



# MEDIA RELEASE

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#RunWithTheMarines

f Marine Corps Marathon

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## Turkey Trot 10K and Mile Returns in 2021

**QUANTICO, VA (November 20, 2021)** – More than 400 runners and their families gathered aboard Marine Corps Base Quantico this morning to run the Turkey Trot 10K and Mile, one final calorie-burning event before Thanksgiving. The event returned live and in-person following last year's virtual-only event due to COVID safety guidelines.

Nathaniel Chermok of Stafford, VA crossed the finish line first with a time of 35:28. Chermok has consistently #RunWithTheMarines throughout 2021, also earning the Distinguished Participant medal.

"I am actually running the Philadelphia Marathon tomorrow, so I am leaving today following this race," said the 30-year old. Chermok used the Turkey Trot as a nice way to loosen the legs before his first ever road marathon tomorrow morning.

The first female finisher to break the tape was Yuko Whitehouse with a time of 43:22. "It's so much fun that I cannot miss (Marine Corps Marathon Organization's Event Series), so that is why I got the Distinguished Participant medal," explained the 49-year-old from Fairfax, VA. "I felt extra safe with the staggered start, but at the same time I have to do a full-out race because you never know if someone else is faster in the second wave. I think that's why I had a personal best today." Today's finish marked the first Turkey Trot 10K overall female win for Whitehouse.

Rounding out the top finishers for this year's event are Alexis Espinoza, from Quantico, VA who placed second among males with a time of 37:25, and Paul Armijo from Stafford, VA with a time of 37:43 placing third among males. Sara Gilliam from Safford, VA with 43:51 and Catherine Miller, from Spotsylvania, VA with a time of 43:59, placed second and third among females respectively.

Among today's finishers were 70 Distinguished Participants who completed their final 2021 MCM Event Series run to earn the coveted medal. These runners walked away with this exclusive recognition this year, having participated in four of the following five events:

- Quantico Crucible in April
- Marine Corps Historic Half Events (Devil Dog Double, Historic Half or Semper 5ive) in May
- Belleau Wood 8K or Crossroads Trail 15K in June
- Marine Corps Duathlon or Quantico 12K in August
- Turkey Trot 10K and Mile in November

Distinguished Participant medals are presented by VA Runner, a running specialty store in Woodbridge and Fredericksburg. Other runners may have previously qualified with participation in four of the previous races or by completing the Turkey Trot 10K virtually.

All participants received a unique Thanksgiving Turkey Trot shirt and medal. Top finishers and age-award winners received frozen Thanksgiving turkeys provided by sponsor Wegmans.

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Unofficial results are available at [www.marinemarathon.com](http://www.marinemarathon.com). Runners may continue their commitment to running with the Marines by participating in the new virtual Vietnam 196.7 Miler. Participants can take on the distance solo as part of a team from February 1 to March 18. Registration is open [here](#).

*Turkey Trot 10K and Mile is part of the MCM Event Series hosted by the Marine Corps Marathon Organization. The MCM Event Series feature a variety of distances and fun challenges on or near Marine Corps Base Quantico. No federal or Marine Corps endorsement is implied. Connect with the Marine Corps Marathon on [Facebook](#), [Twitter](#), [Instagram](#), and [YouTube](#). #RunWithTheMarines*