

2015 Summer Rankings

(May 29, 2015 – September 7, 2015)



By [James Moreland](#)

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Dan Devlin

Running is still going strong but the total numbers dropped about 10% for the fourth year in a row. Some of this can be attributed to the fact that there are so many races to choose from these days. Bill Stahr had no trouble at all finding 369 races to run in 2014. Every weekend there are twenty races in the region from which to choose from and that makes the quality of most of the races improve to fight off the competition and then we all win. Naturally, with fewer runners, there should be fewer ranked runners but the percentage is still similar at 3.25%.

Major races (500 or more finishers) held steady at 42. The Rock 'n' Roll Half Marathon rebounded by more than 600 finishers to 8,433. They led six races with more than two thousand finishers and was double that of the Baltimore 10M which led the Annapolis 10 Miler again. However, while Annapolis rose to 3,500, Baltimore rose a hundred runners to 4,145. Only nineteen had more than 1,000 finishers.

Ten races had more than fifty ranked runners racing in them, two more had 49. Annapolis retained the title as most competitive with 115. The Crystal City Twilight 5K went crazy going to 84, more than triple last year. The Rockville Rotary Twilight 8K overheated and dropped to fifth with 73. The Reston Firecracker drooped by twenty runners to 76 for fourth, second 5K. The Charlottesville 4 Miler was third with 78. The Baltimore 10M was sixth with 66. The Lawyers Have Heart 10K had four times as many runners as the Dawson's 10K but was edged 34 to 33 as top most competitive 10K. Bel Air Town Run 5K had 64 for third in the 5K to catch back up to Kentlands with 54 this year.

Forty-three races had more than 10% of the runners with ranked times, though only three had more than 200 finishers. The FAB 5K was the biggest largest with 50 ranked, or 17% of its racers. This summer, 1,547 different men and 1,491 different women ran at least one qualifying time. Two hundred and ninety-seven men and 338 women were ranked.

Washington, DC had 14 events with four being major races. Maryland had 143 races with the largest groups in Baltimore (11), Annapolis (7), and both Ellicott City and Towson (6). The larger state of Virginia had 144 races, with the largest groups in Virginia Beach (14), Arlington (10), Richmond (8), Roanoke, Fredericksburg, Williamsburg, and Fairfax (7). There were 112 different cities that hosted a race.

This time the open divisions shrunk to 52 women and 35 men. 'Open,' of course, includes runners of any age able to meet the open 10K equivalent standard twice: men 34:20 & women 41:15. Three men and 18 women made it in from another division. Patrick Kuhlmann was the oldest man at 44 and Denise Knickman is the oldest female at 47.

Runners who win the race or win their division in a race earn an asterisk beside their name. Open runners only get an asterisk for an overall win. The Speed Alone is the fastest qualifying time run for each division. In **red**, it means the division champion ran it.

Now let us see who made the top.

Open Men

Crystal City Twilight 5K 14:56, 10K = 31:09

This summer had the smallest complement of ranked runners in many years. The top eight runners from last year were absent. Chris Kwiatkowski dominated throughout. He started with a win at the Lawyers Have Heart 10K in 31:44 ahead of fifth place Christopher Sloane's 32:08. Sloane also won the Autism Speaks 5K in 15:24 and second overall at the Rockville Rotary Twilight 8K in 25:05. Then in mid-July Kwiatkowski had the best race of the season winning at the Crystal City Twilight 5K in 14:56. The next two at the race were Andy Weaver 15:00 for third place and Clint McKelvey 15:03 to earn fourth place. Weaver added a solid victory at the Dreaded Druid Hills 10K in 32:43, while McKelvey had an easy time at the Baltimore 6M in 30:26. Finally at the Annapolis 10 miler, Kwiatkowski won again in a solid 53:04.

Sixth place Richard Morris was swift in winning the Hartwood 10M in 52:50. He added a fine 15:49 at the RRRC Cul De Sac Series 5K #1. Seventh place James Smith was good at the Crystal City Twilight 5K in 15:35 but he was very good at the Crime Solver's 5K in 15:15. Patrick Woodford had three overall 5K victories, including the Shawsville race in 15:22 to take eighth place. Dave Berdan was again the champion at the Baltimore 10 Mile, this time in 53:16. In July, he lost a close battle to Omari Daughtridge at the fast Park Heights Community Health Alliance 5K course, 15:24 to 15:27. Tenth place Daughtridge went on to win the tough Knights of Columbus 5K in 16:21. That same September morning, Berdan blew the doors off a large field at the Charles Street 12M in 1:03:22 to take the runner-up spot in the division.

Ninth place Stewart Reich was third at the Kentlands 5K in 15:19, ahead of fifteenth place Nicholas Crouzier in 15:32. Eleventh place goes to the fastest runner from another division, David Angell, 38, with a fast FAB 5K in 15:28 behind Woodford's 15:26. Everyone here is close. Gregory Mariano was second at the Reston Firecracker 5K in 15:33, added to his overall win at the Run for the Achievable Dream 8K in 25:57 to take twelfth place. Thirteenth place Andrew Brodeur was third at the Lawyers Have Heart 10K in 32:33. Then he started August with a win at the Friends of W&OD 10K in 32:24. Fourteenth place Tyler Muse used his quickness to beat Berdan at the Bel Air Town Run 15:30 to 15:40.

The division has thirty-five qualifiers in the Elite rankings with three coming from other divisions.

PL	Name	Age	Hometown	10K=
1	Kwiatkowski, Chris***	26	Arlington, VA	31:09
2	Berdan, Dave***	34	Owings Mills, MD	31:19
3	Weaver, Andy*	25	Baltimore, MD	31:17
4	McKelvey, Clint*	23	Arlington, VA	31:24
5	Sloane, Christopher*	32	Gaithersburg, MD	31:49
6	Morris, Richard*****	27	Richmond, VA	31:47
7	Smith, James*	31	Landover, MD	31:47
8	Woodford, Patrick***	22	Roanoke, VA	32:03

9	Reich, Stewart	23	Frederick, MD	31:57
10	Daughtridge, Oamri**	29	Fort Washington, MD	32:07
11	Angell, David**	38	Blue Ridge, VA	32:16
12	Mariano, Gregory*	29	Alexandria, VA	32:26
13	Brodeur, Andrew*	25	Bethesda, MD	32:24
14	Muse, Tyler	21	Bel Air, MD	32:20
15	Crouzier, Nicholas	30	Gaithersburg, MD	32:24
16	Alaoui, Hicham	27	Arlington, VA	32:30
17	Ban, Charlie*	33	Washington, DC	32:37
18	Stein, Jeffrey	29	Washington, DC	32:51
19	Miller, Wade*	24	Chambersburg, PA	32:49
20	Olsen, Joshua*	25	Washington, DC	32:55
21	Whitlow, Dustin	29	Arlington, VA	33:00
22	Lopez, Mynor*	31	Falls Church, VA	33:06
23	Otstot, Adam**	33	Williamsburg, VA	33:12
24	Ealy, John*	30	Baltimore, MD	33:12
25	Foster, Mark*	33	Virginia Beach, VA	33:10
26	Peck, Graham	26	Baltimore, MD	33:25
27	Carroll, Ryan*****	32	Portsmouth, VA	33:34
28	Rammelkamp, Thomas	25	Alexandria, VA	33:31
29	O'Leary, Sean	23	Bethesda, MD	33:31
30	Wardian, Michael	41	Arlington, VA	33:53
31	Kuhlmann, Patrick	44	Washington, DC	33:46
32	Kelly, Thomas	25	Washington, DC	33:42
33	Murphy, Ryan	29	Richmond, VA	33:50
34	Dybas, Piotr*	28	Richmond, VA	33:59

19 & Younger Men

Donut Alley Rally 5K 15:49, 10K = 33:00

Bryce Catlett was able to rest on his laurels. After running the Reston Firecracker 5K in 16:19, he slowed a lot to 16:56 at the Crystal City Twilight 5K. Runner-up Peter Smith went the other way. At the Commonwealth Games 5K in July he ran 16:56 as well, albeit second overall. Then came the FAB 5K in mid-August. Smith was third overall in 16:27. He followed there by the Griders. Timothy, 17, ran 16:32 to get fourth, while Andrew, 15, ran 16:45 to get ninth place. Third placed Kevin Pulliam slowed from last year but still won the DCRRC Bluemont 5K in 16:30, as well as the DCRRC Bastille Day 4M in 22:08.

Fifth place Danniell Belay ran a fine 16:38 at the tough Autism Speaks 5K in 16:38 and would later lose to Billy Kirk at the Rockville Rotary Twilight 8K 27:39 to 27:54. Tenth place Kirk had an easier time running on another tough 8K, winning the Eastern County race outright in 28:42. Sixth place Joshua Wilkins had five cross country races, winning it all at the Centennial CC 5K in 16:38. Next in line, Jesse Parsons strode home first on the hilly Francis Scott Key 6K in 20:21. Eight place Dave Kwiatkowski won it all at the Kiwanis Club Independence Day 5K in 16:46.

Forty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Catlett, Bryce*	17	Manassas, VA	34:05
2	Smith, Peter***	17	Chesapeake, VA	34:19
3	Pulliam, Kevin**	19	Alexandria, VA	34:25
4	Grider, Timothy**	15	Roanoke, VA	34:29
5	Belay, Dannel*	19	Gaithersburg, MD	34:42
6	Wilkins, Joshua*****	19	Columbia, MD	34:40
7	Parsons, Jesse****	18	Westminster, MD	34:54
8	Kwiatkowski, Dave**	18	Earlysville, VA	34:59
9	Grider, Andrew**	17	Roanoke, VA	34:56
10	Kirk, Billy**	18	Rockville, MD	35:04
11	Hall, Jay**	15	Waldorf, MD	35:29
12	Merritt, Will	16	Smithburg, MD	35:34
13	Wegner, Kevin*	16	Pikesville, MD	35:40
14	Deamer, Nicholas	15	Clarksville, MD	35:51
15	Boyle, Joseph**	18	Ashland, VA	36:07
16	Rose, Trent	16	Clarksville, MD	36:12
17	Dimitri, Brandon*	15	Ashburn, VA	36:14
18	Werve, Benjamin	14	Virginia Beach, VA	36:30
19	Ott, Bryce	17	Manassas, VA	36:32
20	Sallywhite, Raekwon**	17	Suffolk, VA	36:39
21	Arbaugh, Ben*****	19	Westminster, MD	36:53
22	White, Jelani*	17	Washington, DC	36:55
23	Stevens, Colin***	15	Alton, VA	37:06
24	Wilson, Braden**	17	Williamsburg, VA	37:02
25	Meja, David	17	Silver Spring, MD	37:12
26	Aregay, Michael	19	Lanham, MD	37:29
27	Porter, Jonathan*	16	Chesapeake, VA	37:35
28	Foley, Donovan**	15	Vienna, VA	37:45
29	Citrenbaum, Michael*	19	Silver Spring, MD	37:45
30	Sikorsky, Peter***	19	Arlington, VA	37:56
31	Hall, Jeff*	15	Crofton, MD	38:02
32	Pfeiffer, Jack****	17	Perry Hall, MD	38:10
33	Hancock, Phillip**	18	Chesapeake, VA	38:15
34	Navarro, Joey	16	Clarksville, MD	38:23
35	Davies, Luke	16	Annapolis, MD	38:24
36	Arbaugh, Brandon*	15	Westminster, MD	38:25
37	Gelman, Teddy**	19	Gaithersburg, MD	38:42
38	Besaw, Jody**	18	Frostburg, MD	38:44
39	Kim, Noah	14	Ellicott City, MD	38:40
40	Lynch, William**	19	Baltimore, MD	39:13

35-39 Men

FAB 5K 15:28, 10K = 32:16

Where are all the sub masters? Always the smallest division, it shrunk to a record seven qualifiers. Only three of last summer's 11 qualifiers returned. David Angell had an easy time with two overall wins, including the Run for the Achievable Half Marathon in 1:14:34. He also added middle distance speed, winning the flying through the FAB 5K in 15:28.

Runner-up Matthew Lofton matched him with two and a second overall. His best race was the Chick-fil-A Dash for Diabetes 4M in 21:30, on the last day of the season. Kunihiro Hayashi had the only ten miler, winning at Baltimore in 58:17. Vinnie Derocco won it all at the Freedom 5K in 16:54 and used his other five wins to edge by fifth place Marty McCormick, who ran the Reston Firecracker 5K in 16:51.

PI	Name	Age	Hometown	10K=
1	Angell, David**	38	Blue Ridge, VA	32:16
2	Lofton, Matthew***	36	Winchester, VA	34:23
3	Hayashi, Kunihiro**	39	Rockville, MD	35:04
4	DeRocco, Vinnie*6	36	Leesburg, VA	35:15
5	McCormick, Marty**	35	Arlington, VA	35:09
6	O'Hara, David***	39	Alexandria, VA	35:26
7	Burger, Jeff*	39	Bel Air, MD	35:36

40-44 Men

Reston Firecracker 5K 16:06, 10K = 33:35

Last year's champion Philippe Rolly again had the top stuff at the Reston Firecracker 5K with 16:06, in front of runner-up Patrick Kuhlmann age group win in 16:23, and he was well ahead of sixth place Todd Bibb who would finish second age division there in 17:37. You got to play to win and Rolly never got a second race. Speaking of which, Michael Wardian was a no show last spring. This year he would meet with Kuhlmann and a hot and muggy night in July to race the hilly Rockville Rotary Twilight 8K. Wardian held him off by a mere second to take top master in the race and in the season with 26:47. Both would later add another race. Kuhlmann's Crystal City Twilight 5K was a warm evening race too, but mostly flat. His 16:11 was better than Wardian's second overall at the Health Focus of SW Virginia Salem 10K in 33:53 but not enough to erase that one-second loss back in Rockville.

Speaking of Rockville, newly minted master Chris Shaw had his first try there in a disappointing age group win in 29:20, behind third master Karsten Brown's 28:55. That night was brutal; and Brown's time was nearly two minutes slower than he ran in 2014. The prolific Brown was first age group or better on 16 of his 17 races. His best was one of his overall wins at the Damien's Run for Recovery 5K in 16:55. Shaw bolts by him for fourth place with an excellent Kentlands 5K in 16:25. John Martin ran the Patrick Henry Half Marathon in 1:19:07 to take fifth

place. Meanwhile Bibb added an overall win at the hilly Great American Labor Day 5K in 17:32, to go with his South Lakes 10K third overall placement in 36:09. Seventh place Brian Hayes went long twice to get very close to Bibb. First, he ran the Ben Moore Half Marathon in 1:20:41 and finished the summer at the Charles Street 12M in 1:13:12.

PI	Name	Age	Hometown	10K=
1	Wardian, Michael**	41	Arlington, VA	33:53
2	Kuhlmann, Patrick****	44	Washington, DC	33:46
3	Shaw, Chris**	40	Silver Spring, MD	34:15
4	Brown, Karsten*17	41	Front Royal, VA	35:17
5	Martin, John**	41	Richmond, VA	35:54
6	Bibb, Todd*6	44	Centreville, VA	36:09
7	Hayes, Brian**	41	Bowie, MD	36:11
8	Freeburn, Keith**	41	Centreville, VA	37:16
9	Baum, Jon***	41	Madison Heights, VA	37:18
10	Storper, David*	42	Bethesda, MD	37:20
11	Szabos, Brian*	41	South Riding, VA	37:28
12	Engle, Chuck***	44	Alexandria, VA	37:25
13	Rapine, Richard*	43	Alexandria, VA	37:35
14	Inman, Chuck*	43	Virginia Beach, VA	37:39
15	Gregory, Jim*	42	Wheaton, MD	37:54

45-49 Men

Shawsville 5K 16:46, 10K = 34:59

Jeff Harrington had an impressive season with his third overall at the Lynchburg Half Marathon in 1:21:51. It was only the third fastest half, but by then he may have been tired from a third overall Four on the Fourth 4M in 23:01 and two overall wins at the 5K, including the division clinching Lynchburg Track 5K in 17:09. Runner-up Alexander Hetherington had the fastest half at the Patrick Henry in 1:19:23 on the last Saturday in August. The next morning, Daniel List marched to Marine Corps-Navy Stadium in Annapolis and matched him to the second with his 59:51 at the ten miler. List also ran the Pony Pasture 5K in 17:54, slightly slower than Hetherington's Leesburg 20K in 1:17:31. Hetherington added a second overall at the South Lakes 10K in 36:05 for insurance.

Fourth place Antonio Eppolito was having his way with the DCRRRC with four of his five races top three overall finishes, including his victory at the DCRRRC after the Women 5K in 17:37. Steve Speirs is an ultra-runner with a 100M and a 100K races under his belt. Somehow he ended up with three 5Ks. None of them, or even his 1:02:53 at the Dismal Swamp 10M, were near his Rock N Roll Half Marathon in 1:21:11. He needed that to the second to hold off Charles Powell for fifth place. Powell ran two swift 5Ks including the Bel Air Town Run in 17:40.

PVTC President Craig Chasse surprised no one when he won it all at the PVTC Go Fourth 8K in 29:59. His SPCA Run for Shelter 5K in 17:44 is what earned him seventh place in the division.

Eighteen runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Harrington, Jeff****	45	Lynchburg, VA	35:46
2	Hetherington, Alexander***	48	Vienna, VA	36:01
3	List, Daniel**	49	Powhatan, VA	36:01
4	Eppolito, Antonio*****	47	Alexandria, VA	36:45
5	Speirs, Steve****	49	Virginia Beach, VA	36:50
6	Powell, Charles**	49	Bel Air, MD	36:51
7	Chasse, Craig*****	45	Reston, VA	37:00
8	Munsey, Colin*	49	Pearisburg, VA	37:35
9	Boyd, Matt	45	Fredericksburg, VA	37:47
10	Dawson, Greg****	49	Williamsburg, VA	37:56
11	Waugh, Ted*	47	Springfield, VA	37:54
12	Cross, Joe***	49	Cumberland, MD	38:00
13	Lovett, Jack*	45	Yorktown, VA	38:17
14	Henderson, Jerry***	49	Bel Air, MD	38:48
15	Crago, Stephen**	47	Vienna, VA	38:48
16	Burns, William**	47	Alexandria, VA	38:54
17	Blagg, CJ**	49	Arlington, VA	38:54
18	Billings, Dennis**	46	Woodbridge, VA'	38:58

50-54 Men

FAB 5K 17:20, 10K = 36:09

With Doug Fernandez moving on to an elder division, Edward Dickenson needed only to match last year's FAB 5K to move up to the crown. He slowed only three seconds to 17:20 and added a 17:23 at the Commonwealth Games 5K to do just that. The weather was even more brutal than usual for the Rockville Rotary Twilight 8K and 4th place Mark Neff slowed by a minute to 29:49. This year, David Haaga tried the 'summer's hottest' race as well, winning it in 29:34. Amazingly, fifth place John Piggott actually passed on a half marathon the first weekend and settled on the Run for the Achievable Dream 8K instead. At the time his 29:08 had a commanding lead on the field. He would later give in and run a half marathon in Lynchburg.

Meanwhile Rob Hovermale waited till mid-August to get underway. His second 5K, the Volvo Powertrain Run in 17:35, gave him third place. The following week Neff was back at Kentlands, running a slightly slower 17:41 from last year's 17:20. Haaga was there to take advantage and his 17:34 gives him the runner-up

spot ahead of Neff. Former champion Hernan Garbini neutralized seventh place Michael Feinburg's very nice Bel Air Town Run in 17:57 with his 4 the Wounded 5K in 17:55. Garbini was second overall at the Summer Extravaganza 10K in 37:33 to take sixth place, while Feinburg had a tough ninth place finish at the Annapolis 10 Miler in 1:07:45. Eighth place Peter Tango really enjoyed Annapolis, winning in 1:03:03.

Ninth place Ted Poulos ran a lot of track races in the summer leaving him only time enough for thirteen ranked races, twelve of which he won. This former world record holder of 338 races in a year ran 233 races in 2014. He is on pace in 2015 to surpass 200 races for the tenth time in his career. He always makes the rankings even with the massive quantity. His best summer's effort was the SPCA Run for Shelter 5K in 18:18.

Thirty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Dickenson, Edward**	52	Roanoke, VA	36:09
2	Haaga, David***	54	Rockville, MD	36:39
3	Hovermale, Rob**	51	Smithburg, MD	36:41
4	Neff, Mark****	53	Derwood, MD	36:53
5	Piggott, John**	50	Williamsburg, VA	36:57
6	Garbini, Hernan**	53	Waynesboro, VA	37:22
7	Feinberg, Michael*	51	Bel Air, MD	37:27
8	Tango, Peter***	51	Deale, MD	37:56
9	Poulos, Ted*12	53	McLean, VA	38:10
10	Campbell, Chris*	50	Louisa, VA	38:19
11	Goode, Martin	52	Arbutus, MD	38:23
12	Fishman, Craig*	54	Falls Church, VA	38:50
13	Zuniga, Mario**	51	Front Royal, VA	38:40
14	Wilson, Ed*	53	Ellicott City, MD	38:51
15	Jacobson, Paul*	52	Gaithersburg, MD	38:54
16	Hattar, Thomas	54	Annapolis, MD	38:57
17	Degenhardt, Sheldon	50	Marriottsville, MD	38:58
18	D'Amanda, Kevin**	53	Bethesda, MD	38:54
19	Kendra, John*	52	Arlington, VA	38:54
20	Pawlak, Robert*	52	King George, VA	38:58
21	Phipps, David**	51	Severna Park, MD	39:13
22	Adams, John**	52	Norfolk, VA	39:38
23	Pelletier, Paul**	50	Williamsburg, VA	40:01
24	Scott, RJ***	51	Bassett, VA	40:26
25	Greene, Craig***	50	Manassas, VA	40:26
26	Calos, Stefan*	53	Richmond, VA	40:24
27	Bohse, Michael*	51	Columbia, MD	40:28
28	Dobson, Stephan*	54	Thurmont, MD	40:49

29	Escarsega, John	54	Bel Air, MD	40:41
30	Clements, Ian*	51	Alexandria, VA	40:48
31	Wills, Stephen*	54	College Park, MD	40:55
32	Boyle, Kevin**	52	Alexandria, VA	41:04
33	Mace, Matthew	54	Arnold, MD	41:14
34	Vasquez, Francisco	53	Hyattsville, MD	41:20
35	Bowler, Patrick*	51	Virginia Beach, VA	41:49

55-59 Men

Patrick Henry Half Marathon 1:17:14, 10K = 35:03

Doug Fernandez was solid in the 5K, 18:40 in the RRRRC Cul De Sac Series 5K #3, but he was pure gold in the half marathon. He was third overall at the Patrick Henry Half Marathon in 1:17:14, to crush the division. He won the 50-54 division with that race last year. The next two runners will soon be sixty and tormenting that division as well. Pointer will turn sixty first in mid-September. He had the fastest 5K at the Bel Air Town Run in 18:03. Then in mid-August he took the runner-up spot, racing the Too Hot to Trot 10K in 37:05. Third place Pete Gibson ran a solid Memorial Scholarship 5K in 18:23, though quite a ways off from his year's best of 17:21. He had run the Eggleston OK 5K in 16:49. However, sometimes when a time is too good to be true, it is. The course was short by nearly a minute. Still, it was better than his Dismal Swamp 10M in 1:02:34, the fourth best race of the period.

Fifth place Thomas Benoit won two of his three races, all small ones, with his best race being the Guest River Gorge 10K in 40:06. Brian Daugherty takes the fourth spot with his South Lakes 10K in 40:07. Daugherty had an overall win as well as seven of his ten races faster than Benoit's second fastest race. Marty Horan was first at the Riley's Rumble Half Marathon in 1:31:34 and had a slight edge with his Eastern County 8K in 32:14, matching Bennet Sweren's Baltimore 6M in 39:28. On the final weekend, Sweren was second at the Charles Street 12M in 1:16:23, but Horan checked that off with a win on his home field Kentlands 5K in 19:18. Bruce Halpin was ranked eighth, running the Leesburg 20K in 1:24:52.

Twenty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Fernandez, Doug**	55	Henrico, VA	35:03
2	Pointer, Maurice*7	59	Towson, MD	37:05
3	Gibson, Pete***	59	Murfreesboro, NC	37:32
4	Daugherty, Brian*10	55	Edgewater, MD	40:07
5	Benoit, Thomas***	58	Big Stone Gap, VA	40:06
6	Horan, Marty**	55	Gaithersburg, MD	40:16

7	Sweren, Bennett*	58	Lutherville, MD	40:15
8	Halpin, Bruce	59	Ashburn, VA	40:31
9	McPhail, Elmer**	59	Gambrills, MD	40:36
10	Chall, John***	58	Crownsville, MD	40:44
11	Evans, Preston***	59	Madison Heights, VA	40:48
12	Carter, R.B.*	56	Lynchburg, VA	40:51
13	Lawson, Dan*	59	Gaithersburg, MD	41:22
14	Nealley, Tom	56	Reston, VA	41:33
15	Lovegrove, David***	58	Fredericksburg, VA	41:54
16	Weaver, Ron**	57	Virginia Beach, VA	42:28
17	Redman, Stephen*	57	Woodbridge, VA	42:33
18	Sundel, Michael*	55	Falls Church, VA	42:33
19	Clem, William	55	Bethesda, MD	42:36
20	Peterson, Jeff	59	Fredericksburg, VA	42:56

60-64 Men

Run for the Bacon 5K 18:55, 10K = 39:28

Early on Malcolm Senior was making a case for next year's domination of the 65-69 division. At the Bel Air Town Run 5K, he ran an excellent 20:08. That is a time that qualifies runners fourteen years younger than him. Clyde Rollins, four years younger, matched that exactly at the Reston Firecracker 5K. Very rarely do I use age within a division, but we all know each year it gets harder. Senior ran a swift AS Dog Days 8K that is mostly cross country in 34:05. Rollins had only one other race, the Leesburg 20K, that had great weather this year and featured a long, four plus mile, downhill finish in 1:29:54. Senior had two more age groups wins, including the night time heated hills thriller the Rockville Rotary Twilight 8K in 34:19 and he takes the runner-up spot.

The title of course goes to middle distance champion Stephen Chantry, who blasted a fantastic Run for the Bacon 5K in 18:55 and tipped the scales, winning the York River 5K in 19:09. This may be his first and last chance for the title, as ten days into the fall season, Maurice Pointer turned sixty and ripped a 37:42 10K. After that, Larry Ferrens came out of the western region to win the Iron Furnace 5K in 20:45. Bill Loomis has been eating up the competition in Montgomery County. Now he headed east to win the Annapolis 10 Miler in 1:12:22 to narrowly pass Geoffrey Chege who ran the RRRC Cul De Sac Series 5K #2 in 20:52 for the fifth spot.

Seventh place goes to Dan Devlin for his solid Colleen's BA 5K in 21:02. Gary Grimsley is still finding his way in the division but came through nicely with a second place finish at the Hartwood 10M in 1:13:31. Paul Ryan came out to the first five DCRRC Bunion Series races and hosed his competition. He earns ninth place, winning the DCRRC after the Women 5K in 21:19. Peter Hens has been

making a run at the RRCA State Championship races, most notably earning tenth place running the Bel Air Towne Run 5K in 21:20.

Tim Morgan has been near the top racing in Frederick and with MCRRC, midway from his Damascus home. He takes eleventh with his FSC Firecracker 5K in 21:26 and his Eastern County 8K in 35:16. From the far south, John Wills races the YMCA Independence Day 5K in 21:29 for twelfth. Tom Dekornfeld leaves the confines of Annapolis and blows away the field at the challenging Larry Noel 15K in 1:09:16 as the Annapolis Striders are making a concerted effort to take the RRCA State Championship Series from its perennial owner, the Howard County Striders.

The division shrunk to 48 qualifiers from its pinnacle of 67 last summer.

PI	Name	Age	Hometown	10K=
1	Chantry, Stephen**	60	Williamsburg, VA	39:28
2	Senior, Malcolm****	64	New Market, MD	42:00
3	Rollins, Clyde**	60	Herndon, VA	42:00
4	Ferrens, Larry***	61	Barton, MD	43:17
5	Loomis, Bill*	61	Silver Spring, MD	43:33
6	Chege, Geoffrey**	60	Henrico, VA	43:32
7	Devlin, Dan**	61	Silver Spring, MD	43:53
8	Grimsley, Gary***	61	Springfield, VA	44:14
9	Ryan, Paul*****	64	Arlington, VA	44:28
10	Hens, Peter*	64	Parkville, MD	44:30
11	Morgan, Tim***	64	Damascus, MD	44:43
12	Wills, John*****	63	Virginia Beach, VA	44:49
13	DeKornfeld, Tom*	62	Annapolis, MD	44:53
14	Royle, David**	60	Washington, DC	45:14
15	Randolph, Tom***	60	Virginia Beach, VA	45:28
16	Lord, Michael*	62	Annapolis, MD	45:24
17	Morgans, Gary*	62	Arlington, VA	45:37
18	Koehler, Roger**	61	Lexington, VA	45:33
19	Barnhart, Carl***	60	Linden, VA	45:45
20	Rogers, Ron*	63	Riner, VA	45:49
21	Riemenschneider, Neal**	60	Winchester, VA	45:54
22	Drain, Robert*	61	Alexandria, VA	45:56
23	Lazzard, Stephen*	60	Arbutus, MD	46:06
24	Wyatt, Donnie**	62	Hampton, VA	46:14
25	Tolley, Charles**	60	Madison Heights, VA	46:17
26	Landau, David*	60	Potomac, MD	46:23
27	Moreland, James*10	63	Gaithersburg, MD	46:23
28	Krehbiel, Ken*	61	Washington, DC	46:22
29	Brooks, Maxwell**	62	Glen Burnie, MD	46:23

30	Alvarez, Manuel**	61	Richmond, VA	46:25
31	Lopez, Felix*	62	Lynchburg, VA	46:29
32	Cason, William*	60	Chesapeake, VA	46:37
33	Dreizen, Howard	61	Baltimore, MD	46:42
34	Barnhart, Tim****	60	Linden, VA	46:46
35	Bousel, Paul**	62	Alexandria, VA	47:04
36	Weber, Ron	62	Ellicott City, MD	47:28
37	Day, Joseph*	64	Yorktown, VA	47:34
38	Duffy, Jim	63	Virginia Beach, VA	47:40
39	Lanham, Kerry*	60	Montgomery Village, MD	47:59
40	Kehne, John	60	Potomac, MD	48:00
41	Steele, Doug**	62	Richmond, VA	48:15
42	Astrop, Rob*	63	Henrico, VA	48:15
43	O'Keefe, Tim*	62	Middletown, MD	48:24
44	Burns, Richard*	61	Baltimore, MD	48:40
45	Best, Archie*	60	Burke, VA	48:42
46	Boutin, Greg	64	Burke, VA	48:47
47	Roberts, Brad**	63	Bel Air, MD	49:26
48	Kozier, Michael	62	Oakland, MD	49:43

65-69 Men

Arbutus Firecracker 10K = 43:06

Ronnie Wong is back on top. He had five of his six race wins in the top seven times, including the top four times. Starting with a swift Arbutus Firecracker 10K in 46:04, he added a Park Heights Community Health Alliance 5K in 21:45. His only challengers were runner-up James Schuster, who beat Jim Ratzenberger at the Leesburg 20K in 1:37:44 to 1:38:29. Wong capped his Annapolis 10 Miler win in 1:17:15, with an excellent Charles Street 12M in 1:31:16. He ran the hilly Larry Noel 15K the next evening.

Both Schuster and Ratzenberger met at the Reston Firecracker 5K, and Ratzenberger prevailed 23:27 to 24:07. George Raley was a little more consistent beating Wong at the Bel Air town Run 5K 23:01 to 23:39. He earns third place, racing the Pirate Fest 5K in 22:35. Wong can be excused for that as this prolific racer had run the Baltimore 10 Miler the day before in 1:19:27.

From the far southwest corner, Bob Townsend raced the Railroad Days 5K in 22:40 to take fifth place, while Walter Allen ran the Lynchburg 5K in 22:58. Seventh place goes to Reeves Westbrook for his 48:18 at the Too Hot to Trot 10K. Dan Replogle of Westminster aged up in time to finish second in his age group at the Francis Scott Key 6K in 28:15.

Twenty-three men qualified for the division.

PI	Name	Age	Hometown	10K=
1	Wong, Ronnie*6	68	Catonsville, MD	45:07
2	Schuster, James*	65	Leesburg, VA	46:39
3	Raley, George*	68	Rising Sun, MD	47:07
4	Ratzenberger, Jim**	66	Vienna, VA	47:01
5	Townsend, Bob**	65	Limestone, TN	47:17
6	Allen, Walter***	66	Lynchburg, VA	47:55
7	Westbrook, Reeves**	66	Great Falls, VA	48:18
8	Repogle, Dan	65	Westminster, MD	48:27
9	Woodfin, Bobby*	68	Petersburg, VA	48:46
10	Wind, Jay	65	Arlington, VA	48:53
11	Celesia, Angelo*	67	Virginia Beach, VA	49:24
12	Archibald, Jim	66	Cockeysville , MD	49:22
13	Lamountain, Dennis*	69	Richmond, VA	49:22
14	Trueheart, Wilson*	66	Baltimore, MD	49:16
15	Jones, Larry*****	65	Midlothian, VA	50:02
16	Moore, William*	69	Wicomico, VA	50:21
17	Fleming, Mike***	69	Columbia, MD	50:54
18	Day, Raymond*	66	Baltimore, MD	50:50
19	Pardee, William*	66	Virginia Beach, VA	51:00
20	Dominguez, Bert*	67	Gaithersburg, MD	51:02
21	Wolfson, Marc	65	Olney, MD	51:09
22	Peltosalo, Eric*	65	Annapolis, MD	51:24
23	Irish, Ed*	65	Williamsburg, VA	52:05

70-74 Men

Potomac Valley Games 5K 21:35, 10K = 45:01

Jim Noone started off okay with a win at the We've Got Your Back 5K in 22:21 but even though he bested Jason Page at the DCRRC Age-Handicapped 4 Mile 29:57 to 30:03, one could see that he was having some issues with injury. That was his last of his races for the summer. Meanwhile Ben Dyer, who started with the Run for the Achievable Dream 8K in 36:40, improved to win the Run for the Bacon 5K in 21:50. It look as if his Delightfully Different 3.5M in 24:48 was going to win the day. Last year Noone had won the division with the Potomac Valley Games 5K. This year Page called me a few days after the period ended to report that the results were finally available. His marvelous 21:35 was his second qualifier and earned him the crown for this summer.

Fourth place John Brittain finished the DCRRC after the Women 5K in 23:30 behind Noone's 22:33. Fifth place Bobby Spencer waited till the very last day to race the Labor of Love 5K in 23:59, to sneak in ahead of Harold Ingram's Shawsville 5K in 24:02.

Seventeen runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Page, Jason*	71	Hamilton, VA	45:01
2	Dyer, Ben*6	72	Hayes, VA	45:22
3	Noone, Jim*****	71	Fairfax, VA	46:37
4	Brittain, John*	71	Alexandria, VA	48:57
5	Spencer, Bobby**	72	Daleville, VA	50:02
6	Ingram, Harold**	72	Henry, VA	50:08
7	Merrill, Sammy**	73	Fredericksburg	50:46
8	Gregory, Art****	71	Ijamsville, MD	51:06
9	Churchman, John**	72	Arlington, VA	51:13
10	Michael, Raymond**	71	Boonsboro, MD	51:17
11	Hozik, James*	70	Great Falls, VA	51:47
12	Hensel, Donald**	70	Gaithersburg, MD	51:55
13	Bullock, Jim***	73	Eldersburg, MD	52:06
14	Justice, John**	70	Lynchburg, VA	52:44
15	Mayhew, Ed**	70	Winchester, VA	53:05
16	Arata, Larry***	70	Williamsburg, VA	54:25
17	Brown, Walter***	71	Montgomery Village, MD	54:42

75-79 Men

Survivor 5K 25:18, 10K = 52:47

John Elliott returns to win the division. He won the Arbutus Firecracker 10K in 52:54. Then he improved at the end of August at the Survivor 5K in 25:18. With its monster hill and nearly three mile uphill finish, John Clarke's 58:29 at the Run for the Pie 10K may have been his best race. His fastest race at the Run for Recovery 5K in 25:54 earns him the runner-up spot. Third place Stan Neumann had eight wins. His best were on perhaps the fastest 10K course of the summer, the Too Hot to Trot 10K in 54:46, and the fastest legitimate 5K, the Bel Air Towne Run in 26:39.

Fourth place Maynard Weyers looked good racing to victory six times, including the Reston Firecracker 5K in 27:36. Fifth place Bill Sollers had a very impressive 28:06 on the hilly Autism Speaks 5K, especially because he mustered a 28:07 on the traditionally short Purple Strides 5K. Sixth place Warren Pitts is next, racing the Knights of Columbus 4M in 37:20. Tommy Harris finished the Percival's Island Five Miler in 47:30 for the last sub 60:00 10K equivalent race in the group.

Twenty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
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1	Elliott, John**	77	Columbia, MD	52:47
2	Clarke, John*	78	Woodsboro, MD	54:02
3	Neumann, Stan*8	76	Timonium, MD	54:46
4	Weyers, Maynard*6	79	Alexandria, VA	57:34
5	Sollers, Bill****	76	Silver Spring, MD	58:37
6	Pitts, Warren****	77	Baltimore, MD	59:42
7	Harris, Tommy***	76	Lynchburg, VA	59:54
8	Quincy, Ken****	78	Vienna, VA	1:00:49
9	Eldridge, Bob	79	Reston, VA	1:01:22
10	Coates, Chet*	75	Silver Spring, MD	1:05:47
11	Brumback, Kenneth**	75	Great Falls, VA	1:05:57
12	Kelley, Jim	75	Towson, MD	1:07:04
13	Miller, Mel*	76	Mount Airy, MD	1:07:18
14	Hager, Phillip	78	Falls Church, VA	1:07:27
15	Finney, John*	75	Arlington, VA	1:08:44
16	Terrell, Charles*	76	Newport News, VA	1:09:13
17	Munday, John	75	Chesapeake, VA	1:09:36
18	Rider, Alan	79	Reston, VA	1:10:18
19	Chapman, Henry*	76	Charlottesville, VA	1:10:53
20	Rhoads, Richard***	76	Arlington, VA	1:11:29
21	McKee, Michael*	77	Charlottesville, VA	1:12:27
22	Schwartz, William	77	Glen Arm, MD	1:19:43
23	Enzel, Bob*	77	Washington, DC	1:29:02
24	St. Clair, Bailey	76	Glen Arm, MD	1:29:23
25	Conn, Harry**	77	Powhatan, VA	1:32:23

80 & Older Men

Kentlands/Lakelands 5K 27:39, 10K = 57:31

The division grew by 50% thanks in part to prolific racer Robert Gurtler who ran 25 races, winning twelve. Coming off a sub-par Bel Air Town Run 5K (sixth best race in the division), George Yannakakis nailed down the division with the top four races. He finished particularly strong, winning at the Annapolis 10 Miler in 1:38:34 and the next week at the Kentlands 5K in 27:39. Runner-up Chris Catoe went long with the Dismal Swamp 10M in 1:51:53 and the Rock N Roll Half Marathon in 2:29:23 but he earned his spot in a race that was short. His Eggleston OK 5K in 27:53 was about two tenths of a mile short.

Third place Jack McMahon was at Kentlands, running 32:06. Fourth place Terry McCarthy ran the hometown Leesburg 5K in 32:46, ahead of fifth place Larry Dickerson's 33:47. Both had faster races.

PI	Name	Age	Hometown	10K=
1	Yannakakis, George*****	83	Sparks, MD	57:31

2	Catoe, Chris**	80	Virginia Beach, VA	1:02:14
3	McMahon, Jack***	84	Silver Spring, MD	1:06:58
4	McCarthy, Terry***	80	Leesburg, VA	1:07:52
5	Dickerson, Larry	84	Burke, VA	1:10:22
6	Viragh, Bendy**	80	McLean, VA	1:11:23
7	Rosenthal, Gilbert*	81	Arnold, MD	1:12:56
8	Humphrey, Thomas*****	80	Midlothian, VA	1:15:27
9	Gurtler, Robert*12	80	The Plains, VA	1:16:56
10	White, Robert	91	Hampton, VA	1:24:06
11	Blinchikoff, Herman	80	Pikesville, MD	1:25:29
12	Smith, Robert*	81	Comus, MD	1:27:47
13	Sanborn, Richard	80	Williamsburg, VA	1:30:22
14	Roth, Bruce	84	Woodbridge, VA	1:45:23
15	Atkins, Bob*	90	Winchester, VA	1:07:28

Open Women

Charlottesville 4 Miler 21:01, 10K = 33:39

Elfinesh Melaku won it all by winning it all at the Reston Firecracker 5K in 16:35, ahead of third place Tezata Dengersa's third place finish there in 17:24. Melaku also was second at the Rockville Rotary Twilight 8K in 27:47. Dengersa won it all at the New Balance Jenny Smith Baltimore Women's Classic 5K in 17:37. That was only slightly faster than fifth place Sherry Stick, the second sub master in this Elite field, who won it all at the Damien's Run for Recovery 5K in 17:39. Fourth place Stephan Bryan had three overall wins but waited for the last weekend, on a hilly Great American Labor Day 5K in 17:33, to take fourth in the division. Runner-up Alex Wang had a solid win at the Arbutus Firecracker 10K in 37:07. In August, she won the prestige making Annapolis 10 Miler in 1:00:20.

Places six through twelve were nearly interchangeable. Sixth place Shauneen Werlinger was second overall at the Lawyers Have Heart 5K in 17:42, but would lose to eleventh place Emily Potter at the Crystal City Twilight 5K, 17:56 to 17:58, again second place. Perry Shoemaker, 44, the oldest elite qualifier, started slower at the Leesburg 5K 18:03, then climbed the ladder to seventh, winning the South Lakes 10K in 36:59. Eighth place Michelle Capozzi would finish behind Potter (18:04) and thirteenth place Kara Waters (18:00) at the Reston Firecracker 5K with 18:08. Then she bounced back to beat Shoemaker at Leesburg with 17:51, only to lose to her at South Lakes with 37:05. Ninth place Julia Roman-Duval finished behind Wang at the Arbutus Firecracker 10K in 37:58, before storming back to finish fourth at the Rockville Rotary Twilight 8K in 29:10.

Tenth place Nicole Wilson was well back at the Rockville Rotary Twilight 8K in 31:30. She recovered nicely the next week to win the Park Heights Community Health Alliance 5K in 17:49. Twelfth place Ann Mazur had a dominating win at

the Patrick Henry Half Marathon in 1:22:28. But then sixteenth place Carter Norbo was no slouch as fourth overall at the Rock N Roll Half Marathon in 1:23:17. Top teen Megan Rebholz won it all at the FARC Heritage Festival 5 Mile in 29:47 for fourteenth. Always in the mix, Megan Digregorio ran the Twilight 8K in 30:38, finished second at the Park Heights Community Health Alliance 5K in 18:14, and finished third overall at the New Balance Jenny Smith Baltimore Women's Classic 5K in 18:03 to earn her place.

Fifty-two women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Melaku, Elfinesh*	34	Silver Spring, MD	34:32
2	Wang, Alex**	23	Ellicott City, MD	36:15
3	Dengersa, Tezata*	35	Washington, DC	36:14
4	Bryan, Stephanie***	23	Frederick, MD	36:32
5	Stick, Sherry*7	37	Eldersburg, MD	36:45
6	Werlinger, Shauneen*	30	Springfield, VA	36:51
7	Shoemaker, Perry**	44	Vienna, VA	36:59
8	Capozzi, Michelle****	23	Leesburg, VA	37:05
9	Roman-Duval, Julia	32	Columbia, MD	37:02
10	Wilson, Nicole*	28	Baltimore, MD	37:06
11	Potter, Emily**	36	Alexandria, VA	37:17
12	Mazur, Ann**	29	Charlottesville, VA	37:16
13	Waters, Kara*	40	Great Falls, VA	37:29
14	Rebholz, Megan**	18	Stafford, VA	37:33
15	Digregorio, Megan**	27	White Marsh, MD	37:35
16	Norbo, Carter	25	Charlottesville, VA	37:38
17	Clattenburg, Rachel	31	Washington, DC	38:00
18	Rinehardt, Octavia**	25	Virginia Beach, VA	38:39
19	DeMarco, Mina*	31	Blacksburg, VA	38:35
20	Haberle, Megan	35	Washington, DC	38:38
21	Blackstone, Meghan	21	Bristow, VA	38:33
22	Jones, Sarabeth****	24	Richmond, VA	38:42
23	Allman, Teresa*	39	Virginia Beach, VA	38:40
24	Kollme, Ashley	32	Washington, DC	38:46
25	Gruendal, Jackie	40	Clifton, VA	38:47
26	Lawrence, Kristin	35	Virginia Beach, VA	38:44
27	Taye, Bethlehem**	18	Silver Spring, MD	38:52
28	Le Moigne, Laurel*	30	Potomac, MD	38:48
29	Harman, Katie	24	Clarksville, MD	39:04
30	Stone, Trish	40	Kensington, MD	39:23
31	Bryceland, Michele*	24	Virginia Beach, VA	39:44
32	Masterson, Erin	33	Alexandria, VA	39:46
33	Spalding, Sarah	34	Washington, DC	39:38
34	Alexander, Colleen*	41	Crozet, VA	39:50
35	Richardson, Susan*	30	Lexington Park, MD	39:50
36	Barber, Rosemary*	24	Richmond, VA	39:52
37	Crandell, Courtney	24	White Post, MD	39:52
38	Smith, Margaret*	35	Baltimore, MD	39:57

39	Lasker, Sara	25	Ashland, VA	39:59
40	Pollack, Jillian	26	Arlington, VA	39:59
41	Digregorio, Justine*	24	White Marsh, MD	40:12
42	Swain, Kelly	30	Arlington, VA	40:06
43	Holt, Bridget**	37	Gambrills, MD	40:18
44	Paul, Jennifer*	27	Washington, DC	40:21
45	Berinato, Jody	33	Parkville, MD	40:29
46	Pearson, Hannah	28	Fairfax, VA	40:38
47	Schubel, Leah*	24	Richmond, VA	40:36
48	Norton, Sage*	35	Myersville, MD	40:46
49	Rhodes, Nici	28	Richmond, VA	40:44
50	Sheptock, Tatiana	39	South Riding, VA	40:50
51	Knickman, Denise*	47	Baltimore	41:03
52	Lubell, Karina*	35	Washington	41:09

19 & Younger Women

Reston Firecracker 5K 16:42, 10K = 34:46

Megan Rebholz took command of the division opening weekend with the fastest 10K, an overall win at the Owen Lea Foundation 10K in 38:39, exactly four minutes ahead of ninth place Isabelle Oliver's 10K at South Lakes. Then Rebholz put paid to the division race, winning the FARC Heritage Festival 5 Mile in 29:47. Cross country is usually about place rather than time. Still, runner-up Bethlehem Taye ran a marvelous 18:40 to win the Centennial CC 5K. She backed that up with another overall win at the MCRRC Run for the Roses 5K in 18:55. Third place Grace Chaiverini finished quite a bit behind Taye at Centennial in 20:52 but the week before earned her place winning the Reservoir HS 5K in 18:45.

Fourth place Rachel Tischler ran the Summer Strides 5K in 19:54. Then she improved at the Leesburg 5K in 19:23. Michael Peterson was two minutes ahead of Maya Jacobson after their first race. Peterson ran the Bel Air Town Run 5K in 19:42. On the final weekend, Jacobson redeemed herself with a third overall in her hometown Gaithersburg at the Kentlands 5K in 19:37 and snatched fifth place. Seventh place Colleen Kernan won it all at the Runnymede 8K in 33:36, with Chloe Bavin a tick behind at the Pony Pasture 5K in 20:24.

Thirty-one women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Rebholz, Megan**	18	Stafford, VA	37:33
2	Taye, Bethlehem**	18	Silver Spring, MD	38:52
3	Chaiverini, Grace**	15	Columbia, MD	39:02
4	Tischler, Rachel**	18	Winchester, VA	40:21
5	Jacobson, Maya*	16	Gaithersburg, MD	40:51
6	Peterson, Michaela*	16	Bethesda, MD	41:01
7	Kernan, Colleen**	17	Westminster, MD	42:27
8	Bavin, Chloe**	18	Richmond, VA	42:28

9	Oliver, Isabelle**	16	Falls Church, VA	42:39
10	Eckert, Annsley*	15	Lynchburg, VA	42:54
11	McPhail, Darby*	19	Roanoke, VA	43:14
12	Owen, Laney	15	Mechanicsville, VA	43:31
13	Pineo, Isabel*	14	Columbia, MD	43:58
14	Niland, Maggie*	17	Laurel, MD	44:19
15	Farlay, Jamie*	17	Mount Airy, MD	44:25
16	Dalton, Reese**	9	Charlottesville, VA	44:37
17	Pisanic, Celine*	14	Columbia, MD	44:52
18	Laveson, Rachel***	19	Annandale, VA	45:00
19	Bosanko, Rebecca**	17	Severna Park, MD	45:09
20	Bavin, Scarlett*	19	Richmond, VA	45:21
21	Collins, Abigail*	17	Sterling, VA	45:30
22	Davi, Ainslie	15	Richmond, VA	45:38
23	Laufer, Karena*	12	Bentley Springs, MD	45:54
24	Devault, Alexis**	19	Frostburg, MD	46:03
25	Schafer, Julia*	15	Millersville, MD	46:44
26	Harrell, Peyton**	12	Suffolk, VA	46:38
27	Freund, Katie**	19	Arlington, VA	47:06
28	Jenkins, Sara*	19	Annapolis, MD	47:16
29	Vernon, Caitlin	19	Annapolis, MD	47:16
30	Peloff, Madeline*	16	Olney, MD	47:09
31	Rosas, Brenda	16	Silver Spring, MD	48:12

35-39 Women

Reston Firecracker 5K 17:24, 10K = 36:14

Former open champion Tezata Dengersa negated an excellent overall win by runner-up Sherry Stick at the Damien's Run for Recovery 5K in 17:45, with her win at the New Balance Jenny Smith Baltimore Women's Classic 5K in 17:37. While Stick would win seven races in the period, her next best race was the Casey Cases 5K in 18:04. Tezata took down third place Emily Potter at the Reston Firecracker 5K 17:24 to 18:04. Potter would add three overall wins faster than Stick's second race by even her best event as runner-up at Leesburg 20K in 1:18:15 would fall short.

Tezata took on the hot and hilly evening race, Rockville Rotary Twilight 8K, for fifth overall in 29:33, more than two minutes ahead of Megan Haberle. A month earlier, Haberle had earned her fifth place at the Father's Day 8K in 30:26. Teresa Allman won it all at the Commonwealth Games 5K in 19:05, better than the 19:15 Kristin Lawrence had run at YMCA Independence Day 5K and tying Haberle's Freedom Four Miler in 24:49. Still, it was Allman's win ahead of Lawrence at the Rock N Roll Half Marathon, 1:25:35 to 1:25:44, which gave her the fourth position ahead of Haberle. Lawrence earns the sixth spot. That same day, Margaret Smith ran the Charles Street 12M in 1:20:50 to take seventh place.

Twenty-one women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Dengersa, Tezata***	35	Washington, DC	36:14
2	Stick, Sherry*8	37	Eldersburg, MD	36:45
3	Potter, Emily****	36	Alexandria, VA	37:17
4	Allman, Teresa***	39	Virginia Beach, VA	38:40
5	Haberle, Megan***	35	Washington, DC	38:38
6	Lawrence, Kristin*	35	Virginia Beach, VA	38:44
7	Smith, Margaret**	35	Baltimore, MD	39:57
8	Holt, Bridget**	36	Gambrills, MD	40:18
9	Norton, Sage*	35	Myersville, MD	40:46
10	Sheptock, Tatiana**	39	South Riding, VA	40:50
11	Khatcheressian, Anne*	35	Fredericksburg, VA	41:01
12	Diegoli, Toni*****	36	Potomac, MD	41:32
13	Riggs, Jessica*6	38	Surry, VA	41:38
14	Flynn, Sarah**	36	Rockville, MD	41:44
15	Hainstock, Lisa*	39	Charlottesville, VA	41:47
16	Huerta, Amy*	39	Fredericksburg, VA	41:47
17	Matthews, Shannon**	37	Boonsboro, MD	41:47
18	Dzibela, Tracy**	37	Fredericksburg, VA	41:58
19	Brandon, Max***	36	Chesapeake, VA	42:18
20	Ramos, Laura*	36	Silver Spring, MD	42:53
21	Penet, Marie-France	36	Baltimore, MD	43:06

40-44 Women

South Lakes 10K = 36:59

The division did most of its damage later in the period. Only third place Jackie Gruendal got underway early, taking second overall at the We've Got Your Back 5K in 19:20. She would earn her spot later at the Leesburg 20K in 1:21:25. The other five of the top six got things started on Independence Day. Fourth place Trish Stone had her second of six age groups wins or better at the Reston Firecracker 5K in 19:00. Kara Waters moved to the top by beating Stone there by a minute in 18:00. Perry Shoemaker tossed in her overall win at the hilly Freedom 5K in 18:47. In Charlottesville, Colleen Alexander won it all at the Kiwanis Club Independence Day 5K 19:11 to 19:37, ahead of second finisher Meg Crook. While Gruendal was running the 20K, Shoemaker was winning it all at the Leesburg 5K in 18:03 to close on Waters. Waters would add an overall win at the Friends of W&OD 10K in 37:54 to bolster her place. Then Shoemaker rode past her to the top by winning the South Lakes 10K in 36:59.

On the final weekend Crook got her revenge on Alexander and stole fifth place from her by the narrowest of margins, winning an identical time photo finish in 24:53. Seventh place Cristina Burbach improved on her Leesburg 5K in 20:18,

with a very nice 19:53 at the Kentlands 5K. Yoko England had a marvelous Rock N Roll Half Marathon in 1:32:49, but eight place Cathy Ross matched that at the PRR Birthday Bash 5K in 20:39 and added another of four age group wins as well.

Twenty women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry**	44	Vienna, VA	36:59
2	Waters, Kara**	40	Great Falls, VA	37:29
3	Gruendal, Jackie**	40	Clifton, VA	38:47
4	Stone, Trish*6	40	Kensington, MD	39:23
5	Crook, Meg**	40	Charlottesville, VA	39:50
6	Alexander, Colleen**	41	Crozet, VA	39:50
7	Burbach, Cristina**	41	Arlington, VA	41:24
8	Ross, Cathy*****	44	Burke, VA	41:54
9	England, Yoko**	44	Norfolk, VA	41:56
10	Huerta, Amy**	40	Fredericksburg, VA	42:01
11	Reichmann, Lisa**	41	Gaithersburg, MD	42:08
12	Cosner, Cathy***	42	Richmond, VA	42:11
13	Messing, Angela**	43	Washington, DC	43:06
14	Howes, Heather***	43	Port Royal, VA	43:33
15	Bibb, Wendy**	44	Centreville, VA	43:58
16	Esposito, Stacey**	42	Joppa, MD	44:23
17	Cook, Kristjana*	41	Severna Park, MD	44:38
18	Sober, Jen***	42	McHenry, MD	44:42
19	Burnette, Angie**	44	Frederick, MD	44:42
20	Taylor, Julia*	44	Arlington, VA	44:54

45-49 Women

Gary Brown Memorial C&O Canal 5 Miler 30:56, 10K = 39:00

There are always a couple suspect courses with times too good to be true. Division champion Denise Knickman has always been very consistent. She won the fast Bel Air Town Run in 20:03 and the masters at the New Balance Jenny Smith Baltimore Women's Classic 5K in 20:34, also known for fast times, however, her 19:43 at the Park Heights Community Health Alliance 5K again put that race's course in question. In August, she cemented her crown with a very nifty overall win at the Too Hot to Trot 10K in 41:04. Runner-up Linda Bruhn-Cherry had a solid Reston Firecracker 5K in 20:45, followed by a disappointing Fairview 5K in 21:19. Then she made suspect the distance of the Crime Solver's 5K on a rolling course with a 19:51.

There is no doubt about the Annapolis 10 Miler where Samantha Cole won with a fine 1:11:12 ahead of seventh place Linda-Lou O'Connor's 1:14:28. Cole needed that race after her Lawyers Have Heart 10K in 43:47 was bested by fourth place Miriam Mintzer's July 4th win at the hilly Autism Speaks 5K in 20:56. Mintzer, who seems to love the hilly ones, needed that race because sixth place Cheri Prior would run a nifty Patrick Henry Half Marathon in late August at 1:38:05, after Mintzer had opened up the month on the hilly Riley's Rumble Half Marathon in 1:38:32. Fifth place Mary Clare McQuade ran the Sunny Day 5K in 21:05 for her spot. Tammy Liu is familiar with the rolling hills of Ellicott City and ran the Knights of Columbus 5K in 21:34 to land in eighth place in the division.

Twenty-three women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Knickman, Denise*8	47	Baltimore, MD	41:03
2	Bruhn-Cherry, Linda***	47	Burke, VA	41:20
3	Cole, Samantha**	46	Arlington, VA	42:47
4	Mintzer, Miriam****	47	Silver Spring, MD	43:35
5	McQuade, Mary Clare**	45	Chesapeake, VA	43:54
6	Prior, Cheri*	48	Glen Allen, VA	44:19
7	O'Connor, Linda-Lou***	46	Severna Park, MD	44:45
8	Liu, Tammy**	48	Ellicott City, MD	44:54
9	Haas, Jeanette*	46	Arlington, VA	45:11
10	Taylor, Ruth***	47	Frederick, MD	45:09
11	Waterman, Paige**	47	Silver Spring, MD	45:17
12	Fraker, Ann***	49	Stevenson, MD	45:18
13	Takakusaki, Yuko*****	47	Arlington, VA	45:17
14	Greeson, Laura	45	Fairfax, VA	45:54
15	Blakney, Luz**	47	Oak Hill, VA	46:26
16	Jockin, Deb**	49	Fredericksburg, VA	46:28
17	Stotler, Tonya	48	Cross Junction, VA	46:39
18	MacKintosh, Brenda*	49	Springfield, VA	46:53
19	Ratcliffe, Kim****	47	Yorktown, VA	47:18
20	Borkman, Kelly*	49	Virginia Beach, VA	47:14
21	Keane-Myers, Andrea*	46	Bethesda, MD	47:37
22	Kammel, Carole	46	Rockville, MD	47:39
23	Arbaugh, Tonya**	47	Westminster, MD	47:57

50-54 Women

Charlottesville 4 Miler 25:00, 10K = 40:02

Third place Laura Shannon bookended the period with fine half marathons. She was third overall at the Run for the Achievable Half Marathon in 1:34:48. That was

slightly faster than sixth place Keary Johnston's Charles Street 12M masters win in 1:26:37. Then Shannon cruised down to Virginia Beach to win her age group at the Rock N Roll Half Marathon in 1:33:30. Former champion Pamela Lovett only had two races, starting wondrously winning it all at the Summer Slam 5K in 20:31. She takes fifth place with her Eggleston OK 5K in 18:59, that rates as a 20:24 for 5K, as the course was a bit short.

Speaking of 20:24, that is the time of Kendall Tata's overall win at the Splash for the Cure 5K to end August. She also had two second place finishes, most notably to Andrea Wright at the Kiwanis Club Independence Day 5K, 20:13 to 20:25. Mandana Mortazavi had a solid Liberty 5K in 20:39. Then in mid-August Mortazavi bolted to the lead with a superb Leesburg 20K in 1:27:04. Now it would again come down to the final weekend. Tata knocked eight seconds off her Charlottesville 4 Miler from last year to 25:00, while Wright slowed six seconds to 26:17. Tata takes the title over runner-up Mortazavi with Wright in third place.

The next five places were mighty close. Anita Freres had the best time at the We've Got Your Back 5K in 21:19, ahead of Yoko Stephens' second overall at the Star Kid 5K in 21:32 to take seventh place. Both Stephens and Jill Snyder had overall wins in the 5K. Still, Snyder was dominating with her Arbutus Firecracker 10K in 45:05 and her AS Dawson's 10K in 44:53 and edges past Stephens for eighth place. Freres ran the South Lakes 10K in 45:04. Tenth place Carol David had the fastest ten miler as third master at the Hartwood in 1:04:45, while Snyder ran her hometown Annapolis 10 Miler in 1:14:51. Eleventh place Maureen Hall ran the Too Hot to Trot 10K in 45:02 to fit right in with the competition.

Thirty-five women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Tata, Kendall***	52	Standardsville, VA	40:02
2	Mortazavi, Mandana**	51	Leesburg, VA	41:29
3	Wright, Andrea**	54	Charlottesville, VA	42:05
4	Shannon, Laura**	53	Williamsburg, VA	42:15
5	Lovett, Pamela**	52	Yorktown, VA	42:28
6	Johnston, Keary****	50	Frederick, MD	42:49
7	Freres, Anita***	50	Vienna, VA	44:23
8	Snyder, Jill****	54	Annapolis, MD	44:53
9	Stephens, Yoko***	50	Fairfax, VA	44:50
10	David, Carol***	52	Stafford, VA	44:55
11	Hall, Maureen*****	50	Parkville, MD	45:02
12	Lussi, Jeannette****	52	Lutherville, MD	46:09
13	Gibson, Wendy	54	Sparks, MD	46:17
14	Grillo, Monica*	51	Arlington, VA	46:21
15	Donovan, Julie*	51	Bethesda, MD	46:42

16	Laing, Kathryn	51	Severna Park, MD	47:19
17	Grillo, Jeanne	54	Potomac, MD	47:47
18	Scott, Janeth***	53	Columbia, MD	48:04
19	Glueck, Connie**	51	Williamsburg, VA	47:57
20	Morgan, Mary	51	Annapolis, MD	48:23
21	Sullivan, Lorraine****	53	New Market, MD	48:43
22	Becouvrakis, Kimberl***	53	Poquoson, VA	49:01
23	Furr, Suzanne	54	Harwood, MD	49:03
24	Barrick, Michelle*	51	Middle River, MD	49:12
25	Nielsen, Lisa*	52	Roanoke, VA	49:14
26	Poremski, Ruth***	54	Parkville, MD	49:31
27	Smith-Harden, Michele****	51	Norfolk, VA	49:35
28	Sheets, Susan*	53	Virginia Beach, VA	49:37
29	Miller, Stacey	51	Leesburg, VA	50:16
30	Patalon, Robin	51	Fallston, MD	50:19
31	Pleasants, Lori*	53	Crozet, VA	50:18
32	Allen, Wendy	50	Ellicott City, MD	50:51
33	Collard, Elizabeth*	54	Darlington, MD	51:07
34	Meyer, Jane	54	Annapolis, MD	51:03
35	Mundt, Vicki	52	Annapolis, MD	51:19

55-59 Women

Reston WDF 5K 20:25, 10K = 42:30

DeeDee Loughran easily won the Leesburg 20K for the third year in a row, for the second fastest race of the period. She had already taken another title, winning the Reston WDF 5K in 20:25. Second through fourth place was a tight battle. Dorothy Beckett started out June with a solid 21:55 at Damien's 5K and was better at the New Balance Jenny Smith Baltimore Women's Classic 5K with 21:45 to end that month, while Hosni Haghigian had her best race at the Kiwanis Club Independence Day 5K in 21:38. Mary Lowe Mayhugh had struck first with her Herndon Festival 5K in 22:00 improved the next week at Colleen's BA 5K in 21:47, for her best of ten age group wins. Beckett and Haghigian stayed close in July with Beckett's HCS Women's Distance Festival 5K in 22:05, slightly faster than Haghigian's Fairview 5K in 22:11. As the period progressed, fourth place Mayhugh continued to win, but her times in August were her slowest. The final weekend, third place Haghigian ran the Charlottesville 4 Miler in 28:20, ahead of fifth place Debbie Crum's 29:14. Beckett powered forward, winning the Annapolis 10 Miler in 1:15:06. Then she ended the period at the Kentlands 5K in 21:41 to take the runner-up spot.

Eighth place Sandra Gray had her best race at the RRRC Cul De Sac Series 5K #1 in 22:32, ahead of Amber Rader (23:02). At the second race there, she was bested by seventh place Amber Rader 22:39 to 22:58 and again at the third race

23:00 to 23:25. In late August, Rader beat her again, this time at the Patrick Henry Half Marathon 1:45:57 to 1:46:27. Nancy Hill takes sixth place, racing the Pirate Fest 5K in 22:39. Her Running with the Rams 5K in 22:41 edged her past the two RRRC racers. Ninth place Carole Rosasco adds a second place at the Annapolis 10 Miler in 1:18:53 to her three age groups wins.

Thirty-six women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Loughran, Deedee**	57	Reston, VA	42:30
2	Beckett, Dorothy*****	57	Columbia, MD	45:08
3	Haghighian, Hosni***	57	Charlottesville, VA	45:02
4	Mayhugh, Mary Lowe*10	59	Washington, DC	45:21
5	Crum, Debbie*	56	Fishersville, VA	46:48
6	Hill, Nancy**	57	Havre de Grace, MD	47:09
7	Rader, Amber****	56	Moseley, VA	47:09
8	Gray, Sandra**	56	Glen Allen, VA	46:55
9	Rosasco, Carole***	56	Severna Park, MD	47:24
10	Norman, Brenda*	58	Annapolis, MD	48:11
11	Micsan, Daniela***	59	Washington, DC	48:07
12	Drain, Ida*6	59	Alexandria, VA	48:16
13	Lyons, Barbara	57	Clarksville, MD	48:42
14	Asao-Ragosta, Kiyoko	57	Charlottesville, VA	48:56
15	Altenburger, Kim*	59	Parkville, MD	49:14
16	Peck, Leigh***	58	Lutherville, MD	49:24
17	Galliani, Paula**	55	Gaithersburg, MD	49:27
18	Waldman, Gail*	57	Vienna, VA	49:21
19	Fisher, Nina**	58	Annapolis, MD	50:12
20	Touissant, Kat*	56	Reston, VA	50:32
21	Amini, Ellahe**	56	Ellicott City, MD	50:44
22	Harrison, Carolyn*****	59	Virginia Beach, VA	50:52
23	Recto, Liza**	59	Lexington Park, MD	51:13
24	Evans, Cynthia	59	Randallstown, MD	51:26
25	Lather, Rosemary*	59	Columbia, MD	51:34
26	Disney, Marie	56	Bel Air, MD	51:46
27	Rigby Kash, Leslie**	59	Fredericksburg, VA	51:51
28	Dirks, Debbie	56	Edgewater, MD	52:13
29	Ganoe, Thea**	57	Hampton, VA	52:22
30	Josey, Christine*	56	Columbia, MD	52:53
31	Mendelowitz, Vicki*	55	Arlington, VA	53:05
32	Cason, Angela	59	Damascus, MD	53:14
33	Knowles, Kim	58	Barboursville, VA	53:38
34	Griffing, Sharon	56	Springfield, VA	53:43
35	Casola, Deborah	57	Ashburn, VA	54:02

60-64 Women

Bel Air Town Run 5K 22:36, 10K = 46:42

Donna Lewis continues her hold on the division with an excellent Bel Air Town Run 5K in 22:04. Two months later she would run the Running with the Rams 5K in 23:04 to lead runner-up Betty Blank. Blank had some fine 5Ks, including the DCRRC Bluemont 5K in 23:21. Still, her best race was a very nice Larry Noel 15K in 1:14:22 that features a killer hill at mile eight that usually causes slower than normal race times.

Third place Marcy Foster started with the Reston WDF 5K in 24:34. Then on the fourth of July, she ran the Reston Firecracker 5K in 24:12, to be only the second woman to best Blank's worst time. That same morning Blank ran the age-graded 4M on the canal in 31:53. After the age grading, Blank was the top woman. Maria Shields had the next best time, racing the New Balance Jenny Smith Baltimore Women's Classic 5K in 24:29. But in August she lost to fourth place Peggy Vail at the ten miler in Annapolis, 1:25:43 to 1:26:30. Sixth place Lydia Johnson had the best long race at the Charles Street 12M in 1:43:37.

Not all 5Ks are "fully grown." Carol Talley was consistent with her times and was best at the Run for the Bacon 5K in 24:52 to take seventh. Ginny Hughes ran the Crime Solvers 5K in 24:49, more than two minutes faster than any of her other 5Ks. Ninth place Susan Snead was next, racing the YMCA Independence Day 5K in 25:06.

Forty-one women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Lewis, Donna**	60	Bel Air, MD	46:42
2	Blank, Betty*7	62	Falls Church, VA	48:21
3	Foster, Marcy***	61	Reston, VA	50:23
4	Vail, Peggy**	62	Annapolis, MD	51:04
5	Shields, Maria***	64	Davidsonville, MD	50:58
6	Johnson, Lydia**	61	Street, MD	51:13
7	Talley, Carol***	60	Toano, VA	51:46
8	Hughes, Ginny*****	64	Warrenton, VA	51:40
9	Snead, Susan*	60	Virginia Beach, VA	52:15
10	Worthington, Helen***	61	Bena, VA	52:36
11	Aaronson, Susan	61	Arlington, VA	52:38
12	Jones, Helen**	62	Baltimore, MD	52:36
13	Gulick, Linda****	63	Richmond, VA	52:49
14	Seidman, Merrilee*6	60	Alexandria, VA	53:05

15	Hansen-Vessa, Carol***	61	Herndon, VA	53:05
16	Allen, Mary Jane*	60	Irvington, VA	53:36
17	Nusbaum, Maria	63	Reston, VA	53:36
18	O'Reilly, Mairead	60	Annapolis, MD	53:34
19	Phillips, Hannah**	63	Alexandria, VA	54:35
20	Renardy, Yuriko**	60	Blacksburg, VA	54:45
21	Wake, Sharon	60	Richmond, VA	54:39
22	Whittington, Karen****	64	Baltimore, MD	55:10
23	Wiggins, Evangeline**	62	Pikesville, MD	55:04
24	Nicholson, Trina**	61	Blue Ridge, VA	55:17
25	McCoy, Harriet	60	Williamsburg, VA	55:25
26	Sokal, Dina*	60	Owings Mills, MD	55:43
27	Golden, Wendy**	62	Earlysville, VA	57:05
28	Travis, Patricia**	64	Williamsburg, VA	57:11
29	Broadus, Rebecca	60	Milford, VA	57:10
30	Wilson, Cristi	60	Henrico, VA	57:36
31	Cepeda, Anne-Marie****	62	Fincastle, VA	57:47
32	Humphreys, Dottie***	63	Newport News, VA	57:47
33	Draper, Deedee	63	Henrico, VA	58:22
34	Hennes, Kathy****	63	Annapolis, MD	58:31
35	Ross, Saleema	62	Fort Washington, MD	59:06
36	Eberhard, Dawn	61	Richmond, VA	59:04
37	Blake, Lystra	62	Falls Church, VA	59:18
38	Sutey, Pamela*	60	Burke, VA	1:00:39
39	Close, Jean*	60	Towson, MD	1:00:55
40	English, Carol**	60	Germantown, MD	1:01:00
41	Pontier, Nancy*	60	Chesapeake, VA	1:01:13

65-69 Women

Memorial Scholarship 5K 24:16, 10K = 50:31

Last summer's champion Alice Franks is coming back after injuries slowed her for much of the first half of the year. Still on June 6, her Colleen's BA 5K in 24:50 put her in the lead. A week later she was still contending with Marge Rosasco who ran the Bel Air Town Run 5K in 24:31. The following week, Rosasco added the Pirate Fest 5K in 25:11. Franks would win all eight of her races and her second best race was faster than Rosasco could muster in her second best race with just two races in the period. Franks made it clear that she was on her way back to the title by running the Kentlands 5K in 24:33 in the final weekend and earned the runner-up spot.

Meanwhile Barbara Mathewson got underway at the Memorial Scholarship 5K in July with 24:16 to take the division. She would add a solid Dismal Swamp 10M in

1:25:10 the following week to confirm her place. Fourth place LaRue Lennon had the fastest 8K on the hilly Runnymede course in 41:33, slightly faster than Franks ran at the revised (more hills and turns) Eastern County 8K in 41:50 in mid-August.

For fifth place, Linda Mills ran a very nice Charles Street 12M in 1:47:49. Mills also ran the cruelly hilly Dreaded Druid Hills 10K in 56:42. Sixth place goes to Betty Brothers who was second behind Mathewson at the Memorial Scholarship 5K in 26:25. She also ran the Eggleston OK 5K in 23:46, but that course was quite a bit short of its advertised distance. Seventh place Esther Buchser ran the Bel Air in 26:15 ahead of eighth place Elizabeth Sadoff who finished the Kentlands 5K in 26:32.

Thirty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Mathewson, Barbara**	65	Virginia Beach, VA	50:31
2	Rosasco, Marge**	67	Joppa, MD	51:03
3	Franks, Alice*8	67	Rockville, MD	51:07
4	Lennon, LaRue***	67	Westminster, MD	52:45
5	Mills, Linda*	65	Salisbury, MD	53:17
6	Brothers, Betty**	68	Virginia Beach, VA	53:10
7	Buchser, Esther	66	Abingdon, MD	54:39
8	Sadoff, Elizabeth****	66	Washington, DC	55:15
9	Rabe, Ellen**	66	Columbia, MD	57:24
10	St. Clair, Christy	66	Glen Arm, MD	59:06
11	Stanfield, Leslie*	66	Reston, VA	1:01:15
12	Sielen, Virginia*****	67	Oakton, VA	1:01:23
13	Jones, Priscilla**	66	Lynchburg, VA	1:01:23
14	Norton, Lou*6	68	Richmond, VA	1:01:44
15	Allen, Deborah	65	Lynchburg, VA	1:02:23
16	Bainbridge, Cassandra**	68	Bristol, TN	1:02:44
17	Coffin, Carol	65	Severna Park, MD	1:03:07
18	O'Connell, Diane	65	Westminster, MD	1:03:49
19	Canestra-Heenan, Patricia*	66	Arlington, VA	1:03:49
20	Schneider, June**	68	Millersville, MD	1:04:00
21	Tice, Linda**	69	Timonium, MD	1:04:05
22	Imholtz, Clare*	68	Beltsville, MD	1:05:14
23	Dodson, Christina**	69	Richmond, VA	1:05:14
24	Fahy, Loretta**	66	Frederick, MD	1:06:27
25	Benjamin, Carol	69	Bowie, MD	1:07:02
26	Paisner, Susan	65	Silver Spring, MD	1:07:19
27	Davis, Virginia	65	Norfolk, VA	1:07:52
28	Snowman, Adele	66	Upperco, MD	1:08:07

29	Delaney, Marie*	66	Severn, MD	1:08:15
30	Akers, Donna*	66	Narrows, VA	1:08:38
31	Mitchell, Brenda**	65	Williamsburg, VA	1:09:20
32	Jordan, Wendy*	68	Washington, DC	1:10:20
33	Sitkin-Porzal, Judith	68	Silver Spring, MD	1:10:54
34	Owens, Linda	67	Earlysville, VA	1:11:35
35	McClure, Doris	66	Baltimore, MD	1:12:29

70-74 Women

Boxer Brief Battle 5K 25:04, 10K = 52:11

Dee Nelson won her division an impressive twelve times, also racing in a decathlon track series with a 90% and better age graded time. As with most runners, most of her races were 5K. Her best time was 26:08 at the Frederick Steeplechasers WDF, but for the first time in a long time, she was not fast enough to take the crown. Brigitte Sutherlin ran the Schechter on the Move 5K in 26:13. Then at the end of June at the New Balance Jenny Smith Baltimore Women's Classic 5K, she took charge of the division with a swift 25:52. At that same event, third place Nancy Berger ran 30:36, to pass sixth place Ellen Hocheder's 32:36.

For fourth place, Pat Welch bookended two long races around Molly Sherwood's two long races. Sherwood started with the Baltimore 10M in 1:48:56 and improved at the Ben Moore Half Marathon in 2:23:01. Welch earned the spot with the best race of the four. At the Annapolis 10 Miler, she ran 1:47:07. Then she finished the period at the Rock N Roll Half Marathon in 2:24:58.

PI	Name	Age	Hometown	10K=
1	Sutherlin, Brigitte**	71	Baltimore, MD	53:51
2	Nelson, Dee*12	71	Gaithersburg, MD	54:25
3	Berger, Nancy**	70	Hunt Valley, MD	1:03:43
4	Welch, Pat*	70	Vienna, VA	1:04:22
5	Sherwood, Molly*	73	Annapolis, MD	1:04:38
6	Hocheder, Ellen*	72	Mount Airy, MD	1:07:67
7	Surgent, Barb**	70	Frostburg, MD	1:08:22
8	Sears, Rebecca**	70	Shawsville, VA	1:11:25
9	Hanna, Judy****	71	Williamsburg, VA	1:13:30
10	Whalen, Mandy*	74	Falls Church, VA	1:13:15
11	Thomas, Susan***	72	Charlottesville, VA	1:14:59
12	Wendell, Barbara*	72	Annapolis, MD	1:15:43
13	Novak, Jeanette*9	71	Damascus, MD	1:18:19
14	Smith, Betty**	74	Rockville, MD	1:20:03
15	Hall, Marcia**	71	King George, VA	1:22:32

16	Dinneen, Arleen**	72	Ellicott City, MD	1:24:3
17	Trapp, Julie	71	Silver Spring, MD	1:24:01
18	Jakubec, Nancy**	72	Richmond, VA	1:28:21

75-79 Women

South Lakes 10K 1:07:30

Ecris Williams has grown accustomed to winning with five of the top six races, all in the Potomac River Running series. Her best of five 5Ks was the Reston Firecracker 5K in 32:48. At the close of August, she had her best race at the South Lakes 10K in 1:07:30. Runner-up Laura Pitts won with the two longest races, the Annapolis 10 Miler and on the final weekend the Charles Street 12M in 2:27:09. Third place Tami Graf had the only other race longer than a 10K, winning the Larry Noel 15K. She ran that race as part of the RRCA Championship Series. Her best race was another series event, the Bel Air Town Run 5K in 36:05. Fourth place Judy Stewart was close behind, racing the Run for the Bacon 5K in 36:44.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris*6	76	Reston, VA	1:07:30
2	Pitts, Laura	76	Baltimore , MD	1:12:44
3	Graf, Tami*10	79	Lusby, MD	1:15:08
4	Stewart, Judy	76	Williamsburg, VA	1:16:29
5	Whalen, Mandy***	75	Falls Church, VA	1:18:19
6	Yannakakis, Zoena**	79	Sparks, MD	1:28:10
7	Manciagli, Ann*	79	Williamsburg, VA	1:39:00

80 & Older Women

Mountain States Rehab 5K 38:59, 10K = 1:21:10

Yvonne Aasen would have won all twelve of her races but three had a seventy and older category. At 84, she still looks forward to racing with a smile, racing in Westminster. She had her fastest race, returning to Annapolis for the Women's Distance Festival 5K in 43:27.

Long time senior ranked runner Harriet Locke, 82, passed on 5/15/15.

PI	Name	Age	Hometown	10K=
1	Aasen, Yvonne*9	84	Westminster, MD	1:30:28
2	Eden, Pat*	84	Williamsburg, VA	1:44:18
3	Mallet, Joanne*	80	Rockville, MD	1:57:40

Rankings Explained - What It Is, Who Does It, How We Do It, and Where We are Going

The goal of the runner rankings is to rank the best runners of Washington, DC, Maryland, and Virginia, in five-year age groups, for the purpose of stimulating competition in the Washington region. Runners are ranked only according to performances in rated races. To be rated, a race must meet the following criteria:

- * Take place in Washington, DC, Maryland, or Virginia
- * Full results listed on the Web Site
- * Must list age (and preferably also city and state of residence) of all runners
- * Standard distance--5K, 4-Mile, 8K, 10K, 12K, 15K, 10M, 20K, 1/2 Marathon, 25K, 30K, 20M, or Marathon
- * Road race or cross-country

To be included, a race must meet all of the above criteria. There will be no exceptions. If you place well in a race and want it included in the rankings, be sure to ask the race director to e-mail the complete results to us at runjames3@aol.com . so the race can be posted on the Web Site and counted in the runner rankings.

Runners will be ranked by age divisions for both men and women, with the divisions being open, 19 & younger, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 & older.

The rankings are established using a nearly completely objective rating procedure. A preliminary sort, followed by an intensive analysis of competitive results, forms the rankings. The preliminary sort is based on number of qualifying marks and best times. The final ranking is based on head-to-head competitive results against the other top placers (50%), with time playing a major but secondary role (40%). Our general philosophy is that competition is about beating other runners and we intend to place an increased emphasis on competitive results.

To qualify for the end-of-year rankings, top priority will go to runners who qualify in two ranking periods. A preliminary sort, followed by a more involved analysis of competitive results, also forms these rankings. The preliminary sort is based on seasonal rankings and best times. The final ranking is again based on head-to-head competitive results, with time playing a secondary role, though at times a deciding role. One special race can at times put a runner over the top, though consistency is a valued asset.

Qualifying times are set in each age division for the 10K, and then adjusted for other distances. I believe in a constant time so that, while a runner may not make the top ten, he or she may consider himself or herself a ranked runner. My primary concern is that of believability. There should be few surprises. Competitiveness will always find a few disputes. Most runners know whom they can best and who remains unbeatable. The rankings should fairly reflect that. If you have comments and questions or would like to

get a more complete explanation of individual rankings, contact me at runjames3@aol.com.

The current qualifying standards for the 10K are:

Age Group	Men	Women
Open	34:20	41:15
19 & younger	38:20	46:05
35-39	36:40	44:10
40-44	38:20	46:05
45-49	39:45	48:45
50-54	42:00	51:45
55-59	43:55	54:30
60-64	49:45	62:05
65-69	52:50	75:00
70-74	56:20	89:40
75-79	1:32:30	1:39:00
80 & older	1:45:00	1:50:00

The ranking periods for the 2015 ranking year:

* Fall Runner Rankings, September 8, 2015 through November 10, 2015 - reported January-February 2016

* Best of 2015 (November 10, 2014 through November 22, 2015) - reported March/April 2016

Bold races are major races (500 or more runners or 20% ranked runners)

Event	Location	Date
Patriot Running Festival 5K	Williamsburg, VA	29-May-15
Race4Respect 5K	Washington, DC	30-May-15
Fox Hill Community 5K	Hampton, VA	30-May-15
Run for the Achievable Dream 8K	Williamsburg, VA	30-May-15
Homerun Trot 5K	Spotsylvania, VA	30-May-15
Miles For Mission 5K	Richmond, VA	30-May-15
Zooma 10K	Annapolis, MD	30-May-15
Zooma HM	Annapolis, MD	30-May-15
We've Got Your Back 5K	Reston, VA	30-May-15
Champe's Run for the Music 5K	Aldie, VA	30-May-15
Rotary Ramblin Rabbit 5K	Charlottesville, VA	30-May-15
CXB Low Rent 5K	Virginia Beach, VA	30-May-15
Oakton Football 5K	Oakton, VA	31-May-15
Herndon Festival 10K	Herndon, VA	31-Mar-15
Herndon Festival 5K	Herndon, VA	31-Mar-15
Conquer the Cove Marathon	Roanoke, VA	31-May-15
Matzohball 5K	Ellicott City, MD	31-May-15

Run for the Achievable Half Marathon	Williamsburg, VA	31-May-15
Schechter on the Move 5K	Pikesville, MD	31-May-15
Cornerstone Church 5K	Bowie, MD	31-May-15
Owen Lea Foundation 10K	Fredericksburg, VA	31-May-15
Tidal Basin Runs 5K	Washington, DC	3-Jun-15
Empowering Action 5K	Gaithersburg, MD	6-Jun-15
4 the Wounded 5K	Charlottesville, VA	6-Jun-15
National Trails Day 5K	Farmville, VA	6-Jun-15
St. Agnes School 5K	Catonsville, MD	6-Jun-15
Born to Run Memorial 5K	Chantilly, VA	6-Jun-15
Be The Match 5K	Richmond, VA	6-Jun-15
Eggleston OK 5K	Virginia Beach, VA	6-Jun-15
NASA Moonwalk 5K	Hampton, VA	6-Jun-15
Operation Walk Virginia 5K	Alexandria, VA	6-Jun-15
Boxer Brief Battle 5K	Richmond, VA	6-Jun-15
Colleen's BA 5K	Kensington, MD	6-Jun-15
Baltimore 10 Miler	Baltimore, MD	6-Jun-15
Run for the Bacon 5K	Williamsburg, VA	6-Jun-15
Katie's Run 5K	Grantsville, MD	6-Jun-15
Faquier Trail Challenge 5K	Warrenton, VA	6-Jun-15
SPCA Run for Shelter 5K	Fredericksburg, VA	7-Jun-15
DCRRC After the Women 5K	Arlington, VA	7-Jun-15
DCRRC WDF 5K	Arlington, VA	7-Jun-15
Star Kid 5K	Fairfax, VA	7-Jun-15
Oy Vey 5K	Rockville, MD	7-Jun-15
Blind Dot Dash 6K	Baltimore, MD	7-Jun-15
Bel Air Town Run 5K	Bel Air, MD	7-Jun-15
EC 5K	Ellicott City, MD	7-Jun-15
WRC Run with the Knights 5K	Sykesville, MD	11-Jun-15
Lynchburg Track 5K	Lynchburg, VA	11-Jun-15
DC Front Runners Pride Run 5K	Washington, DC	12-Jun-15
Howard High 5K	Ellicott City, MD	12-Jun-15
Purple Strides 5K	Washington, DC	13-Jun-15
Crab 5K	Baltimore, MD	13-Jun-15
Damien's Run for Recovery 5K	Columbia, MD	13-Jun-15
Lawyers Have Heart 10K	Washington, DC	13-Jun-15
Lawyers Have Heart 5K	Washington, DC	13-Jun-15
Crofton Kiwanis - Team Surlis 10K Challenge	Crofton, MD	13-Jun-15
Woodstock 5 Mile	Woodstock, VA	13-Jun-15
King's Daughters Run/Walk for the Kids 8K	Norfolk, VA	13-Jun-15
Wing and a Prayer 5K	Mount Airy, MD	13-Jun-15
PRR Twilight Festival 4 Miler	Ashburn, VA	13-Jun-15
Pirate Fest 5K	Havre de Grace, MD	13-Jun-15
Varmint Half Marathon	Burke Gardens, VA	13-Jun-15
Miles 4 Molly 5K	Timonium, MD	14-Jun-15
Red Devil 5K	Towson, MD	14-Jun-15
BRRRC GPS 5K	Baltimore, MD	14-Jun-15
Alex's Run 5K	Olney, MD	14-Jun-15
Tidal Basin Runs 5K	Washington, DC	17-Jun-15
Harrison Strong 5K	Midlothian, VA	20-Jun-15

Mountain States Rehab 5K	Norton, VA	20-Jun-15
MCRRC Run for the Roses 5K	Wheaton, MD	20-Jun-15
Losing to Live 5K	Annandale, VA	20-Jun-15
Reston WDF 5K	Reston, VA	20-Jun-15
Summer Slam 5K	Virginia Beach, VA	20-Jun-15
Fit Foodie 5K	Fairfax, VA	20-Jun-15
Humankind 5K	Lynchburg, VA	20-Jun-15
Run for Justice 10K	Danville, VA	20-Jun-15
Run for Justice 5K	Danville, VA	20-Jun-15
Hoofbeats 5K	Lexington, VA	20-Jun-15
Delightfully Different 3.5M	Petersburg, VA	20-Jun-15
LARS Spring into Spring 5K	Laurel, MD	20-Jun-15
Father's Day 8K	Washington, DC	21-Jun-15
Battling Cancer 5K	Fredericksburg, VA	21-Jun-15
GBMC Father's Day 5K	Towson, MD	21-Jun-15
ZERO Prostate Cancer Run 4M	Arlington, VA	21-Jun-15
Run with Dad 5K	Reston, VA	21-Jun-15
AS Dawson's 10K	Severna Park, MD	21-Jun-15
Keep Punching 5K	Towson, MD	21-Jun-15
Oakland Mills 5K	Clarksville, MD	26-Jun-15
Knights of Columbus 4M	Catonsville, MD	27-Jun-15
Knights of Columbus 5K	Catonsville, MD	27-Jun-15
Run 4 Rodney 5K	Hampton, VA	27-Jun-15
DC Metro HBCU Alumni Alliance 5K	Washington, DC	27-Jun-15
Young Life Capernaum Stroll and Roll 5K	Virginia Beach, VA	27-Jun-15
Guest River Gorge 10K	Coeburn, VA	27-Jun-15
Iron Furnace 5K Run	Lonaconing, MD	27-Jun-15
Freedom Four Miler	Arlington, VA	28-Jun-15
New Balance Jenny Smith Baltimore Women's Classic 5K	Baltimore, MD	28-Jun-15
FSC Firecracker 5K	Frederick, MD	1-Jul-15
Montgomery Village 5K	Gaithersburg, MD	3-Jul-15
Hammond 5K	Columbia, MD	3-Jul-15
Arbutus Firecracker 10K	Arbutus, MD	4-Jul-15
Patriot's 5K	Midlothian, VA	4-Jul-15
Yorktown Independence Day 8K	Yorktown, VA	4-Jul-15
Autism Speaks 5K	Potomac, MD	4-Jul-15
Reston Firecracker 5K	Reston, VA	4-Jul-15
Kiwanis Club Independence Day 5K	Charlottesville, VA	4-Jul-15
Deltaville 5K	Deltaville, VA	4-Jul-15
Heritage 6K	Dundalk, MD	4-Jul-15
PVTC Go Fourth 8K	Alexandria, VA	4-Jul-15
Four on the Fourth 4M	Roanoke, VA	4-Jul-15
YMCA Independence Day 5K	Virginia Beach, VA	4-Jul-15
DCRRC Age-Handicapped 4 Mile	Carderock, MD	4-Jul-15
FARC Heritage Festival 5 Mile Run	Fredericksburg, VA	4-Jul-15
Freedom 5K	Fairfax, VA	4-Jul-15
Reedville Firecracker 5K	Reedville, VA	4-Jul-15
Harford Hounds 4M	Conowingo, MD	4-Jul-15
Liberty 5K	Winchester, VA	4-Jul-15
DCH Foundation Freedom 5K	Clintwood, VA	4-Jul-15

Shawsville 5K	Shawsville, VA	4-Jul-15
Brandermill 7.4K	Midlothian, VA	4-Jul-15
Little Bennett 10K	Clarksburg, MD	5-Jul-15
RRRC Cul De Sac Series 5K #1	Richmond, VA	6-Jul-15
WRC Pleasant Valley 4M	Westminster, MD	9-Jul-15
Chesapeake HS CC 5K	Northeast, MD	9-Jul-15
Reservoir HS 5K	Fulton, MD	10-Jul-15
Powhatan Creek Trail 5K	Williamsburg, VA	11-Jul-15
AS Run after the Women 5K	Annapolis, MD	11-Jul-15
AS WDF 5K	Annapolis, MD	11-Jul-15
Run with the Kenyans 5K	College Park, MD	11-Jul-15
Summer Extravaganza 10K	Waynesboro, VA	11-Jul-15
Summer Extravaganza 5K	Waynesboro, VA	11-Jul-15
Glowstick 5K	Fredericksburg, VA	11-Jul-15
Sunny Day 5K	Virginia Beach, VA	11-Jul-15
Carilion Clinic Life-Guard 5K	Roanoke, VA	11-Jul-15
Lisa's Run 5K	Westernport, MD	11-Jul-15
Road Rage 5K	Norfolk, VA	11-Jul-15
Westminster WDF 5K	Union Mills, MD	12-Jul-15
Pikesville 5K	Pikesville, MD	12-Jul-15
PRR Birthday Bash 5K	Fairfax, VA	12-Jul-15
RRRC Cul De Sac Series 5K #2	Richmond, VA	13-Jul-15
DCRRC Bastille Day 4M	Washington, DC	14-Jul-15
Climb the Hill for Bridges 5K	Brooklandville, MD	14-Jul-15
Centennial CC 5K	Ellicott City, MD	17-Jul-15
Rockville Rotary Twilight 8K	Rockville, MD	18-Jul-15
Percival's Island Five Miler	Lynchburg, VA	18-Jul-15
Fairview 5K	Charlottesville, VA	18-Jul-15
Commonwealth Games 5K	Roanoke, VA	18-Jul-15
Allen Stone Memorial 5K	Virginia Beach, VA	18-Jul-15
Check it Out 5K	Towson, MD	19-Jul-15
Check it Out 8K	Towson, MD	19-Jul-15
RRRC Cul De Sac Series 5K #3	Richmond, VA	20-Jul-15
DCRRC Bluemont 5K	Arlington, VA	22-Jul-15
Rockbridge Academy XC 5K	Millersville, MD	23-Jul-15
Francis Scott Key 6K	Union Bridge, MD	23-Jul-15
River Hill 5K	Clarksville, MD	24-Jul-15
Fredericksburg Christian Health Center Twilight 5K	Fredericksburg, VA	25-Jul-15
Run for the Pie 10K	Mountandale, MD	25-Jul-15
Crystal City Twilight 5K	Arlington, VA	25-Jul-15
Pony Pasture 5K	Richmond, VA	25-Jul-15
Coast Guard Day 5K	Yorktown, VA	25-Jul-15
Park Heights Community Health Alliance 5K	Baltimore, MD	25-Jul-15
Hugh Jascourt 4M	Washington, DC	26-Jul-15
Running with the Pigs 5K	Fair Hill, MD	26-Jul-15
HCS Women's Distance Festival 5K	Columbia, MD	26-Jul-15
Memorial Scholarship 5K	Norfolk, VA	28-Jul-15
Annapolis Area Christian 5K	Severn, MD	30-Jul-15
AT&T BoMF Baltimore Sneaks Come Out at Night 15K	Baltimore, MD	31-Jul-15
Help 4 Our Children 5K	Sterling, VA	1-Aug-15

Casey Cases 5K

Crime Solver's 5K
Friends of W&OD 10K
Railroad Days 5K
Explore the Shore 5K
Moonshine Classic 10K
Jogging for Frogman 5K
AS Dog Days 8K
Riley's Rumble HM
Georgetown 5K
Georgetown 10M
Dismal Swamp 10M
Steve Thompson 8K
Moonlight 4 Miler
Runnymede 8K
Kinder Park Farm 5K
Yorktown Birthday 8K
DCRRC Landon 3M
Running with the Rams 5K
Moonlight 5K
Schoolhouse 5K
Arlington County Fair 5K
Summer Strides 5K
FSC WDF 5K
Health Focus of SW Virginia Salem 10K
Health Focus of SW Virginia Salem 5K
Super Hero 5K at The Vineyards
Lynchburg 5K
Lynchburg Half Marathon
Christopher Todd Richardson Memorial 10K
Ben Moore HM
Ben Moore 10K
Rock N Roll 5K
Night of Peace 5K
Mindy van Pelt 5K
Angel Park 5K
Buddy Attick 3M

Donut Alley Rally 5K

Gary Brown Memorial C&O Canal 5 Miler
River Valley Ranch Trail Run 5K
River Valley Ranch Trail Run 15K
River Valley Ranch Trail Run 10K
Peace Run 5K
PGRC WDF 5K
FAB 5K
Surfer's Healing 5K
TCRR Race for the Cause 5K
Rush for the Goal 5K

Leesburg 20K

Leesburg 5K

Baltimore, MD 1-Aug-15
Fairfax, VA 1-Aug-15
Vienna, VA 1-Aug-15
Appalachia, VA 1-Aug-15
Colonial Beach, VA 1-Aug-15
Grantsville, MD 1-Aug-15
Norfolk, VA 1-Aug-15
Arnold, MD 2-Aug-15
Germantown, MD 2-Aug-15
Washington, DC 2-Aug-15
Washington, DC 2-Aug-15
Chesapeake, VA 2-Aug-15
Springfield, VA 4-Aug-15
Glen Allen, VA 5-Aug-15
Westminster, MD 6-Aug-15
Millersville, MD 6-Aug-15
Yorktown, VA 7-Aug-15
Bethesda, MD 8-Aug-15
Edgewood, MD 8-Aug-15
Bel Air, MD 8-Aug-15
Abingdon, VA 8-Aug-15
Arlington, VA 8-Aug-15
Alexandria, VA 8-Aug-15
Frederick, MD 8-Aug-15
Salem, VA 8-Aug-15
Salem, VA 8-Aug-15
Williamsburg, VA 8-Aug-15
Lynchburg, VA 8-Aug-15
Lynchburg, VA 8-Aug-15
Abingdon, VA 8-Aug-15
Annapolis, MD 8-Aug-15
Annapolis, MD 8-Aug-15
Richmond, VA 8-Aug-15
Windsor Mills, MD 8-Aug-15
Barton, MD 8-Aug-15
Perry Hall, MD 9-Aug-15
Greenbelt, MD 13-Aug-15
Hagerstown, MD 14-Aug-15
Williamsport, MD 15-Aug-15
Manchester, MD 15-Aug-15
Manchester, MD 15-Aug-15
Manchester, MD 15-Aug-15
Fairfax, VA 15-Aug-15
College Park, MD 15-Aug-15
Salem, VA 15-Aug-15
Virginia Beach, VA 15-Aug-15
Colonial Heights, VA 15-Aug-15
Virginia Beach, VA 15-Aug-15
Leesburg, VA 16-Aug-15
Leesburg, VA 16-Aug-15

Hartwood 10 Mile	Fredericksburg, VA	16-Aug-15
Boordy Vineyard 5K	Hydes, MD	16-Aug-15
Too Hot to Trot 10K	Sparks, MD	16-Aug-15
Howards 25K	Cumberland, MD	16-Aug-15
DCRRC Paul Thurston 4.5M	Burke, VA	18-Aug-15
Eastern County 8K	Silver Spring, MD	22-Aug-15
Transitions 5K	Hampton, VA	22-Aug-15
York River 5K	Williamsburg, VA	22-Aug-15
San Mar 5K	Boonsboro, MD	22-Aug-15
East Coast Surfing Championship 8K	Virginia Beach, VA	22-Aug-15
Warrior 5K	Solomons, MD	22-Aug-15
Run Back to School Glow Run 5K	Roanoke, VA	22-Aug-15
Fort Lewis Baptist Church 5th Quarter 5K	Salem, VA	22-Aug-15
Run for Recovery 5K	Frederick, MD	22-Aug-15
Gulf War Memorial 5K	Cumberland, MD	22-Aug-15
Fight the Trafficker 5K	Silver Spring, MD	23-Aug-15
South Lakes 10K	Reston, VA	23-Aug-15
Pipeline 5K	Baltimore, MD	23-Aug-15
NOVA Coaches 5K	Arlington, VA	25-Aug-15
SHF Roosevelt Run 5K	Arlington, VA	27-Aug-15
Sunrise 5K	Fort Belvoir, VA	29-Aug-15
Dreaded Druid Hills 10K	Baltimore, MD	29-Aug-15
Run for Hope 5K	Virginia Beach, VA	29-Aug-15
Run for Hope 10K	Virginia Beach, VA	29-Aug-15
Patrick Henry Half Marathon	Ashland, VA	29-Aug-15
Chaptico Classic 10K	Chaptico, MD	29-Aug-15
Chaptico Classic 5K	Chaptico, MD	29-Aug-15
Bel Air Fire Department 5K	Bel Air, MD	29-Aug-15
Volvo Powertrain 5K Run	Hagerstown, MD	29-Aug-15
Baltimore 6M	Baltimore, MD	30-Aug-15
Annapolis 10 Miler	Annapolis, MD	30-Aug-15
Survivor 5K	Columbia, MD	30-Aug-15
Splash for the Cure 5K	Charlottesville, VA	30-Aug-15
Rock N Roll Half Marathon	Virginia Beach, VA	5-Sep-15
Rock N Roll 5K	Virginia Beach, VA	5-Sep-15
Doey's Dash 5K	Hancock, MD	5-Sep-15
Run for Hope 5K	Arlington, VA	5-Sep-15
Charlottesville 4 Miler	Charlottesville, VA	5-Sep-15
Good Shepherd 5K	Mount Vernon, VA	5-Sep-15
National Press Club 5K	Washington, DC	5-Sep-15
Montpelier 5K	Laurel, MD	5-Sep-15
Run for Life 5K	Chesapeake City, MD	5-Sep-15
Knights of Columbus 10K	Ellicott City, MD	5-Sep-15
Knights of Columbus 5K	Ellicott City, MD	5-Sep-15
Charles Street 12M	Towson, MD	5-Sep-15
Kentlands/Lakelands 5K	Gaithersburg, MD	5-Sep-15
Salt 5K	Saltville, VA	5-Sep-15
River City 5K	Danville, VA	5-Sep-15
Great American Labor Day 5K	Fairfax, VA	6-Sep-15
Larry Noel 15K	Greenbelt, MD	6-Sep-15

Labor of Love 5K	Roanoke, VA	7-Sep-15
Labor of Love 8K	Roanoke, VA	7-Sep-15
Labor Day Rogue 5K	Eldersburg, MD	7-Sep-15
Chick-fil-A Dash for Diabetes 4M	Winchester, VA	7-Sep-15
Finer Miner 5K	Coeburn, VA	7-Sep-15
Potomac Valley Games	Alexandria, VA	5-Sep-15