

2017 Summer Rankings

(June 3, 2017 – September 4, 2017)

Maryland RRCA State Championship Series

50 Plus Club

Best of 2015

Best of 2016

Best of 2017



By [James Moreland](#)

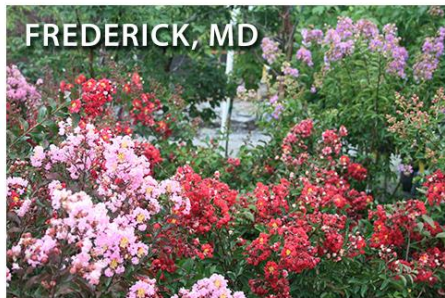
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This summer was a lot cooler than last year and many longer races produced much more fast times because of it. The total number of racers dropped for the sixth year, by nearly 10 percent. One has to go back to 2007 to find a summer with fewer runners, and that was nearly 180 fewer races. Amazingly, the percentage of ranked runners rose again to 3.94 percent, the highest levels since 2007. The fast runners are running more races.

Major races (500 or more finishers) were at thirty-nine. The Rock 'n' Roll Half Marathon led the way but dropped again in attendance by more than 300 and fell below 6,000 finishers. Perhaps they opted for the shorter race as their accompanying "fun run" 5K, rose by 300 to nearly 1,900 runners. The Baltimore 10M was second of the five races with more than 2,000 finishers, dipping below 4,000 to 3,900 finishers. The Annapolis 10 Miler made a mini-comeback adding five percent to rise above 3,000 again. Coming in tied for seventh overall was the Lawyers Have Heart events, with the traditional 10K and 5K both at 1,697. Only thirteen races had more than 1,000 finishers.

Twelve races had more than forty ranked runners racing in them and ten races had more than fifty. With great weather, Annapolis retained the title as most competitive, increasing more than 150 percent to 174 ranked runners. The Baltimore 10M increased 11 percent to 87 ranked runners but ended up exactly half of Annapolis. The Crystal City Twilight 5K stayed strong, staying at eighty-six for third place, one short of Baltimore. It may be the fastest full-length 5K course of all. The Charlottesville 4 Miler moved up again to 84 ranked and closing.

The Reston Firecracker 5K stayed level at seventy-two. Fifty-nine ranked runners were posted at a trio of races, all benefiting from good-weather, Bel Air Town Run 5K in June, the Leesburg 20K in August, and the Charles Street 12M in September. The Kentlands 5K was third 5K with fifty-two this year. At the longer distance, the Rock 'n' Roll Half Marathon trailed in third this year with fifty-six. The Lawyers have Heart 10K had more than six times as many runners as the Dawson's 10K but barely edged them, thirty-two to thirty, as the top most competitive 10K.

Fifty-one races had more than ten percent of the runners with ranked times, though a third, at seventeen, had more than 100 racers and only three had more than 200 finishers. The FAB 5K was the strongest with forty-seven ranked, or 20.43 percent of its racers. The biggest, the Memorial Scholarship 5K had forty-five ranked or 12.61 percent. Next in size was the SPCA Run for Shelter 5K with thirty ranked or 10.17 percent and featured our Elite champion's second best event. This summer the numbers rose somewhat; 1,523 different men and 1,627 different women ran at least one qualifying time. Two hundred and eighty-two men and 336 women were ranked.

Washington, DC again had five major races, but with the popular weekly Park Runs at Fletcher's Cove and Roosevelt Island events going on weekly, it had thirty-eight races. Expect that to get higher as the parking lot got finished for Roosevelt Island. Maryland had 141 races with the largest groups being in Baltimore (17), College Park (16), due mostly to the weekly Park Run there, Columbia and Annapolis, both with (8). The larger state of Virginia had 135 races, losing the battle of the states for the first time, with the largest groups being in Virginia Beach (10), Fredericksburg, (10), and Arlington (9). There were 112 different cities that hosted a race.

This time the open divisions shrunk again to forty-four women and twenty-eight men. Open or 'Elite,' of course, includes runners of any age able to meet the elite 10K equivalent standard twice: men 34:20 & women 41:15. Five men and just six women made it in from another division, off of last summer's eighteen. Philippe Rolly was the oldest man at forty-four and Cindy Conant was the oldest female at fifty-six.

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

Now let us see who made the top.

Open Men

FARC Heritage Festival 5 Mile Run 24:14, 10K = 30:33

Tim Young made it short and sweet. He won it all at the SPCA Run for Shelter 5K in 15:14 for the fifth fastest race. Then he set off the fireworks, pulling away from the crowd at the FARC Heritage Festival 5 Mile Run in 24:14. Desta Beriso Morkama is an amiable, low-key winning machine. He won it all in 13 of 14 qualifiers and made it look easy. At the competitive Crystal City Twilight 5K, he got clipped by fourth place Christopher Sloane at the wire, 15:13 to 15:15. Sixth place Stewart Reich was next in 15:18. Eleventh place George Galasso ran 15:32 ahead of fourteenth place Conrad Laskowski's 15:36.

While Galasso was winning it all at the Lawyers Have Heart 5K in 15:36, Morkama was edging Sloane in the 10K version 32:03 to 32:06. Morkama was on the winning side of this tandem at the Annapolis 10 Miler, 53:35 to 53:40. But Morkama had already put away his placement, winning the Leesburg 20K in 1:05:34. Third place Will Christian had a relatively tame overall win at the Memorial Scholarship 5K in 15:28 but shone as always at the half marathon, finishing second overall at the Rock 'n' Roll Half Marathon in 1:09:24. Fifth place Ido Musa was hardly shabby, finishing second overall at the Virginia Wine Country Half Marathon in 1:10:10. He also ran the Reston Firecracker 5K in 15:20.

Seventh place Zachary Kaminski ramped up an already fine summer with a win at the Charles Street 12M in 1:04:55. He needed that as eighth place Thomas Bean had four fast 5K wins, including the fine 15:24 at the tough Roosevelt Island Park Run and the solid College Park Park Run 5K in 15:27. Ninth place Dave Berdan captured another Baltimore 10 Mile in 53:47. Tenth place Wade Miller was runner-up at the Donut Alley Rally 5K in 15:28. The next three runners were decided at the Fab 5K where twelfth place Harrison Toney won it all in 15:29, just ahead of thirteenth place Jason Weitzel (15:30), and fifteenth place Tyler O'Brien (15:37).

The division has twenty-eight qualifiers in the Elite rankings with three coming from other divisions. Philippe Rolly, 44, was the eldest.

PI	Name	Age	Hometown	10K=
1	Young, Tim**	30	Fredericksburg, VA	30:33
2	Morkama, Desta Beriso*13	32	Arlington, VA	31:18
3	Christian, Will*	34	Norfolk, VA	31:29
4	Sloane, Christopher**	34	Gaithersburg, MD	31:45
5	Ido, Musa	31	Washington, DC	31:50
6	Reich, Stewart*	25	Frederick, MD	31:55
7	Kaminski, Zachary**	25	Elkton, MD	32:05
8	Bean, Thomas***	28	College Park, MD	32:07
9	Berdan, Dave**	36	Owings Mills, MD	32:22
10	Miller, Wade *	26	Hagerstown, MD	32:16
11	Galasso, George*	26	Washington, DC	32:24
12	Toney, Harrison**	24	Salem, VA	32:18
13	Weitzel, Jason*	20	Salem, VA	32:20

14	Laskowski, Conrad**	31	Gaithersburg, MD	32:32
15	O'Brien, Tyler	22	Roanoke, VA	32:35
16	Reed, Nick***	25	Fairfax, VA	32:43
17	Hopely, Mark*	28	Fredericksburg, VA	32:44
18	Mariano, Gregory	31	Alexandria, VA	33:12
19	Rolly, Philippe	44	McLean, VA	33:08
20	Kelly, Thomas	27	Washington, DC	33:27
21	Deters, Matt	32	Arlington, VA	33:22
22	Schuler, Eric	24	Laurel, MD	33:16
23	McLain, Mack***	29	Columbia, MD	33:33
24	Daughtridge, Omari**	31	Fort Washington, MD	33:39
25	Pfohl, Kyle	22	Fredericksburg, VA	33:37
26	Schimdt, Quincy	26	Fairfax, VA	33:51
27	Smith, Peter*	17	Roanoke, VA	33:50
28	Benfer, Andrew*	24	Richmond, VA	34:10

19 & Younger Men

Donut Alley Rally 5K 15:10, 10K = 31:38

Peter Smith ran the Allen Stone Memorial 5K to victory in 16:13 in mid-July. Nate Neely swept past him to take the title at the Donut Alley Rally 5K in 15:50. The following Sunday, Smith had a solid FAB 5K in 16:20 and Neely finished his Gary Brown Memorial C&O Canal 5 Miler a bit later that morning in 27:25. Third place Donovan Foley was again prolific, beating fifth place Daniel Eisert at the Leesburg 5K 16:49 to 17:06. Foley continued on with five age group wins. Fourth place Collin Shriner had two overall wins at the 5K, including the OPA Freedom 5K in 17:12, slightly faster than Foley's Reston Firecracker 5K in 17:16, as well as seventh place Daniel Weiss' 17:28.

At the PRR Birthday Bash 5K Foley led the way, winning it all in 17:17, ahead of Brandon Dimitri's 17:33, third overall. In June, Dimitri surprised Eisert at the PRR Twilight Festival 4 Miler, 22:34 to 22:41, to make a case to move him up from sixth place. Eighth place Jackson Kilosky had a tough day at the Riley's Rumble HM to end July but it was perfect training for him to come back and win the Annapolis 10 Miler in 1:00:26. Ninth place Etan Connelly ran the Kentlands/Lakelands 5K in 17:29. Aaron Johnson rounds out the top ten by finishing the third of the RRRC Cul De Sac Series 5K as the overall winner in 17:31.

Twenty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Neely, Nate **	16	Hagerstown , MD	33:02
2	Smith, Peter**	17	Roanoke, VA	33:50
3	Foley, Donovan*****	17	South Riding, VA	35:05
4	Shriner, Collin**	15	Frederick, MD	35:53
5	Eisert, Daniel	18	Ashburn, VA	35:40

6	Dimitri, Brandon*	17	Ashburn, VA	36:05
7	Weiss, Daniel**	17	Washington, DC	36:26
8	Kilosky, Jackson*	17	Clarksburg, MD	36:22
9	Connelly, Ethan	19	Sharpsburg, MD	36:28
10	Johnson, Aaron**	17	Richmond, VA	36:32
11	Wood, Charles**	18	Arnold, MD	36:53
12	O'Brien, Matthew*	19	Millersville, MD	36:53
13	Sprouls, Jason***	19	McLean, VA	37:18
14	Rasco, Ryan *	14	Hagerstown , MD	37:18
15	Anrtonetti, Peter*	17	Gaithersburg, MD	37:21
16	Mills, Ethan**	19	Shawsville, VA	37:35
17	Gore, Sean**	16	Westminster, MD	37:54
18	Afferton, Colin	18	Centreville, VA	37:52
19	Ringger, Jackson*	16	Arlington, VA	37:58
20	Nystrom, Bruce*	16	Vienna, VA	38:00
21	Chattin, Anders*	17	Columbia, MD	38:10
22	Rodoff, Darren**	16	Eldersburg, MD	38:38
23	Yearly, Austin**	16	Wise, VA	39:21
24	Moon, Skylar*	18	Spotsylvania, VA	39:19
25	Glass, Paul**	15	Williamsburg, VA	39:21
26	Arbaugh, Brandon*	17	Westminster, MD	39:37

35-39 Men

College Park Park Run #43 14:57, 10K = 31:11

Dave Berdan rarely leaves the Baltimore area to race and he rarely loses where he races. He cranked out a win again at the Baltimore 10 Miler in 53:47 to start the season. Fourth place Adam Lowe lost there to ninth place Nick Klastava, 59:06 to 59:48. Eleventh place Jason Dimauro was there in 1:00:22. Lowe rebounded nicely with two overall wins, including the Howards 25K in 1:31:38. Berdan added an overall win at the Arbutus Firecracker 10K in 33:46 for the third fastest race to clinch the title.

Lowe went back and forth a tad, finishing third place also at the Annapolis 10 Miler in 1:00:49, just ahead of twelfth place Adam Wytko, who ran 1:00:51. Sixth place Steve Hammel won that race in 58:20 ahead of eighth place Brian McMahon's 59:21. At season's end, runner-up Christopher Pruitt finished the Kentlands/Lakelands 5K in 16:05, ahead of McMahon's 17:02, which was enough to squeeze McMahon past Klastava. That was big for Pruitt because his second race had been the Fletcher's Cove Park Run 5K #68 win in 16:28. Third place Travis Boltjes had been cruising for the spot with his seven wins. At the Roosevelt Island Park Run #4, a distinctly harder cross country 5K, he ran 17:02. The following week, he cranked out the event in 16:27. When the two met at Kentlands, Boltjes succumbed in 16:32.

Mainstay PRR= team runner Vinnie DeRocco was third overall at the PRR Twilight Festival 4 Miler in 21:49. He is cruising to another win of their year-long

Trophy Series, with nearly as twice many points as the second place runner. Seventh place Charlie Ban, with his runner-up spot at the Riley's Rumble HM in 1:17:12, closed on Steve Hammel who ran the Virginia Wine Country Half Marathon in 1:19:38 to start the period and added a Leesburg 20K win in 1:14:59, a week before he won at Annapolis. Tenth place Benn Thomas won it all at the Fletcher's Cove Park Run 5K #72 in 17:23.

The division doubled in size to a full dozen.

PI	Name	Age	Hometown	10K=
1	Berdan, Dave***	36	Owings Mills, MD	32:22
2	Pruitt, Christopher**	35	Sandy Spring, MD	33:33
3	Boltjes, Travis*7	38	Washington, DC	34:19
4	Lowe, Adam**	35	Mechanicsville, MD	34:35
5	DeRocco, Vinnie****	38	Leesburg, VA	34:53
6	Hammel, Steve****	36	Hamilton, VA	35:06
7	Ban, Charlie**	35	Washington, DC	35:02
8	McMahon, Brian	35	Washington, DC	35:32
9	Klastava, Nick*	35	Perry Hall, MD	35:34
10	Thomas, Benn**	37	Arlington, VA	36:01
11	Dimauro, Jason	36	Alexandria, VA	36:16
12	Wytko, Adam*	36	Columbia, MD	36:22

40-44 Men

Lawyers Have Heart 5K 15:53, 10K = 33:08

Philippe Rolly is winning the division for the last time as he will soon age up. No telling when he will start to slow down. He was excellent at the Lawyers Have Heart 5K in 15:53. Later mid-summer he was top master at the Reston Firecracker 5K in 16:18, well ahead of seventh place Benjamin Garthwaite who ran 17:51. Christopher Shaw is famous for tearing up the competition at MCRRC races, and he did just that at the Eastern County 8K, winning it all in 28:43. Before that, he began the season winning at the Bel Air Town Run 5K in 16:41 ahead of third place Jeff Burger's 17:52. Burger later would run the Independence Day 4 Miler to an overall win in 23:35. Garthwaite was top master at the PRR Twilight Festival 4 Miler in 23:14. Burger prefers the longer races and secured his spot with a fine Charles Street 12M in 1:11:41.

Fourth place Rob Hunter ran the Dismal Swamp 10M in 59:53 to pass by sixth place Jason Tripp who had run the Baltimore 10M in 1:00:41 and would age up at the Annapolis 10 Miler and beat fifth Karsten Brown, 1:01:41 to 1:02:56. That was returning the favor as Brown had beat him at the Columbia 50 five miler 29:27 to 30:10, also when he was forty-five. Brown had ten age group wins but his best race was at the Bel Air Town Run 5K in 17:25. Eighth place John Sharpe won it all at the RRRC Cul De Sac Series 5K #2 in 18:04.

Eight runners qualified which is the smallest ever for this division.

PI	Name	Age	Hometown	10K=
1	Rolly, Philippe**	44	McLean, VA	33:08
2	Shaw, Christopher**	42	Silver Spring, MD	34:48
3	Burger, Jeff**	41	Bel Air, MD	35:26
4	Hunter, Robert**	42	Virginia Beach, VA	35:55
5	Brown, Karsten*10	43	Front Royal, VA	36:20
6	Tripp, Jason*	44	Columbia, MD	36:31
7	Garthwaite, Benjamin****	40	Vienna, VA	36:37
8	Sharp, John**	42	Richmond, VA	37:41

45-49 Men

Lawyers Have Heart 5K 16:12, 10K = 33:48

Tie goes to the runner. Antonio Eppolito ran After the Women 5K in 17:32, identical to his time last year. This year it was on the same day that Matt Boyd ran his 17:32 at the SPCA Run for Shelter 5K. Eppolito again dominated the DCRRRC Bunion Series races, winning five of them. When he returned to the Bluemont course in July, he was four seconds faster than last year's 17:48 -- enough to break the tie after Boyd ran the FARC Heritage Festival 5 Mile Run in 29:32. But it would not be enough to win the division as Boyd came back strong with his third race, the Devil's Den 10M in 1:00:11 to earn the title.

Third place Chuck Unman had two wins, including the Rock 'n' Roll Half Marathon in 1:21:20 to lift him just past Jason Tripp who would get second at his two events. He was oh so close, running the Annapolis 10 Miler in 1:01:26. Eighth place Michael Naff was there too, running 1:03:45, though he had a much better Lawyers Have Heart 10K in 37:56. Jeff Harrington ran the Summer Extravaganza 10K to an overall win in 37:13 to take fifth place. Sixth place Conrad Orloff ran, the hard-to-judge cross country events. He was best at the Centennial CC 5K in 18:02. Seventh place Mark Landree ran the Columbia 50 five miler in 29:57 and was barely slower at the cross country AS Dog Days 8K in 29:53.

Fourteen runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Boyd, Matt***	47	Fredericksburg, VA	36:13
2	Eppolito, Antonio*****	49	Alexandria, VA	36:34
3	Inman, Chuck**	45	Chesapeake, VA	36:54
4	Tripp, Jason	45	Ellicott City, MD	36:58
5	Harrington, Jeff****	47	Lynchburg, VA	37:11
6	Orloff, Conrad**	47	Columbia, MD	37:37

7	Landree, Mark****	47	Catonsville, MD	37:46
8	Naff, Michael***	46	Arlington, VA	37:56
9	Tortorella, Glen***	48	Front Royal, VA	38:08
10	Billings, Dennis**	48	Woodbridge, VA	38:27
11	Chasse, Craig**	47	Reston, VA	38:29
12	Phillips, Colin****	45	College Park, MD	38:48
13	Olav Fuglem, John**	47	Quantico, VA	38:58
14	Burcham, Kevin**	45	Richmond, VA	39:21

50-54 Men

Annapolis 10 Miler 58:18, 10K = 35:05

Doug Mock wanted the title in his new age group. Back in 1990, he had finished fifth at the Annapolis 10 Miler in 52:14. The following year, he wrested the title from Gerry Clapper, prevailing in 50:29. His three swift 5Ks, including an overall win at the Damien's Run for Recovery 5K in 17:19 were just a preamble. This time he took on the late August event with its hot and humid hilliness and raced a dreamlike 58:18 for fifteenth overall and second master. Tenth place Akintunde Morakinyo came in ahead of 14th place David Phipps, 1:04:24 to 1:04:40.

Steve Kartalia is no stranger to the race either as he was runner-up in 1989 in 51:28. These days he hangs his shingle mostly in Westminster Road Runners Club races. He would win the Bachmann Valley HM in late September for the umpteenth time. Last year he had the fastest race at the WRC Run with the Knights 5K but no second qualifier. He got that out of the way this year in June, finishing second overall at the Run for Recovery 5M in 29:54 to take fifth place in the division.

How was Steve Speirs able to sprint the short Rock 'n' Roll Half Marathon in 1:20:54 to take over the runner-up spot? After all, in 2017 he is averaging only 43.5 miles per race. He has run a 50K, three 100 Milers, a 12 hour run (76M), and a 24 Hour run (140M). Explain to me how he has the speed to do an 18:23 at the Memorial Scholarship 5K. Third place Rob Hovermale had eleven miles in his three races. He was best at the Donut Alley Rally 5K in 18:03.

Fourth place Mario Zuniga crafted an opening day win at the Virginia Wine Country Half Marathon in 1:23:14. His final day Chick-fil-A Dash for Diabetes 4M masters win in 23:48 put him over the top. Sixth place Colin Munsey ran the same distance on a different holiday, winning the Four on the Fourth 4M in 23:39. Seventh place Michael Feinberg edged out his rival, eighth place Charles Powell III, at the Bel Air Town Run 5K, 18:17 to 18:22. Ninth place Dennis Schemm had six wins, including a 24:02 at perhaps the toughest PRR= race course, the PRR Twilight Festival 4 Miler, courtesy of the killer heat and humidity.

In mid-August, twelfth place Robert Pawlak won his third race, the Devil's Den 10M in 1:04:27. Morakinyo had also run the Baltimore 10 Mile in 1:04:34. Eleventh placed John Cassilly ran the Patrick Henry HM in 1:25:20 to nip Greg Dawson, who would later run the Rock 'n' Roll Half Marathon in 1:28:25. Dawson did have three faster races, all 5Ks, including the York River in 18:32.

Twenty-eight runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Mock, Doug****	50	Ellicott City, MD	35:05
2	Speirs, Steve**	51	Virginia Beach, VA	36:42
3	Hovermale, Rob ***	53	Smithsburg, MD	37:39
4	Zuniga, Mario***	53	Front Royal, VA	37:46
5	Kartalia, Steve**	51	Westminster, MD	37:42
6	Munsey, Colin**	51	Pearisburg, VA	37:49
7	Feinberg, Michael**	53	Bel Air, MD	38:08
8	Powell III, Charles***	51	Havre De Grace, MD	38:19
9	Schemm, Dennis*6	51	Chantilly, VA	38:26
10	Morakinyo, Akintunde*	53	Ellicott City, MD	38:45
11	Cassilly, John**	50	Mechanicsville, VA	38:43
12	Pawlak, Robert***	54	King George, VA	38:47
13	Dawson, Greg*****	51	Williamsburg, VA	38:40
14	Phipps, David***	53	Severna Park, MD	38:55
15	Santoni, Rob***	51	Baltimore, MD	39:09
16	Henderson, Jerry*	51	Bel Air, MD	39:17
17	Harmon, Scott*	50	Leesburg, VA	39:30
18	Firestone, Lee***	52	North Potomac, MD	39:43
19	Frost, Howard*10	51	Falls Church, VA	39:59
20	Peterson, Steven	51	Fairfax Station, VA	40:07
21	Degenhart, Sheldon**	52	Marriottsville, MD	40:20
22	Haast, Theo	50	Lansdowne, VA	40:18
23	Kidane, Argaw*	51	Montgomery Village, MD	40:24
24	Rippey, Brad***	51	Fredericksburg, VA	40:26
25	Pommerenk, Peter	51	Virginia Beach, VA	40:37
26	Cutright, Mike**	51	King George, VA	40:51
27	Williamson, Duane	53	Warrenton, VA	41:24
28	Killeen, Sean*	52	Richmond, VA	41:47

55-59 Men

Lawyers Have Heart 5K 17:31, 10K = 36:32

Be still my heart. The legendary Jim Hage, at the cusp of sixty, has come out to play. We all knew he ran every day for decades but he has not raced more than

a hand full of times in the last decade. Today's king of hill, Mark Neff, ran the Annapolis 10 Miler in a swift 1:01:16. Ninth ranked Hage finished third in the division in 1:07:16 behind sixth ranked Kevin D'Amanda's 1:05:09. Back in 1990, Hage had won it all in 51:41. That was the third straight year that the legendary Ed Benham (82) had run 1:18:00 or faster. James Leclere was eleventh, racing 1:08:10, ahead of Greg Schuler's 1:08:41, and twelfth place John Chall's 1:09:16, in his first race as a senior. Hage would race two 5Ks as well, claiming the runner-up spot overall at the Colleen's BA 5K in his hometown Kensington.

Back at the top, Neff started out strong with a 17:31 at the Lawyers Have Heart 5K, ahead of seventh place John Whitridge who ran 18:51. Two weeks later, he took down fourth ranked David Haaga at the Suds & Soles 5K, 17:47 to 18:36. He won, Jeff Duyn in 18:26 was second and Haaga was third. Whitridge ran 19:40. Neff waited a month and next on his to do list was a rematch with runner-up Jeff Duyn at the Riley's Rumble HM. Neff prevailed narrowly 1:22:32 to 1:23:11. Third place goes to Doug Fernandez, a man known for winning divisions with his halves. He was very solid at the Patrick Henry HM in 1:24:39.

In his four 5Ks, fifth place Robert Whitaker was second overall twice, his best 5K being the Run for the Bacon in 18:36. Eighth place Stefan Calos won three times, including the Pony Pasture 5K in 19:11. Tenth place Dennis Coleman won at the Kentlands/Lakelands 5K in 19:34.

Twenty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Neff, Mark****	55	Derwood, MD	36:32
2	Duyn, Jeff**	57	Garrett Park, MD	37:45
3	Fernandez, Doug**	57	Richmond, VA	38:24
4	Haaga, David**	55	Rockville, MD	38:38
5	Whitaker, Robert***	58	Yorktown, VA	38:48
6	D'Amanda, Kevin*	55	Bethesda, MD	39:12
7	Whitridge, John	55	Gaithersburg, MD	39:19
8	Calos, Stefan***	55	Richmond, VA	40:01
9	Hage, Jim*	59	Kensington, MD	40:28
10	Coleman, Dennis**	59	Gaithersburg, MD	40:49
11	Leclare, James*	55	Annapolis, MD	41:01
12	Schuler, Greg*	57	Laurel, MD	41:20
13	Chall, John**	59	Crownsville, MD	41:19
14	Mace, Matthew***	57	Arnold, MD	41:08
15	Bateman, Patrick**	56	Roanoke, VA	41:43
16	Horan, Marty*	57	Gaithersburg, MD	42:00
17	Carter, R.B.**	58	Lynchburg, VA	42:02
18	Poulos, Ted**	55	McLean, VA	42:11
19	Oda, Yasuo*	55	Columbia, MD	42:29

20	Morrison, Jack*	58	Fredericksburg, VA	42:36
21	Alberg, Ken****	56	Suffolk, VA	42:41
22	Ortiz, Vincent	56	Chesapeake, VA	42:48
23	Hagan, John	59	Lusby, MD	43:39
24	Strehler, Paul	57	Richmond, VA	43:50
25	Washington, Perry*	58	Monrovia, MD	43:59

60-64 Men

Park Heights Community Health Alliance 5K 17:53, 10K = 37:18

That Maurice Pointer is persistent. Always a favorite and in the mix, he bowled over the division with the top six times. His Bel Air Town Run set the stage, winning in 18:15. He added a few more wins and in late July ran the dubious Park Heights Community Health Alliance 5K that everyone swears is accurate but always produces huge plus times for runners. Pointer won in 17:53. He passed on Annapolis this year and returned to the Too Hot to Trot race that he won in 38:03 last year. This year he ran 36:38 but the race was just short of six miles. Here is wishing races would spend more time ensuring that courses are accurate.

Stephen Chantry, the Williamsburg Wonder who always excelled at the middle distance, is back. This time he claims third place with two swift 5Ks. His best was the York River 5K in 18:57. Humble Bob Briggs has mostly stayed away from racing though he was Olympic class in his early days. Now sixty, he thought he would go out and try his wings. When told his Reston Firecracker 5K win in 19:11 was on a long course, he smiled and said, "Then maybe I was closer to breaking 19:00." In September, he proved that by winning the Potomac Valley Games in 39:14 which is like two back-to-back 18:47s

There were at least ten new runners in the division and they came in strong. Fourth place Paul Beers was next after the Briggs debut, racing the Shawsville 5K in 19:22. Last year's runner-up, Preston Evans, stayed strong with six more wins. He was best on the same holiday that Beers ran but he ran his event at the Four on the Fourth 4M in 25:21. John Chall was so ready for the new division. He bolted out to ten age group wins. He took down twelfth place Bill Loomis at the Annapolis 10 Miler, 1:09:26 to 1:11:22. Then a week later, he matched that exactly in 41:41, on another less than flat course, the Knights of Columbus 10K. Mike Meadows has been dipping into Maryland and Virginia for years. He rides his Volvo Group Trucks 5K in 19:57 to seventh place in the new division.

Now things get tight and Robert Dudley, with three wins, including the Delightfully Different 3.5M in 23:16, eases ahead of Jerry Dresner, who ran the Pikesville 5K in 20:21 to take eighth place. Tenth place Will Murray had four wins and was best at the swift Run for the Bacon 5K in 20:26. Former champion Dan Lawson comes next, racing the rolling Eastern County 8K, a surprisingly hard course on a muggy

day, in 33:38. The next three racers had identical 10K equivalents. Loomis is first with four major races and three wins. His second best race was the Bel Air Town Run 5K in 21:04. Thirteenth place Jeff Peterson had his 20:35 win at the SPCA Run for Shelter 5K matched by fourteenth place David Callaghan's Pirate Fest 5K. Peterson added the Devil's Den 10M in 1:13:24. Callaghan ran another 5K in 22:19.

A special shout out goes to Kirk Gordon with twenty-three age group wins out of his thirty summer races. He had twenty wins last summer. He ran best at the Hugh Jascourt 4M in 27:58.

Often the biggest division, the 60-64 Men, with just 46 qualifiers had the second fewest ever.

PI	Name	Age	Hometown	10K=
1	Pointer, Maurice*7	61	Baltimore, MD	37:18
2	Briggs, Bob**	60	Springfield, VA	39:14
3	Chantry, Stephen**	62	Williamsburg, VA	39:32
4	Beers, Paul***	60	Roanoke, VA	40:24
5	Evans, Preston*6	61	Madison Heights, VA	40:32
6	Chall, John*10	60	Crownsville, MD	41:41
7	Meadows, Mike****	60	Martinsburg, WV	41:37
8	Dudley, Robert***	61	Petersburg, VA	42:33
9	Dresner, Jerry***	62	Baltimore, MD	42:27
10	Murray, Will****	61	Williamsburg, VA	42:37
11	Lawson, Dan**	61	Gaithersburg, MD	42:40
12	Loomis, Bill***	63	Silver Spring, MD	42:56
13	Peterson, Jeff*	61	Fredericksburg, VA	42:56
14	Callaghan, David**	60	Havre de Grace, MD	42:56
15	Lovegrove, David**	60	Fredericksburg, VA	43:34
16	Pinnick, David****	60	Manassas, VA	43:43
17	Benoit, Thomas**	60	Big Stone Gap, VA	43:44
18	Wills, John**	64	Virginia Beach, VA	43:52
19	Smith, Tony**	60	Lynchburg, VA	43:44
20	Halpin, Bruce*	61	Ashburn, VA	44:49
21	Gordon, Kirk*23	61	Glenn Dale, MD	44:43
22	Serra, Paul*	61	Lusby, MD	44:49
23	Rivera, Manuel*7	60	Washington, DC	45:03
24	Grimsley, Gary*	62	Springfield, VA	45:18
25	Bahus, Frank**	63	Severn, MD	45:37
26	Anderson, Wilhelm	61	Annapolis, MD	45:58
27	Jewell, Jeff**	60	Mechanicsville, VA	46:10
28	Drain, Bob*	63	Alexandria, VA	46:19
29	Searcy, Gary*	61	Virginia Beach, VA	46:37

30	Burns, Richard*	63	Sparks, MD	46:38
31	Tolley, Charles*	62	Madison Heights, VA	46:39
32	Devlin, Dan	63	Silver Spring, MD	46:58
33	Black, Ron**	62	Fairfield, PA	47:17
34	Barnhart, Tim*****	62	Linden, VA	47:32
35	O'Keefe, Tim**	64	Middletown, MD	47:36
36	Ferrens, Larry***	64	Barton, MD	47:42
37	Wiebke, Eric*	60	Hampton, VA	47:46
38	Murray, Ernie*	62	Virginia Beach, VA	47:55
39	Riemenschneider, Neal	62	Winchester, VA	48:17
40	Michael, Gary**	62	Churchville, VA	48:29
41	Issac, Luther*	63	Bowie, MD	48:26
42	Lopez, Felix	64	Lynchburg, VA	48:32
43	Riordan, James	63	Richmond, VA	48:49
44	Moreland, James*	64	Gaithersburg, MD	49:03
45	Trump, David*	64	Richmond, VA	49:01
46	Bachman, Gene	64	Virginia Beach, VA	49:35

65-69 Men

Crystal City Twilight 5K 20:39, 10K = 43:05

For now, this division has three front runners. Runner-up Harrison Grayson had the fastest time, winning the Crystal City Twilight 5K in 20:39. Don't believe what you may hear. That is a fast course. Third place Jim Wright is back. Every one of his races showed an improvement in time. He finished the season at the Kentlands/Lakelands 5K in 20:44, a lot better than his opening bid of 21:37 in June. Make no mistake -- he is coming. His race has a significant hill. Crystal City has none. Grayson also had the fastest race of the spring but his second summer race was a wash, not making the top thirty times. Becker, who repeats as champion, might have won the spring even if Grayson had a second race. His second best race was the fourth fastest of the summer at the Pony Pasture 5K in 20:59, ahead of seventh place David Trump's 22:27. He won with the Moonlight 4 Miler in 26:57, just one second off Grayson's best effort.

Fourth place Paul Ryan is not entirely out of this top echelon mix as you will see this fall. He has dominated DCRRC races for decades. Now at 66, his times are creeping down again. He ran the Fletcher's Cove Park Run 5K in 21:21 for his third sub 22:00 effort in July. Next up, Rick Platt seem to be resurging as well. Some of his races, such as a Delightfully Different 3.5M in 35:53 or Trailzilla 6K in 27:19, are harder to judge. He sure looked good at the fast Run for the Bacon 5K in 22:16. Sixth place James Moreland was coming off an injury that took away his June racing but he had the adrenaline rush from joining the new division in late August. He took seven shots at catching Platt in those final two weeks,

falling just short with an event age group record at the College Park Park Run 5K in 22:17.

Eighth place Steve Sharpe closed with the Labor Day Rogue 10K in 47:56 to catch ninth place Ron Rogers who ran the Carillion Clinic Life Guard 5K in 22:58. Tenth place Dan Eddy ran the Virginia Wine Country 5K in 23:05. Bobby Woodfin was top master in his last race in the division at the Hopewell Optimist 5K in 23:10. He would get even faster in the new division. Jim Hess crack the top dozen with his Railroad Days 5K in 23:11.

Twenty-eight men qualified for the division.

PI	Name	Age	Hometown	10K=
1	Becker, Bob**	65	Midlothian, VA	43:06
2	Grayson, Harrison**	65	Upper Marlboro, MD	43:05
3	Wright, Jim****	68	Gaithersburg, MD	43:15
4	Ryan, Paul****	65	Arlington, VA	44:32
5	Platt, Rick*****	66	Williamsburg, VA	46:27
6	Moreland, James*6	65	Gaithersburg, MD	46:29
7	Trump, David	65	Richmond, VA	46:50
8	Sharpe, Steve**	65	Ellicott City, MD	47:56
9	Rogers, Ron****	65	Riner, VA	47:55
10	Eddy, Dan*	65	Alexandria, VA	48:09
11	Woodfin, Bobby*	69	Petersburg, VA	48:20
12	Hess, Jim*	68	Bristol, VA	48:22
13	McLearan, Allan	66	Rochelle, VA	49:39
14	Trueheart, Wilson*	68	Baltimore, MD	49:37
15	Smith, Tom*	69	Westminster, MD	49:42
16	Washington, Larry**	65	Rockville, MD	49:58
17	Wind, Jay*	67	Arlington, VA	50:01
18	Boutin, Greg***	65	Burke, VA	50:16
19	Verdirame, Joseph	67	Suffolk, VA	50:12
20	Scott, Dun*	65	McLean, VA	50:37
21	Ratzenberger, Jim*	68	Vienna, VA	50:42
22	Levins, Mike	65	Richmond, VA	51:05
23	Day, Joseph*	66	Yorktown, VA	51:06
24	Cook, Robert	65	Baltimore, MD	51:13
25	Visotsky, Tom**	65	Richmond, VA	51:23
26	Grover, Jim	65	Columbia, MD	51:40
27	Duffy, Jim	65	Virginia Beach, VA	51:52
28	Patterson, John***	68	Gaithersburg, MD	52:01

70-74 Men

Potomac Valley Games 5K 22:02, 10K = 45:58

Jim Noone thrives on competition, and as the summer ended he was getting back to his best shape. He ran the Star Kid 5K unchallenged in 22:19. A week later, Jason Page showed up at the DCRRC after the Women 5K, looking as if he was ready to race that time. He was and ran a very nice 22:20. Noone pulled away in 22:05. While Noone was away in the middle of the season, Page dominated at three DCRRC races. Noone showed he was back, racing the Annapolis 10 Miler in 1:16:55. They met again at the Potomac Valley Games 5K and Page's wonderful 22:16 was pushed aside by Noone's 22:02.

Fourth place Bobby Woodfin ran the tiny H2O Water of Life Ministries 5K in 22:59 for the top master. But former champion Ben Dyer held him off at the TCRR Race for the Cause 5K, 23:03 to 23:22, to skip past him into third. Shelton Langston takes fifth with 23:21 at the Kingswood Klam 5K.

The next three spots held up from the first week as Art Gregory won the Bel Air Town Run 5K in 23:27, followed by Ronnie Wong in 23:51 and George Raley in 23:57. Wong would later close, adding a fast 23:30 at the Park Heights Community Health Alliance 5K.

Sixteen runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Noone, Jim*7	73	Fairfax, VA	45:58
2	Page, Jason****	73	Hamilton, VA	46:37
3	Dyer, Ben**	73	Hayes, VA	48:05
4	Woodfin, Bobby*	70	Petersburg, VA	47:57
5	Shelton, Langston**	70	Williamsburg, VA	48:42
6	Gregory, Art*****	73	Ijamsville, MD	48:55
7	Wong, Ronnie*8	72	Catonsville, MD	49:01
8	Raley, George**	70	Idlewyld, MD	49:58
9	Michael, Ray**	73	Boonsboro, MD	50:29
10	Myers, George*	70	Rising Sun, MD	51:14
11	Ingram, Harold**	74	Henry, VA	52:01
12	Mayhew, Ed**	72	Winchester, VA	52:47
13	Bullock, Jim**	74	Eldersburg, MD	53:05
14	Fleming, Mike*	72	Columbia, MD	53:20
15	Jefferson, Richard*****	71	Germantown, MD	53:43
16	Hozik, James	72	Great Falls, VA	54:00

75-79 Men

BRRRC GPS 5K 26:21, 10K = 54:58

With eight wins, former champion Stan Neumann was going for the gusto. By July 4th, when he ran the Heritage 6K in 34:36, a massive improvement from the 4 miler two days earlier, he was a favorite for the crown. But this summer was the last hurrah for Doug Morris in the 75-79 division. He came up big at the Liberty 5K in 26:59. Neumann nearly had the answer at the sweetened Park Heights Community Health Alliance 5K in 27:05. On the final day, he stamped paid with a solid Chick-fil-A Dash for Diabetes 4M in 35:36. Neumann would handle fourth place Bill Sollers at the Annapolis 10 Miler, 1:39:45 to 1:45:49. Neuman's Rock n Roll Half Marathon the next week in 2:18:04 was the second fastest behind fifth place James Morse's Patrick Henry HM in 2:11:57. Sollers had earned his spot with some crafty 5K work, including the PGRC Men 5K in 28:43 that was won by third place Lou Shapiro in 28:22. Shapiro also bested Sollers at the Eastern County 8K, 48:21 to 49:35.

Sixth place Tommy Harris did fine at the Percival's Island Five Miler in 49:03. His Lynchburg Half Marathon in 2:20:23 was his fourth win. Prolific Ken Quincy had eight wins to take seventh place with a solid Celebrate Fairfax 5K in 30:42. Joseph Polinski came north to race a fine Roosevelt Island Park Run in 31:41 on a cross country course. That squeezed him in ahead of Mel Miller who the AS Run after the Women 5K in 31:38.

Twenty-eight runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Morris, Doug	79	Delaplane, VA	56:17
2	Neumann, Stan*8	78	Timonium, MD	56:30
3	Shapiro, Lou****	75	Silver Spring, MD	59:10
4	Sollers, Bill*	78	Silver Spring, MD	59:54
5	Morse, James**	75	Rochelle, VA	59:52
6	Harris, Tommy****	78	Lynchburg, VA	1:01:31
7	Quincy, Ken*8	79	Vienna, VA	1:04:02
8	Polinski, Joseph*	79	Smithfield, VA	1:06:05
9	Miller, Mel***	78	Mount Airy, MD	1:05:59
10	Eldridge, Bob	77	Reston, VA	1:07:04
11	Derr, William*	78	Annapolis, MD	1:07:46
12	Sharp, Ed	77	Fredericksburg, VA	1:07:50
13	Witlin, Michael	75	Oak Hill, VA	1:08:29
14	Moore, Brev	76	Annapolis, MD	1:09:55
15	Coates, Chet	77	Silver Spring, MD	1:10:49
16	Terrell, Charles	78	Newport News, VA	1:13:07
17	Munday, John	77	Chesapeake, VA	1:13:03
18	Barber, Sonny	76	Falls Church, VA	1:14:16
19	Coady, Patrick**	75	Washington, DC	1:16:58
20	Koletty, John	75	Pasadena, MD	1:19:41
21	Kurisky, John*	78	Forest, VA	1:21:27

22	Rhoads, Richard**	78	Arlington, VA	1:21:36
23	Schwartz, William	79	Glen Arm, MD	1:24:18
24	St. Clair, Bailey	78	Glen Arm, MD	1:25:24
25	Wycherley, Alan*	75	Annapolis, MD	1:26:32
26	Nandi, Shyamalesh	79	Ellicott City, MD	1:27:35
27	Bayrer, Ralph**	77	Washington, DC	1:28:25
28	Conn Jr, Harry**	79	Powhatan, VA	1:32:37

80 & Older Men

Colleen's BA 5K 26:39, 10K = 55:36

Duane Lougee settled up with runner-up Chris Catoe at the start of August, winning the Memorial Scholarship 5K 29:10 to 33:26. They met again at the Dismal Swamp 10M three weeks later and Lougee prevailed, 1:40:40 to 1:56:32. Lougee went home to rest, while Catoe found time to race the Rock 'n' Roll Half Marathon (2:52:23). Third place Bendy Viragh ran 38:23 to beat seventh place Robert Gurtler at the Freedom 5K. After that, the prolific Gurtler shut it down for the year. He had already raced 52 races.

Fourth place Alan Rider does not seem to be bothered by distance and had his best race at the Leesburg 20K in 3:01:18. Sixth place Bill Fleck ran the BRRRC GPS 5K in 42:37. Sixth place Robert Smith ran all the MCRRC Cross country race, even the longer ones and was best at the Eastern County 8K in 1:14:11.

PI	Name	Age	Hometown	10K=
1	Lougee, Duane*	80	Norfolk, VA	1:00:34
2	Catoe, Chris*	82	Virginia Beach, VA	1:09:45
3	Viragh, Bendy	82	McLean, VA	1:17:38
4	Rider, Alan	81	Reston, VA	1:26:32
5	Fleck, Bill*	83	Baltimore, MD	1:28:54
6	Smith, Robert***	83	Dickerson, MD	1:34:06
7	Gurtler, Robert***	82	The Plains, VA	1:34:59

85-89 Men

BRRRC GPS 5K 30:10, 10K = 1:02:56

George Yannakakis had no competition. He blitzed through the division with the five best races, including two of the only three races not a 5K in the division. His Annapolis 10 Miler in 1:46:12 was inspiring. He also raced the BRRRC GPS 5K in 30:10. Yannakakis only had one head-to-head and that was with seventh place Alan Levin. He dispatched him at the Kentlands/Lakelands 5K, 30:46 to 1:00:05. Last summer's champion, Jack McMahon, tried the 8K at Eastern County where he ran 1:03:24 to take third place in the division. Ernest Schillinger takes the

number two spot, racing the Run for the Bacon 5K in 37:55. His other 5Ks were three minutes slower.

Fourth place Donald Taylor ran the massive Donut Alley Rally 5K in 42:34. He was followed by P.J. Mendola who did the Smart Smiles 5K in 52:06. Sixth place Bruce Roth had the two times, including the Henderson Husky 5K in 52:36. Eighth goes to Jacob Baker, running the Run with Dad 5K in 1:01:00. Our eldest racer was Bill Hassler (88), fittingly at the Brightviews Age Is Just a Number 5K.

PI	Name	Age	Hometown	10K=
1	Yannakakis, George***	85	Towson, MD	1:02:56
2	Schillinger, Ernest	85	Williamsburg, VA	1:19:06
3	McMahon, Jack*	86	Silver Spring, MD	1:20:25
4	Taylor, Donald	86	Hedgesville, WV	1:28:48
5	Mendola, P J*	85	Newport News, VA	1:48:41
6	Roth, Bruce**	86	Woodbridge, VA	1:49:43
7	Levin, Alan	86	Gaithersburg, MD	2:05:20
8	Baker, Jacob	85	Springfield, VA	2:07:15
9	Hassler, Bill	88	Bel Air, MD	2:26:24

90 & Older Men

Trailzilla 6K 59:17, 10K = 1:41:40

Robert White is not ready to slow down. He ran all three of the Trailzilla races (5K, 6K, & 8K). He was best at the 6K in 59:17. Bob Atkins ran the Liberty 5K in 53:05. That same morning in Ocean City Joseph Schneider ran the OPA Freedom 5K in 59:08.

PI	Name	Age	Hometown	10K=
1	White, Robert***	93	Hampton, VA	1:41:40
2	Atkins, Bob	92	Winchester, VA	1:50:44
3	Schneider, Joseph	90	Ocean Pines, MD	2:03:21

Open Women

Leesburg 20K 1:12:48, 10K = 34:41

Last summer's champion and usual favorite to take the title, Susanna Sullivan, only had one race, albeit an excellent overall win at the PRR Twilight Festival 4 Miler in 21:41. That definitely had her ahead of tenth place Rochelle Sceats-Basil who was next there in 22:38. But this summer, Beth Sachtelban ramped up her game. Whereas last year she was second overall at the Crystal City Twilight 5K in 17:11, this year she won it all in 16:52, very close to Sullivan's best 5K last summer in 16:46. Fourth place Stephanie Reich was next behind her, improving to 17:23 from last year's 18:09, and gaining six spots in the rankings. Sceats-

Basil ran 18:03 to confirm her spot. Eighth place Jessica McGuire finished behind her in 18:19.

In late August, Sachtelben busted an excellent victory at the Leesburg 20K that was the fastest race of all. Fifth place Keira D'Amato was runner-up in 1:17:03. McGuire opened it all up and finished third in 1:17:17. Shoemaker, whose time last year would have had her in second place, passed on that race and won the Southlakes 10K in 36:43 to take sixth place. She also won masters at the Reston Firecracker 5K in 18:02 but D'Amato added a better Rock 'n' Roll Half Marathon in 1:22:22 to break the tie. Seventh place Carolyn Hennessey beat Shoemaker with her 17:51, third overall, but Shoemaker's 10K was enough better to hold sixth place. Hennessey added the Lawyers Have Heart 10K in 37:13. Reich won it all at the FSC WDF 5K in 18:02.

Speaking of winning it all, Ann Dunn beat everyone, including both sexes, at the Kiwanis Club Independence Day 5K in 17:46. Climbing up alongside and then past, Reich into third place on the final weekend by winning it all at the Charlottesville 4 Miler In 22:38, ahead of 14th place Ann Mazur (23:57). Dunn had started the season winning the 4 Our Freedom 5K in 17:38. Second place Julia Roman-Duval had the second fastest 5K winning the HCS WDF 5K in 17:04. Then, by six seconds, she missed doing what only one woman has done in the last 30 years at the Annapolis 10 Miler -- break an hour. She won by four minutes. Thirteenth place Megan DiGregorio had the next fastest 10 miler when she won the Baltimore 10 Miler in 1:03:55 in June.

Sarah Loerch matched Sceats-Basil's best exactly with her overall win at the Friends of W&OD 10K in 37:35. She already owned the second fastest half with her Virginia Wine Country Half Marathon in 1:23:41. She won her third race too, the Rockville Rotary Twilight 5K to take ninth place. Eleventh place Sarah Lasker led all runners with six overall wins, including all three RRRC Cul De Sac Series 5K. She was best at the SPCA Run for Shelter 5K in 18:20. Twelfth place Barb Fallon Wallace won her first race in June. Then in July, she knocked a minute off her time to finish the Reston Firecracker 5K in 18:19. Fifteenth place Jennifer Paul ran a fine Lawyers Have Heart 10K in 38:24.

Forty-four women qualified for the division, including 16 from the Elite division. Cindy Conant, 56, was the eldest.

PI	Name	Age	Hometown	10K=
1	Sachtelben, Bethany**	25	Stafford, VA	34:41
2	Roman-Duval, Julia**	35	Columbia, MD	35:32
3	Dunn, Ann***	31	Earlsville, VA	36:14
4	Reich, Stephanie**	25	Frederick, MD	36:12
5	D'Amato, Keira	32	Midlothian, VA	36:42
6	Shoemaker, Perry**	46	Vienna, VA	36:43
7	Hennessey, Carolyn*	24	Washington, DC	37:10
8	McGuire, Jessica	36	Arlington, VA	37:18

9	Loerch, Sarah**	32	Ashburn, VA	37:35
10	Sceats-Basil, Rochelle	27	Fairfax, VA	37:35
11	Lasker, Sara*6	27	Ashland, VA	38:10
12	Fallon Wallace, Barb*	43	Alexandria, VA	38:08
13	DiGregorio, Megan*****	29	White Marsh, MD	38:25
14	Mazur, Ann*	31	Charlottesville, VA	38:21
15	Paul, Jennifer*	29	Washington, DC	38:24
16	Pollack, Jillian**	28	Arlington, VA	38:37
17	Stone, Andrea***	33	Boonsboro, MD	38:33
18	Martingayle, Doria*	17	Virginia Beach, VA	38:35
19	Stick, Sherry****	39	Eldersburg, MD	38:48
20	Baage, Silvia	36	Rockville, MD	38:55
21	Sicher, Erin	35	Washington, DC	38:52
22	Allen, Kerry*	29	Washington, DC	39:01
23	Parks, Becky**	29	Washington, DC	39:02
24	Newman, Christine*	26	Norfolk, VA	38:56
25	McGraw, Becky*	37	Stephens City, VA	39:04
26	Clevinger, Taylor*	24	Mechanicsville, VA	39:13
27	Bigalbal, Alayna	22	Leesburg, VA	39:21
28	Pearson, Hannah	30	Fairfax, VA	39:21
29	Hannon, Beth*	34	Columbia, MD	39:31
30	Beal, Amanda**	36	Ellicott City, MD	39:31
31	Ritter, Molly**	30	Arlington, VA	39:19
32	Butseva, Sonya**	19	Alexandria, VA	39:52
33	Schuerholz, Jaclyn	32	Baltimore, MD	39:56
34	Gruendel, Jackie	42	Clifton, VA	40:01
35	Duarte, Nilani**	30	Baltimore, MD	40:21
36	Holt, Bridget*	39	Gambrills, MD	40:27
37	Wechsler, Gabi*	26	Henrico, VA	40:25
38	Bohn, Sarah	28	Richmond, VA	40:26
39	Perlingeiro, Fabiana*	40	Virginia Beach, VA	40:36
40	Nesaw, Mary Catherine	25	Lynchburg, VA	40:34
41	Koslowski, Emily*	29	Roanoke, VA	40:39
42	McCracken, Noel	33	Sykesville, MD	40:40
43	Conant, Cindy*	56	Kensington, MD	41:04
44	Caporaletti, Stephanie	36	Columbia, MD	41:00

19 & Younger Women

Percival's Island Five Miler 28:36, 10K = 36:04

Teens made a statement this summer with 14 of their top 28 races overall wins. Our champion Madeleine King got this going with a solid win at the Yorktown Independence Day 8K in 33:26. Two weeks later, Doria Martingayle won the Allen Stone Memorial 5K in 18:30. On the first day of August, they met at the Memorial Scholarship 5K with King winning, 18:27 to 19:04. Next up, Sonya Butseva had the next four best races. She was great at the Crystal City Twilight 5K in 19:09. She also set age group records at two of the park runs, 19:24 at Fletcher's Cove and 19:31 at the College Park.

Fourth place Thorin Jean had her best race at the Memorial Scholarship 5K in 19:55. Then she added two overall wins and two runner-ups. Fifth place Rachael Wesolowski was third overall at the RRRC Cul De Sac Series 5K #3 in 19:52. Sixth place Victoria Sill was right on their trail with her own third overall at the Pikesville 5K 19:58. Seventh place goes to Claire Wigglesworth who lives at Fletcher's Cove. She had ten wins, including eight overall wins at the Cove. Her best race was in 20:12.

Carly Wilkes led the way at the FAB 5K in 20:10 for eighth place. Ninth and tenth seemed to be as close as can be as twin sisters Kenna and Bailey Knowles finished 1-2 at FAB in 20:26. Earlier, Bailey broke the virtual tie staying the course at the Shawsville 5K in 20:37, while Kenna spent a couple extra minutes on the course. Jenna Robbins is eleventh at the PRR Birthday Bash 5K in 20:35.

Thirty-four women qualified for the division.

PI	Name	Age	Hometown	10K=
1	King, Madeleine**	18	Virginia Beach, VA	38:25
2	Martingayle, Doria**	17	Virginia Beach, VA	38:35
3	Butseva, Sonya***	19	Alexandria, VA	39:52
4	Jean, Thorin*****	16	Williamsburg, VA	41:28
5	Wesolowski, Rachael**	18	Richmond, VA	41:22
6	Sill, Victoria**	19	Reisterstown, MD	41:34
7	Wigglesworth, Claire*10	15	Washington, DC	42:03
8	Wilkes, Carly**	15	Salem, VA	41:59
9	Knowles, Bailey**	19	Christiansburg, VA	42:33
10	Knowles, Kenna	19	Christiansburg, VA	42:33
11	Robbins, Jenna**	18	Vienna, VA	42:51
12	Nichols, Kirstin***	15	Crofton, MD	43:08
13	Slovak, Katherine**	14	Sterling, VA	43:58
14	Donovan, Madeleine**	19	McLean, VA	44:00
15	Barron, Gracie**	12	Salem, VA	44:08
16	McKendry, Lijia	15	Virginia Beach, VA	44:25
17	Smith, Madison**	13	Stephenson, VA	44:42
18	Millirons, Rachel*	16	Salem, VA	44:46
19	Belshan, Zoe	13	Floyd, VA	44:44
20	Ecelbarger, Amber*	19	Annandale, VA	44:48
21	Yancey, Maddie**	19	Shawsville, VA	44:52
22	Olia, Erin**	15	Potomac Falls, VA	45:19
23	Kuonen, Larissa**	19	Ellicott City, MD	45:25
24	Belogay, Izi*	14	Sterling, VA	45:27
25	Pokorny, Katie**	19	Richmond, VA	45:34
26	Buddenbohn, Madison**	15	Edgewood, MD	45:59
27	Fagerstrom, Kerstin*****	14	Arlington, VA	46:03
28	Rosas, Adriana**	17	Columbia, MD	46:05
29	Jordan, Emme*	14	Sykesville, MD	46:11
30	Szlotnicki, Alex*	13	Riva, MD	46:28
31	Parzaile, Nina*	15	Williamsburg, VA	47:03

32	Myers, Perrin**	14	Bethesda, MD	47:18
33	Pontzer, Joy	15	Glen Burnie, MD	47:34
34	Jean, Sorena*	15	Williamsburg, VA	48:14

35-39 Women

Leesburg 20K 1:18:17, 10K = 37:18

Sherry Stick won four of her five races outright, beating all the men as well, on the final weekend at the Labor Day Rogue 10K in 38:48. Two fast sub-19:00 5Ks, including the Pikesville 5K in 18:41 gave her the edge in the three-way battle for the runner-up spot. Jessica McGuire kept above all that by finishing third overall at the Leesburg 20K in 1:18:17. She had already dispatched of fourth place Erin Sicher at the Crystal City Twilight 5K, 18:19 to 18:40, to take the crown. Sicher also ran a fine Lawyers Have Heart 10K in 39:19. Still, Silvia Baage had the goods to move into third place. She set the stage with a third overall at the hilly Riley's Rumble HM in 1:22:29. The clincher was her third overall at the Annapolis 10 Miler in 1:04:45 ahead of sixth place Amanda Beal (1:05:55), eleventh place Bridget Holy (1:07:35), and thirteenth place Stephanie Caporaletti (1:08:13).

Becky McGraw started the season with a Virginia Wine Country Half Marathon in 1:31:10. On the fourth, she won it all at the Liberty 5K in 18:46 to move up nine spots to fifth overall. Beal ran a very nice runner-up spot at the Bel Air Town Run 5K in 18:59. Lena Mathews gets seventh place winning it all at the Park Heights Community Health Alliance 5K in 18:49. That race tends to get less respect as a legitimate distance race. She ran a minute slower at the Pikesville 5K behind Stick and two minutes slower at the Baltimore Women's Classic 5K in 20:48.

Eighth place Tressa Breindel bested tenth place Jessica Hall at the Patrick Henry HM, 1:27:44 to 1:29:06. In between them, ninth place Michelle Van Horn was victorious at the Volvo Group Trucks 5K Run in 19:13.

Twenty-one women qualified for the division.

PI	Name	Age	Hometown	10K=
1	McGuire, Jessica***	37	Arlington, VA	37:18
2	Stick, Sherry*****	39	Eldersburg, MD	38:48
3	Baage, Silvia***	36	Rockville, MD	38:55
4	Sicher, Erin*	35	Washington, DC	38:52
5	McGraw, Becky**	37	Stephens City, VA	39:04
6	Beal, Amanda****	36	Ellicott City, MD	39:31
7	Mathews, Lena***	37	Baltimore, MD	39:11
8	Breindel, Tressa*	39	Richmond, VA	39:39
9	Van Horn, Michelle***	36	Harpers Ferry, WV	40:01
10	Hall, Jessica**	38	Waterford, VA	40:16
11	Holt, Bridget**	39	Gambrills, MD	40:27
12	Manny, Stephanie**	36	Virginia Beach, VA	40:39

13	Caporaletti, Stephanie*	36	Columbia, MD	41:00
14	Anderson, Jennifer***	36	Poquoson, VA	41:32
15	Dzibela, Tracy***	39	Fredericksburg, VA	41:47
16	Rhodes, Becky**	37	Westminster, MD	42:03
17	Diegoli, Toni***	38	Potomac, MD	42:12
18	Clor, Elizabeth*	38	Chantilly, VA	42:33
19	Bergmann, Laura***	35	Winchester, VA	43:12
20	Snyder, Jana*	38	Hagerstown, MD	43:15
21	Flynn, Sarah	38	Rockville, MD	43:42

40-44 Women

Reston Firecracker 5K 18:19, 10K = 38:08

Barb Fallon Wallace won it all at the Losing to Live 5K in 19:12. Jackie Gruendel had matching 19:13s in July races. Both of her courses were rolling and a bit long. She gets third because her first one, the Reston Firecracker, was behind Fallon Wallace's 18:19. In between the two, was the always surprisingly fast Purple Strides 5K. Continuing her banner year, Cristina Burbach ran there and busted the 19:00 barrier with a fine 18:51.

Sixth place Judy Doldorf ran the PRR Birthday Bash 5K in 20:18 behind Gruendel. In August, she bested seventh place Lisa Reichmann at the Leesburg 20K, 1:26:28 to 1:28:05.

Fifth place Fabiana Perlingeiro won it all at the Surfer's Healing 5K in 19:30. The next day, Amy Huerta rolled out a fine Devil's Den 10M in 1:09:14 for top master. A week later, she capped that as top master at the Patrick Henry Half Marathon in 1:29:26 to take fourth place. Tenth place Meghan Parsons ran 1:34:26. Perlingeiro followed that event with her own half marathon, racing the Rock 'n' Roll Half Marathon in 1:29:51. Eighth place Elizabeth Smith ran Rock 'n' Roll in 1:34:38 but edges Parsons with her CXB Low Rent 5K in 20:15. In her last race, Lisa Hainstock overtakes Parsons at the Charlottesville 4 Miler, 26:50 to 27:02, to take ninth place.

Eighteen women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Fallon Wallace, Barb**	43	Alexandria, VA	38:08
2	Burbach, Cristina**	43	Washington, DC	39:15
3	Gruendel, Jackie*	42	Clifton, VA	40:01
4	Huerta, Amy***	42	Fredericksburg, VA	40:25
5	Perlingeiro, Fabiana***	40	Virginia Beach, VA	40:36
6	Doldorf, Judy**	44	Manassas, VA	41:12
7	Reichman, Lisa****	43	Gaithersburg, MD	41:37
8	Smith, Elizabeth*	41	Virginia Beach, VA	42:10

9	Hainstock, Lisa**	41	Charlottesville, VA	42:58
10	Parsons, Meghan*	40	Gordonsville, VA	42:40
11	Cook, Kristjana*	43	Severna Park, MD	43:10
12	Blanchard, Christie*	44	Chevy Chase, MD	43:13
13	Sapper, Julie***	44	Rockville, MD	43:22
14	Budrow, Nelly**	43	Bel Air, MD	43:39
15	Pastrana, Jennifer**	41	Copper Hill, VA	43:37
16	Sober, Jennifer***	44	McHenry, MD	44:38
17	Sample, Jennifer*	42	Chevy Chase, MD	45:00
18	Plitt, Jennifer**	41	Westminster, MD	45:11

45-49 Women

Southlakes 10K 36:43

Is Perry Shoemaker slipping? She passed on the Leesburg 20K this year, allowing fifth ranked Suzanne Himes some glory with her 1:30:05 age group win. Shoemaker was again masters champion at the Reston Firecracker 5K in 18:02 and won it all at the Freedom 5K in 18:14. Her five second improvement on the rolling hills of the Southlakes 10K in 36:43 proves we still have not seen her best racing yet.

Runner-up Debbie Goodpasture was a knockout at the Boxer Brief Battle 5K, winning it all in 19:36 for easily her best race. Third place Samantha Kirby Cole had a couple warm-up 5K wins. Then she pounced at the Annapolis 10 Miler in 1:09:55, just behind Hilary Cairns who is back and racing. She ran 1:09:23 for her only race of the summer. Also, there were eighth place Tonya Arbaugh (1:14:22), sixth place Christine Wescott (1:15:11), and ninth place Yuko Whitestone (1:16:06). Wescott ran the DCRRC WDF 5K in 20:58 to earn her higher placement.

Fourth place Cathy Ross is almost all the way back. She lit up the summer going seven for seven in age group wins. August was best for her as she finished third overall at the Friends of W&OD 10K in 42:14, adding a nifty Southlakes 10K in 42:42. Seventh place Marci Benda led the way at the Baltimore 10 Miler in 1:14:01 ahead of eleventh place Jill Green (1:15:48). Tenth place Suzanne Hurst battled the hills at the Dreaded Druid Hills 10K in 44:42.

Twenty-two women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry***	46	Vienna, VA	36:43
2	Goodpasture, Debbie***	48	Midlothian, VA	40:48
3	Kirby Cole, Samantha**	48	Chesapeake Beach, MD	42:01
4	Ross, Cathy*7	46	Burke, VA	42:14

5	Himes, Suzanne*	48	Alexandria, VA	42:55
6	Wescott, Christine**	47	Chantilly, VA	43:50
7	Benda, Marci**	46	Parkton, MD	44:29
8	Arbaugh, Tonna*****	49	Westminster, MD	44:41
9	Whitstone, Yuko	45	Springfield, VA	44:33
10	Hurst, Suzanne*	46	Baltimore, MD	44:42
11	Green, Jill	47	Baltimore, MD	45:33
12	Roberts, Amanda***	45	Petersburg, VA	45:32
13	Fuglem, Tove****	48	Quantico, VA	45:49
14	Isler, Kim**	49	Oakton, VA	46:19
15	Chase, Julia	46	Fredericksburg, VA	46:24
16	Waterman, Paige*	49	Bethesda, MD	46:40
17	Taylor, Ruth*****	49	Frederick, MD	46:57
18	Cornette, Jennifer**	46	Hampton, VA	47:01
19	Greer, Eliza	47	Baltimore, MD	47:32
20	Blakney, Luz*	49	Oak Hill, VA	47:55
21	O'Rourke, Polly**	46	College Park, MD	47:55
22	Siddique, Nadrat**	49	Ellicott City, MD	47:59

50-54 Women

Freedom 5K 19:57, 10K = 41:32

The legend is back. Alisa Harvey has won more than a few titles in her illustrious career and a number of them started on the rolling hills of Fairfax Corner. At the Freedom 5K, she ran a very nice 19:57, while last summer's champion Kendall Tata would finish third overall at the Kiwanis Club Independence Day 5K in 20:40. Then three weeks later, Harvey would reprise her race at the same spot with a fine PRR Birthday Bash 5K in 20:07. Tata, who also only raced twice, kicked it into gear on the final Saturday with an excellent Charlottesville 4 Miler in 26:07 to close on Harvey. These two ladies are the ones you have to beat to get at the title.

Third place Cornelia Pritchard was very consistent, winning four times. She was second overall twice, including the FSRC Independence 5K in 21:04 and was top master at the FSRC WDF 5K in 21:02. Debbie Hetherington takes the fourth spot, winning at the first two RRRC Cul De Sac Series 5Ks ahead of ninth place Cheri Prior. After a close call at the first race, 21:30 to 21:37, Hetherington got better at the second race to run 21:08, pulling away as Prior fell back to 21:50.

Winning at the Annapolis 10 Miler is always good for creds and Deb Taylor's 1:14:04 victory earns her the fifth spot. That was big too because Maureen Hall had ten age group wins and an excellent Charm City Anniversary 5K in 21:32 coming into the event. Unfortunately for her, Annapolis was her toughest race of an otherwise superb summer and gets sixth place. Next in line, Mary Bowman

ran five WDF 5Ks, winning the Westminster one in 21:56 and starring in the Howard County one in 21:33. At the Bel Air Town Run, she met Hall who came away victorious, 22:02 to 22:42. Eighth place Anita Freres matched Prior's 21:37 exactly at the Run with Dad 5K. It was one of two long courses that she ran, giving her a slight edge. Freres' races did give her a huge victory with the Moreland Racing Factor points, 38 to 11.

Eleventh place Renee Bates ran the Anchor Run 5K for third overall in 22:19. That was just ahead of tenth place Catherine Miller who won at the Rock 'n' Roll 5K in 22:22. The next morning, Miller won again at the Rock 'n' Roll Half Marathon in 1:41:57. Bates raced the final day at the Labor Day Rogue 5K in 22:08 to keep it close.

Forty women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Harvey, Alisa**	51	Manassas, VA	41:32
2	Tata, Kendall**	54	Stanardsville, VA	41:49
3	Pritchard, Cornelia****	51	Frederick, MD	43:47
4	Hetherington, Debbie**	52	Richmond, VA	44:00
5	Taylor, Deb**	51	Hanover, MD	44:31
6	Hall, Maureen*10	52	Parkville, MD	44:50
7	Bowman, Mary*****	52	Silver Spring, MD	44:52
8	Freres, Anita**	52	Vienna, VA	45:00
9	Prior, Cherie	50	Richmond, VA	45:00
10	Miller, Catherine**	51	Spotsylvania, VA	46:04
11	Bates, Renee**	50	Odenton, MD	46:05
12	Andrews, Patty*	53	Stevensville, MD	46:30
13	Smith, Paula***	50	Hampstead, MD	46:38
14	Johnston, Keary**	52	Frederick, MD	46:48
15	David, Carol***	54	Stafford, VA	46:51
16	Liu, Tammy**	50	Ellicott City, MD	46:44
17	Strauch, Debi****	50	Ashburn, VA	46:58
18	Lazarus, Diana**	50	Bethesda, MD	46:57
19	Barrick, Michelle***	53	Middle River, MD	47:09
20	Krill, Carol	53	Stafford, VA	47:07
21	McClintick, Karen**	50	Midlothian, VA	47:32
22	Morris, Patricia*	51	Chester, VA	47:44
23	Bozarth, Helena	50	Fredericksburg, VA	48:06
24	Callahan-Brill, Jami**	50	Hampton, VA	48:13
25	Fraker, Ann*	51	Stevenson, MD	48:29
26	Hackman, Christine	53	Arlington, VA	48:28
27	Sevik, Phyllis	52	Ellicott City, MD	48:18
28	Delaney, Nancy***	51	Virginia Beach, VA	48:37

29	Stotler, Tonya*	50	Cross Junction, VA	48:33
30	Kopacz, Margaret	52	Chesapeake, VA	48:45
31	Braunstein, Janet*6	51	Washington, DC	48:58
32	Cox, Helen**	53	Toano, VA	49:13
33	Griner, Kristin	53	Tracys Landing, MD	49:40
34	Mundt, Vicky	54	Annapolis, MD	49:49
35	MacKintosh, Brenda**	51	Springfield, VA	49:56
36	Shea, Stacey*	54	Baltimore, MD	50:27
37	Schauerman, Christine	51	Ellicott City, MD	50:30
38	Zampolin, Katherine	52	Richmond, VA	50:29
39	Anderson-Kratzer, Jill	50	Cape Charles, VA	50:29
40	Zamosnty, Lisa	51	Pasadena, MD	50:52

55-59 Women

Kentlands/Lakelands 5K 19:41, 10K = 41:04

Cindy Conant had another monster summer. She was the overall winner in four races and runner-up in her fastest race to end the season, the Kentlands/Lakelands 5K in 19:41. In June, last summer's champ Deedee Loughran ran a very nice Virginia Wine Country Half Marathon in 1:38:48. Conant ended July on the hilly Riley's Rumble HM in 1:32:56 to show her range. Three weeks later, she would win it all at the rolling Eastern County 8K in 33:09. The following week Kelly Dworak was tops at the Annapolis 10 Miler in 1:15:06. Dworak's two 5Ks were faster than Loughran's and she won a close battle for the runner-up spot. Her Moreland Racing Factor points (46) were just ahead of Loughran (42).

Next up is the prolific racer Sushila Nanda. This slender runner powered her way to 12 age group wins in her 13 races. She raced mostly the 5K but was best at the PVTC Go Fourth 8K in 35:54. To show how close these ladies race, eighth place Julie Hayden, who is coming back from injury, upset Nanda, who was starting her own injury, on the final day at the Great American Labor Day 5K, 22:16 to 23:04. In midsummer, fifth place Christiann Rogers won the Summer Darden Tow 10K outright in 47:34 then gained her spot Labor Day weekend at the massive Charlottesville 4 Miler in 28:38. Ninth place Debbie Crum was next there in 29:07. Sixth place Karla Havens went in the other direction, starting the summer with her fastest race by far at the Run for the Bacon 5K in 21:58. Seventh place Janeth Scott ran the Park Heights Community Health Alliance 5K in 22:09. These two races produced extra fast times for a lot of racers. Havens would later run the Dismal Swamp 10M in 1:20:20, while Scott ran Baltimore 10 Miler in 1:20:18. For both of them, it was their third best race.

Thirty-five women qualified for the division.

PI	Name	Age	Hometown	10K=
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1	Conant, Cindy*6	56	Kensington, MD	41:04
2	Dworak, Kelly***	55	Carlisle, PA	44:48
3	Loughran, Deedee***	58	Reston, VA	44:39
4	Nanda, Sushila*13	56	Arlington, VA	45:35
5	Rogers, Christiann**	57	Charlottesville, VA	45:51
6	Havens, Karla****	55	Plainview, VA	45:44
7	Scott, Janeth****	55	Columbia, MD	46:06
8	Hayden, Julie*	57	Ashburn, VA	46:11
9	Crum, Debbie*	58	Fishersville, VA	46:37
10	Radar, Amber*****	58	Moseley, VA	47:45
11	Porter, Suzanne*	56	Annandale, VA	47:47
12	Sheets, Susan**	55	Virginia Beach, VA	47:39
13	Hill, Nancy***	59	Havre de Grace, MD	47:49
14	Rickard, Pam*	55	Rocky Mount, VA	47:47
15	Furr, Suzanne**	56	Harwood, MD	48:02
16	Kim, Jeong*	56	Centreville, VA	48:55
17	Black, Beverly***	57	Fairfield, PA	49:10
18	Rankin, Valerie*6	55	Bowie, MD	49:35
19	Rushin, Blake**	55	Vienna, VA	49:35
20	Galliani, Paula	57	Gaithersburg, MD	50:00
21	Quinn, Elizabeth***	55	Stafford, VA	50:29
22	Poremski, Ruth	56	Parkville, MD	51:01
23	Collard, Liz	56	Darlington, MD	51:05
24	Zorn, Nancy	59	Millersville, MD	51:03
25	Beach, Janet*	57	Towson, MD	51:18
26	Meyer, Jane	56	Annapolis, MD	51:21
27	Yao, Pamela	57	Elkridge, MD	51:30
28	Lasker, Janice	57	Fredericksburg, VA	51:33
29	Lyons, Barbara	59	Clarksville, MD	51:41
30	Ranney, Sheri	55	Reston, VA	51:57
31	Ty, Diane*	56	Bethesda, MD	51:59
32	Cea, Kathy*	57	Gaithersburg, MD	52:38
33	Grillo, Jeanne*	55	Potomac, MD	52:51
34	Gaudreau, Ruth	58	Salisbury, MD	52:58
35	Koerner, Celide	59	Baltimore, MD	54:06

60-64 Women

Goal Seekers 5K 22:06, 10K = 46:01

The division certainly went topsy-turvy. Favorite Ida Draim has been sidelined with injury and the previous second and third place runners were banished from the top four. Newcomer Carolyn Harrison rushed out the first day with an amazing 22:06 at the Goal Seekers 5K for an overall win. The next week, she

won at the CXB Low Rent 5K in 22:22. Yet, she was still just five seconds ahead of Rose Crist who made an incredible transformation from last year, winning at the Run for the Bacon 5K in 22:27. Crist, who was 14th ranked last year, would add two more sub 23:00 5Ks to clinch the runner-up spot. Third place Jill Goldman had a solid Baltimore Women's Classic 5K in 23:27. She proved that it was no fluke when she beat fourth place Nina Fisher at the Charles Street 12M, 1:36:53 to 1:38:48, to wrap up the final weekend.

Fifth place Mary Lowe Mayhugh had a slew of age group wins (12), many in smaller events. Her best time was at the Colleen's BA 5K in 23:37. Betty Blank fell to her lowest ranking (sixth) even though she won four of her five races. She was best at the DCRRC WDF 5K in 24:25. Seventh place Deborah Cohen had the best of her four wins at the Pikesville 5K in 25:15.

The next four runners were almost a coin toss apart. Helen Worthington also had four wins. She ran the Coast Guard Day 5K in 25:39. Two seconds later, eleventh place Liza Recto finished the Summer Strides 5K. Squeezing between the two, tenth place Leslie Leitch had her best race at the Charles Street 12M in 1:48:05. Another Leslie (Rigby Kash) nudged ahead both of them with her five victories, including the FARC Heritage Festival 5 Mile Run in 42:26.

The division settled back down to just thirty-six qualifiers.

PI	Name	Age	Hometown	10K=
1	Harrison, Carolyn**	61	Virginia Beach, VA	46:01
2	Crist, Rose****	62	Lanexa, VA	46:44
3	Goldman, Jill**	61	Baltimore, MD	47:53
4	Fisher, Nina***	60	Annapolis, MD	48:50
5	Mayhugh, Mary Lowe*12	61	Washington, DC	49:10
6	Blank, Betty****	64	Falls Church, VA	50:50
7	Cohen, Deborah****	61	Ellicott City, MD	52:34
8	Worthington, Helen****	63	Bena, VA	53:24
9	Rigby Kash, Leslie*****	61	Fredericksburg, VA	53:31
10	Leitch, Leslie*	60	Baltimore, MD	53:25
11	Recto, Lisa**	61	Lexington Park, MD	53:28
12	Evans, Cynthia**	61	Randallstown, MD	54:08
13	Langlois, Harriet***	61	Ijamsville, MD	54:45
14	Rissmiller, Noel**	60	Hampton, VA	55:40
15	Philpot, Connie**	60	Arlington, VA	55:37
16	Washington, Myra*****	60	Montgomery Village, MD	56:13
17	Newton, Frances**	63	Richmond, VA	56:25
18	Faulkner, Pamela***	60	Henrico, VA	56:44
19	Kohinke, Anna***	63	Salem, VA	57:03
20	Seidman, Merrilee*	62	Alexandria, VA	57:18
21	Uthe, Jancie**	60	Bowie, MD	57:44

22	Phillips, Hannah	64	Alexandria, VA	57:48
23	Downing, Carol*	61	Monkton, MD	57:55
24	McCusker, Bridget***	60	Baltimore, MD	58:22
25	Bowling, Nancy****	60	Frostburg, MD	58:41
26	Ball, Nancy	61	Fredericksburg, VA	58:47
27	Johnson, Julianne	63	Baldwin, MD	58:44
28	Ashlock, Joyce*	62	Nottingham, MD	59:24
29	Stephens, Shirley	60	Williamsburg, VA	59:22
30	Von Bargaen, Lynda***	61	Brookeville, MD	59:26
31	Scheide, Julie*	60	Arnold, MD	59:26
32	Romanchuk, Janet	60	Sterling, VA	59:26
33	Solomotis, Marianne*	61	Columbia, MD	59:43
34	Hennes, Kathy	64	Annapolis, MD	1:00:00
35	Hansen-Vessa, Carol	63	Reston, VA	1:00:06
36	Schaffer, Bonnie	60	Joppa, MD	1:00:35

65-69 Women

Bel Air Town Run 5K 24:21, 10K = 50:42

This growing division had the fastest twenty races all wins as these ladies did not have a lot of head-to-head matchups. Our champion, Marge Rosasco, became one of the oldest overall winners (69) when she raced the ICO Fights against Obesity 5K 25:18. She took the crown the week before, winning the Bel Air Town Run 5K in 24:21. Hannah Phillips did a lot of track races just before she entered the division. The first week of August, she ran the Summer Strides 5K in 24:55 to take the runner-up spot. Claudia Wolfe had the next three best races, including the Baltimore 10 Miler to start the period in 1:28:54. A week later, she won the Lawyers Have Heart 10K in 53:32. Seventh place Mary Fredlake had her best race at the Leesburg 20K, upsetting Wolfe, 1:55:29 to 1:58:04.

Fourth place Ginny Hughes was consistent with a trio of 5Ks, including the Kiwanis 5K, third overall in 25:49. Eighth place Linda Gulick had six age group wins, including an overall win in 26:28 at the H2O Water of Life Ministries 5K. Fifth place Lizzie Sadoff had two fast 5Ks, getting faster as the season wore on. At the PGRC WDF 5K, she ran 25:58. Sixth place Karen Whittington had by far her fastest race at the star maker Park Heights Community Health Alliance 5K in 26:02. Her next fastest race was a loss to ninth place Maria Shields at the Baltimore Women's Classic 5K, 26:33 to 27:13. Shields would also best eleventh place Maria Nusbaum at the Annapolis 10 Miler, 1:31:57 to 1:35:35. Tenth place goes to Kathy Richmond who ran the Too Hot to Trot 10K in 54:13. The course was just barely six miles.

Forty-three runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Rosasco, Marge**	69	Joppa, MD	50:42
2	Phillips, Hannah	65	Alexandria, VA	51:53
3	Wolfe, Claudia****	65	Alexandria, VA	53:05
4	Hughes, Ginny****	66	Warrenton, VA	53:45
5	Sadoff, Elizabeth****	68	Washington, DC	54:04
6	Whittington, Karen*****	65	Baltimore, MD	54:12
7	Fredlake, Mary**	67	Washington, DC	55:01
8	Gulick, Linda*6	66	Richmond, VA	55:04
9	Shields, Maria****	66	Davidsonville, MD	55:16
10	Richmond, Kathy**	67	Baltimore, MD	56:09
11	Nusbaum, Maria	65	Reston, VA	57:27
12	Sielen, Virginia***	69	Oakton, VA	57:42
13	Passin, Anne**	69	Falls Church, VA	57:51
14	Rosenthal, Ann**	68	Bethesda, MD	57:51
15	Travis, Patricia*****	66	Williamsburg, VA	57:55
16	Hennes, Kathy***	65	Annapolis, MD	59:01
17	McFaden, Lynn***	66	Evington, VA	59:59
18	Biasi, Barbara*	69	Yorktown, VA	1:00:27
19	Mills, Linda	67	Salisbury, MD	1:01:15
20	Lloyd, Maryann**	68	Alexandria, VA	1:01:27
21	Martin, Debbie**	65	Lynchburg, VA	1:02:06
22	Scott, Judith*	66	Germantown, MD	1:03:30
23	Humphreys, Dottie*	65	Newport News, VA	1:04:35
24	Allen, Deborah	67	Lynchburg, VA	1:04:39
25	St. Clair, Christy	68	Glen Arm, MD	1:05:00
26	McGinn, Toby	69	Gaithersburg, MD	1:05:15
27	Fahy, Loretta*	68	Frederick, MD	1:06:04
28	Jones, Priscilla	68	Lynchburg, VA	1:07:17
29	Reid, Marie***	66	Great Falls, VA	1:07:23
30	Schuster, Lu	67	Leesburg, VA	1:07:40
31	Holloway, Linda	66	Kingsville, MD	1:07:59
32	Goodman, Rae Jean*	69	Annapolis, MD	1:07:44
33	Draper, Deedee	65	Richmond, VA	1:08:11
34	Bevans, Marilyn*	67	Baltimore, MD	1:09:39
35	Coen, Dianna*	65	Havre de Grace, MD	1:09:39
36	Bosken, Lois*	65	Virginia Beach, VA	1:09:45
37	Adamo, Karen	65	Severna Park, MD	1:10:12
38	Rayburn, Arlene	65	Crownsville, MD	1:10:56
39	Burke, Pamela	66	Union Bridge, MD	1:10:51
40	Branagan, Naovarat	69	Gaithersburg, MD	1:11:08
41	Underwood, Gloria*	66	Roanoke, VA	1:11:40
42	Quantrille, Barbara*	69	Burke, VA	1:14:11

70-74 Women

Dismal Swamp 10 Mile 1:25:19, 10K = 51:16

Betty Brothers crushed this huge division with peerless racing. She bolted away early with Eggleston OK 5K in 24:54. Then, as August waned, she gripped the crown tightly with her Dismal Swamp 10M in 1:25:19. She followed that with a record setting 1:59:27 at the Rock 'n' Roll Half Marathon. Runner-up Bridgette Sutherlin had the next four fastest races, including three 5K victories led by the Charm City Anniversary 5K in 27:32. The day before Brothers' half, Sutherlin ran the Charles Street 12M in 1:50:34.

Fourth place Pat Welch was at Rock 'n' Roll, finishing in 2:26:12 but ran her best half at the Virginia Wine Country Half Marathon with 2:18:22. Two weeks later, she separated the wheat from the chaff, winning the Annapolis 10 Miler in 1:46:21, ahead of fifth place Karen Kautz (1:49:08) and ninth place Muffet Chatterton (1:54:56). Third place Andrea Hess ran the H2O Water of Life Ministries 5K in 30:16. Kautz ran the DCRRC WDF 5K in 30:44. Sixth place Lou Norton beat seventh place Christina Dodson at the Moonlight 4 Miler 40:03 to 41:16.

In the battle for eighth place, Chatterton matched Claire Imholtz's College Park Park Run #46 in 32:10 exactly with her Crofton Kiwanis - Team Surlis 10K Challenge in 1:06:58. Still it was not a contest as Imholtz's thirteen age group wins included two head-to-head wins against Chatterton in a 10K and a cross country 8K. .

PI	Name	Age	Hometown	10K=
1	Brothers, Betty****	70	Virginia Beach, VA	51:16
2	Sutherlin, Brigette****	73	Baltimore, MD	54:39
3	Welch, Pat****	72	Vienna, VA	1:02:31
4	Hess, Andrea****	72	Midlothian, VA	1:03:01
5	Kautz, Karen***	73	Silver Spring, MD	1:03:59
6	Norton, Lou*****	70	Richmond, VA	1:04:07
7	Dodson, Christina**	71	Henrico, VA	1:06:04
8	Imholtz, Clare*13	70	Beltsville, MD	1:06:58
9	Chatterton, Muffet*	73	Crofton, MD	1:06:58
10	Timmons, Sandra***	71	Alexandria, VA	1:07:29
11	Jordan, Wendy**	71	Washington, DC	1:10:07
12	Hirn, Ann***	71	Portsmouth, VA	1:09:49
13	Friend, Connie**	71	Charlottesville, VA	1:10:08
14	Yarr, Linda	73	Bethesda, MD	1:11:46
15	Backofen, Eileen**	70	Moneta, VA	1:11:48

16	Robertson, Judi Faye*	70	Hopewell, VA	1:12:23
17	Thomas, Susan	74	Charlottesville, VA	1:12:49
18	Barton, Pat*	71	Copper Hill, VA	1:14:25
19	Berger, Nancy**	72	Cockeysville, MD	1:14:57
20	Jorlett, Robin	73	Newport News, VA	1:19:17
21	Novak, Jeanette*14	73	Damascus, MD	1:21:09
22	Samels, Barbara*	72	Rockville, MD	1:22:50
23	Mayhew, Mary	71	Winchester, VA	1:23:11
24	Dinneen, Arleen***	74	Ellicott City, MD	1:23:33
25	Trapp, Julie*	73	Silver Spring, MD	1:25:45
26	Young, Allie	72	Monrovia, MD	1:27:10

75-79 Women

Chris Pike Memorial Half Marathon 2:24:53, 10K = 1:05:44

Molly Sherwood moved into the division with four long races to dethrone Ecris Williams. She ran a half marathon and a ten miler both in June and in August. A regular at the Potomac River Running events, Williams had eight age group wins, including a best race at the Southlakes 10K in 1:07:32, and she had six of the top races. By then, Sherwood had already settled things with her victory at the Chris Pike Memorial HM in 2:24:53. In August, she took on the Annapolis 10 Miler, prevailing in 2:01:35, ahead of third place Laura Pitts (2:08:03) and sixth place Betty Smith (2:19:02).

In September, Pitts showed she could go long as well, racing the Charles Street 12M in 2:25:56. Runner-up Williams was the undisputed 5K champion with the seven best times, including her Great American Labor Day 5K in 32:43. Fourth place Mandy Whalen ran the Race4Respect 5K in 35:41. A week later, fifth place Judy Stewart closed on her, racing the Run for the Bacon 5K in 36:13.

PI	Name	Age	Hometown	10K=
1	Sherwood, Molly***	75	Annapolis, MD	1:05:44
2	Williams, Ecris*8	78	Reston, VA	1:07:32
3	Pitts, Laura	78	Baltimore, MD	1:12:08
4	Whalen, Mandy*	76	Falls Church, VA	1:14:18
5	Stewart, Judy****	78	Williamsburg, VA	1:15:25
6	Smith, Betty	76	Rockville, MD	1:23:33
7	Sikes, Martha*	76	Charlottesville, VA	1:25:47
8	Kemble, Sarah	78	Columbia, MD	1:35:34

80-84 Women

Bel Air Town Run 5K 35:57, 10K = 1:14:51

Tami Graf had eleven races in the top thirteen yet only one of the top three. That event, the Bel Air Town Run, was the only major race run in the division. It earns Graf the crown with her 35:57 that handled easily third place Zoena Yannakakis who ran 49:04. Second place Janet Hughes was not going to succumb without a fight. She ran a very nice Liberty 5K in 37:07. Then, on the final weekend, she closed with a very good Chick-fil-A Dash for Diabetes 4M in 47:23. That was faster than either of Graf's four mile races.

Yannakakis ran her Four on the Fourth 4M in Towson in 1:07:56. Fourth place Betty Young ran her Four on the Fourth 4M in Roanoke in 1:09:00. Fifth place Mitzi Humphrey did her racing at the RRRC Cul De Sac Series 5K series.

PI	Name	Age	Hometown	10K=
1	Graf, Tami*9	80	Lusby, MD	1:14:51
2	Hughes, Janet**	80	Winchester, VA	1:15:52
3	Yannakakis, Zoena**	81	Towson, MD	1:42:09
4	Young, Betty*	80	Roanoke, VA	1:48:48
5	Humphrey, Mitzi**	81	Richmond, VA	1:52:01

85-89 Women

Mountain States Rehab 5K 41:00, 10K = 1:25:22

Ruth Ketron had easily the top two races. This year it was the Mountain States Rehab 5K in 41:00, just a second slower than last year's Railroad Days 5K which she won this year in 42:32. Yvonne was easily the most prolific racer with six different distances both raced and won. Her best race was the none-too-flat Francis Scott Key 6K in 1:40:09. Lennie Libes was third, racing the MCRRC Run for the Roses 5K.

PI	Name	Age	Hometown	10K=
1	Ketron, Ruth*	87	Kingsport, TN	1:25:22
2	Aasen, Yvonne**	86	Westminster, MD	1:50:09
3	Libes, Lennie	85	Potomac, MD	1:52:55

90 & Older Women

Brightviews Age Is Just a Number 5K

In an appropriately named race, Carolyn Beckelheimer is the only woman racer in this eldest division.

PI	Name	Age	Hometown	10K=
1	Beckelheimer, Carolyn	90	Bel Air, MD	2:26:07

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
- * 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 number of qualifying marks and best times. The final ranking is based on head-to-head competitive results against the other top placers (50 percent), with time playing a major but secondary role (40 percent). 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 form 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, 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 who 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 percent ranked runners*).

	Points	Points for Major Races
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	3
Qualified Runner	1	1
Major Race	1	1
Each Ranked Runner beaten	1	1
Master	1	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	1:02:05
65-69	52:50	1:15:00
70-74	56:20	1:29:40

75-79	1:32:30	1:39:00
80 & older	1:45:00	1:50:00

The ranking periods for the 2016 ranking year:

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

* Best of 2017 (November 12, 2016 through November 12, 2017) - reported February 2017

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

Event	Location	Date
Fletcher's Cove Park Run 5K #67	Washington, DC	3-Jun-17
College Park Park Run 5K #34	College Park, MD	3-Jun-17
Race4Respect 5K	Washington, DC	3-Jun-17
Fox Hill Community 5K	Hampton, VA	3-Jun-17
Calvert Torch Run 5K	Solomons, MD	3-Jun-17
4 Our Freedom 5K	Charlottesville, VA	3-Jun-17
National Trails Day 5K	Farmville, VA	3-Jun-17
Colleen's BA 5K	Kensington, MD	3-Jun-17
Sophie House 5K	Glen Allen, VA	3-Jun-17
Goal Seekers 5K	Virginia Beach, VA	3-Jun-17
NASA Moonwalk 5K	Hampton, VA	3-Jun-17
Ready Set Glow 5K	Winchester, VA	3-Jun-17
Zooma 10K	Annapolis, MD	3-Jun-17
Zooma Half Marathon	Annapolis, MD	3-Jun-17
Zooma 5K	Annapolis, MD	3-Jun-17
Boxer Brief Battle 5K	Richmond, VA	3-Jun-17
Kingswood Klam 5K	Williamsburg, VA	3-Jun-17
Baltimore 10 Miler	Baltimore, MD	3-Jun-17
Fit Foodie 5K	Fairfax, VA	3-Jun-17
Virginia Wine Country Half Marathon	Hillsboro, VA	3-Jun-17
Virginia Wine Country 5K	Hillsboro, VA	3-Jun-17
Hopewell Optimist 5K	Hopewell, VA	3-Jun-17
Katie's Run 5K	Grantsville, MD	3-Jun-17
Kiwanis 5K	Front Royal, VA	3-Jun-17
Lynchburg Track 5K	Lynchburg, VA	6-Jun-17
Damien's Run for Recovery 5K	Columbia, MD	4-Jun-17
Bel Air Town Run 5K	Bel Air, MD	4-Jun-17
Oy Vey 5K	Rockville, MD	4-Jun-17
Schechter on the Move 5K	Pikesville, MD	4-Jun-17
Blind Dot Dash 6K	Baltimore, MD	4-Jun-17
Star Kid 5K	Fairfax, VA	4-Jun-17
Henderson Husky 5K	Montclair, VA	4-Jun-17
Semper Fi 5K	Fredericksburg, VA	4-Jun-17
DC Front Runners Pride Run 5K	Washington, DC	9-Jun-17
Fletcher's Cove Park Run 5K #68	Washington, DC	10-Jun-17
Roosevelt Island Park Run 5K #36	Washington, DC	10-Jun-17

College Park Park Run 5K #35	College Park, MD	10-Jun-17
AFCEA Run for Excellence 5K	Baltimore, MD	10-Jun-17
Charm City Anniversary 5K	Baltimore, MD	10-Jun-17
Woodstock 5 Mile	Woodstock, VA	10-Jun-17
Eggleston OK 5K	Virginia Beach, VA	10-Jun-17
Pirate Fest 5K	Havre de Grace, MD	10-Jun-17
Hanover 5K	Mechanicsville, VA	10-Jun-17
Every Step Counts 5K	Arnold, MD	10-Jun-17
ICO Fights Against Obesity 5K	Aberdeen, MD	10-Jun-17
Run for Recovery 5 Mile	Westminster, MD	10-Jun-17
Race for the Family 5K	Baltimore, MD	10-Jun-17
CXB Low Rent 5K	Virginia Beach, VA	10-Jun-17
Crofton Kiwanis - Team Surlis 10K Challenge	Crofton, MD	10-Jun-17
Hope without Boundaries 5K	National Harbor, MD	10-Jun-17
Lawyers Have Heart 10K	Washington, DC	10-Jun-17
Lawyers Have Heart 5K	Washington, DC	10-Jun-17
Purple Strides 5K	Washington, DC	10-Jun-17
Conquer the Cove 25K	Roanoke, VA	10-Jun-17
Run for the Bacon 5K	Williamsburg, VA	10-Jun-17
Bethany Church 5K	Laurel, MD	10-Jun-17
Celebrate Fairfax 5K	Fairfax, VA	11-Jun-17
Dad's Day at Rash Field 5K	Baltimore, MD	11-Jun-17
DCRRC After the Women 5K	Arlington, VA	11-Jun-17
DCRRC WDF 5K	Arlington, VA	11-Jun-17
SPCA Run for Shelter 5K	Fredericksburg, VA	11-Jun-17
The Great 5K	Westminster, MD	11-Jun-17
Alex's Run 5K	Olney, MD	11-Jun-17
Trailzilla 5K	Hampton, VA	13-Jun-17
River HS 5K	Clarksville, MD	16-Jun-17
Fletcher's Cove Park Run 5K #69	Washington, DC	17-Jun-17
College Park Park Run 5K #36	College Park, MD	17-Jun-17
MCRRC Run for the Roses 5K	Wheaton, MD	17-Jun-17
Losing to Live 5K	Annandale, VA	17-Jun-17
Humankind 5K	Lynchburg, VA	17-Jun-17
Summer Slam 5K	Virginia Beach, VA	17-Jun-17
Reston WDF 5K	Reston, VA	17-Jun-17
Mountain States Rehab 5K	Norton, VA	17-Jun-17
Summer Solstice Twilight 8K	Frederick, MD	17-Jun-17
Delightfully Different 3.5 Mile	Petersburg, VA	17-Jun-17
Chris Pike Memorial Half Marathon	Annapolis, MD	17-Jun-17
BRRRC GPS 5K	Baltimore, MD	18-Jun-17
Battling Cancer 5K	Fredericksburg, VA	18-Jun-17
Run with Dad 5K	Reston, VA	18-Jun-17
GBMC Father's Day 5K	Towson, MD	18-Jun-17
AS Dawson's 10K	Severna Park, MD	18-Jun-17
Ellicott City 10K	Ellicott City, MD	18-Jun-17
Ellicott City 5K	Ellicott City, MD	18-Jun-17
ZERO Prostate Cancer Run 5K	Arlington, VA	18-Jun-17
Father's Day 8K	Washington, DC	18-Jun-17
Thanks Dad 5K	Midlothian, VA	18-Jun-17

Tidal Basin Runs 5K	Washington, DC	21-Jun-17
Hugh Jascourt 4 Mile	Washington, DC	21-Jun-17
WRC Run with the Knights 5K	Sykesville, MD	22-Jun-17
PRR Twilight Festival 4 Miler	Ashburn, VA	24-Jun-17
Fletcher's Cove Park Run 5K #70	Washington, DC	24-Jun-17
Roosevelt Island Park Run 5K #38	Washington, DC	24-Jun-17
College Park Park Run 5K #37	College Park, MD	24-Jun-17
Suds & Soles 5K	Rockville, MD	24-Jun-17
Charm City Crab 5K	Baltimore, MD	24-Jun-17
Brightviews Age Is Just A Number 5K	Bel Air, MD	24-Jun-17
Paws and Claws 5K	Frederick, MD	24-Jun-17
HCS WDF 5K	Columbia, MD	24-Jun-17
DC Metro HBCU Alumni Alliance 5K	Washington, DC	24-Jun-17
Jackson River Trail 10K	Covington, VA	24-Jun-17
Jackson River Trail 5K	Covington, VA	24-Jun-17
Jackson River Trail Marathon	Covington, VA	24-Jun-17
East Region Masters 5K	Columbia, MD	24-Jun-17
Spring into Summer 5K	Bel Air, MD	25-Jun-17
Baltimore Women's Classic 5K	Baltimore, MD	25-Jun-17
Grant Pierce Marathon	Arlington, VA	25-Jun-17
Iron Furnace 5K Run	Lonaconing, MD	25-Jun-17
Trailzilla 6K	Hampton, VA	27-Jun-17
FSC Firecracker 5K	Frederick, MD	28-Jun-17
Howard High School 5K	Ellicott City, MD	30-Jun-17
Fletcher's Cove Park Run 5K #71	Washington, DC	1-Jul-17
College Park Park Run 5K #38	College Park, MD	1-Jul-17
Little Bennett 10K	Clarksburg, MD	1-Jul-17
FSRC Independence 5K	Frederick, MD	1-Jul-17
Fireworks 5K	Fredericksburg, VA	1-Jul-17
Fireworks 10K	Fredericksburg, VA	1-Jul-17
Leakin Park Run 5K #2	Baltimore, MD	1-Jul-17
Reedville Firecracker 5K	Reedville, VA	1-Jul-17
Percival's Island Five Miler	Lynchburg, VA	1-Jul-17
Deltaville 5K	Deltaville, VA	1-Jul-17
Freedom 5K	Washington, DC	2-Jul-17
Freedom 10 Mile	Washington, DC	2-Jul-17
Columbia 50 5 Mile	Columbia, MD	2-Jul-17
Freedom 5K	Fairfax, VA	2-Jul-17
Independence Day 4 Miler	Baltimore, MD	2-Jul-17
Carry the Flag 5K	Washington, DC	2-Jul-17
Montgomery Village 5K	Gaithersburg, MD	4-Jul-17
FARC Heritage Festival 5 Mile	Fredericksburg, VA	4-Jul-17
DCRRC Age-Handicapped 4 Mile	Carderock, MD	4-Jul-17
PVTC Go Fourth 8K	Alexandria, VA	4-Jul-17
Four on the Fourth 4 Mile	Roanoke, VA	4-Jul-17
Four on the Fourth 4 Mile	Towson, MD	4-Jul-17
Heritage 6K	Dundalk, MD	4-Jul-17
Yorktown Independence Day 8K	Yorktown, VA	4-Jul-17
Reston Firecracker 5K	Reston, VA	4-Jul-17
Arbutus Firecracker 10K	Arbutus, MD	4-Jul-17

Kiwanis Club Independence Day 5K	Charlottesville, VA	4-Jul-17
OPA Freedom 5K	Ocean Pines, MD	4-Jul-17
YMCA Independence Day 5K	Virginia Beach, VA	4-Jul-17
Brandermill 7.4K	Midlothian, VA	4-Jul-17
Patriot's 5K	Midlothian, VA	4-Jul-17
Autism Speaks 5K	Potomac, MD	4-Jul-17
Shawsville 5K	Shawsville, VA	4-Jul-17
Race to the Creek 5K	Lusby, MD	4-Jul-17
Culpeper 4th of July Freedom 5K	Culpeper, VA	4-Jul-17
Jack Barr Memorial Run for Freedom 5K	Williamsport, MD	4-Jul-17
Liberty 5K	Winchester, VA	4-Jul-17
Francis Scott Key 6K	Union Bridge, MD	6-Jul-17
Buddy Attick 3 Mile #1	Greenbelt, MD	6-Jul-17
Centennial Cross Country 5K	Ellicott City, MD	7-Jul-17
Shine 5K	Virginia Beach, VA	8-Jul-17
Fletcher's Cove Park Run 5K #72	Washington, DC	8-Jul-17
College Park Park Run 5K #39	College Park, MD	8-Jul-17
AS Run after the Women 5K	Annapolis, MD	8-Jul-17
AS WDF 5K	Annapolis, MD	8-Jul-17
Carilion Clinic Life-Guard 5K	Roanoke, VA	8-Jul-17
Summer Extravaganza 10K	Waynesboro, VA	8-Jul-17
Summer Extravaganza 5K	Waynesboro, VA	8-Jul-17
Westminster WDF 5K	Union Mills, MD	9-Jul-17
Summer Darden Tow 5K	Charlottesville, VA	9-Jul-17
Summer Darden Tow 10K	Charlottesville, VA	9-Jul-17
RRRC Cul De Sac Series 5K #1	Richmond, VA	10-Jul-17
Buddy Attick 3 Mile #2	Greenbelt, MD	13-Jul-17
DCRRC Bastille Day 4 Mile	Washington, DC	14-Jul-17
Oakland Mills 5K	Fulton, MD	14-Jul-17
Trailzilla 5 Mile	Hampton, VA	15-Jul-17
Fredericksburg 5K	Fredericksburg, VA	15-Jul-17
Fletcher's Cove Park Run 5K #73	Washington, DC	15-Jul-17
Fredericksburg Half Marathon	Fredericksburg, VA	15-Jul-17
Roosevelt Island Park Run 5K #39	Washington, DC	15-Jul-17
College Park Park Run 5K #40	College Park, MD	15-Jul-17
Commonwealth Games 5K	Roanoke, VA	15-Jul-17
Rockville Rotary Twilight 5K	Rockville, MD	15-Jul-17
Lisa's Run 5K	Westernport, MD	15-Jul-17
Pikesville 5K	Pikesville, MD	16-Jul-17
Hagerstown 5K	Hagerstown, MD	16-Jul-17
Allen Stone Memorial 5K	Virginia Beach, VA	16-Jul-16
Hustle and Bustle 5K	Triangle, VA	16-Jul-17
Dash 10K	Washington, DC	16-Jul-17
RRRC Cul De Sac Series 5K #2	Richmond, VA	17-Jul-17
Tidal Basin 5K	Washington, DC	19-Jul-17
DCRRC Bluemont 5K	Arlington, VA	19-Jul-17
WRC Pleasant Valley 4 Mile	Westminster, MD	20-Jul-17
Buddy Attick 3 Mile #3	Greenbelt, MD	20-Jul-17
Scare that Cares 5K	Williamsburg, VA	20-Jul-17
Reservoir High School 5K	Columbia, MD	21-Jul-17

Lakefest 5K	Danville, VA	22-Jul-17
Fletcher's Cove Park Run 5K #73	Washington, DC	22-Jul-17
College Park Park Run 5K #41	College Park, MD	22-Jul-17
Crystal City Twilight 5K	Arlington, VA	22-Jul-17
Run for the Pie 10K	Mountaindale, MD	22-Jul-17
Powhatan Creek Trail 5K	Williamsburg, VA	22-Jul-17
Running with the Pigs 5K	Elkton, MD	23-Jul-17
PRR Birthday Bash 5K	Fairfax, VA	23-Jul-17
RRRC Cul De Sac Series 5K #3	Richmond, VA	24-Jul-17
Buddy Attick 3 Mile #4	Greenbelt, MD	27-Jul-17
Annapolis Area Christian 5K	Severn, MD	27-Jul-17
Last Track to Boston Marathon	Arlington, VA	29-Jul-17
Hammond High School 5K	Columbia, MD	28-Jul-17
Fletcher's Cove Park Run 5K #74	Washington, DC	29-Jul-17
College Park Park Run 5K #42	College Park, MD	29-Jul-17
Leakin Park Run 5K #6	Baltimore, MD	29-Jul-17
Coast Guard Day 5K	Yorktown, VA	29-Jul-17
Dash for Dash 5K	Washington, DC	29-Jul-17
Pony Pasture 5K	Richmond, VA	29-Jul-17
Park Heights Community Health Alliance 5K	Baltimore, MD	29-Jul-17
Freedom Fighters Half Marathon	Triangle, VA	30-Jul-17
Riley's Rumble 8K	Germantown, MD	30-Jul-17
Riley's Rumble Half Marathon	Germantown, MD	30-Jul-17
Anchor Run 5K	Odenton, MD	30-Jul-17
Ambassador's 5K	Mount Airy, MD	30-Jul-17
Steve Thompson 8K	Springfield, VA	1-Aug-17
Memorial Scholarship 5K	Norfolk, VA	1-Aug-17
Runnymede 8K	Westminster, MD	3-Aug-17
Kinder Park Farm 5K	Millersville, MD	3-Aug-17
AT&T BoMF Baltimore Sneaks Come Out at Night 15K	Baltimore, MD	4-Aug-17
Fletcher's Cove Park Run 5K #75	Washington, DC	5-Aug-17
Roosevelt Island Park Run 5K #42	Washington, DC	5-Aug-17
College Park Park Run 5K #43	College Park, MD	5-Aug-17
Casey Cares 5K	Baltimore, MD	5-Aug-17
FSC WDF 5K	Frederick, MD	5-Aug-17
3H Trail Half Marathon	King George, VA	5-Aug-17
Friends of W&OD 10K	Vienna, VA	5-Aug-17
Railroad Days 5K	Appalachia, VA	5-Aug-17
WISC Mad Dash 5K	Williamsburg, VA	5-Aug-17
Running with the Rams 5K	Edgewood, MD	5-Aug-17
Moonshine 10K	Garret County, MD	5-Aug-17
AS Dog Days 8K	Arnold, MD	6-Aug-17
Summer Strides 5K	Alexandria, VA	6-Aug-17
Buddy Attick 3 Mile #6	Greenbelt, MD	10-Aug-17
Moonlight 4 Miler	Glen Allen, VA	10-Aug-17
Donut Alley Rally 5K	Hagerstown, MD	11-Aug-17
Fletcher's Cove Park Run 5K #76	Washington, DC	12-Aug-17
Roosevelt Island Park Run 5K #43	Washington, DC	12-Aug-17
College Park Park Run 5K #44	College Park, MD	12-Aug-17
Transitions 5K	Hampton, VA	12-Aug-17

DCRRC Landon 3 Mile	Bethesda, MD	12-Aug-17
Lynchburg 5K	Lynchburg, VA	12-Aug-17
Lynchburg Half Marathon	Lynchburg, VA	12-Aug-17
Ryan Dixon Memorial 5K	Abingdon, VA	12-Aug-17
Health Focus of SW Virginia Salem 10K	Salem, VA	12-Aug-17
Health Focus of SW Virginia Salem 5K	Salem, VA	12-Aug-17
SW VA 811 Run 5K	Radford, VA	12-Aug-17
SW VA 811 Run 8 Mile	Radford, VA	12-Aug-17
Ben Moore Half Marathon	Annapolis, MD	12-Aug-17
Groovin Woodstock CC 3K	Beallsville, MD	13-Aug-17
Angel Park 5K	Perry Hall, MD	13-Aug-17
Pirates and Wenches 5K	Rock Hall, MD	13-Aug-17
Georgetown 5K	Washington, DC	13-Aug-17
Georgetown 10 Mile	Washington, DC	13-Aug-17
Boordy Vineyard 5K	Hydes, MD	13-Aug-17
PGRC WDF 5K	College Park, MD	13-Aug-17
PGRC Men 5K	College Park, MD	13-Aug-17
DCRRC Paul Thurston 4.5M	Burke, VA	15-Aug-17
NOVA Coaches 5K	Arlington, VA	15-Aug-17
Smart Smiles 5K	Newport News, VA	19-Aug-17
Fletcher's Cove Park Run 5K #78	Washington, DC	19-Aug-17
College Park Park Run 5K #45	College Park, MD	19-Aug-17
Eastern County 8K	Silver Spring, MD	19-Aug-17
River Valley Ranch Road 5K	Manchester, MD	19-Aug-17
River Valley Ranch Trail Run 10K	Manchester, MD	19-Aug-17
Surfer's Healing 5K	Virginia Beach, VA	19-Aug-17
Survivor Strong 5K	Columbia, MD	19-Aug-17
FAB 5K	Salem, VA	19-Aug-17
TCRR Race for the Cause 5K	Colonial Heights, VA	19-Aug-17
Gary Brown Memorial C&O Canal 5 Miler	Williamsport, MD	19-Aug-17
Run for the Arts 5K	Chesapeake, VA	19-Aug-17
Leesburg 20K	Leesburg, VA	20-Aug-17
Leesburg 5K	Leesburg, VA	20-Aug-17
Devil's Den 10 Mile	Culpeper, VA	20-Aug-17
Too Hot to Trot 10K	Sparks, MD	20-Aug-17
Dismal Swamp 10 Mile	Chesapeake, VA	20-Aug-17
Howards 25K	Cumberland, MD	20-Aug-17
Howards 5K	Cumberland, MD	20-Aug-17
Fletcher's Cove Park Run 5K #79	Washington, DC	26-Aug-17
Roosevelt Island Park Run 5K #45	Washington, DC	26-Aug-17
College Park Park Run 5K #46	College Park, MD	26-Aug-17
Dreaded Druid Hills 10K	Baltimore, MD	26-Aug-17
Patrick Henry Half Marathon	Ashland, VA	26-Aug-17
Quantico 12K	Quantico, VA	26-Aug-17
York River 5K	Williamsburg, VA	26-Aug-17
Fort Lewis Baptist Church 5th Quarter 5K	Salem, VA	26-Aug-17
Volvo Group Trucks 5K Run	Hagerstown, MD	26-Aug-17
H2O Water of Life Ministries 5K	Petersburg, VA	26-Aug-17
Roanoke River 8K	Roanoke, VA	26-Aug-17
Camp Bethel Pep 5K	Fincastle, VA	26-Aug-17

Riverwatch on the Piankatank 5K	Gloucester, VA	26-Aug-17
Heat is on 5K	Middletown, MD	26-Aug-17
Southlakes 10K	Reston, VA	27-Aug-17
Annapolis 10 Miler	Annapolis, MD	27-Aug-17
Summer Dash 5K	Fredericksburg, VA	27-Aug-17
Summer Dash 10K	Fredericksburg, VA	27-Aug-17
SHF Roosevelt Run 5K	Arlington, VA	31-Aug-17
Fletcher's Cove Park Run 5K #80	Washington, DC	2-Sep-17
Leakin Park Run 5K #11	Baltimore, MD	2-Sep-17
College Park Park Run 5K #47	College Park, MD	2-Sep-17
Emancipation Day 5K	Laurel, MD	2-Sep-17
Potomac Valley Games 5K	Alexandria, VA	2-Sep-17
Potomac Valley Games 10K	Alexandria, VA	2-Sep-17
Knights of Columbus 10K	Ellicott City, MD	2-Sep-17
Knights of Columbus 5K	Ellicott City, MD	2-Sep-17
Charlottesville 4 Miler	Charlottesville, VA	2-Sep-17
Powhatan Village 4 Mile	Powhatan, VA	2-Sep-17
Kentlands/Lakelands 5K	Gaithersburg, MD	2-Sep-17
Charles Street 12 Mile	Towson, MD	2-Sep-17
MOCO Interfaith 5K	Boys, MD	2-Sep-17
Rock 'n' Roll 5K	Virginia Beach, VA	2-Sep-17
Larry Noel 15K	Greenbelt, MD	3-Sep-17
Rock 'n' Roll Half Marathon	Virginia Beach, VA	3-Sep-17
HCS Swansfield 5K	Columbia, MD	3-Sep-17
Great American Labor Day 5K	Fairfax, VA	4-Sep-17
Labor Day Rogue 5K	Eldersburg, MD	4-Sep-17
Labor Day Rogue 10K	Eldersburg, MD	4-Sep-17
Chick-fil-A Dash for Diabetes 4 Mile	Winchester, VA	4-Sep-17