	3	4	8	13	29	1
LANL	2	5	11	21	22	61	2
SNL-NM	9	10	14	15	17	65	3
Argonne	16	24	24	32	34	130	4
Ames	7	29	30	33	35	134	5
SNL-CA	23	26	27	28	31	135	6
ORNL	12	19	36	38	39	144	7
Pantex							No Score
Y-12	6	20					No Score
Fermi	18	37					No Score

## A whole lotta fast walking going on

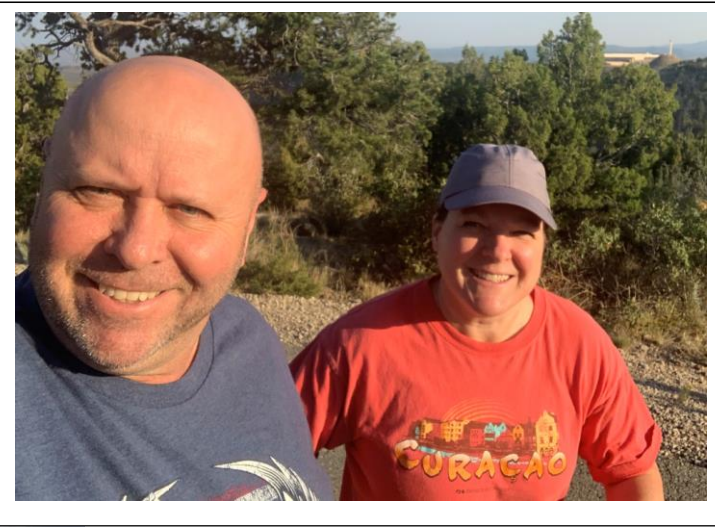
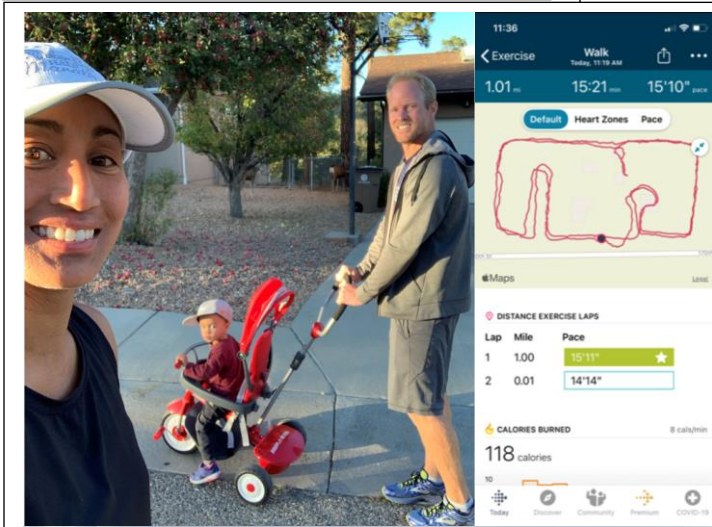
**Anthony Fernandez** of Lawrence Berkeley National Laboratory walked a blistering 8:57 mile to claim the Men's Walking division and setting a new DOE Mile record (previous record was 11:28 set in 2019 by Anthony Dipette of Jefferson Lab). **Thomas Russel** (LANL) was close behind in 9:06 and two others finished under 10 minutes: **Ten Ho** (9:17) and **Biju Jacob** (9:22), also from Lawrence Berkeley Lab. With this string of fast finishes, **LBNL easily claimed the DOE Walking Mile**, with a team score of 29 points.

Not many points separated second and third place, nor between fourth, fifth and sixth places.



Jake Irving from Ames shows his mile split times over a four-mile course. He submitted his fastest mile split (15:19) his second mile, for the DOE Mile Walk competition. Jake was the second-place finisher for Ames, earning 29 points towards Ames' total score of 134 points.

The goal is to place your team's top five finishers, close together at the front of the pack!





# Women's Walk - Individual and Team Placing

Brandy Gaffney	LANL	10:32	1
Jennifer Payne	LANL	11:23	2
Lisa Jaegers	LANL	11:23	2
Beach, Dottie	ORNL	12:00	4
Alison Bailey	LANL	12:13	5
Miller, Missy	ORNL	12:15	6
Cristy Abeyta	LANL	12:27	7
Amber Dressler	SNL-NM	12:38	8
Kimberly Haulenbeek	SNL-NM	12:46	9
Angie Alfaro	Argonne	13:00	10
Fields, Erika	ORNL	13:01	11
Sarah Allendorf	SNL-CA	13:11	12
Pittman, Kathryn	ORNL	13:27	13
Sultanna Gardizie	SNL-CA	13:28	14
Rebecca Blach	SNL-CA	13:28	14
Julie Ludwig	SNL-NM	13:30	16
Kathryn Rodhouse	SNL-NM	13:34	17
Jennifer Brockpahler	Ames	13:36	18
Laurel Davis	LBNL	13:41	19
Tuyet Simmons	SNL-NM	13:47	20
Elizabeth Coleman	LBNL	14:18	21
Diana Morgan	Argonne	14:22	22
Laura Esquivel	Argonne	14:28	23
Kori Grooms	Ames	14:34	24
Samantha Andersen	Y-12	14:42	25
Connie Smith	Y-12	14:45	26
Marguerite Tonjes	Fermi	14:51	27
Busch, Ingrid	ORNL	14:53	28
Dorian Seagrave	SNL-CA	15:00	29
Theresa Kummer	SNL-CA	15:00	29
Gayle Millman	Fermi	15:00	29
Kristen McIntosh	LBNL	15:00	29
Jenny Nuss	LBNL	15:00	29
Kay Duffy	Argonne	15:06	34
Tammy Powell	Y-12	15:31	35
Yolanda Ogle	Y-12	16:17	36
Christie Brown	Pantex	16:20	37
Dee Walker	Y-12	16:20	37
Molly Seaboch	Ames	16:30	39
Stephanie Goodman	Ames	16:31	40
Marion White	Argonne	16:36	41
Dr. Margaret Evans	Ames	17:02	42
Ashley Hayton	Pantex	17:23	43
Brenda Graham	Pantex	17:36	44
Meredith Smith	Pantex	17:36	44
Vo Tudman	Pantex	17:36	44
Patricia Hedrick	Fermi	17:48	47
Melonie Hays	Fermi	18:52	48
Gozde Barim	LBNL	15:32	49
Spring L Barrett	Fermi	15:43	50

Lab	1	2	3	4	5	Total	Place
LANL	1	2	3	5	7	18	1
ORNL	4	6	11	13	28	62	2
SNL-NM	8	9	16	17	20	70	3
SNL-CA	12	14	14	29	29	98	4
Argonne	10	22	23	34	41	130	5
LBNL	19	21	29	29	49	147	6
Y-12	25	26	35	36	37	159	7
Ames	18	24	39	40	42	163	8
Fermi	27	29	47	48	50	201	9
Pantex	37	43	44	44	44	212	10



The women from **Los Alamos National Lab** got er done in the walk, putting their top five in the top 7 places overall, scoring just 18 points to win the Women's Walk division. They were well ahead of second place ORNL with 62 points. The LANL front walkers were not available for comment, however, **Mei Liu (left)** posed for a shot before walking off onto a golden autumn trail in the mountains around Los Alamos.

**Director, Sarah Allendorf**, of the SNL/California site gave it all she had, turning in a mile walk time of 13:11. "Close, but no cigar," she said of her effort. Her Strava record is shown at left.

**Sarah Allendorf**  
Yesterday at 9:33 AM

**Walk one**

Distance: 1.00 mi | Elev Gain: 0 ft | Time: 13m 11s



# Sandia National Laboratories - NM



**Ari Bregman** finished second in the Men's Run in 4:37, leading SNL/NM to the Fastest DOE Lab title, with teammates on his heels. Ari is shown at left before a race held in Michigan.

Ari and **Sam Oxandale** ran their mile on the track, before work. "Some of my friends from the local run club came out and cheered us on," he said. It was a nice cold morning to light the track on fire! Sam finished third in a time of 4:39.

**David Mackovjak**, ran his mile while on a Hawaii beach. He said he won the barefoot division, which in fact he did!

Event	Place
Men's Run	1
Women's Run	1
Men's Walk	3
Women's Walk	3



# Sandia National Laboratories - California

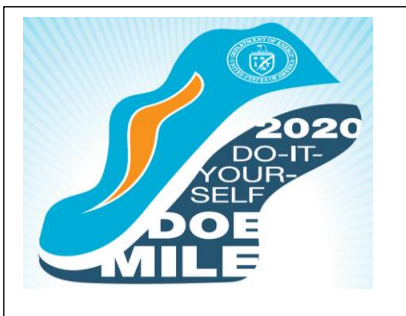
Event	Place
Men's Run	4
Women's Run	3
Men's Walk	6
Women's Walk	4



Dreaming of the day when we can safely gather again, like the **2019 DOE Mile** held on the SNL/CA campus with neighbors, Lawrence Livermore National Lab (left)

**Clay Sanders** was SNL/CA's top runner, finishing seventh overall in 5:14, leading the California site to a fourth-place finish in the Men's Mile. Clay ran his mile at the track, using GPS to ensure the mile distance. **Sandia Associate Labs Director, Andy McIlroy**, took one for the team and abandoned his bike for this running event. A die-hard cyclist/cyclocross racer, Andy said the DOE Mile was the longest he's run in several years. He joked and said that he's part of the "I only run during cyclocross running club," which amounts to about 0.2 miles.

Like many of us, Andy said that cycling (getting outside and exercising) is one of the things keeping him sane during these crazy times.





# Consolidated Nuclear Security, LLC

The Y-12 men had a sizzling performance and finished second in the Men's Mile, with a score of 64 points (SNL/NM won with 35 points and LANL was third with 81 points). Timothy Glennon finished first for Y-12 and sixth overall in a time of 5:10. His teammates, Travis Wilson and Nick Hetro tied for ninth place in 5:18. Y-12 had a strong showing in the Women's Run, with a 4<sup>th</sup> place overall finish in 87 points. Jenny Christmas was Y-12's first finisher in 6:27.



CNS Y-12	Place
Event	
Men's Run	2
Women's Run	4
Men's Walk	NA
Women's Walk	7

CNS Pantex	Place
Event	
Men's Run	9
Women's Run	NA
Men's Walk	NA
Women's Walk	10

Below, a great shot of CNS participants in 2019







**Diana Kafkes** finished 14th for Fermi in the Women's Mile, in a time of 7:16, leading the Fermi women to a 5<sup>th</sup> place overall finish, with 129 points. In the Men's Run, **Jonathan Hunt** was the top finisher for Fermi, placing 20<sup>th</sup> overall, in a time of 5:47.

Fermi Event	Place
Men's Run	7
Women's Run	5
Men's Walk	NA
Women's Walk	9

Below is a picture of the 2019 DOE Mile race at a chilly Fermi Lab



Argonne's **Darren Driscoll** topped the 2020 DOE Mile contender list, finishing first overall in 4:27 and setting a new DOE Mile record. **Angie Alfaro** was 10<sup>th</sup> in the Women's Run in a time of 13:00.

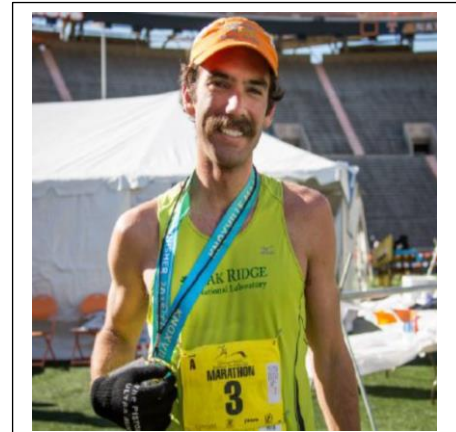
Argonne Event	Place
Men's Run	6
Women's Run	8
Men's Walk	4
Women's Walk	5



ORNL Event	Place
Men's Run	5
Women's Run	6
Men's Walk	7
Women's Walk	2



Oak Ridge placed in the top 10 in three events. **Ethan Coffee** placed 4<sup>th</sup> in the Men's Mile in 4:52; **Elizabeth Herndon** ran a 6:06 mile to place 5<sup>th</sup> in the Women's Mile; and **Dottie Beach** clocked 12 minutes flat in the Women's Walk for fourth.



Ethan Coffee finished 4<sup>th</sup> overall in then 4:52. Check out his impressive running bio:

<https://www.ktc.org/BioEthanCoffey.ht>

Ames Event	Place
Men's Run	10
Women's Run	7
Men's Walk	8
Women's Walk	8



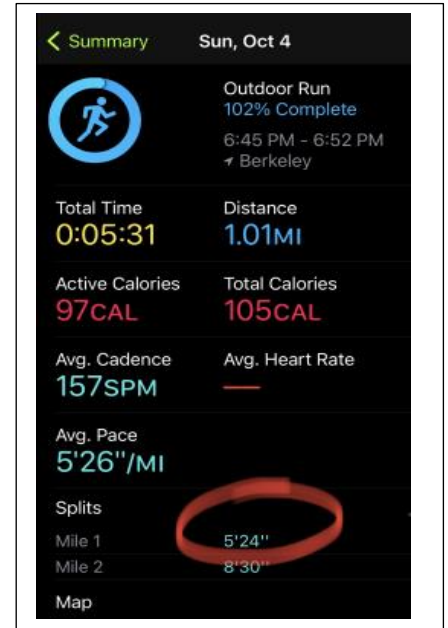
Below: Pounding the pavement in Ames during the 2019 DOE Mile



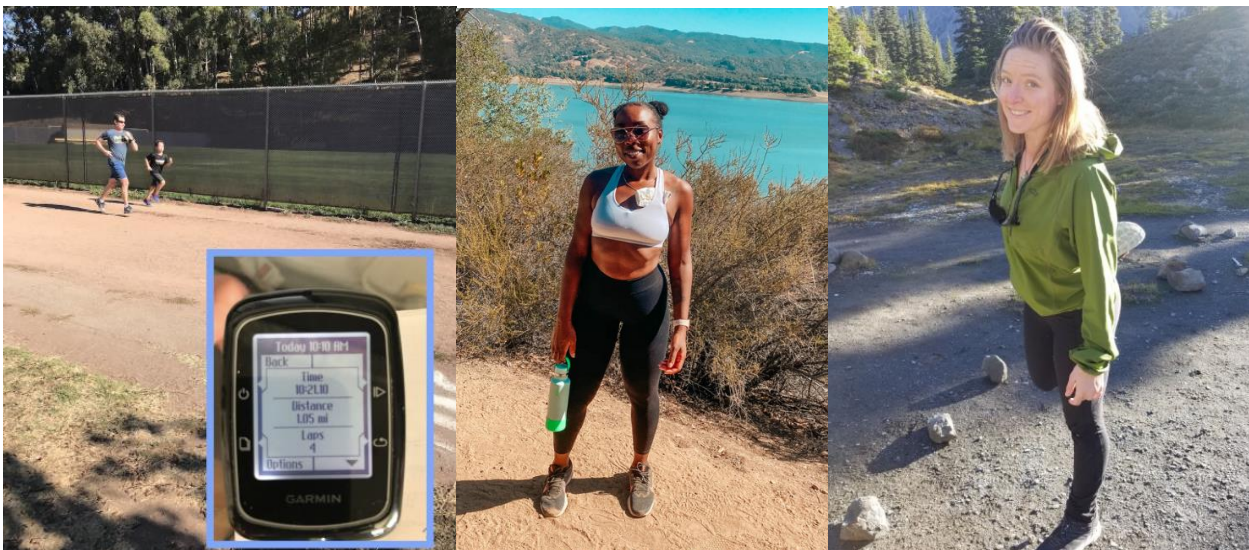




Event	Place
Men's Run	8
Women's Run	9
Men's Walk	1
Women's Walk	6



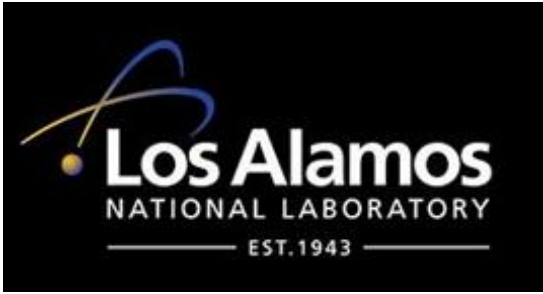
The COVID-19 pandemic was actually a positive factor for allowing LBNL to participate in the DOE Mile for the first time. The LBNL campus is located in the Berkeley hills, offering nary a stretch of flat ground for racing. The Do-It-Yourself nature of this year's event inspired participants to flock to track, path, and hills. This proved fruitfall in the Men's Walk, in which LBNL finished first, third, fourth, and eighth, to win. The effort was lead by **Anthony Fernandez Jr**, who walked an 8:57 mile to win the Men's Mile. **Stijin Wielandt** clocked 5:31 (see race summary above, right) and tied for 14<sup>th</sup> place in the Men's Run.



*And I quote:*

**Anthony Fernandez Jr:**  
Happy to submit "my wonderful wife's running entry time as well as mine. Thank you!"

**Debra Troxell:** "Here I am walkin' and sweatin'. Happy Sunday"

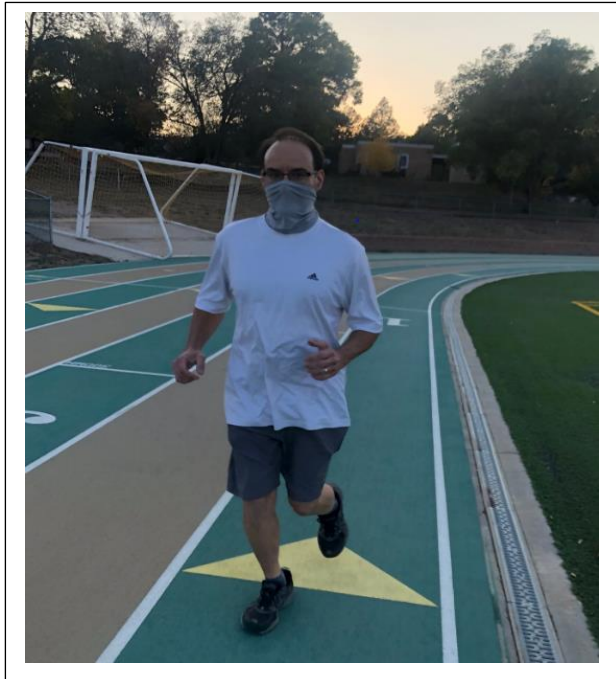


A newcomer to the DOE Mile in 2020, Los Alamos National Laboratory made an impressive showing, finishing in the top three in each event. **Brandy Gaffney** topped the podium in the Women’s Walk, cruising to the tape in 10:32, while teammates claimed four of the top five places in that event. **Tom Russel** had an equally impressive walk, striding through in 9:06 to finish second in the Men’s Walk.

**Therese Trujillo** ran a 6:50 mile to finish eight overall in the Women’s Mile, and **Tom Geimer** followed suit with an eighth-place finish in the Men’s Mile in 5:15.

**Tomoko Putnam** strides off in the Women’s Mile (right) as **Tariq Aslam** takes to the track, below.

LANL Event	Place
Men’s Run	3
Women’s Run	2
Men’s Walk	2
Women’s Walk	1



**Lyly Parish** (right) heads to the trails for her Do-It-Yourself DOE Mile, with her four-legged friend in tow.



# Spouse Run Results - Justin Wiens Wins Big!

## Men's Run

Justin Wiens	SNL-NM	4:21
Matt Arrendondo	Argonne	7:43
Matthew Hall	Fermi	8:39
Michael Simmons	SNL-NM	8:58
Patrick Shreve	SNL-NM	9:13
Brian Kincher-Winoto	SNL-CA	9:37
Ernesto Antonio	Argonne	10:16
Eric Hultz	SNL-CA	10:25
Carla Salas	SNL-NM	10:50
Matt Turgeon	SNL-NM	11:32



Justin Wiens (above) not only set the fastest pace in the Men's Spouse Run, his 4:21 was **THE FASTEST** overall time, nipping Argonne's Darren Driscoll by six seconds.

Justin and his wife, **Kristin Divis** (SNL/NM), shown below out hiking. "Running is his passion," said Kristin, "usually marathons, but he had fun with this one, too."



## Women's Run

Elena Shemyakina	Fermi	6:47
Amy Hudson	Y-12	7:12
Renee Hoffman	SNL-NM	7:15
Deborah Haney	LANL	09:03
Ashley Robinson	SNL-NM	9:05
Sha Marie Martinez	SNL-NM	9:10
Renee Sisneros	SNL-NM	10:00
Mrs. Kraus	Argonne	10:32
Katie Sena	SNL-NM	11:27
Meike Visel	LBNL	11:53
Nichole Rhien	SNL-CA	12:01
Mary Bryson	LBNL	21.5
Patricia Maslow	LANL	30:34:00

SNL/NM boasted 5 spouses in the Women's Run

# Spouse Walk Results

## Men's Walk

Jason Shaw	SNL-NM	13:08
Michael Stanley	SNL-NM	13:42
Charles Abadie	SNL-NM	14:00
Leroy Garley	SNL-NM	14:50
Ken Joiy	ORNL	14:54
Robert Marley	SNL-NM	15:00
Jody Garcia	SNL-CA	15:15
Kent Pfeifer	SNL-CA	15:36
Adam Ames	SNL-CA	16:01
Heath Wehrman	SNL-CA	16:25
Michael Brunell	SNL-CA	16:31
Ryan Hayton	Pantex	17:23
Kieron Barrett	Fermi	18:23
Monte Hays	Fermi	18:52
Wayne Tonjes	Fermi	19:08
Todd Potts	LANL	21:00
Todd Jensen	Fermi	25:16:00
John Olney	Fermi	29:20:00
Fritch, Gordon	ORNL	NA

Jeremiah McRoberts



## Women's Walk

Keisha Wixom	SNL-NM	12:15
Lori D'Antonio	SNL-NM	14:00
Lydia Thompson	SNL-NM	14:03
Kelly Williams	SNL-NM	14:26
Becky Garrett	LANL	14:45
Mrs. Stevens	Argonne	15:00
Veronica Dubuque	SNL-NM	15:08
Leah Turner	Fermi	15:25
Pam Castellanos	Argonne	16:05
Spouse Wehrman	SNL-CA	16:25
Mrs. Bheemireddy	Argonne	17:00
Kris Hayden	Argonne	17:51

Sylvie adam out doing her DOE Mile for LANL





# Dependents Results

## Run – All Groups

Francesco Benelli	6:15	Fermi	M	14under
Biewer, Evan	6:47	ORNL	M	14under
Hannah Aslam	6:57	LANL	F	14under
Asher Reitz	7:00	SNL-NM	M	14under
Antonio Benelli	8:00	Fermi	M	14under
Milo Bettinger-Shafer	10:21	LBNL	M	14under
Maizy Galasso	11:00	SNL-NM	F	14under
Jude Sena	11:27	SNL-NM	M	14under
Jia Turgeon	11:32	SNL-NM	F	14under
Linus Visel	11:53	LBNL	M	14under
Emma Visel	11:53	LBNL	F	14under
Riley Jungjohann	13:30	SNL-NM	F	14under
Maximus Jungjohann	14:00	SNL-NM	M	14under
Mateo and Lucas Montoya	14:03	LANL	M	14under
Jaiden McIntosh	15:00	LBNL	M	14under
Harper McIntosh	15:00	LBNL	M	14under
Brian Romero	15:46	SNL-NM	M	14under
Marcus Romero	15:46	SNL-NM	M	14under
Madison Pearce	20	Fermi	F	14under
Biewer, Jack	4:57	ORNL	M	15-19
Benjamin Holt	6:19	SNL-NM	M	15-19
Jay Sibley	7:33	Fermi	M	15-19
Joy, Daniel	7:40	ORNL	M	15-19
Edward Lopez III	10:21	SNL-NM	M	15-19
Sara Coleman	14:18	LBNL	F	15-19
Todd Nickerson	6:20	SNL-NM	M	20-26
Maria A Tafoya	8:50	SNL-NM	F	20-26
Camron Hayden	9:29	Argonne	M	20-26



Mateo and Lucas Montoya (LANL) finish strong in a time of 14:03.

Four-year-old, Riley Jungjohann, showing perfect form as she sprints to the finish of her first DOE Mile. She is the daughter of Katherine Jungjohann of Sandia National Laboratories in Albuquerque



## Walk – All Groups

Louis Tonjes	28:30:00	Fermi	F	14under
Elizabeth Olney	29:20:00	Fermi	F	14under
Aiden Abeyta	12:27	LANL	M	14under
Maclain Griffin	19:26	LANL	M	14under
Maison Griffin	19:26	LANL	F	14under
Jacob Dubuque	15:08	SNL-NM	M	14under
Maddox Lovato	16:00	SNL-NM	M	14under
Joseph Siefert	17:04	SNL-NM	M	14under
Marcus Bach	20:31	SNL-NM	M	14under
Logan Bach	20:31	SNL-NM	M	14under
Rylee Wixom	12:15	SNL-NM	F	14under
Mia Dubuque	15:08	SNL-NM	F	14under
Wren Whipple	17:24	SNL-NM	F	14under
Katie Oswald	18:00	SNL-NM	F	14under
Natalie Galasso	20:00	SNL-NM	F	14under
Ella Hailey	16:40	LANL	F	15-19
Monica Renfro	16:00	SNL-NM	F	20-26
Arnika Chidambar	22:00	SNL-NM	F	20-26