

Maryland RRCA State Championship Series
50 Plus Club
Best of 2016

2016 Fall Runner Rankings

More Races, Slower Times

(September 10, 2016 – November 11, 2016)



By [James Moreland](#)

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There were more events this year than the last few years but there were also about 10% fewer ranked times. Many more races but these races had fewer runners as they were spread out in the different, new events. There were 340 races with 101 additional races with no qualifiers. The total number of runners dropped to 184,000, with major races sliding to just 50, the lowest total since 2011. Ranked times dropped 11% for both men and women.

The Across the Bay 10K, even with its staged multi starts, making it really many smaller races combined together, continues to dominate interest with 20,982 runners. The Marine Corps Marathon and the Army 10 Mile were the big dogs among the seven races with more than 5,000 finishers. Army dipped two thousand runners to 24,002 to lead the way but when you count Marine Corps Marathon's 4,000 runner drop off to 19,724 and their 10K dropping another 2,000 participants to 5,068, the Corps comes out on top with 24,892. Also, the

Baltimore Running Festival's three events added a thousand racers this year, to 14,871, with three of the top fifteen races having more than 2,000 finishers.

This season, three races had 100 qualifiers, but just eight races had 50 or more ranked runners. Army surged again to 375 with fabulous race day weather. The Marine Corps Marathon (100) combined with its 10K (30) had 130 times, dropped off again (11%) from 2015. The Across the Bay inexplicably dropped off 40% to 145. Perhaps it is becoming even more a fun run, destination run. The five armed forces races that includes the largest half marathon, the Navy Air Force Half Marathon, and the Navy 5M, easily the largest 5M, combined for 56,000 runners and 583 ranked times.

This year the Veterans Day 10K moved to the winter, while the Run for the Parks 10K dropped a third of its ranked times to 36, probably due to the fierce windy weather coming off the river. Anthem Wicked 10K is in second with 54 ahead of Marine Corps and the Pepsi 10K, both with 30 ranked times.

The Navy 5 Mile with 2,039 racers dropped 20% from last year but still had 40% of all the racers as the seventeen 5Ms combined. They dropped off a huge 75% to just ten ranked runners. Six of those races had at least as many ranked runners with the next largest race, the Kensington 8K, with 27 of 421 ranked. The most competitive was again the hill-less Downs Park 5M with 43 of 299 racers ranked, equaling 14.4%.

Twenty-four races had more than a thousand finishers. Nine of these were 5Ks with the swift Clarendon 5K again leading the way with 52 ranked runners, followed by the Governor's Land 5K with 39 and one-fifth the total number of racers.

The 8K was the most competitive distance with 3.51% ranked runners in 15 races and with 4,938 finishers. The 10M was 1.79% of their 26,669 finishers. Then came the 234 5K races; quality dropped by a half to 1.7% and quantity jumped up 5% to 62,779 finishers. The 37 10Ks dropped to 1.46% ranked runners and 10% fewer racers at 38,058 finishers. The half marathon closely matched the average of all the races (1.83%) with 1.9% of their 24,087 runners in 23 races and the toughest distance, the marathon, with four races, had .6%.

Both sexes dropped off about 11% but women still topped men by about 50% with 1,347 to 896 different finishers who ran at least one qualifying time. Two hundred and fifty men and 331 women were ranked. Only 80 runners qualified for the Elite division this season, the fewest in years. The largest age groups are the seniors, women 60-64 with 50 and men 60-64 with 49. In total ranked times, women led easily, steady still at 1894 to 1357.

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.

We now list the 10K equivalent of each runner's fastest race next to their spot in the ranking list. Remember; the fastest time is not always the best race and each runner has at least two races to qualify.

Now let's see who made the top.

Open Men

Army 10 Miler 49:09, 10K = 29:09

With all the big time major races run in the fall, perhaps the most impressive race was run by third place Desta Beriso Morkama at the tiny little Lower Potomac River 10 Mile. The course has fewer than six feet of elevation change throughout the course but it was run along the water on a stormy, rainy day with unprotected wind gusts up to 50 MPH. For more than three miles of the event, runners were running into headwinds where you could not fall down if you wanted to. Beriso Morkama ran totally unchallenged to an excellent 51:16 finish. A week after he won it all at the Clarendon 10K, he ran another fine ten miler in Lynchburg in 51:17. Fourth place Stewart Reich was runner-up at the Clarendon 10K in 31:40, just two seconds ahead of fourteenth place Matt Barresi. Reich tried for the historic double doing the Clarendon 5K but ended up second there as well with a fine 14:45 behind the division champion Clint McKelvey who ran 14:36. They would meet again at the Army 10 Miler with McKelvey confirming his spot in 50:11 to Reich's 51:16.

Eight other runners had their best race at Army, including sixth place Carlos Jamieson (52:04), seventh place Girma Bedada (52:18), tenth place Daniel Samet (52:29), and sixteenth place Philp Royer (52:52). Runner-up Sean Keveran started conservatively with the sixth fastest half, third overall at the Hokie Half Marathon in 1:11:32. On the final day, he showed blazing speed winning the Bill Steers Men's 4M in 19:07. Racing there as well were twelfth place Brian Flynn (19:54) and Barresi (19:57). Another late bloomer, fifth place Jordan Tropf, ran the Navy-Air Force Half Marathon in 1:10:50 and then was swifter than everyone crossing the Chesapeake Bay at the Across the Bay 10K in 31:01.

Eighth place Tyler O'Brien won the Salem 8K in 26:18. Then he ran the unique distance Time Traveler Pi Miler (3.14M) in 15:14. Kevin McNab had three overall wins at the 5K, 10K, and most impressively at the Perfect 10 10M in 52:35 to take the ninth spot. Eleventh place Jack Butler fought the wind at the Run for the Parks 10K for a second overall 31:34. Thirteenth place Kevin Shirk had the fastest half marathon, running Battlefield in 1:09:53.

Thirty-five made the Open Division with just four coming from other divisions.

PL	Name	Age	Hometown	10K=
1	McKelvey, Clint*	24	Arlington, VA	30:12
2	Keveran, Sean*	26	Charlottesville, VA	30:34
3	Beriso Morkama, Desta**	31	Arlington, VA	30:51
4	Reich, Stewart*	24	Frederick, MD	30:46
5	Tropf, Jordan*	24	Baltimore, MD	31:01
6	Jamieson, Carlos	29	Washington, DC	31:20
7	Bedada, Girma*	36	Washington, DC	31:28
8	O'Brien, Tyler**	25	Vinton, VA	31:25
9	McNab, Kevin****	30	Washington, DC	31:38
10	Samet, Daniel*	22	Bethesda, MD	31:35
11	Butler, Jack*	23	Washington, DC	31:34
12	Flynn, Brian*	33	Rockingham, VA	31:40
13	Shirk, Kevin*	36	Winchester, VA	31:42
14	Barresi, Matthew*	33	Palmyra, VA	31:42
15	Adam, Thomas	30	Charlottesville, VA	31:52
16	Royer, Philip	25	Silver Spring, MD	31:49
17	Carroll, Ryan****	34	Portsmouth, VA	32:07
18	Taneff, Blake	24	Bethesda, MD	32:06
19	Balmer, Paul	26	Washington, DC	32:08
20	Hopely, Mark	27	Fredericksburg, VA	32:12
21	Madison, Andrew*	29	Catonsville, MD	32:19
22	Wardian, Michael	42	Arlington, VA	32:34
23	Harrison, Stephen*	27	Fredericksburg, VA	32:33
24	Witters, Ryan	28	Washington, DC	32:28
25	Berdan, Dave	35	Owings Mills, MD	32:29
26	Bean, Thomas**	25	College Park, MD	32:39
27	Kelly, Thomas*	27	Washington, DC	32:38
28	Pruitt, Christopher*	34	Sandy Spring, MD	32:45
29	Goodstein, Andy	25	Charlottesville, VA	32:48
30	Greenlaw, Jerry*	28	Arlington, VA	32:53
31	O'Hollearn, Sean	23	Hampton, VA	32:57
32	Kaminski, Zach*	24	Elkton, MD	33:01
33	Luehrs, James	23	Reston, VA	33:04
34	Ban, Charlie	34	Washington, DC	33:10
35	Daughtridge, Omari****	30	Fort Washington, MD	33:43

19 & Younger Men

Across the Bay 10K 31:32

Avery Fair started October with a solid second overall at the Freedoms Run Festival 5K in 18:23. At the end of the month, he soared up eight places to the top of the division, racing the Headless Horseman 5K in 17:29. Runner-up Kevin O'Clair started stronger with an overall win at the Patriot Day 5K in 18:05. Though he would improve his first 10K on the flat Boo! Run for Life 10K by more than two minutes at the season-ending Across the Bay 10K in 36:36, he would come up just short of the title.

Elijah Owings, 15, won the first battle with his younger brother Joseph, 13, at the Baron "Deuce" Braswell II Run against Teen Violence 5K, 17:53 to 18:32, with seventh place Christopher Amador in between at 18:11. The final Saturday of the fall, Joseph responded at the FCA 5K in 17:37 to take third place, ahead of Elijah (17:45) and Amador (18:32). Our youngest qualifier, Caleb Hymans, 11, was third overall at the Dulles Day 5K on the Runway in 18:05. Ethan Walls gets sixth place at Cody's Crew 5K in 18:09.

PI	Name	Age	Hometown	10K=
1	Fair, Avery**	16	Purcellville, VA	36:28
2	O'Clair, Kevin****	19	La Plata, MD	36:36
3	Owings, Joseph**	13	Aroda, VA	36:45
4	Owings, Elijah**	15	Aroda, VA	37:02
5	Hymans, Caleb**	11	Annandale, VA	37:43
6	Walls, Ethan**	15	Oakton, VA	37:52
7	Amador, Christopher*	18	Stafford, VA	37:56
8	Canavan, Connor	15	Clifton, VA	37:54
9	Hannas, Jake*	19	Aberdeen, MD	38:00
10	Pendergast, Ryan*	14	Leesburg, VA	39:03
11	Moore, Casey**	16	Havre de Grace, MD	39:19

35-39 Men

Army 10 Mile 52:18, 10K = 31:28

Our champion Girma Bedada started off well with an overall win at the Parks HM in 1:11:29 but he would need a blazing Army 10 Miler in 52:18 to secure the title. As the fall winded down, Kevin Shirk made himself known with an overall win at the Care2 Cure 5K in 15:12 and a blistering Battlefield Half Marathon in 1:09:53. Bedada also ran the Marine Corps Marathon in 2:42:05 but it was third place Dave Berdan, who has always owned Baltimore, who had the best marathon in 2:35:45 not far behind ultra-man Michael Wardian. Berdan had hosed Wardian the month before by a minute to take the number two spot at the Race for our Kids 10K in 32:29.

Fourth place Roman Mareuil had a fine Navy-Air Force Half Marathon in 1:16:34, just ahead of sixth place Marty McCormick's race in 1:16:45. The next month at Army, Jacob Korir slipped between them with his 56:24 to take fifth place. Mareuil was 56:04 and McCormick was 57:47. Ninth place Stephen Ketcham

was one place behind McCormick with a solid 58:44. Eighth place Steve Hammel was wonderful at the Perfect 10 10M in 58:09 a week after seventh place Dickson Mercer had won it all at the Kensington 8K. Hammel had a decent Baltimore Half Marathon in 1:18:11. Mercer was third overall at the Roller Coaster 10K in 35:11.

PI	Name	Age	Hometown	10K=
1	Bedada, Girma**	36	Washington, DC	31:28
2	Shirk, Kevin**	36	Winchester, VA	31:42
3	Berdan, Dave**	35	Baltimore, MD	32:29
4	Mareuil, Roman*	35	Washington, DC	33:46
5	Korir, Jacob*	36	Belcamp, MD	33:56
6	McCormick, Marty	36	Arlington, VA	34:46
7	Mercer, Dickson**	35	Takoma Park, MD	34:56
8	Hammel, Steve	35	Hamilton, VA	34:59
9	Ketcham, Stephen	37	Lorton, VA	35:20
10	Thomas, Benn**	38	Arlington, VA	35:32
11	DeRocco, Vinnie*	37	Leesburg, VA	35:31
12	Stock, Christopher***	35	Virginia Beach, VA	35:39
13	Sinke, Rob**	36	Norfolk, VA	36:01
14	Klages, Parry**	37	Poquoson, VA	36:03

40-44 Men

Clarendon Day 5K 15:31, 10K = 32:22

Philippe Rolly started things nicely as one of the five masters with an overall win. His Race to Beat Cancer 5K in 16:53 was the fastest at that distance. Fourth place Christopher Shaw had the next best, winning the Mathew Henson Trail 5K in 17:05. After that, it was clear that these guys preferred the longer distances. Nearly a third of all the races were half marathon or longer. Add in the fifteen qualifiers at the Army 10 Miler and more than half raced long.

Michael Wardian was all over the place winning. He had the best half, winning at the Parks HM in 1:13:46, ahead of eighth place Mick Brown (1:22:45) and tenth place Kunihiro Hayashi (1:22:53). The next week he ran the Race for our Kids 10K in 33:31 for third overall. That topped Shaw's best race, a second overall 34:44 at the Rockville 10K. Shaw's third race was a cross country 5K in 17:24. He never finished worse than second overall.

Wardian took a break on Army 10 Miler week as he had two marathons to battle that month. Rolly stepped up to a fine 54:41 to take the division's runner-up spot. Richard Jennings was skipping Baltimore and would later run the Marine Corps Marathon (2:46:46) for second master, so he could afford to get the third place with his Army in 56:25. The field was so deep at the ten miler that Sean Hicks was the twelfth 40-44 runner in that race with 59:32 to take spot number five. Jim Gregory was not far behind as the first of nineteen in his division to end above an

hour, 1:00:02. That earned him seventh in the division just behind Karsten Brown who waited till the final Saturday to move up with his masters win at the Downs Park 5M in 28:30. The following morning, Mick Brown ran the Rockville 10K in 36:06 for a virtual tie with Gregory. Gregory had five quality events to Brown's two and a slightly faster half with his age group win at the Woodrow Wilson Bridge HM in 1:22:22.

Mid-October means the Baltimore Running Festival and marathon means we will be seeing Michael Wardian. He ran a national class 2:31:45 to finish third overall and gather in another rankings crown. Two weeks later at Marine Corps, it was even more competitive and he settled for top master in 2:34:29. Hicks was there in 2:55:05 for his second of two service branch races. Hayashi had his best race as another two service branch runner, winning the Navy-Air Force Half Marathon in 1:21:45. Ninth place Rob Hunter raced the Peroni Crawlin' Crab HM in 1:20:16 for third overall and was top master at the Anthem Wicked 10K in 36:13.

Fourteen runners made the division.

PI	Name	Age	Hometown	10K=
1	Wardian, Michael****	42	Arlington, VA	32:34
2	Rolly, Philippe*	44	McLean, VA	32:54
3	Jennings, Richard	40	Quantico, VA	33:57
4	Shaw, Christopher***	41	Silver Spring, MD	34:44
5	Hicks, Sean**	43	Manassas Park, VA	35:49
6	Brown, Karsten****	42	Front Royal, VA	35:56
7	Gregory, Jim****	44	Wheaton, MD	36:07
8	Brown, Mick*	44	Washington, DC	36:06
9	Hunter, Rob**	41	Virginia Beach, VA	36:13
10	Hayashi, Kunihiko*	40	Rockville, MD	37:05
11	Stone, Tyler**	40	Alexandria, VA	37:39
12	Lee, Bronson*	43	Washington, DC	37:41
13	Inman, Chuck**	44	Chesapeake, VA	37:56
14	Dhunjishah, Michael*	44	Falls Church, VA	38:10

45-49 Men

Army 10 Miler 57:48, 10K = 34:47

September started slowly for the division. Matt Boyd was third at the Kensington 8K in 29:21 but that probably would not have gotten him ahead of eighth place Jeff Harrington who ran the High Bridge HM in 1:22:11 on the first week. Runner-up Doug Mock did win the Police Pace 5K outright that week to in 17:42, but that would not get it done either. Even fifth place Dennis Billings would need more than his 17:21 overall win at the Mission 5K. Fourth place Keith Schumann exactly matched Boyd's overall win at the Baron "Deuce" Braswell II Run against

Teen Violence 5K when he ran the Colonial Heritage 5K with 18:39. Then things started to move.

The first day of October, Schumann inched ahead of third place Ray Pugsley with his Crapolfest 5K in 17:19. Pugsley ran the We've got your Back 5K in 17:20. Pugsley moved back up when he posted a 36:00 at the Run for the Parks 10K. Schumann beat seventh place Kevin White at the Governor's Land 5K 17:33 to 17:45. The second day of October, Alexander Hetherington improved on his Perfect 10 10M in 1:00:34 to beat Boyd at the Woodrow Wilson Bridge HM, 1:21:13 to 1:21:51. That earned him sixth place.

Midway through the month, Mock raced the Let's Go Hoco 5K in 17:06 for third overall and, combined with his Across the Bay 10K in 35:25, he looked good for a crown fitting. But in between those two races, he slumped to a second overall at the Oktoberfest 5K in 17:33. That same morning, Matt Boyd rose out of nowhere like a hot air balloon with an overall win at the Halloween 5K in 16:56 to soar from seventh place to the top of the heap.

The division has thirteen qualifiers.

PI	Name	Age	Hometown	10K=
1	Boyd, Matt*6	46	Fredericksburg, VA	35:19
2	Mock, Doug****	49	Ellicott City, MD	35:25
3	Pugsley, Ray**	47	Potomac Falls	36:00
4	Schumann, Keith***	46	Williamsburg, DC	36:07
5	Billings, Dennis***	47	Woodbridge, VA	36:12
6	Hetherington, Alexander*****	49	Vienna, VA	36:27
7	White, Kevin*	49	Virginia Beach, VA	37:02
8	Harrington, Jeffrey***	46	Lynchburg, VA	37:17
9	Kostecka, Daniel**	46	Odenton, MD	37:25
10	Bell, Kevin	47	Reston, VA	38:15
11	Crago, Stephen**	48	Vienna, VA	38:12
12	Harmon, Scott***	49	Leesburg, VA	38:53
13	Yinger, Tom***	46	Westminster, MD	39:29

50-54 Men

Bachmann Valley Half Marathon 1:16:23, 10K = 34:39

Wayne Parfitt got things underway boldly with a second overall placement at the Mulberry Island Half Marathon in 1:21:51. The following week, he met Steve Speirs for the title match at the Heart of Ghent 10K. Speirs prevailed, 36:58 to 37:35. Third place Peter Tango had a pleasant journey at the odd distance AS Metric Marathon (16.3M) in 1:45:50, leading the way for eighth place David Phipps (1:49:12). Then he raced the Across the Bay 10K in 37:18 to nearly catch

the two leaders. Greg Dawson was in the top three for four of the eight times he ran, with four age group wins to boot. His best race was the Governor's Land 5K in 18:06, ahead of eleventh place Paul Pelletier who ran 18:48. Phipps had started the season by narrowly beating sixth place Akintunde Morakinyo at the Parks HM, 1:25:35 to 1:25:59, to take eighth place. Morakinyo redeemed himself at Army with a solid 1:03:18.

Fifth place Mario Zuniga was taking care of business at cult races such as the Greasy Gooney 10K in 38:26 while seventh place Hernan Garbini was improving on his Virginia 4M in 24:29 with his Pepsi 10K in 38:24. Zuniga really showed his power after a nifty Marine Corps Marathon in 3:02:07, he was back the next week to take down fourteenth Duane Williamson at the Battlefield Half Marathon, 1:23:25 to 1:26:59.

Ninth place Howard Frost is one of the regulars at the weekly Fletcher's Cove Park Run 5K. He ended his fall there with a solid 18:41. Tenth place Robert Pawlak ran the Baron "Deuce" Braswell II Run against Teen Violence 5K in 18:48. Twelfth place Kidane Argaw was at Marine Corps in 3:14:00 for his second best race. Thirteenth place Craig Greene won at the Run for the Parks 10K in 39:27.

The division shrank fifty percent to just twenty-four qualifiers.

PI	Name	Age	Hometown	10K=
1	Speirs, Steve**	50	Virginia Beach, VA	36:58
2	Parfitt, Wayne*	51	Newport News, VA	37:08
3	Tango, Peter*	53	Deale, MD	37:18
4	Dawson, Greg*8	51	Williamsburg, VA	37:45
5	Zuniga, Mario****	52	Front Royal, VA	37:51
6	Morakinyo, Akintunde	52	Ellicott City, MD	38:05
7	Garbini, Hernan***	54	Waynesboro, VA	38:24
8	Phipps, David***	52	Severna Park, MD	38:50
9	Frost, Howard*****	51	Falls Church, VA	38:58
10	Pawlak, Robert**	53	King George, VA	39:13
11	Pelletier, Paul***	51	Williamsburg, VA	39:13
12	Kidane, Argaw*	50	Montgomery Village, MD	39:11
13	Greene, Craig*	51	Manassas, VA	39:27
14	Williamson, Duane	53	Warrenton, VA	39:28
15	Hymes, Craig*	54	Yorktown, VA	39:38
16	Cutright, Mike*	50	Fredericksburg, VA	39:55
17	O'Brien, Dan	53	Williamsburg, VA	40:07
18	Perli, Roberto	50	Arlington, VA	40:20
19	Whitridge, John*	54	Rockville, MD	40:29
20	Fox, R.J.*	51	Hyattsville, MD	40:28
21	Rippey, Brad***	50	Fredericksburg, VA	40:41

22	Koelisch, David	50	Takoma Park, MD	40:46
23	Reynolds, Ronald*	50	Gambrills, MD	40:48
24	Thomas, Tyler*	50	Elkton, MD	40:53

55-59 Men

911 Freedom Run 55:35, 10K = 37:03

The season's crown is a tough one on head-to-head. Opening day Jeff Duyn beat Jean-Christophe Arcaz head-to-head at the Parks HM 1:26:19 to 1:32:32 for the second fastest time of the season. Usually that is all she wrote. Duyn had two very nice cross country races, including the Lake Needwood 9.2K in 36:34 where he was third overall. But Arcaz came storming back to win the title. He split the fall with the two fastest 5Ks and in October was the overall winner at the Somerset Back to School 8K in 31:13. That was just a week after he finished second age group at the Army 10 Miler in 1:02:06 with the fastest time of the fall.

James Anderson had the fifth and sixth fastest races, including an overall win at the Jogging Joe 5K in 18:39 to earn third place. Fourth place Robert Whitaker was not far behind at the always fast Governor's Land 5K in 18:47. He then finished his season as top master at the Yorktown Battlefield 10 Miler in 1:05:47, ahead of eleventh place Vincent Ortiz (1:07:05). Fifth place Ian Harrison started modestly at the Pepsi 10K in 40:23, saving his best for the final day and an excellent Bill Steers Men's 4M in 24:45.

The next three were very close. Bob Rimkis ran the Chessie Trail HM in 1:27:29 relegating Paul Beers, who ran the Danville HM in 1:27:44 the same day, to seventh place. Right behind them Matt Mace had a final weekend Downs Park 5M in 31:38 to stay ahead of tenth place H. T. Page who ran the Johnny Casa 5M to an overall victory in 31:55. Downs Park is in the woods but on a mostly flat paved for bikes trail. In between them, John Chall continues to race well as the second of three runners in their last year in the division. His race was the Discover Downtown 5K in 19:14.

Twenty-two runners made the division.

PI	Name	Age	Hometown	10K=
1	Arcaz, Jean-Christophe****	55	Rockville, MD	37:22
2	Duyn, Jeff****	56	Garrett Park, MD	37:54
3	Anderson, James**	56	Annapolis	38:54
4	Whitaker, Robert***	57	Yorktown, VA	39:11
5	Harrison, Ian**	57	Charlottesville, VA	39:35
6	Rimkis, Bob**	55	Roanoke, VA	39:42
7	Beers, Paul**	59	Roanoke, VA	39:48
8	Mace, Matt*	56	Arnold, MD	39:53

9	Chall, John****	59	Crownsville, VA	40:07
10	Page, H.T.**	56	Wirtz, VA	40:15
11	Ortiz, Vincent***	55	Chesapeake, VA	40:22
12	Daugherty, Brian*6	56	Edgewater, MD	40:42
13	Smith, Mark	59	Catonsville, MD	40:51
14	Horan, Marty*	57	Gaithersburg, MD	41:04
15	Ryan, Christopher*	57	Washington, DC	41:35
16	Mergler, Fran*	57	Nottingham, MD	41:38
17	Clark, Dave**	56	Alexandria, VA	41:35
18	Morrison, Jack**	57	Fredericksburg, VA	41:46
19	DeSantis, Steven*	55	Alexandria, VA	41:44
20	Party, Layne*	57	Towson, MD	43:17
21	Shroyer, Kevin**	55	Forest, VA	43:27
22	Clem, William	56	Bethesda, MD	43:38

60-64 Men

Charm City 20M 2:16:50, 10K = 39:20

Maurice Pointer had an inauspicious 10K, finishing the Race for our Kids 10K nearly three and half minutes slower than last year, albeit the fastest 10K among qualifiers. The following week, he laid down the law as top master in the Charm City 20M in 2:16:50. By mid-October he was ready for the fastest marathon of the year at Baltimore in 3:07:57. He would lose that title two weeks later from Marine Corps. However, in the winter, his best of two November marathons gave him the top position in the Best of 2016 again. Bennett Sweren took a much shorter route with the two fastest 5K, including the Renie Amoss Road Race 5K in 19:57 to take the runner-up spot.

Third place Dan Lawson is off his game and had an okay Matthew Henson Trail 5K in 20:16 but his struggles continued at the Cross Country on the Farm 5K in 21:28, though he won both races. Fourth place David Wild had the second fastest half, running the Navy-Air Force Half Marathon in 1:34:01 while getting ready for the Marine Corps Marathon. Three of the next five racers were intertwined in southeast Virginia. Sixth place Jeff Peterson led the way at the Baron "Deuce" Braswell II Run Against Teen Violence 5K in 20:32, ahead of fifth place Steve Sakry (20:44) and ninth place David Lovegrove (20:56). Sakry fired back, topping the trio at the 10K Run Through History in 43:09. Lovegrove edged Peterson, 43:11 to 43:26. Sakry breaks the tie with two more age group wins, including a close one with Peterson at the FCA 5K, 20:30 to 20:31.

Eighth place Will Murray ran the Colonial Heritage 5K in 20:41. Seventh place Peter Blair was third at Army in 1:11:16 to beat tenth place Harrison Grayson who ran 1:11:43. Eleventh place Preston Evans ran his ten miler in Lynchburg in 1:12:34. Twelfth place Neal Riemenschneider was the last runner with a sub 21:00 5K, winning at the Care2 Cure 5K in 20:56.

Forty-nine runners made the division.

PI	Name	Age	Hometown	10K=
1	Pointer, Maurice****	61	Towson, MD	39:20
2	Sweren, Bennett**	61	Towson, MD	41:37
3	Lawson, Dan**	61	Gaithersburg, MD	42:17
4	Wild, David	61	Washington, DC	42:39
5	Sakry, Steve**	64	Stafford, VA	42:46
6	Peterson, Jeff*	60	Fredericksburg, VA	42:48
7	Blair, Peter*	60	Fairfax, VA	42:53
8	Murray, Will****	60	Williamsburg, VA	43:09
9	Lovegrove, David	60	Fredericksburg, VA	43:11
10	Grayson, Harrison*	64	Upper Marlboro, MD	43:09
11	Evans, Preston**	60	Madison Heights, VA	43:12
12	Riemenschneider, Neal****	62	Winchester, VA	43:40
13	Long, Mark*	60	Roanoke, VA	43:47
14	Gordon, Kirk*10	60	Glenn Dale, MD	43:57
15	Cunningham, P Michael*	62	Annapolis, MD	44:06
16	Anderson, Clifton**	63	Warrenton, VA	44:18
17	Koehler, Roger**	62	Lexington, VA	44:18
18	Loomis, Bill**	62	Silver Spring, MD	44:48
19	Edgerton, David**	62	Chesapeake, VA	45:04
20	Davis, Jeff	60	Arlington, VA	45:14
21	Krehbiel, Ken*	62	Washington, DC	45:10
22	Wyatt, Donnie*	63	Hampton, VA	45:17
23	Hartung, Rick*	63	Hampton, VA	45:29
24	Barnhart, Tim***	61	Linden, VA	45:39
25	Pemberton, Alan	63	Silver Spring, MD	45:47
26	Bahus, Frank	62	Severn, MD	45:44
27	Moreland, James*8	64	Gaithersburg, MD	46:19
28	Roberry, Brian*	60	Kensington, MD	46:16
29	Randolph, Tom*	61	Virginia Beach, VA	46:19
30	Rogers, Ron**	64	Riner, VA	46:23
31	Deviese, James*	64	Yorktown, VA	46:31
32	Dekornfeld, Tom*	63	Annapolis, MD	46:42
33	Morgans, Gary*	63	Arlington, VA	46:54
34	O'Keefe, Tim**	63	Middletown, MD	46:54
35	Krone, Roger*	62	Annapolis, MD	46:58
36	Grimsley, Gary	62	Springfield, VA	47:06
37	Brooks, Maxwell**	63	Reisterstown, MD	47:02
38	Royle, David	61	Washington, DC	47:06
39	Lopez, Felix*	63	Lynchburg, VA	47:29

40	Dettmar, Chris*	62	Reston, VA	47:46
41	Satsulis, Steve*	60	Virginia Beach, VA	47:44
42	Smith, Toby	60	Lynchburg, VA	47:50
43	Gibbs, Kevin**	60	Poquoson, VA	48:13
44	Bachman, Gene	63	Virginia Beach, VA	48:19
45	Dempsey, Mark	63	Charlottesville, VA	48:17
46	Klenk, Glenn	63	Arlington, VA	48:35
47	Barbour, John	60	Pasadena, MD	48:48
48	Mason, Mike**	60	Spencerville, MD	49:01
49	Presuhn, Gary	62	Burke, VA	49:15

65-69 Men

Army 10 Mile 1:12:22, 10K = 43:33

Larry Coley made winning the division as easy as one, two, three with the three fastest races, all 5Ks. Starting with the Colonial Heritage in 21:51, he kept getting better, lastly winning the Governor's Land 5K in 21:16. In between, he handed former champ Bill Hart his only defeat at the Run for the Hills 10K, 46:04 to 46:22. Hart returned the favor on the final Sunday at the Yorktown Battlefield 10 Miler, 1:15:47 to 1:17:39, making for a potentially interesting battle in winter 2017.

Second place Michael Campbell bested fifth place Allen Vaughan at the Prince William HM 1:40:33 to 1:44:45. Campbell used the training to race the Marine Corps Marathon in 3:38:29. Only two qualifying times came from the marathon. Fourth place Ken Umbarger is another former division leader but this fall he ran two cross country courses which is great for place but not for speed. His best was the Lake Needwood 9.2K in 43:36, similar to what he might expect from a 10K on the roads. Sixth place Bobby Woodfin matched Vaughan with his City Point 5K River Run in 22:47 but Vaughan's age group win at the Petersburg HM in 1:06:37 was a tad better than Woodfin's second race.

Seventh place Bill Senseney ran the Care 2Cure 5K in 22:44. Then he struggled with his second race at the challenging Freedoms Run Festival 5K in 23:48. Eighth place Joseph Day finished the Yorktown Battlefield 10 Miler in 1:20:51. That was slightly slower than ninth place Bruce Attavian who enjoyed the 600 foot point-to-point descent from Mount Savage at the Great Allegany 15K in 1:14:46.

Sixteen runners making the division.

PI	Name	Age	Hometown	10K=
1	Coley, Larry****	68	Chesapeake, VA	44:22
2	Campbell, Michael***	66	Manassas, VA	45:37

3	Hart, Bill**	67	Virginia Beach, VA	45:36
4	Umbarger, Ken***	65	Gaithersburg, MD	46:34
5	Vaughan, Allen***	66	Stafford, VA	47:32
6	Woodfin, Bobby**	69	Prince George, VA	47:32
7	Senseney, Bill*	67	Charles Town, WV	47:25
8	Day, Joseph*	66	Yorktown, VA	48:39
9	Attavian, Bruce*	67	Hagerstown, MD	48:27
10	Ratzenberger, Jim*	67	Vienna, VA	49:03
11	Raley, George**	69	Rising Sun , MD	49:22
12	Boutin, Greg*	66	Burke, VA	50:33
13	Brouwers, Pim*	68	Silver Spring, MD	51:11
14	Trueheart, Wilson**	67	Baltimore, MD	51:36
15	Patterson, John*	67	Gaithersburg, MD	52:13
16	D'Agostino, William	67	Reston, VA	52:17

70-74 Men

Roaring Lion Run 5K 22:59, 10K = 47:57

Ben Dyer worked hard all season, winning his age group in five of six races. In September, he had a division leading Colonial Heritage 5K in 23:08, and with Jim Noone sidelined with year-ending surgery, looked golden. Dyer padded his stats with a very nice Yorktown Battlefield 10 Miler in 1:21:33 the last Saturday of the fall season. Third place Jim Bell started solid at the Pepsi 10K in 49:24. Then on the final Sunday, he nearly caught Dyer with an excellent Bill Steers Men's 4M in 30:34. Easy going Art Gregory never seems to take his racing that seriously and glided to a 31:52 finish at the Spook Hill Cider & Wine 4 Mile. But this guy has serious speed. Somebody probably nudged him just before the start of the Roaring Lion Run 5K and said, "This is the last race of the period. Show us what you got." He lit out in his typical sprinting fashion and stole the division with a fine 22:59.

Ed Mayhew was one of quite a few runners who did their best at the Green Circle Fall Fitness Fair 5K. His 24:22 gets got him fourth place. Mike Fleming, one of two newbies to the division was next at the discover Downton 5K in Columbia. Fleming lives there so he knew the way to the 24:34 finish line easily. Eighth place Patrick Malloy was the other tyro to the division, racing the fast Baltimore United Way 5K, with its downhill finish, in 24:54. In Westminster, Jim Bullock ran the newly revised Terry Burk Memorial 5K. The course chopped out the hills of the second mile on the net downhill race but reinserted them into the third mile. Most runners ended up slower than past years. Bullock ran a solid 24:35 to take sixth place. Few runners tried to run as long as seventh place Harold Ingram, who ran the half marathon twice. His Mikro race was finished in 1:54:06.

Thirteen runners made the division.

PI	Name	Age	Hometown	10K=
1	Gregory, Art***	72	Ijamsville, MD	47:57
2	Dyer, Ben*****	73	Hayes, VA	48:15
3	Bell, Jim**	71	Charlottesville, VA	48:53
4	Mayhew, Ed***	71	Winchester, VA	50:50
5	Fleming, Mike****	70	Columbia, MD	51:15
6	Bullock, Jim**	73	Eldersburg, MD	51:17
7	Ingram, Harold****	73	Henry, VA	51:46
8	Malloy, Patrick**	70	Ellicott City, MD	51:56
9	Chase, Bob*	71	Falls Church, VA	52:15
10	Arata, Larry***	72	Williamsburg, VA	53:09
11	Lvovsky, Igor**	72	Rockville, MD	54:23
12	Churchman, John	73	Arlington, VA	55:09
13	Schauer, Francis*	72	Alexandria, VA	55:36

75-79 Men

Roaring Lion Run 5K 24:35, 10K = 51:17

John Clarke was in no hurry. He eased into the lead with a leisurely 25:47 at the Headless Horseman 5K on the next to last weekend. Then he cemented his spot the following Sunday, racing the Roaring Lion Run 5K in 24:35. Doug Morris only raced twice but his Green Circle Fall Fitness Fair 5K on the first day of October in 26:54 held up for the runner-up spot. Many time former champion Lou Shapiro is getting his game back after a series of injuries slowed him. His times are still all over the place, as was he, racing seven times. He got his best and longest effort the final week at the Rockville 10K in 56:48, to elevate rising three spots into third place.

West Potomac Park is one of the best places to have a great race. This year, it has been a tale of two seasons. At the winter's first race, the Veterans Day 10K, the weather was sunny, cool, and calm. At the fall's last race, the Run for the Parks 10K, it was the "what he said" for the first two miles, but the gusty winds made the final two miles a real challenge. Fourth place Herb Parsons won that challenge in a solid 57:44. Sixth place Ken Quincy lost to eighth place Louis Garczynski, 1:02:48 to 1:03:11. By contrast, Quincy had run a very nice 1:00:31 at the Perfect 10 10K. Although it had all three selling points from the Veterans Day race, it was on the rolling hills of Reston... less than perfect for speed. Garczynski ran his own version of Reston Hills at the Anthem Great Pumpkin 5K in 30:14. Quincy added second age group placement at the Pumpkin and Preparedness 5K in 28:14.

Meanwhile, former top dog Stan Neumann snakes his way past Quincy for fifth place, winning the Run to Remember 5K in 28:22, followed by a solid Zoo Zoom 5M, with its elevation challenge issues, in 47:20.

Twenty runners made the division.

PI	Name	Age	Hometown	10K=
1	Clarke, John*	79	Woodsboro, MD	51:17
2	Morris, Doug	78	Delaplane, VA	56:07
3	Shapiro, Lou****	75	Silver Spring, MD	56:28
4	Parsons, Herbert**	79	Silver Spring, MD	57:44
5	Neumann, Stan**	77	Timonium, MD	59:08
6	Quincy, Ken***	79	Vienna, VA	58:54
7	Polinski, Joseph**	78	Smithfield, VA	1:00:59
8	Garczynski, Louis*	76	Sterling, VA	1:02:48
9	Derr, William***	77	Gambrills, MD	1:03:33
10	Sollers, Bill*	77	Silver Spring, MD	1:03:58
11	Kelley, Jim*	76	Towson, MD	1:07:18
12	Finney, John**	77	Arlington, VA	1:07:50
13	Skelton, Lowell*	76	Moneta, VA	1:08:34
14	Terrell, Charles	77	Newport News, VA	1:10:39
15	Quecan, Mel*	77	Columbia, MD	1:11:03
16	Ford, John	76	Clarksburg, MD	1:11:27
17	Coates, Chet***	76	Silver Spring, MD	1:12:40
18	Thomas, Evan	75	Crofton, MD	1:13:41
19	Hall, Charles*	75	King George, VA	1:14:32
20	St. Clair, Bailey	78	Glen Arm, MD	1:30:49

80-84 Men

Run Geek Run 5K 28:10, 10K = 58:45

Now that we have broken the 80 and older into three divisions, the 80-84 has shrunk. George Yannakakis was training for the Athens Marathon and left the door wide open. Maynard Weyers has been blitzing the roads coming close to Yannakakis's lofty standards. He started off with the Arlington Police, Fire & Sheriff 9-11 Memorial 5K in 30:44. Then he pulled away from all challengers at the Run Geek Run 5K in 28:10. Third place Don Simroth ran the Pepsi 10K in 1:10:27 but it is unlikely that he ran past as many runners as James Fratino did at the massive Across the Bay 10K, the second largest 10K in the region. Fratino ran 1:10:32. He backed that up with a 5K in 34:25. Simroth ended the period with a slightly slower Bill Steers Men's 4M in 45:16.

Fourth place Alan Rider had easily had the longest race, running the Parks HM in 3:26:18. He earns his spot by going south to win at the Anthem Wicked 10K in 1:22:01. Racing machine Bob Gurtler was credited with fifteen qualifiers, including the Green Circle Fall Fitness Fair 5K in 41:44 to take fifth place. The Mathew Henson Trail 5K is not really a trail but a bike path which helped Robert Smith earn his place in 43:09. Now his Lake Needwood 9.2K... that was a trail. Seventh place Ken Schaedel made the 10K journey over the Chesapeake Bay Bridge in 1:35:08.

PI	Name	Age	Hometown	10K=
1	Weyers, Maynard**	80	Alexandria, VA	58:45
2	Fratino, James**	83	Queenstown, MD	1:10:32
3	Simroth, Don**	83	Charlottesville, VA	1:10:27
4	Rider, Alan*	80	Reston, VA	1:22:01
5	Gurtler, Robert*****	81	The Plains, VA	1:27:03
6	Smith, Robert**	82	Dickerson, MD	1:29:44
7	Schaedel, Ken	82	Columbia, MD	1:35:08

85-89 Men

Rockville 5K 34:09, 10K = 1:11:14

Jack McMahon started things off with the Police Pace 5K in 37:16 for his first of three races. Ernest Schillinger was not going away. Two of his four races in September, including the Mulberry Island 5K which he ran in 36:23 put him into the lead. Bruce Roth had three swings as well, finally connecting with his Zombie Run 5K in 35:53 to overtake Schillinger. McMahon waited patiently till the last weekend and then captures the crown again at the Rockville 5K with 34:09. Eighth place Peter Hui is back now, finishing next there in 56:52. Next year will be a different story for the division. George Yannakakis aged up in November. After coming back from Athens with a near American record marathon in 5:22:16, he rested fewer than two weeks before racing the NCT Marathon in 5:35:04.

Fourth place Thomas Momiyama is back after a long stretch away from racing. He dove right back in at the Marine Corps 10K to take fourth place with 1:30:57. Fifth place Eloy Alvarez, 88, is becoming a regular at the Fletcher's Cove Park Run 5K. Don Taylor takes sixth place on the challenging Rick O'Donnell 5.22M in 1:30:24 for only the group's fourth race longer than a 5K. Seventh place Joseph Rutkowski was just fourth at the Get Ready! Get Set! Get Fit! 5K Run in 51:32 which has an eighty and older division. John Brock takes the ninth spot on the final day of the season, running the Bill Steers Men's 4M in 1:23:06.

PI	Name	Age	Hometown	10K=
1	McMahon, Jack***	85	Silver Spring, MD	1:11:14
2	Roth, Bruce*	85	Woodbridge, VA	1:14:51
3	Schillinger, Ernest*	85	Williamsburg, VA	1:15:54
4	Momiyama, Thomas*	85	Silver Spring, MD	1:30:57
5	Alvarez, Eloy*	88	Washington, DC	1:42:11
6	Taylor, Don*	85	Hedgesville, WV	1:45:35
7	Rutkowski, Joseph	87	Baltimore, MD	1:46:36
8	Hui, Peter	85	Silver Spring, MD	1:58:37
9	Brock, John	89	Charlottesville, VA	2:32:53

90 & Older Men

Care2 Cure 5K 49:58, 10K = 1:44:14

Bob Atkins keeps churning along, winning the division with his Care2Cure 5K in 49:58. The Get Ready! Get Set! Get Fit! 5K Run is famous for elders with more than a dozen 75 and older participants. George Brown ran 59:41 to best Curtis Wilson's 1:05:13 to take the runner-up spot.

PI	Name	Age	Hometown	10K=
1	Atkins, Bob	91	Winchester, VA	1:44:14
2	Brown, George	91	Baltimore, MD	2:04:30
3	Wilson, Curtis	92	Baltimore, MD	2:16:03

Open Women

Army 10 Miler 56:29, 10K = 33:57

Perry Shoemaker aged up to 45 and for a while in September, after she ran the Navy-Air Force Half Marathon in 1:18:33 ahead of eighth place Sarah Bishop (1:22:24), it looked as if she might take the overall crown again. She would win the Marine Corps Marathon out right in 2:51:48. But almost always the fall belongs to the Army 10 miler champion. Shoemaker was second overall in 58:16 but even if she had matched her event master record of 57:31 from last year, she would not be able to stop our champion Stephanie Reich from wrestling away her crown with an excellent 56:29. Later in the month, Reich would win the Spook Hill Cider & Wine 4 Mile in 22:38.

Seventeen runners had the qualifying best at the ten miler, including sixth place Kerry Allen (59:48), and tenth place Beth Conlon (1:01:42), as well as our oldest qualifier, Cindy Conant, who was 27th place with 1:06:24. Fifth place Beth Sachtleben won the Dulles Day 10K on the Runway in 36:52. Two weeks later Hannah Preston would win the We've got your Back 5K in 17:25. At the start of November, they met at the Run for the Parks 10K and Preston would prevail in victory, 35:33 to 35:45, to take third place in the rankings. Fourth place Rachel Ward had two overall wins, including the Hokie Half Marathon in 1:19:13.

Seventh place Maura Carroll matched Ward's 5K exactly, winning the Clarendon Day 5K. She was one of the few racers whose Army (1:02:01) was not their best race. Bishop won her age group at Marine Corps in 2:56:45 as did ninth place Maura Linde (3:01:36) but Linde got her spot with a second overall at the Charm City 20M in 2:08:31. That put her ahead of fifteenth place Megan DiGregorio who ran 2:11:55. Next up is Sarah Loerch who was second behind Shoemaker's 1:00:34 at the Perfect 10 10M in 1:02:02 to take eleventh place. Frances Loeb, in twelfth, was close in place with 1:02:10 at Army, though further back in place at third age group.

Fourteenth place Barb Fallon Wallace was top master at Army in 1:02:54, a second ahead of Bishop. Thirteenth place Ann Mazur won it all at the Pepsi 10K in 37:39. Michelle Capozzi earns sixteenth place, running the Perfect 10 10K to victory in 38:04 to match Stephanie Cario's victory at the Bridgewater Community 5K in 18:17. Capozzi added two overall wins faster than Cario's Woodrow Wilson Bridge HM in 1:25:30, ahead of Keely Eckberg's 1:26:02. Beth Hannon takes eighteenth by two seconds at Army in 1:03:28 ahead of nineteenth place Rochelle Sceats-Basil. Master Teresa Allman might have been higher, as she won the Heart of Ghent 10K outright, but she had a subpar Army in 1:04:37 to take place number twenty. Jen Ecker is next with the Baltimore United Way 5K in 18:21, while Eckberg ran the Clarendon 10K in 38:17 to take the 22nd spot.

The division has forty-five qualifiers, twelve that came from other divisions with Cindy Conant eldest at fifty-five.

PI	Name	Age	Hometown	10K=
1	Reich, Stephanie**	24	Frederick, MD	33:57
2	Shoemaker, Perry**	45	Vienna, VA	35:01
3	Preston, Hannah**	23	Alexandria, VA	35:33
4	Ward, Rachel**	27	Charlottesville, VA	35:48
5	Sachtleben, Beth*	24	Manassas, VA	35:45
6	Allen, Kerry*	28	Washington, DC	35:56
7	Carroll, Maura*	27	Arlington, VA	36:37
8	Bishop, Sarah	34	Fairfax, VA	37:14
9	Linde, Maura	23	Sykesville, MD	36:56
10	Conlon, Beth	24	Montgomery Village, MD	37:05
11	Loerch, Sarah	31	Ashburn, VA	37:17
12	Loeb, Frances	23	Bethesda, MD	37:22
13	Mazur, Ann*	31	Charlottesville, VA	37:39
14	Fallon Wallace, Barb	42	Alexandria, VA	37:48
15	DiGregorio, Megan**	28	White Marsh, MD	37:55
16	Capozzi, Michelle***	24	Leesburg, VA	38:04
17	Cario, Stephanie*	25	Bridgewater, VA	38:04
18	Hannon, Elizabeth	34	Columbia, MD	38:08
19	Sceats-Basil, Rochelle*	26	Fairfax, VA	38:10
20	Allman, Teresa*	40	Virginia Beach, VA	38:11
21	Ecker, Jen	35	Baltimore, MD	38:12
22	Eckberg, Keely	25	Arlington, VA	38:17
23	Stick, Sherry***	38	Eldersburg, MD	38:23
24	Rowe, Hannah	25	Silver Spring, MD	38:26
25	Rinehardt, Octavia*	26	Virginia Beach, VA	38:33
26	Borland, Stephanie	25	Reston, VA	38:33
27	Conant, Cindy*	55	Kensington, MD	38:30
28	Henry, Sika**	32	Newport News, VA	39:02

29	Bonarski, Melanie	26	Arlington, VA	39:02
30	Strouse, Brin**	15	Frederick, MD	39:17
31	Kozlowski, Emma**	28	Roanoke, VA	39:34
32	Baage, Silvia*	35	Rockville, MD	39:39
33	Lasker, Sara*	26	Ashland, VA	39:43
34	Walker, Kate*	37	Falls Church, VA	39:38
35	Caton, Eryn*	34	Falls Church, VA	39:51
36	Peterson , Sarah*	33	Baltimore, MD	40:03
37	Pearson, Hannah	29	Fairfax, VA	39:57
38	Nichols, Amy	27	Arlington, VA	39:56
39	Knickman, Denise	48	Baltimore, MD	40:11
40	Rose, Shayna*	24	Baltimore, MD	40:13
41	Perlingeiro, Fabiana*	39	Virginia Beach, VA	40:19
42	Fitzgerald, Jenny*	37	Woodbridge, VA	40:27
43	Cardosi, Calessa	25	Fairfax, VA	40:31
44	Paul, Rachel*	22	Cockeysville, MD	40:32
45	Hartman, Angela	30	Hyattsville, MD	40:32
46	Hevner, Tiffany*	36	Columbia, MD	40:44

19 & Younger Women

Hokie Half Marathon 1:26:30, 10K = 39:15

It is hard not to pick Brin Strouse as the teen champion. She won the Poolesville 5K outright, ahead of all the men too, in a solid 19:08 for the third fastest qualifier. At the end of October, Thorin Jean upped her game massively, by a minute and half over her third place finish at the Peroni Crawl'n' Crab 5K to top age group at the always fast Governor's Land 5K in 19:06. That same morning, Strouse confirmed her title with another overall win, this time at the Headless Horseman 5K in 18:52.

Third place Rachel Cryster won the Reese Strong 5K in 19:32. Later in the season, she paced her younger sister to a 22:12 overall win as they crossed the finish line together. Valerie Barrett ran two half marathons and another two overall wins, including the YMCA Pancake 10K in 41:15, an open class time, to take fourth in the division. Twelve-year-old Rubie Goffena tied with tenth place Alex Szkotnicki for youngest qualifiers. Goffena won it all at the Terry Burk Memorial 5K in 20:14 and also won it all at the Chase the Light 5K in September with 21:01.

Last fall's runner-up Lydia Wilson won it all at the Smithfield Hog Jog 5K in 20:30. Then the next week, she ventured north for the second fastest half among qualifiers at the Baltimore Running Festival Half Marathon in 1:34:14. Seventh place Elle Slater saved her fastest race for the final week, running the FCA 5K in 20:24 to finish behind sixth place Wilson.

Fifteen runners made the division.

PI	Name	Age	Hometown	10K=
1	Strouse, Brin**	15	Frederick, MD	39:17
2	Jean, Thorin**	16	Williamsburg, VA	39:46
3	Crytser, Rachel*	15	Mechanicsville, VA	40:40
4	Barrett, Valerie****	17	Danville, VA	41:15
5	Goffena, Rubie**	12	Westminster, MD	42:08
6	Wilson, Lydia*	19	Smithfield, VA	42:35
7	Slater, Elle**	13	Spotsylvania, VA	42:28
8	Rosas, Adriana*****	17	Columbia, MD	43:05
9	Jean, Sorena*	14	Williamsburg, VA	45:21
10	Szkotnicki, Alex**	12	Riva, MD	45:32
11	Vickery, Sarah*	18	Bedford, VA	45:34
12	Smith, April**	13	Glenwood, MD	45:38
13	Quann, Libby	14	Fredericksburg, VA	45:44
14	Dinsmore, Amelia**	13	Baltimore, MD	46:24
15	Garcia, Julia**	19	Rocky Mount, VA	46:55

35-39 Women

Charm City 20M 2:06:21, 10K = 36:19

Sherry Stick collected three overall wins and two of the top four times but it was not quite enough for the favorite to win another title. Her best races book-ended the month of October, starting with the Zoo Zoom 5M in 30:31 and culminating with the KidsPeace Trick or Treat 5K in 18:26. Our champion, Jen Ecker, this fall got it done at the decidedly fast Baltimore United Way 5K in 18:21. The event starts with a 2K climb and favors the late kicker with a 2K descent, finishing with a flat stretch. Two weeks later, Ecker ran the Heather Hurd 5K in 18:39. Third and fourth place were very close as well. Silvia Baage won it all at the National Capital 20M in 2:21:29 to match Kate Walker's overall win at the Run for the Schools 5K in 19:31. Their first races were nearly identical with Walker at the Army 10 Miler, second age group in 1:05:57, ahead of eighth place Tiffany Hevner who ran 1:07:46. Baage gets the higher spot with her second overall at the Baltimore Marathon in 3:05:27.

Fabiana Perlingeiro ran the Heart of Ghent 10K a tad faster at 40:19, as did Jenny Fitzgerald at the Patriot Run 10K in 40:27, and takes fifth place. Fitzgerald's race was an overall win and she finished second overall at the Prince William HM in 1:29:34 to hold off Jessica Riggs for sixth place. Perlingeiro added an overall of her own at the Neptune Festival 8K in 32:06, as did Riggs at the Crapolfest 5K in 20:02.

Twenty-one runners made the division.

PI	Name	Age	Hometown	10K=
1	Ecker, Jen**	36	Baltimore, MD	38:12
2	Stick, Sherry****	38	Eldersburg, MD	38:23
3	Baage, Silvia**	35	Rockville, MD	39:39
4	Walker, Kate*	37	Falls Church, VA	39:38
5	Perlingeiro, Fabiana***	39	Virginia Beach, VA	40:19
6	Fitzgerald, Jenny**	37	Woodbridge, VA	40:27
7	Riggs, Jessica*****	39	Williamsburg, VA	40:23
8	Hevner, Tiffany**	36	Columbia, MD	40:39
9	Zealand, Heather*	36	Forest, VA	41:27
10	Holt, Bridget**	38	Gambrills, MD	41:20
11	Lully, Jennifer*	39	Lynchburg, VA	41:24
12	Pedersen, Heather**	35	Quinton, VA	41:50
13	Dzibela, Tracy****	39	Fredericksburg, VA	42:16
14	Zbikowski, Amy**	37	Annapolis, MD	42:10
15	Mandes, Sarah	39	Arlington, VA	42:18
16	Buroker, Kelly*	35	Arlington, VA	42:54
17	Hall, Jessica	37	Waterford, VA	43:15
18	Taylor Yonts, Edith*	36	Fredericksburg, VA	43:18
19	Achuo, Crystal**	36	Frederick, MD	43:47
20	Verasin, Mary*	36	Falls Church, VA	44:08
21	Mills, Dana	36	Stafford, VA	43:50

40-44 Women

Army 10 Miler 1:02:54, 10K = 37:48

Lisa Reichmann bested Trish Stone at the Parks Half Marathon, 1:33:30 to 1:34:27, as the fall got underway. Neither was as fast as third place Judy Doldorf who two weeks later ran the Prince William HM in 1:31:51. At the end of October, as the top master, Doldorf won a narrow victory ahead of fourth place Reichmann, 3:14:13 to 3:14:20, at the Marine Corps Marathon. The second week of September, Stone almost overcame the head-to-head loss with a third overall at the Kensington 8K in 32:39. That same morning Barb Fallon Wallace was third overall at the Clarendon Day 10K in 38:25. A week later, Teresa Allman bolted to the division lead with her 38:11 at the Heart of Ghent 10K.

As is often the case, it would come down to who did best at the Army 10 Miler. Fallon Wallace was top master in 1:02:54. Allman settled for the runner-up spot with her 1:04:37. Tenth place Rebecca Scott ran 1:12:34, ahead of eleventh place Julie Sapper (1:12:51) and thirteenth place Stephanie Austin-Thieme (1:13:27). Sixth place Katia Volonsevich got home ahead of Sapper at the Navy-Air Force Half Marathon, 1:33:30 to 1:36:45. Seventh place Jennifer Sample topped twelfth place Alison Finnegan at the Rockville 10K 43:08, an overall win, to 43:57. Eighth place Anastasia Richman ran the National Race to End Women's Cancer 5K in 20:48 to edge by ninth place Liz Gregorio who ran the Poolesville Day 5K in 20:55.

Seventeen runners made the division.

PI	Name	Age	Hometown	10K=
1	Fallon Wallace, Barb***	42	Alexandria, VA	37:48
2	Allman, Teresa**	40	Virginia Beach, VA	38:11
3	Doldorf, Judy**	43	Manassas, VA	41:30
4	Reichmann, Lisa*	42	Gaithersburg, MD	41:33
5	Stone, Trish**	41	Kensington, MD	41:27
6	Volonsevich, Katia*	42	Fairfax, VA	42:15
7	Sample, Jennifer***	41	Chevy Chase, MD	43:08
8	Richman, Anastasia**	41	Washington, DC	43:23
9	Gregorio, Liz**	43	New Market, MD	43:33
10	Scott, Rebecca*	41	Reston, VA	43:37
11	Sapper, Julie*	44	Rockville, MD	43:43
12	Finnegan, Alison*	40	Rockville, MD	43:57
13	Austin-Thieme, Stephanie*	42	Woodbridge, VA	44:08
14	Kindling, Leslie	43	Arlington, VA	44:18
15	Cosner, Cathy**	43	Richmond, VA	44:53
16	Jurata, Linda	44	Poolesville, MD	44:42
17	Novitske, Barb*	42	Burke, VA	46:04

45-49 Women

Army 10 Mile 58:16, 10K = 35:01

Denise Knickman would have liked to repeat as being the fall champion. She slowed only slightly this year in winning her age group in 3:09:52 at the Baltimore Marathon. Two weeks later Perry Shoemaker had her slowest of four races, winning it all at the Marine Corps Marathon in 2:51:48. Knickman again was top master at the Charm City 20M, this time with 2:19:47 to best sixth place Marci Benda who ran 2:26:32. Shoemaker won it all at the Perfect 10 10M in 1:00:34. Then she demolished the division again, finishing second overall at the Army 10 Miler. While she slowed to 58:16 from her masters record of 57:31 last year, she set the 45-49 record.

Third place Kim Fagan won it all at the Kensington 8K in 31:55. Fourth place Yoko England blistered the division's top 10K at the Heart of Ghent 10K in 41:17. She also had an age group win at the Marine Corps Marathon in 3:16:42. Fifth place Sabina Minney had the fastest 5K at the Run 4 Shelter 5K in 20:08, just two seconds ahead of Fagan's Patriot Run 5K. Skip a place and Monique Rico wins it all at the Pumpkin and Preparedness 5K in 20:50 for lucky seventh place.

Eighth place Linda-Lou O'Connor was next in line among qualifiers at Army with 1:12:53, followed by tenth place Kim Isler who ran 1:14:40. Isler had her best

race behind ninth place Cathy Ross at the Monster Mash 5K, 21:17 to 21:23. Eleventh place goes to Ruth Taylor who ran the PR maker Clarendon Day 5K in 21:21. Ross was the overall winner at the Brain Aneurysm Awareness 8K in 35:03. Taylor added an excellent Bachmann Valley Half Marathon in 1:41:48 to clinch three place overall at the RRCA Championship Series.

Thirty-one women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry****	45	Vienna, VA	35:01
2	Knickman, Denise****	48	Baltimore, MD	40:11
3	Fagen, Kim**	46	Kensington, MD	40:31
4	England, Yoko**	45	Norfolk, VA	41:17
5	Minney, Sabina**	47	Worton, MD	41:55
6	Benda, Marci*	46	Parkton, MD	42:07
7	Rico, Monique*****	48	Chantilly, VA	43:23
8	O' Connor, Linda-Lou**	48	Severna Park, MD	43:48
9	Ross, Cathy***	45	Burke, VA	43:19
10	Isler, Kim	48	Oakton, VA	43:31
11	Taylor, Ruth**	48	Frederick, MD	43:27
12	Wendt, Cindy	46	Olney, MD	44:55
13	Kusakabe, Shinobu	45	Kensington, MD	44:39
14	Waterman, Paige*	49	Bethesda, MD	45:15
15	Young, Cheryl	47	Reston, VA	45:22
16	Taylor, Julia*	45	Arlington, VA	45:44
17	Ursu, Rodica*	47	Chevy Chase, MD	46:25
18	Pels, Paula*	49	Bethesda, MD	46:31
19	Greer, Eliza**	46	Baltimore, MD	46:26
20	Ducker, Claudia**	48	Annapolis, MD	46:41
21	Fuglem, Tove	47	Quantico, VA	46:48
22	Traub, Jean*	46	Annapolis, MD	46:53
23	Ding, Xiaofu*	45	McLean, VA	46:58
24	Blakney, Luz	49	Oak Hill, VA	46:59
25	Chase, Julia***	46	Fredericksburg, VA	46:59
26	Roy, Melissa***	47	Alexandria, VA	47:05
27	Campbell, Bonnie*	48	Suffolk, VA	47:03
28	Hoff, Wendy**	45	Westminster, MD	47:04
29	Hickey, Jennifer	45	Washington, DC	47:37
30	Johnson, Sarah	45	Bethesda, MD	48:20
31	McCubbin, Tina**	45	Westminster, MD	48:01

50-54 Women

Race for our Kids 10K 41:38

Shannon Smith took an early lead at one of two fastest 10K courses, the Clarendon Day 10K, in 43:14. Patty Andrews would start her drive with a modest overall win at the Dawn Orso 5K in 22:27. Then came the mighty Army 10 Miler and it catapulted Shannon to the top with her 1:10:39. Surprisingly, there were only five other qualifiers at that race and none ranked higher 30th place. Third place Debbie McLaughlin continued to improve all season. She owned the top 5K at the Governor's Land 5K in 20:40 and on the final weekend won it all at the Yorktown Battlefield 10 Miler with a fine 1:12:34.

The following morning on perhaps the fastest course in the area, albeit on a windy day, fifth place Anita Freres nearly caught Janeth Scott with age group win at the Run for the Parks 10K in 43:46. Scott had run the ZERO Prostate Cancer Challenge Baltimore 10K in September in 43:27. That same morning at the second biggest 10K for the year, with nearly 21,000 strong, Andrews surged past McLaughlin with her win at the Across the Bay 10K in 42:38. Emily Bartlett was there also to earn sixth place with her 43:53. Seventh place Maureen Hall finished no worse than second overall at her three best races, including the Executive Stampede 5K in 21:10.

Eighth place Mary Bowman matched McLaughlin as the leader with five age group wins. Her best race was the Woodrow Wilson Bridge HM in 1:38:27. Ninth place Joanne Forsyth finished nicely at the FCA 5K in 22:04, just behind her Brenda Mackintosh raced the Run Geek Run 5K in 22:18.

Thirty-five runners made the division.

PI	Name	Age	Hometown	10K=
1	Smith, Shannon*	50	Washington, DC	42:25
2	Andrews, Patty**	52	Stevensville, MD	42:38
3	McLaughlin, Debbie*****	51	Williamsburg, VA	43:02
4	Scott, Janeth*	54	Columbia, MD	43:27
5	Freres, Anita****	51	Vienna, VA	43:46
6	Bartlett, Emily	53	Bethesda, MD	43:53
7	Hall, Maureen***	51	Parkville, MD	44:04
8	Bowman, Mary*****	51	Silver Spring, MD	44:29
9	Forsyth, Joanne***	52	Fredericksburg, VA	45:57
10	Mackintosh, Brenda**	51	Springfield, VA	46:26
11	Johnston, Keary*	51	Frederick, MD	46:30
12	Bozarth, Helena*	50	Fredericksburg, VA	46:32
13	Havens, Karla**	54	Plainview, VA	46:47
14	Kopacz, Margaret***	51	Chesapeake, VA	47:07
15	Sheets, Susan*	54	Virginia Beach, VA	47:27
16	Kim, Susan**	54	Baltimore, MD	47:37
17	Phelps, Joy**	50	Forest, VA	47:43
18	Wikman, Jane**	53	Germantown, MD	47:57

19	Shea, Stacey*	53	Baltimore, MD	47:55
20	Smith, Dana***	53	Annapolis, MD	48:06
21	Tasker, Denise**	54	South Riding, VA	48:04
22	Stotler, Tonya*	50	Cross Junction, VA	48:13
23	Demaree, Marsha****	51	Marriottsville, MD	48:41
24	Barrick, Michelle*	52	Middle River, MD	48:33
25	Delaney, Nancy***	50	Virginia Beach, VA	48:47
26	Sachs, Amy	51	Ellicott City, MD	48:57
27	Zamostny, Lisa**	50	Pasadena, MD	48:58
28	Meier, Kathy*	51	Baltimore, MD	49:00
29	Kuhn, Margaret	54	Riverdale, MD	49:11
30	Callahan-Brill, Jami**	50	Hampton, VA	49:13
31	Boring, Linda	52	Frederick, MD	49:32
32	Esquibel, Pearl	54	Fredericksburg, VA	50:08
33	Moeser, Audrey*	50	Glen Arm, MD	50:36
34	Horkan, Miho	53	Rockville, MD	52:10
35	Chang, Ai-Mei	50	Bethesda, MD	56:47

55-59 Women

Great Allegany 15K 59:13, 10K = 38:30

Cindy Conant often races on the eastern shore. This fall she just had to try to downhill 15K out west in Cumberland. This open-class racer won it all at the Great Allegany 15K in 59:13. She had started the period with a special Parks HM in 1:32:30. Fourth place Sun Miner had the next best half in Baltimore with a 1:48:39, though Miner was better at the Charm City 20M in 2:39:00. Now it would come down to the Army 10 Mile. With her 1:09:12, the incumbent, Deedee Loughran, was well ahead of third place Mary Catherine Malin's 1:15:10, but Conant had already clinched with an excellent 1:06:24. Loughran added the top two 10Ks, including the Run for the Parks in 42:09. Malin would best eighth place Cecile Boyle at the Patriot Run 10K 48:27 to 49:44.

In between them, fifth place Carole Rosasco edged Suzanne Furr at the Downs Park 5M 37:34 to 37:38 with Nina Fisher capturing ninth place in a solid 39:35. Seventh place Peggy Crane would win at the ASA Halloween Hustle 10K in 49:19. Loughran was third overall at the Perfect 10 10K in 42:14 allowing tenth place Kat Toussaint to win her age grouping with 50:05.

Thirty-three runners made the division.

PI	Name	Age	Hometown	10K=
1	Conant, Cindy***	55	Kensington, MD	38:30
2	Loughran, Deedee***	58	Oak Hill, VA	41:35
3	Malin, Mary Catherine*	57	Arlington, VA	45:10
4	Miner, Sue**	56	Ellicott City, MD	45:42
5	Rosasco, Carole****	57	Severna Park, MD	47:22

6	Furr, Suzanne	56	Harwood, MD	47:27
7	Crane, Peggy*	58	Baltimore, MD	49:19
8	Boyle, Cecile	56	Manassas, VA	49:44
9	Fisher, Nina	59	Annapolis, MD	49:55
10	Toussaint, Kat***	57	Reston, VA	50:05
11	Layson, Lynda*	56	Severn, MD	50:04
12	Goodwin, Robin*	58	Lutherville, MD	50:08
13	Griffing, Sharon	57	Springfield, VA	50:04
14	Rowe, Pamela	55	Clarksville, MD	50:25
15	Galliani, Paula	56	Gaithersburg, MD	50:23
16	Weaver, Terri*	56	Virginia Beach, VA	50:29
17	Phillips, Norma*6	56	Williamsburg, VA	50:32
18	Meyer, Jane*	56	Annapolis, MD	50:52
19	Ranney, Sheri*	55	Reston, VA	51:15
20	Hart, Ellen*	55	Herndon, VA	51:15
21	Spatz, Debra**	57	St. Leonard, MD	51:17
22	Yao, Pamela	56	Elkridge, MD	51:23
23	Remy, Carol*	56	Westminster, MD	51:19
24	Cea, Kathy*	56	Gaithersburg, MD	51:21
25	Townsend, Lesa	55	Warrenton, VA	51:35
26	Poremski, Ruth*	55	Parkville, MD	51:50
27	Martin, Cynthia	59	Springfield, VA	52:07
28	Baker, Catherine	59	Bethesda, MD	52:07
29	Donovan, Kathy**	55	Virginia Beach, VA	52:16
30	Correll, Sophie***	55	Williamsburg, VA	52:12
31	Gentry, Mary	57	Nokesville, VA	53:36
32	Kennedy, Linda	56	Alexandria, VA	55:54
33	Lewis, Sheryl	55	Burke, VA	55:40

60-64 Women

Food for Others 5K 21:36, 10K = 44:58

Betty Blank played the same tune as last year, though at a slightly slower tempo. She raced the swift Clarendon 5K in 22:43. Then she capped her title, winning second place at Army in 1:17:59. Her racing partner, Ida Draim, won in 1:17:08 but failed to get a second qualifier. Mary Lowe Mayhugh was struggling early on racing the Patriot 10K in 51:35. She ended the period on the rise, winning at the Jug Bay 10K in 48:45. Two weeks later in the first race of the winter, she would take down a coming-back-from-injury Blank, at the Cranberry Crawl. Second place Rose Crist was in a racing mood, winning all five of her races, from October 1 until the end of the period when she ran the Yorktown Battlefield 10 Miler in 1:21:39. The division is now the leader in size and combined as the 60-69 has nearly 100 ranked runners.

A lot of these women are racing long. After running the AS Metric Marathon to victory, Peggy Vail settled on the Downs Park 5 Mile in 39:25 to earn fourth place. Fifth place Carolyn Harrison ran the Peroni Crawlin' Crab HM (1:54:09) somewhat slower than sixth place Angela Cason's Parks HM (1:51:25). Still, she did damage at the Race at the Cape 5K in 24:00. Cason would later run the Marine Corps Marathon in 4:03:57. Seventh place Deborah Cohen would beat tenth place Claudia Wolfe at the Baltimore Half Marathon 1:52:12 to 1:54:05.

Eighth place Leslie Rigby Kash was a mere second behind ninth place Helen Worthington's 24:46 at the Governor's Land 5K with her FCA 5K. Worthington added the Yorktown Battlefield 10 Miler in 1:27:32. Rigby Kash would add the 10K Run through History in 53:09. Smiling Merrilee Seidman would wait till the final day to clinch eleventh place with her Run for the Parks 10K in 52:40. Last of the first dozen racers, Harriet McCoy ran the Colonial Heritage 5K in 25:25.

Fifty runners made the division.

PI	Name	Age	Hometown	10K=
1	Blank, Betty*	63	Falls Church, VA	46:52
2	Crist, Rose*****	61	Lanexa, VA	49:04
3	Mayhugh, Mary Lowe**	60	Washington, DC	48:45
4	Vail, Peggy**	63	Annapolis, MD	49:45
5	Harrison, Carolyn***	60	Virginia Beach, VA	49:58
6	Cason, Angela*	60	Damascus, MD	50:21
7	Cohen, Deborah**	60	Ellicott City, MD	50:54
8	Rigby Kash, Leslie***	60	Fredericksburg, VA	51:36
9	Worthington, Helen	62	Bena, VA	51:34
10	Wolfe, Claudia	64	Alexandria, VA	51:40
11	Seidman, Merrilee****	62	Alexandria, VA	52:40
12	McCoy, Harriet**	61	Toano, VA	52:55
13	Snead, Susan	61	Virginia Beach, VA	53:32
14	Lauzon, Jean	63	Spotsylvania, VA	53:41
15	Phillips, Hannah	64	Alexandria, VA	54:01
16	MacNabb, Pat**	63	Glenwood, MD	54:14
17	Deale, Joann	61	Crozet, VA	54:27
18	Palluch, Linda	62	Virginia Beach, VA	55:00
19	Hartman, June*	63	Virginia Beach, VA	55:19
20	Rockhill, Amy**	64	Roanoke, VA	55:15
21	Philpot, Connie***	60	Arlington, VA	55:27
22	Evans, Cynthia**	61	Randallstown, MD	55:28
23	Drossner, Audrey*	60	Lutherville, MD	55:22
24	O'Connor, Doreen*	61	Chester, MD	56:27
25	Klauber, Arlene*	64	Springfield, VA	56:45

26	Heeschen, Eleni**	62	Charlottesville, VA	56:52
27	Hennes, Kathy	64	Annapolis, MD	56:52
28	Eisen, Rona*	63	Bethesda, MD	56:53
29	Ross, Amy**	64	Bethesda, MD	57:04
30	Freeman, B J	63	Kensington, MD	57:06
31	Bowling, Nancy**	60	Frostburg, MD	57:11
32	Johnson, Julianne**	62	Baldwin, MD	57:34
33	Humphreys, Dottie****	64	Newport News, VA	57:36
34	Ferris, Nancy**	60	Goode, VA	57:54
35	Shocket, Suanne	63	Manassas, VA	57:52
36	Loulakis, Karen	60	Great Falls, VA	58:22
37	Rentz, Carol*	62	Fairfax, VA	58:18
38	Ashlock, Joyce*	62	Nottingham, MD	58:18
39	Solomotis, Marianne	61	Columbia, MD	58:32
40	Hallock, Bonnie	64	Havre de Grace, MD	58:32
41	Fardshisheh, Behnaz*	63	Potomac, MD	58:35
42	Edgerton, Lynn*	61	Chesapeake, VA	58:42
43	Barrick, Joann*	63	Elkridge, MD	58:41
44	Mercer, Helen	63	Ellicott City, MD	58:57
45	Hansen-Vessa, Carol**	62	Reston, VA	59:58
46	Weeks, Sharon*	62	Virginia Beach, VA	59:54
47	Phelan, Jean	60	Virginia Beach, VA	1:00:38
48	Bachman-Padula, Pamela*	60	Oakton, VA	1:00:55
49	Uthe, Janice	60	Bowie, MD	1:01:14
50	Thornton, Carol	62	West River, MD	1:01:48

65-69 Women

Clarendon Day 5K 23:33, 10K = 49:02

Alice Franks likes the longer races and the major races. She won at Army. She improved her Parks HM victory of 1:51:48 at the Baltimore HM to 1:49:32. She ran a nifty Rockville 10K in 50:03, ahead of sixth place Anne Forsha's 54:42 and ninth place Anne Passin's 55:44. Then, when she caved and agreed to run the speedy Clarendon 5K, she pulled away in 23:33, leaving the rest of the field with no hope. Runner-up Betty Brothers had the fastest 8K at the Neptune Festival 8K in 41:12. She would later crush that race with a fine Anthem Wicked 10K in 51:00. Third place Maria Shields rarely runs a short race such as a ten miler. The longer distances make it hard to rank well. She has a year's best at three distances 25K or longer, including her Charm City 20M in 3:01:18.

Fourth place Ginny Hughes ran the topsy turvy Greasy Gooney 10K in 52:24. Marge Rosasco is back and takes took fifth with a nice Heather Hurd 5K in 25:52. Seventh place Penny Williams was third at the Across the Bay 10K in 55:15, ahead of thirteenth place Ann Rosenthal who ran 57:47. Barbara Biasi won her

division at the Yorktown Battlefield 10 Miler in 1:32:46 to squeeze into eighth place. She also won at the EPCI 8K in 43:58, just a few strides ahead of tenth place Patricia Travis who ran 44:10. Larue Lennon ran the Chase the Light 5K in 27:05 to stay ahead of twelfth place Elizabeth Sadoff who ran the Freedom 5K in 27:14.

Forty-three runners made the division.

PI	Name	Age	Hometown	10K=
1	Franks, Alice*6	68	Rockville, MD	49:02
2	Brothers, Betty**	69	Virginia Beach, VA	51:00
3	Shields, Maria***	65	Davidsonville, MD	52:07
4	Hughes, Ginny***	66	Warrenton, VA	52:24
5	Rosasco, Margaret**	68	Joppa, MD	53:51
6	Forsha, Anne*	65	Derwood, MD	54:42
7	Williams, Penny	65	Trappe, MD	55:15
8	Biasi, Barbara****	69	Yorktown, VA	55:45
9	Passin, Anne*	68	Falls Church, VA	55:44
10	Travis, Patricia*****	65	Williamsburg, VA	56:04
11	Lennon, Larue*	68	Westminster, MD	56:23
12	Sadoff, Elizabeth****	67	Washington, DC	56:49
13	Rosenthal, Ann	67	Bethesda, MD	56:54
14	Sielen, Virginia**	68	Oakton, VA	58:03
15	Olson, Jean	65	Rockville, MD	58:29
16	Kaylor, Roxanne*	66	Falls Church, VA	1:00:35
17	McFaden, Lynn*	65	Evington, VA	1:01:58
18	Broemm, Terri	65	Havre De Grace, MD	1:02:13
19	Reese, Chris****	65	Westminster, MD	1:02:18
20	Goodman, Rae Jean*	68	Annapolis, MD	1:02:25
21	Kemper, Catherine*****	65	Nellysford, VA	1:03:36
22	Farmer, Katherine	66	Lynchburg, VA	1:03:15
23	St. Clair, Christy*	68	Glen Arm, MD	1:03:42
24	Burton, Sandra*	68	Port Republic, MD	1:05:04
25	Fisher, Laurie**	65	Hyattsville, MD	1:05:04
26	Schuster, Lu*	67	Leesburg, VA	1:06:03
27	Brennan, Melanie	66	Alexandria, VA	1:06:00
28	Winer, Barbara*	66	Rockville, MD	1:05:57
29	Gustafson, Joan*	65	Portsmouth, VA	1:07:05
30	Winarsky, Susan*	65	Silver Spring, MD	1:07:27
31	Scott, Judith	65	Germantown, MD	1:07:58
32	Dackman, Paget	65	Reisterstown, MD	1:08:23
33	Moore, Leigh	65	Randallstown, MD	1:08:32
34	Akers, Donna*	67	Narrows, VA	1:08:42
35	Crouse, Sandra*	66	Annapolis, MD	1:08:41
36	Robertson, Judi*	69	Colonial Heights, VA	1:10:18
37	Morasch, Carol	67	Fairfax, VA	1:10:43
38	Quantrille, Barbara**	68	Burke, VA	1:10:47

39	Moran, Judy	66	Potomac, MD	1:11:59
40	Thompson, Elsa	66	Washington, DC	1:13:25
41	Teal, Hazel	65	Gwynn Oak, MD	1:14:30
42	Valencia, Wilma	67	Alexandria, VA	1:17:35
43	Branagan, Naovarat	68	Gaithersburg, MD	1:20:16

70-74 Women

Get Ready! Get Set! Get Fit! 5K Run 28:05, 10K = 58:28

Bridgette Sutherlin got things underway early with the second fastest 5K of the season in 28:53. Then Linda Tice fired back a week later with a marvelous 28:05 at the Get Ready! Get Set! Get Fit! 5K Run. With Dee Nelson still in hiding, things looked good for them. Tice added a superb GPS Trail Half Marathon in 2:09:32. The final weekend Sutherlin launched a mighty 58:30 at the supposed to be just for fun Across the Bay 10K to squeeze by Tice for the title. Next up, Susan Spencer raced the Care2 5K in 30:34.

The next three racers are tied together by the Army 10 Miler. With convoluted starting chutes making for convoluted net and official times, it is really like many smaller races wrapped into one larger race. Their reasoning is that had Pat Welch started in the same section, she would have had a faster time than both fifth place Felicity Hawes, who ran 1:52:22, and sixth place Nancy Malan, who ran 1:53:10. Welch was fourth at the race and gets fourth in the rankings as well. Welch backs that up with a very nice Marine Corps Marathon in 5:19:38. Hawes's Army undid the damage from her loss to Malan at the Home Run 10K in September, 1:09:34 to 1:10:23.

Seventh place Christina Dodson had the fastest four miler at the Children's Hospital of Richmond 4 Miler in 43:09. Eighth place Karen Kautz went south to get the fastest half marathon at the Peroni Crawlin' Crab HM in 2:35:04. Ninth place Rosemary Schwartzbard ran the champion maker Clarendon Day 5K in 33:58.

Twenty two women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Sutherlin, Brigitte**	72	Baltimore , MD	58:30
2	Tice, Linda***	71	Timonium, MD	58:28
3	Spencer, Susan**	72	Lynchburg, VA	1:03:38
4	Welch, Pat	72	Vienna, VA	1:08:20
5	Hawes, Felicity	73	Gaithersburg, MD	1:07:32
6	Malan, Nancy**	70	Washington, DC	1:08:01
7	Dodson, Christina**	70	Henrico, VA	1:09:05
8	Kautz, Karen**	72	Silver Spring, MD	1:10:04
9	Schwartzbard, Rosemary***	74	Arlington, VA	1:10:43
10	Hanna, Judy*****	72	Williamsburg, VA	1:11:40

11	Timmons, Sandra*	70	Alexandria, VA	1:11:31
12	Mayhew, Mary***	71	Winchester, VA	1:04:05
13	Berger, Nancy**	71	Huntley, MD	1:15:29
14	Novak, Jeanette*12	72	Damascus, MD	1:16:44
15	Benjamin, Carol*	71	Bowie, MD	1:17:32
16	Ramsey, Mary*	71	Rustburg, VA	1:17:19
17	Stonestreet, Jan*	71	Hampstead, MD	1:19:01
18	Yarr, Linda	72	Bethesda, MD	1:19:51
19	Hall, Marcia*	73	King George, VA	1:22:58
20	Trapp, Julie*	72	Silver Spring, MD	1:23:33
21	Blount, Nancy	70	Williamsburg, VA	1:25:15
22	Merritt, Marianna	71	Vienna, VA	1:28:50
23	Kim, Soon	73	Fairfax Station, VA	1:30:19

75-79 Women

Governor's Land 5K 28:33, 10K = 59:26

Ecris Williams had three of the top five times to clinch another title. She brought her times back down from last year's aberration at her signature 10K distance. Her best race was the Perfect 10 10K early in the season with 1:04:53, though it rolls quite a bit for "perfect." She ended the season with similar speed at the flat, fast Run for the Parks 10K in 1:05:20. That morning the racing gods chose to allow the runners speed in the first two miles then chose to rescind the fortune with gusty headwinds for the return trip's final two miles.

Indeed, a storm is brewing for the division. Joan Coven turned seventy-five and returned to racing by crushing the Governor's Land 5K in 28:33 for her only event of the fall. Fourth place Judy Stewart was helpless behind her, finishing in 36:18. The runner-up Mary Kate Berglund has fully arrived into the division. She started well with the Kensington 8K in 52:06. Then she closed on Williams, racing the Make Your Mark Montgomery 5K in 31:42. Williams had her best 5K at the Monster Mash 5K in 32:22, still racing on sore legs after the Army 10 Miler.

Third place Mandy Whalen is prolific, winning all six of her races, including the National Race to End Women's Cancer 5K in 35:37. Fifth place Lois Dicker ran the Rockville 10K in 40:13. Seventh place Betty Smith chose the Rockville 10K just a week after racing the Marine Corps Marathon. Sixth place Sarah Kemble ran the Ellicott City 5K for Families in 43:06.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris****	77	Reston, VA	1:04:53
2	Berglund, Mary Kate**	75	Richmond, VA	1:06:00
3	Whalen, Mandy*6	76	Falls Church, VA	1:14:18
4	Stewart, Judy****	77	Williamsburg, VA	1:15:30
5	Dicker, Lois**	77	Silver Spring, MD	1:23:44

6	Kemble, Sarah****	78	Columbia, MD	1:29:44
7	Smith, Betty*	75	Rockville, MD	1:35:07

80-84 Women

Kensington 8K 58:49, 10K = 1:14:40

Fully twenty women ran at least one race, including five 10Ks, a 10M, and even a half marathon. As usual, the champion Tami Graf did the heavy lifting, winning four different distances. Her first race was the fastest at the Kensington 8K in 58:49. That race is largely flat except for the fourth mile hill that is a monster. Still, her best run was probably the Lower Potomac River 10 Mile. The event is pancake flat with maybe ten feet of elevation change of the lone bridge. Now try that with near freezing rain and wind gusts of fifty miles per hour.

Ann Manciangli aged up to be the second 80 plus competitor in Williamsburg, leading the way for 85-year-old Pat Eden. Manciangli was best at the Governor's Land 5K in 47:46.

PI	Name	Age	Hometown	10K=
1	Graf, Tami****	80	Lusby, MD	1:14:40
2	Manciangli, Ann*	80	Williamsburg, VA	1:46:50

85-89 Women

Vida Thrive 5K 42:17, 10K = 1:28:02

The 80s are thriving with Jacqueline O'Neil leading the way with the fastest of seven women who earned their spot with a 5K. O'Neil raced the Vida Thrive in 42:17. That was the second fastest 5K for the division this year. Runner-up Mary Cosby ran the National Race to End Women's Cancer 5K in 43:42... for the runner-up spot in that race. She was bested by 85-year-old Florence Smith who came from Texas to race an excellent 40:07. Fourth place Yvonne Aasen was the early favorite but eschewed the 5K for longer races. She ran the Race for our Kids 10K in 1:44:29 and the final week came back home to Annapolis to win at the Downs Park 5 Mile in 1:16:59. The same day as her 10K, fifth place Monica Friedman ran the hilly Home Run 5K in 48:33 to take fifth place. Friedman will soon move to the eldest division. The day of Aasen's second race, third place Willia Radcliffe ran the Jug Bay 5K in 44:57.

Sixth place Edith Lumpkin ran the Down by the River 5K in 50:09. From further south, Pat Eden, who is often listed as part of the walkers, did two 5Ks. The best was the Governor's Land 5K in 51:16. Finally, eighth place Doris Atkinson competed at the Baron "Deuce" Braswell II Run against Teen Violence 5K in 1:13:38.

PI	Name	Age	Hometown	10K=
1	O'Neil, Jacqueline*	85	Washington, DC	1:28:02
2	Cosby, Mary	87	Christiansburg, VA	1:31:09
3	Radcliffe, Willia	85	Mitchellville, MD	1:33:06
4	Aasen, Yvonne**	85	Westminster, MD	1:37:05
5	Friedman, Monica	89	Silver Spring, MD	1:41:05
6	Lumpkin, Edith*	86	Richmond, VA	1:44:25
7	Eden, Pat	85	Williamsburg, VA	1:46:44
8	Atkinson, Doris	87	Fredericksburg, VA	2:33:18

90 & Older Women

No Qualifiers for the fall.

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
- * Gun Time

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.

Sometimes runners are confused by the race tracking terms. Chip time simply means that it was electronically timed, not manually. Gun time is the official time. Net time, which is confused with chip time, is merely a feel good time which is tracked by when the runner's chip first crosses the starting line. Net time will always be faster than the official gun time. Runners are welcome to note that for their personal use but it has no place in the rankings. In large races where it is impossible for runners to get to the start for many minutes, we do allow a net time to count as one of the necessary two qualifiers to get a runner to be evaluated. However, that time and any net based age award placement in that race do NOT count towards their placement in the 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, 80-84, 85-89, and 90 & 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 the 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. I have devised the **Moreland Racing Factor** to help in deciding close contests.

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.

Moreland Racing Factor

The middle column is the points awarded for each race. The right column is for any Major race (*500 or more runners or 20% ranked runners*).

	Points	Major
Overall Winner	10	15
2nd overall	8	12
3rd overall	6	10
1st AG	5	8
2nd AG	3	5
3rd AG	2	3
Fastest @ each single distance	3	
Qualified Runner	1	
Major Race	1	
Each Ranked Runner beaten	1	
Master	1	
Head to Head	4	8

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 2017 ranking year:

* Best of 2016 (November 11, 2015 through November 11, 2016) - reported February 2017

* Winter 2017 - November 11, 2016 – March 5 2017

* Spring 2017 - March 6, 2017– May 29, 2017

* Summer 2017 – May 30, 2017 – September 4, 2017

* Fall 2017 – September 5, 2017 – November 12, 2017

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

Event	Location	Date
Run for Recovery 5K	Bel Air, MD	10-Sep-16
Fletcher's Cove Park Run #31	Washington, DC	10-Sep-16
Run 4 Shelter 10K	Stevensville, MD	10-Sep-16
Run 4 Shelter 5K	Stevensville, MD	10-Sep-16
Run 4 Shelter HM	Stevensville, MD	10-Sep-16
Abebe Bikila Day International Peace Marathon	Washington, DC	10-Sep-16
Poor Nun Run 5K	Baltimore, MD	10-Sep-16
HSCC'S Pet Day 5K Run	Solomons, MD	10-Sep-16
Mission 5K	Woodbridge, VA	10-Sep-16
Bon Secours Racin On the Avenue 5K	Richmond, VA	10-Sep-16
Hanover Autumnfest 5K	Hanover 5K	10-Sep-16
Food for Others 5K	McLean, VA	10-Sep-16
Arlington Police, Fire & Sheriff 9-11 Memorial 5K	Arlington, VA	10-Sep-16
Hare & Tortoise New Quarter Park 8K	Williamsburg, VA	10-Sep-16

High Bridge 5K	Farmville, VA	10-Sep-16
High Bridge HM	Farmville, VA	10-Sep-16
Patriot Day 5K	Great Mills, MD	10-Sep-16
9.11 Mile	Chesapeake, VA	10-Sep-16
Freedom 5K	Silver Spring, MD	10-Sep-16
Greater Excellence in Education Digital 5K	Bel Air, MD	10-Sep-16
Summer Sizzler 5K	Virginia Beach, VA	11-Sep-16
Fallen Workers Memorial 5K	Baltimore, MD	11-Sep-16
Patriot Run 10K	Alexandria, VA	11-Sep-16
Patriot Run 5K	Alexandria, VA	11-Sep-16
Run to Remember 5K	Baltimore, MD	11-Sep-16
911 Heroes Run 5K	Alexandria, VA	11-Sep-16
911 Memorial HM	Washington, DC	11-Sep-16
911 Memorial 5K	Washington, DC	11-Sep-16
Police Pace 5K	Columbia, MD	11-Sep-16
Tahoma 5M	Westminster, MD	11-Sep-16
Run to Remember 11K	Baltimore, MD	11-Sep-16
9/11 Heroes 5K	Annapolis, MD	11-Sep-16
Parks HM	Rockville, MD	11-Sep-16
Rhythm and Roots Reunion 5K	Bristol, VA	15-Sep-16
Brain Aneurysm Awareness 8K	Reston, VA	17-Sep-16
Kensington 8K	Kensington, MD	17-Sep-16
Rocks 5M	Burke, VA	17-Sep-16
Mulberry Island 5K	Fort Eustis, VA	17-Sep-16
Mulberry Island Half Marathon	Fort Eustis, VA	17-Sep-16
Ladysmith 5K	Ladysmith, VA	17-Sep-16
Perseverance 5K	White Plains, MD	17-Sep-16
Race for the Ruins 5K	Elkton, MD	17-Sep-16
Mikro HM	Roanoke, VA	17-Sep-16
Pepsi 10K	Charlottesville, VA	17-Sep-16
Race to Beat Cancer 5K	Washington, DC	17-Sep-16
Fletcher's Cove Park Run #32	Washington, DC	17-Sep-16
Pregnancy Wellness Clinic 5K	Annapolis, MD	17-Sep-16
Dulles Day 5K on the Runway	Dulles, VA	17-Sep-16
Dulles Day 10K on the Runway	Dulles, VA	17-Sep-16
Clarendon Day 10K	Arlington, VA	17-Sep-16
Clarendon Day 5K	Arlington, VA	17-Sep-16
Lake Needwood 9.2K	Derwood, MD	17-Sep-16
Poolesville Day 5K	Poolesville, MD	17-Sep-16
Wing and a Prayer 5K	Mount Airy, MD	17-Sep-16
Still Standing 5K	Front Royal, VA	17-Sep-16
Children's Hospital of Richmond 4 Miler	Richmond, VA	17-Sep-16
Jessica Meredith Jacobsen Memorial Charge of the Knights 5K	Towson, MD	17-Sep-16
Glen Allen Days 5K	Glen Allen, VA	17-Sep-16
Reese Strong 5K	Mechanicsville, VA	17-Sep-16
Run for Life 5K	Emmitsburg, MD	17-Sep-16
Eagle Strut 5K	Rocky Mount, VA	17-Sep-16
Football Fan Fair 5K	Fort Meade, MD	17-Sep-16
Run for the Schools 5K	Falls Church, VA	18-Sep-16
Asha-Jyothi 5K	Fairfax, VA	18-Sep-16

Super H 5K	Tysons, VA	18-Sep-16
Home Run 10K	Rockville, MD	18-Sep-16
Home Run 5K	Rockville, MD	18-Sep-16
Executive Stampede 5K	Hunt Valley, MD	18-Sep-16
Race for our Kids 10K	Baltimore, MD	18-Sep-16
Race for our Kids 5K	Baltimore, MD	18-Sep-16
Get Ready! Get Set! Get Fit! 5K Run	Baltimore, MD	18-Sep-16
Fort McHenry Tunnel Run 5K	Baltimore, MD	18-Sep-16
HCS Northfield 5K	Ellicott City, MD	18-Sep-16
Navy 5 Mile	Washington, DC	18-Sep-16
Navy-Air Force Half Marathon	Washington, DC	18-Sep-16
ACF Revenge of the Penguins 10M	Carderock, MD	18-Sep-16
ACF Revenge of the Penguins 20M	Carderock, MD	18-Sep-16
Rick O'Donnell 5.22M	Boonsboro, MD	18-Sep-16
Tidal Basin Runs 5K	Washington, DC	21-Sep-16
Chase the Light 5K	Westminster, MD	23-Sep-16
Roosevelt Island Park Run #5	Washington, DC	24-Sep-16
Baron "Deuce" Braswell II Run Against Teen Violence 5K	Spotsylvania, VA	24-Sep-16
St. Andrew's Dash into the 80s 5K	Clifton, VA	24-Sep-16
Marian House 5K	Baltimore, MD	24-Sep-16
Chippokes Plantation 5K	Surrey, VA	24-Sep-16
Dominator 5K	Forest Hill, MD	24-Sep-16
Dominator 10K	Forest Hill, MD	24-Sep-16
Gabriel Network 5K	Bowie, MD	24-Sep-16
Chatham Sartomer 5K	Chatham, VA	24-Sep-16
Colonial Heritage 5K	Williamsburg, VA	24-Sep-16
Fairfax 5K	Fairfax, VA	24-Sep-16
Ellicott City 5K for Families	Ellicott City, MD	24-Sep-16
Run for your Life 5K	Rixeyville, VA	24-Sep-16
Virginia 10 Mile	Lynchburg, VA	24-Sep-16
Virginia 4 Mile	Lynchburg, VA	24-Sep-16
Heart of Ghent 10K	Norfolk, VA	24-Sep-16
Charm City 20M	Freeland, MD	25-Sep-16
Run Geek Run 5K	Fairfax, VA	25-Sep-16
Bachmann Valley Half Marathon	Westminster, MD	25-Sep-16
Alanton 5K	Virginia Beach, VA	25-Sep-16
Prince William HM	Bristow, VA	25-Sep-16
Blazer Dash 5K	Towson, MD	25-Sep-16
Jogging Joe 5K	Annapolis, MD	25-Sep-16
Lighthouse Shelter Half Marathon	Annapolis, MD	25-Sep-16
Thunder Hill 10K	Columbia, MD	25-Sep-16
Race for Every Mind 5K	Chevy Chase, MD	25-Sep-16
ZERO Prostate Cancer Challenge Baltimore 10K	Baltimore, MD	25-Sep-16
ZERO Prostate Cancer Challenge Baltimore 5K	Baltimore, MD	25-Sep-16
Perfect 10K	Reston, VA	25-Sep-16
Perfect 10M	Reston, VA	25-Sep-16
National Capital 20M	Carderock, MD	25-Sep-16
National Capital 5M	Carderock, MD	25-Sep-16
Cody's Crew 5K	Manassas, VA	25-Sep-16
Larchmont Rat Race 5K	Norfolk, VA	30-Sep-16

We got your Back 5K	Reston, VA	01-Oct-16
St Joseph Run with the Saints 5K	Herndon	01-Oct-16
Hyattsville Zombie Run 5K	Hyattsville, MD	01-Oct-16
Fletcher's Cove Park Run #33	Washington, DC	01-Oct-16
Neptune Festival 5K	Virginia Beach, VA	01-Oct-16
Neptune Festival 8K	Virginia Beach, VA	01-Oct-16
Oktoberfest 5K	Potomac, MD	01-Oct-16
Victims' Fund Run 5K	Baltimore, MD	01-Oct-16
Zoo Zoom 5M	Baltimore, MD	01-Oct-16
SML Oktoberfest 5K Trail Race	Hardy, VA	01-Oct-16
Glen Mar Family 5K	Ellicott City, MD	01-Oct-16
Wounded Warrior Caregiver 5K	Alexandria, VA	01-Oct-16
Donate Life Family 5K	Baltimore, MD	01-Oct-16
Arundel Volunteer Fire Department 5K	Gambrills, MD	01-Oct-16
Pine Tree 10K	Powhatan, VA	01-Oct-16
Pink Ribbon 5K	Frederick, MD	01-Oct-16
Runway 5K	Hagerstown, MD	01-Oct-16
Healthy Trails 5K	Oxon Hill, MD	01-Oct-16
Dead Man's 5K	Washington, DC	01-Oct-16
Great Allegany 15K	Cumberland, MD	01-Oct-16
Navy Federal 5K	Vienna, VA	01-Oct-16
Peroni Crawl' Crab 5K	Hampton, VA	01-Oct-16
Crapolfest 5K	Williamsburg, VA	01-Oct-16
Freedoms Run Festival 10K	Shepherdstown, WV	01-Oct-16
Freedoms Run Festival 5K	Shepherdstown, WV	01-Oct-16
Freedoms Run Festival HM	Shepherdstown, WV	01-Oct-16
Freedoms Run Festival Marathon	Shepherdstown, WV	01-Oct-16
Down by the River 5K	Midlothian, VA	01-Oct-16
Calvert Memorial 5K	Solomons, MD	01-Oct-16
Green Circle Fall Fitness Fair 5K	Winchester, VA	01-Oct-16
Williamsburg Landing 5K Run for Arc Awareness	Williamsburg, VA	01-Oct-16
Race for Every Child 5K	Washington, DC	01-Oct-16
Leesburg 5K	Leesburg, VA	02-Oct-16
Peroni Crawl' Crab HM	Hampton, VA	02-Oct-16
Discover Downtown 5K	Columbia, MD	02-Oct-16
Scarecrow Classic 5K	Ellicott City, MD	02-Oct-16
GPS Trail Half Marathon	Sparks, MD	02-Oct-16
Boo! Run for Life 10K	Washington, DC	02-Oct-16
Woodrow Wilson Bridge 6K	Alexandria, VA	02-Oct-16
Woodrow Wilson Bridge HM	Alexandria, VA	02-Oct-16
AS Metric Marathon	Harwood, MD	02-Oct-16
Think Pink 5K	Aberdeen, MD	02-Oct-16
Margaret Brent 5K	Stafford, VA	02-Oct-16
Mathew Henson Trail 5K	Silver Spring, MD	08-Oct-16
Smithfield Hog Jog 5K	Smithfield, VA	08-Oct-16
Glory Days Open Grill 5K	Centreville, VA	08-Oct-16
Down Syndrome 5K	Richmond, VA	08-Oct-16
NCH Heart-One Cardiac Rehab 5K	Wise, VA	08-Oct-16
Care2 5K	Lynchburg, VA	08-Oct-16
Glenelg Dragon Dash 5K	Ellicott City, MD	08-Oct-16

Ajvar 5K	Arlington, VA	08-Oct-16
Sheppard Pratt Stride 5K	Towson, MD	08-Oct-16
All American Beach Ford 5K	Virginia Beach, VA	08-Oct-16
Johnny Casa 5K	Rocky Mount, VA	08-Oct-16
Johnny Casa 5M	Rocky Mount, VA	08-Oct-16
Pink Ribbon 5K	Elkton, MD	08-Oct-16
Stonewall Jackson 20M	Spotsylvania, VA	08-Oct-16
Run 4 Your Lives 4M	Roanoke, VA	08-Oct-16
Roosevelt Island Park Run #7	Washington, DC	08-Oct-16
World Class Freedom Run 8K	Williamsburg, VA	08-Oct-16
Kelvy's 5K	The Plains, VA	08-Oct-16
Gator Run 5K	Bel Air, MD	09-Oct-16
HCS Hammond 5K	Columbia, MD	09-Oct-16
Anthem Great Pumpkin 5K	Reston, VA	09-Oct-16
CBTF Superheroes 5K	Chevy Chase, MD	09-Oct-16
Army 10 Mile	Washington, DC	09-Oct-16
Frosty Pumpkin 10K	Westminster, MD	09-Oct-16
Hokie 5K	Blacksburg, VA	09-Oct-16
Hokie Half Marathon	Blacksburg, VA	09-Oct-16
Lower Potomac River 10 Mile	Piney Point, MD	09-Oct-16
JCADA 5K	Rockville, MD	09-Oct-16
Charlottesville Fall Classic 10K	Charlottesville, VA	09-Oct-16
Charlottesville Fall Classic HM	Charlottesville, VA	09-Oct-16
Purple Stride 5K	Catonsville, MD	09-Oct-16
Renie Amoss Road Race 5K	Towson, MD	09-Oct-16
GROC Fall 10K	Greenbelt, MD	12-Oct-16
Pumpkin and Preparedness 5K	Vienna, VA	15-Oct-16
Bank of Fincastle 10K	Fincastle, VA	15-Oct-16
Bank of Fincastle 5K	Fincastle, VA	15-Oct-16
John Brick 5K	Towson, MD	15-Oct-16
Race at the Cape 5K	Virginia Beach, VA	15-Oct-16
Race for the Music 5K	Hampton, VA	15-Oct-16
Bridgewater Community 5K	Bridgewater, VA	15-Oct-16
Fletcher's Cove Park Run #35	Washington, DC	15-Oct-16
Roosevelt Island Park Run #8	Washington, DC	15-Oct-16
Baltimore Half Marathon	Baltimore, MD	15-Oct-16
Baltimore Marathon	Baltimore, MD	15-Oct-16
Baltimore United Way 5K	Baltimore, MD	15-Oct-16
Ashland Harvest 5K	Ashland, VA	15-Oct-16
Ashland Harvest 10K	Ashland, VA	15-Oct-16
MCRRC Black Hills 10K Cross Country	Germantown, MD	15-Oct-16
Roller Coaster 10K	Upper Marlboro, MD	15-Oct-16
Visegrad Four 5K	Potomac, MD	15-Oct-16
Louise Archer Sunshine 5K	Vienna, VA	15-Oct-16
Danville HM	Danville, VA	15-Oct-16
Let's Go Hoco 5K	Columbia, MD	15-Oct-16
Hagerstown 5K	Hagerstown, MD	15-Oct-16
Susan B Komen Race for the Cure 5K	Virginia Beach, VA	15-Oct-16
Trojan Fest 5K	Gaithersburg, MD	15-Oct-16
Race for the Badge 5K	Washington, DC	15-Oct-16

Falcon & Bruin 5K	Manassas, VA	15-Oct-16
Fletcher's Cove Park Run #36	Washington, DC	15-Oct-16
Roosevelt Island Park Run #8	Washington, DC	15-Oct-16
Run for the Hills 10K	Williamsburg, VA	15-Oct-16
Open Arms 5K	Glen Allen, VA	15-Oct-16
Chessie Trail 5K	Lexington, VA	15-Oct-16
Chessie Trail HM	Lexington, VA	15-Oct-16
Live Life Like Rob 5K	Ocean City, MD	15-Oct-16
Go for Bo! Sierra Leone Benefit 5K	Stafford, VA	15-Oct-16
Galax Autumn Days 5K Run	Galax, VA	15-Oct-16
Salem 8K	Salem, VA	15-Oct-16
Salem HM	Salem, VA	15-Oct-16
United Way Halloween 5K	Salisbury, MD	15-Oct-16
Bobcat Blast 5K	Midlothian, VA	16-Oct-16
Break Away 5K	Gale City, VA	16-Oct-16
Border Patrol 10K	Washington, DC	16-Oct-16
10K Run Through History	Spotsylvania, VA	16-Oct-16
Oktoberfest 5K	Virginia Beach, VA	16-Oct-16
Somerset Back to School 8K	Chevy Chase, MD	16-Oct-16
Samaritan House 5K	Virginia Beach, VA	16-Oct-16
Banana Split 5K	Westminster, MD	16-Oct-16
Making Strides Against Breast Cancer 5K	Fredericksburg, VA	16-Oct-16
Jogging for Frogmen 5K	Virginia Beach, VA	16-Oct-16
Tidal Basin Runs 5K	Washington, DC	19-Oct-16
Zombie Run 5K	Manassas, VA	22-Oct-16
Ghosts, Ghouls, and Goblins 5K	Fort Meade, MD	22-Oct-16
Greasy Gooney 10K	Browntown, VA	22-Oct-16
Making a Difference 5K	Richmond, VA	22-Oct-16
Into the Darkness 4M	Roanoke, VA	22-Oct-16
Ready...Set...Sniff 5K	Baltimore, MD	22-Oct-16
ECPI 8K	Newport News, VA	22-Oct-16
Vida Thrive 5K	Washington, DC	22-Oct-16
Fletcher's Cove Park Run #36	Washington, DC	22-Oct-16
College Park Run #2	College Park, MD	22-Oct-16
Spook Hill Cider & Wine 4 Mile	Frederick, MD	22-Oct-16
Monster Dash 5K	Hagerstown, MD	22-Oct-16
Tiger Trot 5K	Towson, MD	22-Oct-16
FBCH Breast Cancer Awareness 5K	Fort Belvoir, VA	22-Oct-16
Phelps Luck 5K	Columbia, MD	22-Oct-16
From here to Eternity 5K	Norfolk, VA	22-Oct-16
Make Your Mark Montgomery 5K	Rockville, MD	22-Oct-16
HCS Jeffers Hill 10K	Columbia, MD	23-Oct-16
Wayside Farm 5K	Berryville, VA	23-Oct-16
Cross Country on the Farm 5K	Derwood, MD	23-Oct-16
Key School 10K	Annapolis, MD	23-Oct-16
Key School 5K	Annapolis, MD	23-Oct-16
Freedom Hill 5K	Vienna, VA	23-Oct-16
Komen Maryland Race for the Cure 5K	Hunt Valley, MD	23-Oct-16
Zombie Run 5K	La Plata, MD	23-Oct-16
Walkers 5K	Virginia Beach, VA	23-Oct-16

Petersburg 5K	Petersburg, VA	23-Oct-16
Petersburg HM	Petersburg, VA	23-Oct-16
Ghosts, Ghouls, and Goblins 5K	Ashburn, VA	29-Oct-16
Oak Knoll 5K	Mechanicsville, VA	29-Oct-16
Pawz for a Cause 5K	Midland, VA	29-Oct-16
Fletcher's Cove Park Run #37	Washington, DC	29-Oct-16
Roosevelt Island Park Run #9	Washington, DC	29-Oct-16
College Park Run #3	College Park, MD	29-Oct-16
Run for the Bulls 5K	Poquoson, VA	29-Oct-16
Halloween Hustle 5K	Gaithersburg, MD	29-Oct-16
Heather Hurd 5K	Churchville, MD	29-Oct-16
Run Like a Kenyan 5K	Sandy Spring, MD	29-Oct-16
KidsPeace Trick or Treat 5K	Baltimore, MD	29-Oct-16
ASA Halloween Hustle 5K	Towson, MD	29-Oct-16
ASA Halloween Hustle 10K	Towson, MD	29-Oct-16
Oktoberfest 5K	Columbia, MD	29-Oct-16
Halloween 5K	Stafford, VA	29-Oct-16
Gateway Arts District 5K	Mount Rainier, MD	29-Oct-16
Lion to Hokie 5K	Louisa, VA	29-Oct-16
I am Woman 5K	Lynchburg, VA	29-Oct-16
City Point 5K River Run	Hopewell, VA	29-Oct-16
Seaside 10M	Ocean City, MD	29-Oct-16
Seaside 5K	Ocean City, MD	29-Oct-16
Care2 Cure 5K	Winchester, VA	29-Oct-16
Governor's Land 5K	Williamsburg, VA	29-Oct-16
Blue Angels 5K	Patuxent River, MD	29-Oct-16
Blue Angels 10K	Patuxent River, MD	29-Oct-16
Anthem Wicked 10K	Virginia Beach, VA	29-Oct-16
Headless Horseman 5K	Frederick, MD	29-Oct-16
Cats and Bats 5K	Havre de Grace, MD	29-Oct-16
Monster Mash 5K	McLean, VA	30-Oct-16
Marine Corps 10K	Washington, DC	30-Oct-16
Marine Corps Marathon	Washington, DC	30-Oct-16
GPS 3M	Kingsville, MD	30-Oct-16
Fred Fitness Spooky 5K	Fredericksburg, VA	30-Oct-16
Habitat 5K	Lynchburg, VA	30-Oct-16
Sprout 5K	Ashburn, VA	30-Oct-16
Viva Vets 5K	Fairfax, VA	30-Oct-16
Chester River Challenge 5K	Chestertown, MD	30-Oct-16
Chester River Challenge Half Marathon	Chestertown, MD	30-Oct-16
Susie's Cause 5K Run	Baltimore, MD	30-Oct-16
Cunningham Falls 5K	Thurmont, MD	30-Oct-16
Mutt Masquerade 5K	Virginia Beach, VA	30-Oct-16
Yorktown Battlefield 10 Miler	Yorktown, VA	05-Nov-16
Yorktown Battlefield 5K	Yorktown, VA	05-Nov-16
Fletcher's Cove Park Run #38	Washington, DC	05-Nov-16
Roosevelt Island Park Run #10	Washington, DC	05-Nov-16
College Park Run #4	College Park, MD	05-Nov-16
Best Buddies 5K	Baltimore, MD	05-Nov-16
CAASA 5K	Solomons, MD	05-Nov-16

Downs Park 5 Mile	Pasadena, MD	05-Nov-16
Loudoun County Run 4 the Homeless 5K	Ashburn, VA	05-Nov-16
Jug Bay 10K	Upper Marlboro, MD	05-Nov-16
Jug Bay 5K	Upper Marlboro, MD	05-Nov-16
FCA 5K	Spotsylvania, VA	05-Nov-16
YMCA Pancake 5K	Danville, VA	05-Nov-16
YMCA Pancake 10K	Danville, VA	05-Nov-16
Shelter for Help in Emergency 5K	Charlottesville, VA	05-Nov-16
CASA Superhero 5K	Lynchburg, VA	05-Nov-16
Owings Mill 5K	Owings Mill, MD	05-Nov-16
Battlefield Half Marathon	Winchester, VA	05-Nov-16
5K for Recovering Veterans	Colonial Heights, VA	05-Nov-16
Race for Breath 5K	Virginia Beach, VA	05-Nov-16
Terry Burk Memorial 5K	Westminster, MD	05-Nov-16
Time Traveler Pi Miler	Roanoke, VA	05-Nov-16
Apple Valley 5K	Bedford, VA	05-Nov-16
Pat Suit 5K	Hollywood, MD	05-Nov-16
Great Pumpkin Race 5K	Frederick, MD	05-Nov-16
Across the Bay 10K	Annapolis, MD	06-Nov-16
Run for the Parks 10K	Washington, DC	06-Nov-16
Rockville 10K	Rockville, MD	06-Nov-16
Rockville 5K	Rockville, MD	06-Nov-16
National Race to End Women's Cancer 5K	Washington, DC	06-Nov-16
Bill Steers Men's 4M	Charlottesville, VA	06-Nov-16
Roaring Lion Run 5K	Adamstown, MD	06-Nov-16
Run through the Grapevine 8K	Mount Airy, MD	06-Nov-16
On Eagles Wings 10K	Falls Church, VA	11-Nov-16