

2017 Fall Runner Rankings

Running is Still Surging, Biggest Fall Ever

(September 9, 2017 – November 12, 2017)

Maryland RRCA State Championship Series

50 Plus Club

Best of 2015

Best of 2016

Best of 2017



By [James Moreland](#)

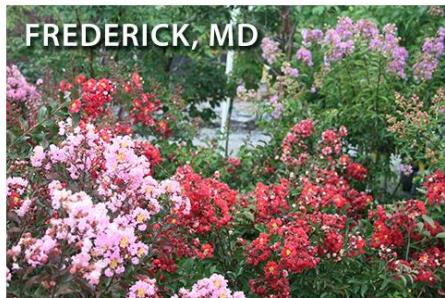
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A couple of bad weather days on big racing weekends can make all the difference. This fall the weather was great though extremely hot on the Army Ten Miler weekend. Naysayers seem to think running is starting to fade but the numbers say it is not so. Spring is traditionally the largest season, often fifty percent larger than fall. With more than 208,000 racers this fall (thirteen percent higher than last year and seven percent higher than ever before), it was fewer than 5,000 runners from the catching the spring. Total races used topped 400 for the first time with thirty-five additional races with no qualifiers. This is significant because it indicates that more races are becoming competitive as there have often been more than one hundred races with no qualifiers. Races come and go with close to a hundred races disappearing from 2016. Also, reporting is getting better as only a few dozen race results did not get posted either in time or ever.

Major races regained ground to fifty-nine races for third highest all-time, just two fewer than the most ever. Total ranked times rebounded to more than 125 percent% of last fall.

The Across the Bay 10K, even with its staged multi starts, (making it really many smaller races combined together), continues to dominate interest with 19,411 participants. It joins the Marine Corps Marathon and the Army 10 Miler as one of the big dogs among the seven races with more than 5,000 finishers. Army gained nearly a thousand runners, reaching 24,723 to lead the way but when you count Marine Corps Marathon rebounding to 20,148 and their 10K added back the 2,000 participants it had in 2016 to 7,063, the Corps comes out on top with

27,251. Also, the Baltimore Running Festival's three events added 1,000 runners, up this year to 15,198 as three of the top fifteen races with more than 2,000 finishers. The three Richmond events on the final weekend combined for 14,710, all with more than 2,500 finishers.

This season seven races had 100 qualifiers, but just twelve races had fifty or more ranked runners. In 2016, Army had 375 ranked runners and fabulous race day weather. This year was hot and muggy and ranked times dropped to just 192 ranked times. The Marine Corps Marathon (109) combined with its 10K (30) had 139 times. The Across the Bay 10K rebounded about twelve percent more to 163 times. The Parks Half Marathon, from the first week, became the fifth biggest race with 110 ranked times. In ranked times, the VCU 8K had 100, the Anthem Richmond Marathon had 151, and the Martel Half Marathon led all races with 220. The five armed forces races, that includes the third largest Half Marathon, the Navy-Air Force Half Marathon, and the easily largest 5M, the Navy 5M, combined for 58,000 runners and 433 ranked times.

Of the forty-six 10Ks, ten had more than 500 finishers. The two biggest 10Ks, Marine Corps and Across the Bay, were the least competitive. The two West Potomac Park races, Veterans Day with 67 and Run for the Parks 10K with 32, were the most competitive. Anthem Wicked 10K is in second with seventy-five, positioning it behind the massive Across the Bay but ahead of Marine Corps with thirty and the Pepsi 10K with thirty-three.

The Navy 5 Mile, with 1,836 racers, dropped ten percent from last year though it rebounded to twenty-two ranked runners for third among the 5 milers but still had forty percent of all the racers of the eighteen run. The VCU 8K in Richmond easily led the way with thirty-eight percent of the 7,000 5 mile racers and more the a third of the ranked runners. Half of the races had double digit ranked times. Three of those races had at least fifteen percent ranked runners including Downs Park 5M with forty-two of 278 racers, for fifteen point one percent ranked.

Twenty-eight races had more than a thousand finishers. Nine of these were 5Ks with the swift Clarendon 5K again leading the way with seventy-four ranked runners, followed by the Baltimore 5K with forty-eight. It was easily the largest 5K race with 5,344 finishers

The 8K was the most competitive distance with 4.42% ranked of eighteen races and 6,990 finishers. The 10M was 1.11% of their 27, 017 finishers. Then came the 279 5K races; quality gained fifty percent to 2.28% and quantity jumped up thirteen percent to 70,119 finishers. The forty-six 10Ks rose to 1.56% of their seven percent fewer racers at 41,150 finishers. The Half Marathon closely matched the average of all the races (1.91%) with 2.23% of their 30,765 runners in twenty-seven races and the toughest distance, the marathon, with seven races had 1.1% of their 27,638.

Of the race finishers who ran at least one qualifying time, both sexes rose by close to thirty percent combined. The number of men increasing more than women for a change but women still topped the men by thirty-seven percent with 1,349 to 864 different finishers. In total, there were 324 ranked men and 402 ranked women. Additionally, 118 runners qualified for the Elite Division this season, nearly fifty percent more than in 2016. The largest age groups are the seniors, women 65-69 with forty-six, 60-64 with fifty-eight (the largest division), and grandmasters, 50-54 with fifty. For the men, 60-64 with forty-six was easiest the largest division. In total ranked times, women led easily, steady still, 2,402 to 1,748.

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

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

Now let's see who made the top.

Open Men

VCU 8K 22:48, 10K = 28:57

Looking at the leader board all fall it was all about how did you do at Clarendon Day. Then on the final weekend, crown winner Adam Visokay quieted the masses with a sparkling VCU 8K in 23:57. The next day he had his victory parade, winning the Bill Steers Men's 4 Mile in 19:27. Your other exception was runner-up Stewart Reich who had four overall wins at four different distances, including the Veterans Day 10K in 30:46, beating sixteenth place Ryan Speir (31:41) and nineteenth place Alex Archer (31:56).

On to Clarendon Day where third place Jack Bolas had the second fastest event for the fall winning in 14:42. Fifth place Kieran O'Connor was third there ahead of seventh place Paul Thistle, 14:46 to 14:48. Fourth place goes to former champion Desta Morkama who won the Clarendon Day 10K in 31:00, just ahead of sixth place Tyler Andrews (31:05). Morkama won all eight races he ran, though he never raced against the top three. He scoots by O'Connor with his head-to-head at the Marine Corps Marathon, 2:25:14 to 2:28:07. Andrews would have a slightly faster marathon, running the Potomac River Run Marathon in 2:25:08, but lost to him at Clarendon.

Thistle tried the double at Clarendon and finished well off the pace at the 10K with 32:54. He would need that 5K as his Army Ten Miler was also well behind

Reich's 52:59 as well as eleventh place Christopher Sloane's 53:13. Sloane nearly pulled off an upset early on, losing to Morkama at the Parks Half Marathon, 1:09:09 to 1:09:11 with fourteenth place Sintaye Merga not far behind in 1:09:41. Eighth place Will Christian is known for killer halves. This year he was fastest at the ten mile distance, running the Virginia 10 Mile in 51:41. His Marine Corps Marathon time of 2:30:07 was solid but would have knocked him out of the top twenty-five. Ninth place Tyler O'Brien won the Lewis Gale Half Marathon in 1:13:41 but it was his Time Traveler Pi Miler (3.14 Miles) victory in 15:08 that got him his placement.

Three of the next four places take us back to Clarendon where tenth place Craig Morgan ran 14:59, twelfth place Kyle Wagener ran 15:02 and thirteenth place Harrison Sullivan ran 15:03. Clearly every second counts. Stewart Reich had run 15:00 at the HCC Challenge 5K near Halloween. At the Navy 5 Mile, he was basically unchallenged, winning in 24:50. In the other event, the Navy-Air Force Half Marathon, there was a lot of infighting. O'Connor broke the tape in 1:09:47 but it had not hit the ground yet when fifteenth place Gregory Mariano (1:09:50) edged Speir (1:09:54) for third place in that event. Fifth place went to twenty-first place Jeffrey Stein who ran 1:10:37.

Seventeenth best Harrison Toney won three races and was best at the Anthem Wicked 10K in 31:52. Eighteenth ranked Dustin Whitlow had just one win but it was close at the Run for the Parks 10K in 31:55. Tyler Dye was off the pace at the Navy-Air Force Half Marathon but by the end of the fall, he was earning the twentieth spot at the Markel Half Marathon in 1:10:18 ahead of twenty-fourth place Evan Jurkovich who ran 1:10:25. Back at Clarendon, twenty-second place Lukasz Olenginski (15:21) edges out Tripp Southerland (15:22) who was ranked twenty-third. Jurkovich finished in 15:39.

Fifty-five made the Open Division with nine coming from other divisions.

PI	Name	Age	Hometown	10K=
1	Visokay, Adam*	23	Ruckersville, VA	29:52
2	Reich, Stewart****	25	Frederick, MD	30:46
3	Bolas, Jack**	29	Washington, DC	30:40
4	Morkama, Desta*8	32	Arlington, VA	31:00
5	O'Connor, Kieran*	30	Arlington, VA	30:48
6	Andrews, Tyler*	27	Arlington, VA	31:05
7	Thistle, Paul	30	Capitol Heights, MD	30:52
8	Christian, Will	34	Norfolk, VA	31:06
9	O'Brien, Tyler**	22	Goodview, VA	31:12
10	Morgan, Craig***	26	Arlington, VA	31:15
11	Sloane, Chris	34	Gaithersburg, MD	31:23
12	Wagener, Kyle	24	Washington, DC	31:22
13	Sullivan, Harrison	23	Washington, DC	31:24
14	Merga, Sintaye	32	Potomac, MD	31:38
15	Mariano, Gregory	32	Alexandria, VA	31:41
16	Speir, Ryan	22	College Park, MD	31:43

17	Toney, Harrison***	24	Harrisonburg, VA	31:52
18	Whitlow, Dustin*	31	Arlington, VA	31:55
19	Archer, Alex	23	Washington, DC	31:56
20	Dye, Tyler	27	Alexandria, VA	31:54
21	Stein, Jeffrey	31	Washington, DC	32:02
22	Olenginski, Lucasz	24	Washington, DC	32:01
23	Southerland, Tripp	32	Washington, DC	32:03
24	Jurkovich, Evan	32	Washington, DC	31:57
25	Hurt, Charlie*	34	Charlottesville, VA	32:08
26	Wertz, David	41	Springfield, VA	32:11
27	Ramirez, Denzel*	34	Arlington, VA	32:11
28	Stanton, Kyle	26	North Bethesda, MD	32:12
29	Osborne, Andrew**	23	Seaford, VA	32:20
30	Wells, Brandon***	19	Hamilton, VA	32:22
31	Benner, Lars	22	Bethesda, MD	32:32
32	Drew, Ryan*	19	Virginia Beach, VA	32:39
33	Adam, Thomas	31	Charlottesville, VA	32:51
34	Tribble, Graham	29	Arlington, VA	32:49
35	Zikry, Hashem	27	Washington, DC	32:50
36	Reed, Trevor*	23	Washington, DC	32:53
37	Reed, Nick**	25	Fairfax, VA	32:53
38	Butler, Jack	24	Washington, DC	32:57
39	Hopely, Mark**	28	Fredericksburg, VA	33:02
40	Madison, Andrew*	30	Catonsville, MD	32:58
41	Barresi, Matthew	34	Palmyra, VA	33:03
42	Bray, Derryn*	33	Poquoson, VA	33:08
43	Miller, Cody**	27	Richmond, VA	33:10
44	Zalewski, Nicholas	28	Alexandria, VA	33:10
45	Pane, John-Louis*	25	Washington, DC	33:16
46	Mercer, Dickson	36	Takoma Park, MD	33:14
47	Bedada, Girma	37	Potomac, MD	33:11
48	Locascio, Frank	25	Richmond, VA	33:17
49	Komen, Wilson*	39	Washington, DC	33:23
50	O'Leary, Sean	26	Washington, DC	33:25
51	Moe, Travis	21	Charlottesville, VA	33:25
52	Hopper, Roger*	26	Norfolk, VA	33:33
53	Pruitt, Christopher	35	Sandy Spring, MD	33:33
54	Boltjes, Travis*	38	Washington, DC	33:29
55	Dichiara, Tom	40	Garrett Park, MD	33:49

19 & Younger Men

Falcon & Bruin 5K 15:31, 10K = 32:22

FCA 5K 15:31, 10K = 32:22

Brandon Wells seemed certain to deserve the crown. After all, he was the overall winner in five of the six races he ran and second overall at the Veterans Day 5K in 16:21 ahead of fourth place Donavan Foley. Normally very prolific, Foley had only one other race, a fine Run for the Parks 10K in 35:22. Earlier Wells had

been notching up 5K wins but it might have been all for naught. Though he would have six of the top ten races. Ryan Drew had the third best race, winning it all at the Neptune Festival 8K in 26:15. Then Drew garnered the second best race at the Anthem Wicked 10K in 32:39. Wells broke through in November with his best race for the crown, the FCA 5K in 15:31.

Elijah Owings is growing up fast. Now sixteen, he upped his game with an age group win at the Glory Days Open Grill 5K in 17:19, a cross country race. Then he was just a lunge behind winning the Cow Run 5K to take third place, more than one minute faster than last fall. His brother Joseph, 14, is also on the rise, making eleventh place in 17:49 at the Cow Run. Fifth place Bennett Wasch won it all at the Ripley 5K in 17:13 and was tops at the Across the Bay 10K in 37:10. Right behind him and closing fast is twelve-year-old Caleb Hymans. Hymans actually does better at the 10K and is still a little erratic as the young can be. He sandwiched between two good 5Ks an excellent 35:57 at the Marine Corps 10K.

Seventh place Michael Laskey was exactly eight minutes slower at his second half marathon but his overall win at Petersburg in 1:19:30 has him crowding Wasch and Hymans for a shot at fifth place. Eighth place Scott Silvey ran two races the final weekend for a last minute qualification. His best was his first the 4th Year 5K in 17:29. Ninth and tenth were decided at the Fletcher's Cove, the first Park Run in the area. To end October, Nick Geier was second overall in 17:41 to edge Daniel Ritter who won the following week in 17:44.

PI	Name	Age	Hometown	10K=
1	Wells, Brandon*6	19	Hamilton, VA	32:22
2	Drew, Ryan**	19	Virginia Beach, VA	32:39
3	Owings, Elijah*	16	Aroda, VA	34:48
4	Foley, Donovan**	17	South Riding, VA	35:22
5	Wasch, Bennett**	16	Annapolis, MD	35:55
6	Hymans, Caleb***	12	Annandale, VA	35:57
7	Laskey, Michael**	17	Suffolk, VA	36:04
8	Silvey, Scott	19	Charlottesville, VA	36:30
9	Geier, Nick**	15	Springfield, VA	36:53
10	Ritter, Daniel***	18	College Park, MD	37:00
11	Owings, Joseph**	14	Aroda, VA	37:10
12	Rogers, Austin**	16	Virginia Beach, VA	37:10
13	Harris, Carter**	17	Norfolk, VA	37:16
14	Meadows, Josh**	18	Bel Air, MD	37:47
15	Applegate, Austin**	16	Spotsylvania, VA	38:23
16	Sacchet, Patrick*	19	Baltimore, MD	38:59

35-39 Men

Baltimore Marathon 2:32:29, 10K = 32:43

Wilson Komen is thirty-nine and still open class. Not for the first time, he won it all at the Komen Race for the Cure 5K in a tight battle with fifth place Travis Boltjes, 16:00 to 16:03. He may have still been a little gassed when he laced up his shoes the next day at the Parks Half Marathon. This period's runner-up Girma Bedada bested him, 1:14:00 to 1:14:50. Bedada would later add an excellent Markel Half Marathon in 1:13:09 to pass Komen's 5K. Komen finished his racing at the Race to Beat Cancer 5K in 16:23 even before Dickson Mercer stepped up to his first race. It was a beauty at 16:00 for the Clarendon Day 5K. On the final day, his win at the Veterans Day 10K in 33:14 was just enough to squeeze by Bedada for the crown.

Boltjes would have four big wins, including the first Anacostia Park Run in 16:21, a dead flat course along the river. Still, he could not catch fourth place Christopher Pruitt at the Kensington 8K, 26:27 to 27:08. That course is mostly flat save for a monster hill for nearly all of mile four. Sixth place Jason Hudson beat a lot of fast runners when he won the Anthem Richmond Marathon in 2:37:17. One of them was ninth place Brad Holzward (2:39:48) who was coming back from a disappointing Army Ten Miler in 1:01:01, well behind Boltjes' 59:10.

Seventh place Brian Godsey ran second overall at the Baltimore United Way 5K in 16:23 on a course that was called flat and fast but actually featured uphill for the first half of the first two miles. Eighth place Victor Flemming's overall win at the big Smithfield Hog Jog 5K in 16:42 would not have been good enough to catch tenth place Chris Pirch's 16:38 at another farm animal's race, the Cow Run 5K, but his Mulberry Island overall win a month earlier in 16:30 would be.

PI	Name	Age	Hometown	10K=
1	Mercer, Dickson**	36	Takoma Park, MD	33:14
2	Bedada, Girma*	37	Potomac, MD	33:11
3	Komen, Wilson*	39	Washington, DC	33:23
4	Pruitt, Christopher**	35	Sandy Spring, MD	33:33
5	Boltjes, Travis****	38	Washington, DC	33:29
6	Hudson, Jason*	37	Rockville, MD	33:45
7	Godsey, Brian**	36	Baltimore, MD	34:11
8	Flemming, Victor**	38	Smithfield, VA	34:25
9	Holzward, Brad	36	Fairfax, VA	34:18
10	Pirch, Chris**	37	Spotsylvania, VA	34:42
11	McMahon, Brian	35	Washington, DC	34:54
12	DeRocco, Vinnie***	38	Leesburg, VA	35:07
13	Fitzgerald, Antoine*	35	Ashland, VA	35:29
14	Pearce, James*	37	Rockville, MD	35:31
15	Gabris, Stephen*	38	Burke, VA	35:54

40-44 Men

Veterans Day 10K 32:11

David Wertz picked two fast courses and lit them both up. At the Clarendon Day 5K, he sizzled the fastest 5K of the year in 15:26. His Veterans Day 10K in 32:11 was slightly better. Runner-up Tom Dichiara was third overall at the Kensington 8K in 26:43. That was ahead of third place Michael Wardian's third overall at the Baltimore Marathon in 2:39:18. Dichiara took on the Marine Corps Marathon in 2:37:33 to clinch his spot by hosing Wardian's 2:54:08. Yes it is true; Wardian never met a marathon he did not like and raced these two events on back to back days.

Fourth place Scott Anderson started the fall by winning it all at the 911 Heroes Run 5K in 16:39. Later, he would add a second overall win at the Race for Every Child 5K in 16:51. Fifth place Christopher Shaw sandwiched two races in between, including the decidedly tougher Mathew Henson Trail 5K, albeit a downhill finish as second overall in 16:43. Earlier, he had followed Dichiara home at the Kensington 8K in 27:32. Sixth place Christopher Bain did his damage on the first week at the Parks Half Marathon in 1:17:19 and on the final week of the season at the Anthem Richmond Marathon in 2:44:23, besting seventh place James Leichliter (2:55:55).

Leichliter had already clinched his place, winning it all at the Fall Foliage 10K in 35:39. Eighth place Jason Van Horn was not shabby, finishing third overall at the Prince William Half Marathon in 1:18:58, ahead of thirteenth place Sean Hicks (1:22:11), and would have Leichliter looking over his shoulder some. Ninth place David O'Hara would best Brian Hayes at the Army Ten Miler, 1:01:19 to 1:02:06. That would negate Hayes' slightly faster overall win at the Run to Remember 11K in 40:33 versus O'Hara's 36:22 at the Clarendon Day 10K. Eleventh place Darren Thompson's second master at the Charm City 20 Mile edges him ahead of Jim Gregory's last foray in the division, a third master at the Navy-Air Force Half Marathon in 1:20:29.

Twenty-one runners made the division.

PI	Name	Age	Hometown	10K=
1	Wertz, David**	41	Springfield, VA	32:11
2	Dichiara, Tom**	40	Garrett Park, MD	33:49
3	Wardian, Michael*	43	Arlington, VA	34:11
4	Anderson, Scott**	43	Washington, DC	34:44
5	Shaw, Christopher**	42	Silver Spring, MD	34:52
6	Bain, Christopher	40	Cabin John, MD	35:05
7	Leichliter, James*	42	Staunton, VA	35:39
8	Van Horn, Jason**	44	Bristow, VA	35:50
9	O'Hara, David*	41	Alexandria, VA	36:22
10	Hayes, Brian*	43	Bowie, MD	36:16
11	Thompson, Darren*	40	Bel Air, MD	36:22
12	Gregory, Jim*	44	Wheaton, MD	36:31
13	Hicks, Sean**	44	Manassas Park, VA	37:07
14	Lancaster, Jim**	40	Virginia Beach, VA	37:21

15	Dierstein, David*	42	Virginia Beach, VA	37:20
16	Dahlem, Jim	40	Chevy Chase, MD	37:37
17	Storper, David**	44	Bethesda, MD	37:26
18	Mahar-Piersma, Auke	44	Silver Spring, MD	37:29
19	Hiott, Jeffrey	44	Washington, DC	37:33
20	Shadrick, Brian**	44	Ellicott City, MD	37:47
21	Irwin, Josh*	40	Glen Allen, VA	38:08

45-49 Men

Markel Half Marathon 1:12:56, 10K = 33:05

As the fall came to a close, Noah Zaring and Michael Colaiacovo had a see-saw battle for the title until Colaiacovo came up just short at the VCU 8K in 28:37, the sixth best race of the period. Zaring had got things underway in early October with a fine 59:52 at Army. That also placed him ahead of six place Jim Gregory (1:01:57), seventh place Matt Boyd (1:02:19), and ninth place Chuck Inman (1:01:57). Two weeks later, Colaiacovo mounted a charge, finishing second overall at the Ashland Harvest 10K in 35:20. Zaring's winning response was the Run for the Parks 10K in 35:15 to start November.

Todd Bibb had gone missing from his usual podium spot at the PRR= races. I caught up with him at the Glory Days Open Grill 5K and he told me he was spending more time coaching than racing. Methinks perhaps he was on the roads doing some long training runs. Just a month after his Glory Days 5K win in 17:50, he filleted a tough field at the Anthem Richmond Marathon in 2:47:46 to take third place. Inman ran 2:54:51 to hold off tenth place Eskinder Haile (3:04:48). Haile had run the Parks Half Marathon in 1:22:11 behind eighth place Robert Wolfe's 1:21:11.

Michael Naff needed a special Clarendon Day 5K in 17:19 to hold off fifth place Stacin Martin who edged Gregory's second marathon, Marine Corps, 2:50:11 to 2:50:55. Naff had run a less flattering 2:57:47. Boyd had four age group wins and early on a masters win at the Baron "Deuce" Braswell II Run Against Teen Violence 5K in 17:30. Yet this was not quite enough to erase his loss to Gregory at the Army Ten miler. Wolfe added the Race for Every Child 5K in 17:40 to firm up his spot.

The division has twenty-four qualifiers.

PI	Name	Age	Hometown	10K=
1	Zaring, Noah*	46	Washington, DC	35:15
2	Colaiacovo, Michael**	48	Richmond, VA	35:20
3	Bibb, Todd**	46	Centreville, VA	36:00
4	Naff, Michael	47	Arlington, VA	36:07
5	Martin, Stacin***	48	Chesapeake, VA	36:31
6	Gregory, Jim	45	Wheaton, MD	36:41

7	Boyd, Matt****	47	Fredericksburg, VA	36:30
8	Wolfe, Robert***	45	Washington, DC	36:50
9	Inman, Chuck	45	Chesapeake, VA	37:16
10	Haile, Eskinder	48	College Park, MD	37:17
11	Brinkoff, Jeroen*	45	Washington, DC	37:22
12	Harrington, Jeff***	47	Lynchburg, VA	37:30
13	Medley, Remus*	47	Baltimore, MD	37:47
14	McNary, Bill*	45	Bethesda, MD	37:41
15	Milam, Scott*	46	Arlington, VA	37:56
16	Duley, Matthew**	47	Herndon, VA	38:06
17	Liu, Jicheng*	46	Ellicott City, MD	38:13
18	Phillips, Colin*****	49	University Park, MD	38:04
19	Cahill, Dave	46	Arlington, VA	38:27
20	Hicks, Thomas*	46	Virginia Beach, VA	38:26
21	Cipolla, Kevin	45	Arlington, VA	38:39
22	Cooper, James**	47	Annapolis, MD	39:17
23	Fuglem, John Olav***	47	Quantico, VA	39:30
24	Crago, Stephen***	49	Vienna, VA	39:30

50-54 Men

Bachmann Valley Half Marathon 1:19:53, 10K = 36:15

Across the Bay 10K 36:15

This division was highly contested with a former champion finishing in fifteenth place and another, Doug Mock, whose only race matched this fall's champion exactly. Mock's Across the Bay 10K in 36:15 was certainly not flat but it was no Bachmann Valley Half Marathon that top dog Steve Kartalia knows so well. Kartalia won it all there ... again. This time he was home in 1:19:53. His other race was another overall win at the Tahoma Roller 5M in 28:56. This race is a mini-Bachmann Valley with a fourth mile that kicks the snot out of you and leaves you with nothing, making a mockery of your fifth mile that is mostly downhill.

Greg Dawson is having so much fun that he enters every race he can. He had three overall wins including his best 8K at the Greensprings Miles for Smiles in 29:44. His time was just south of Steve Speirs' Neptune Festival 8K in 29:23 run the same day. Ultra-man Speirs runs 100 milers for fun and wins them. This year he ran the Marine Corps Marathon in 2:49:18 to take the runner-up spot a mere sliver behind Kartalia. Dawson is riding the wave and closing on the crest, running the Governor's Land 5K in 17:46, to close October and winning the masters at the Yorktown Battlefield 10 Miler in 1:02:55.

Fourth place Colin Munsey ran the swift Hokie 5K in 17:52 and added an overall win the next month at the West End Spooky Sprint 5K in 18:33. Fifth place Wayne Parfitt won it all at the Hare & Tortoise New Quarter Park 5K in 18:34 to start the fall. Later he would be another amazing grandmaster with a sub 3:00 marathon, running Marine Corps in 2:56:56. Larry Grossman slips into sixth

place, racing the Clarendon 5K in 18:22. Seventh place Douglass Marocco was tops at the Prince William Half marathon in 1:25:14.

Charles Powell II had the second fastest 10K of the period, finishing the APG Centennial 10K in 39:04 as the first of seven runners who were separated by 17 seventeen seconds. James Burden is next in ninth place with a fine Anthem Richmond Marathon in 3:02:28. Tenth place Mario Zuniga edges Stephen Bohse who ran the Downs Park 5 Mile in 31:06 with his third overall at the Greasy Gooney 10K in 39:14.

The next three had identical best races. Dennis Schemm is first at the Monster Mash 5K in 18:52, adding a third overall at the Perfect 10 10K in 39:24. Sheldon Degenhardt had three wins, including his major race, Baltimore United Way 5K, in 18:52. Last is Chris Campbell with a Lion to Hokie 5K in 18:52 and a fine Pepsi 10K in 39:40

Twenty-eight runners made the division.

PI	Name	Age	Hometown	10K=
1	Kartalia, Steve***	52	Westminster, MD	36:15
2	Speirs, Steve*	51	Virginia Beach, VA	36:20
3	Dawson, Greg*7	52	Williamsburg, VA	37:04
4	Munsey, Colin**	52	Pearisburg, VA	37:16
5	Parfitt, Wayne**	52	Newport News, VA	37:58
6	Grossman, Larry**	54	Washington, DC	38:19
7	Marocco, Douglas**	53	Montclair, VA	38:40
8	Powell II, Charles**	51	Havre De Grace, MD	39:04
9	Burden, James*	51	Springfield, VA	39:09
10	Zuniga, Mario*	53	Front Royal, VA	39:14
11	Bohse, Stephen*	50	Columbia, MD	39:13
12	Schemm, Dennis**	52	Chantilly, VA	39:21
13	Degenhardt, Sheldon***	52	Marriottsville, MD	39:21
14	Campbell, Chris**	53	Charlottesville, VA	39:21
15	Piggott, John**	52	Williamsburg, VA	39:33
16	Frost, Howard*****	52	Falls Church, VA	39:46
17	Miller, Christopher	51	Burke, VA	39:51
18	Shane, Michael	50	Chevy Chase, MD	39:50
19	Cutright, Mike**	51	King George, VA	40:22
20	Greene, Craig*	52	Manassas, VA	40:21
21	Pelletier, Paul**	52	Williamsburg, VA	40:29
22	Rippey, Brad**	51	Fredericksburg, VA	40:55
23	Jensen, Thomas*	54	Oakton, VA	40:55
24	Peterson, Steve	51	Fairfax Station, VA	40:58
25	Williamson, Duane*	54	Warrenton, VA	41:14
26	Menzies, Steve	53	Williamsburg, VA	41:16
27	Kerzel, Steve**	51	Westminster, MD	41:26
28	Mason, Geoffrey	54	Takoma Park, MD	41:27

55-59 Men

Parks Half Marathon 1:19:25, 10K = 36:20

Mark Neff made it look easy winning all four of his events that covered four different distances. This division is often won with a solid half marathon, so Neff sported a fine one besting runner-up David Haaga at the Parks Half Marathon, 1:19:25 to 1:23:05. Next up, at the Army Ten Miler, which has made quite a few champions, Neff rambled home in 1:01:54, well ahead of third place Ed Wilson's 1:04:04. To be fair, Wilson would get faster, winning the Marine Corps Marathon in 2:57:27 ahead of seventh place Kevin D'Amanda's fine 3:01:19.

Fifth place Hernan Garbini had three age group wins, including a season-ending Bill Steers Men's 4M in 24:00. Fourth place Robert Whitaker had five wins and was best at the Governor's Land 5K in 18:26. All of them were faster than Garbini's second best race. A former champion, Jean-Christophe Arcaz has been quiet lately but he was right on their heels for sixth place, running the Race to Beat Cancer 5K in 18:28.

Seventh place D'Amanda held the fastest 10K through all of October, running the Boo! Run for Life 10K. Then in November, Neff superseded that at the Across the Bay 10K in 36:58. Eighth place Marty Stiegmann ran the Comfort Zone Camp 5K 18:59 and just missing moving up a spot with his late season VCU 8K in 30:36. Ninth place Doug Fernandez has won a few titles with his halves. This year he ran the Mulberry Island Half Marathon in 1:27:18. He can be excused, as just after the season closed, he ponied up a fabulous 6:28:46 at the JFK 50 Miler. Timothy McKeithen snags the tenth spot with his fine Jack T. Farrar 5K in 18:58.

Twenty-nine runners made the division.

PI	Name	Age	Hometown	10K=
1	Neff, Mark****	55	Derwood, MD	36:02
2	Haaga, David*	56	Rockville, MD	37:42
3	Wilson, Ed*	55	Ellicott City, MD	38:05
4	Whitaker, Robert*****	59	Yorktown, VA	38:27
5	Garbini, Hernan***	56	Waynesboro, VA	38:23
6	Arcaz, Jean Christophe***	56	Rockville, MD	38:31
7	D'Amanda, Kevin***	55	Bethesda, MD	38:55
8	Stiegmann, Marty**	56	Glen Allen, VA	38:49
9	Fernandez, Doug*	57	Richmond, VA	39:37
10	McKeithen, Timothy*	56	Alexandria, VA	39:34
11	Hymes, Craig**	55	Yorktown, VA	40:01
12	Hopper, Cameron*	57	Mechanicsville, VA	40:34
13	Myers, Rick**	55	Fredericksburg, VA	40:39
14	Whitnah, David**	56	Washington, DC	40:57
15	Drosky, Mark	57	Alexandria, VA	41:10
16	Oda, Yasuo*	55	Columbia, MD	41:29

17	Hagan, John*	59	Lusby, MD	41:33
18	Cover, Karl*	57	Montpelier, VA	42:00
19	Shrover, Kevin***	57	Forest, VA	42:22
20	Clem, William*	58	Bethesda, MD	42:13
21	Mace, Matthew	57	Arnold, MD	42:17
22	Keaton, David	57	Rockville, MD	42:35
23	Wills, Stephen*	56	College Park, MD	42:41
24	Cantlon, Jaime***	55	Huntingtown, MD	42:50
25	Poulos, Ted***	56	McLean, VA	42:58
26	Daugherty, Brian*	57	Edgewater, MD	42:06
27	Viola, Richard	56	Arlington, VA	42:02
28	Kammerer, Jack*	55	Washington, DC	43:31
29	Ruckh, Mark	55	Arlington, VA	43:42

60-64 Men

Governor's Land 5K 18:22, 10K = 38:19

Often times champion Maurice Pointer hit a lull in his fabulous racing career. His was nearly ten minutes slower at the Baltimore Marathon with 3:15:20, though he had already raced a very nice AS Metric Marathon in 1:49:25. Many times that would have been enough to retain his title. But Stephen Chantry went on a rampage with four wins to earn yet another title, starting with a Crapolfest 5K in 18:46 and topping it off with his excellent Governor's Land 5K in 18:22, a sub 6:00 per mile pace. The next two are tied closely to the same West Potomac 10K course. Fourth place John Chall ran a fine 40:48 at the Boo! Run for Life 10K while Bob Deak ran the major race Veterans Day 10K in 40:56. Both were the first across the line. Deak added a win at Army in 1:10:33 and at the Across the Bay 10K in 43:03, both also major races and beating a lot of competitors. Chall was just as fast, racing the Race for our Kids 10K in 41:53 and the HCS Northfield 5K in 20:37, but none of his three events had any ranked competitors to beat.

Fifth place Mark Smith matched sixth place Felix Lopez with his Baltimore United Way 5K in 19:50. Lopez ran the Hokie 5K. Smith was so giddy he ran the Baltimore Half Marathon in 1:37:45 for a second place age group. Lopez had already started his season with the Run 4 Your Lives 4M in 28:42 but this rest of his season was nowhere near as fast as either of these events. Seventh place Preston Evans reeled off a superb half at the High Bridge in 1:31:46 to start the period. Then he nearly matched that at the Time Traveler Pi Miler (3.14 miles) in 20:15 as a tune-up a week before the Anthem Richmond Marathon.

Eighth place Jim Thornton had easily his best effort at the World Class Freedom Run 8K in 33:30, while tenth place Will Murray ran the Crapolfest 5K in 20:32. Ninth place David Lovegrove squeezes between them with his three age group wins and a fine Baron "Deuce" Braswell II Run Against Teen Violence 5K in

20:35. Eleventh place in this large division goes to Mike Meadows for his Run for the Ribbon 5.9K in 25:09. He added a solid 44:1 at the Greasy Gooney 10K.

Forty-six runners made the division.

PI	Name	Age	Hometown	10K=
1	Chantry, Stephen****	62	Williamsburg, VA	38:19
2	Pointer, Maurice**	62	Baltimore, MD	39:22
3	Deak, Bob**	63	Burke, VA	40:56
4	Chall, John***	60	Crownsville, MD	40:48
5	Smith, Mark*	60	Catonsville, MD	41:22
6	Lopez, Felix****	64	Lynchburg, VA	41:22
7	Evans, Preston***	61	Madison Heights, VA	41:38
8	Thornton, Jim*	63	Toano, VA	42:30
9	Lovegrove, David***	61	Fredericksburg, VA	42:56
10	Murray, Will**	61	Williamsburg, VA	42:50
11	Meadows, Mike**	60	Martinsburg, WV	43:08
12	Dressner, Jerry*	62	Baltimore, MD	44:03
13	Cunningham, P Michael*	63	Annapolis, MD	44:10
14	Ferrens, Larry*	63	Barton, MD	44:04
15	Blair, Peter*	61	Washington, DC	44:19
16	Rivera, Manuel*7	62	Washington, DC	44:26
17	Rosenberg, Duane*****	64	New Carrollton, MD	44:22
18	Loomis, Bill	63	Silver Spring, MD	44:26
19	Pemberton, Alan	64	Silver Spring, MD	44:31
20	Gordon, Kirk*6	62	Glenn Dale, MD	44:36
21	Peterson, Jeff	61	Fredericksburg, VA	44:49
22	Pinnick, David*****	61	Manassas, VA	45:53
23	Black, Ron****	62	Fairfield, PA	46:00
24	Riemenschneider, Neal*****	63	Winchester, VA	45:58
25	Dekornfeld, Tom*	64	Elkridge, MD	46:31
26	Kesselring, Bruce**	63	Springfield, VA	46:37
27	Rodriguez, Roberto*	62	Arlington, VA	46:48
28	Wriston, Dave**	62	Lynchburg, VA	47:02
29	Grimsley, Gary*	63	Springfield, VA	47:00
30	Sindermann, Robert	63	Arlington, VA	47:03
31	Regan, Michael**	60	Towson, MD	47:09
32	Krone, Roger*	61	Annapolis, MD	47:14
33	Hughes, Tom*	63	Waynesboro, VA	47:13
34	Menke, Jim	63	Vienna, VA	47:21
35	Stasulis, Steven*	61	Virginia Beach, VA	47:35
36	Michael, Gary*	63	Churchville, VA	47:40
37	Landau, David*	62	Potomac, MD	47:40
38	Burns, Richard*	63	Sparks, MD	47:49
39	Ruberry, Brian*	61	Kensington, MD	47:46
40	Morgans, Gary*	64	Arlington, VA	47:44
41	Barnhart, Tim**	62	Linden, VA	48:05
42	Perez, Allan*	60	Silver Spring, MD	48:18
43	Brooks, Mike	60	Fredericksburg, VA	48:13

44	Bousel, Paul**	64	Alexandria, VA	48:59
45	Barbour, John	61	Riviera Beach, MD	49:03
46	Richardson, Whit	63	Williamsburg, VA	49:08

65-69 Men

Army Ten Miler 1:12:22, 10K = 43:33

Bob Becker had a solid Governor's Land 5K in 21:12 but that was as the season was wearing down and Paul Ryan's fourth best 5K was in the same time. With the absence of a couple of summer speedsters he was aiming for the top. Then on the final Saturday, Becker busted a 34:15 at the VCU 8K to ease by Ryan to the top, though not by much. After that, the longer races came into play. David Mart had the fastest half, winning at the Prince William Half Marathon 1:36:55 to take third place. That same morning, sixth ranked James Moreland won at the GPC Trail Half Marathon in 1:43:46. Moreland had his best race at the Baltimore United Way 5K in 22:05, though he did not place first there. Fifth place Steve Sakry secured his spot at the Baron "Deuce" Braswell II Run against Teen Violence 5K with 21:53.

At season's end, Glenn Clemmons would ride the elevator from eleventh place to fourth place by improving on his Leaf Pepper 10K in 47:22 at the Markel Half Marathon in 1:39:53. Mart cemented his place ninety minutes later, finishing the Anthem Richmond Marathon in 3:28:56. Seventh place John Wills ran the Anthem Wicked 10K in 46:18 to better his own Heart of Ghent 10K in 46:31. Right behind him, Ron Rogers had a super Superhero 5K in 22:10.

Ninth place former champion Ken Umbarger is on his way back from injury, racing a credible Rockville 10K in 46:28. Tenth place Robert Siliciano is right in the mix, finishing the Jessica Meredith Jacobsen Memorial Charge of the Knights 5K in 22:15. Eleventh place Larry Washington is also making a comeback, nearing the event record at the College Park Park 5K with 22:29.

Twenty-seven runners making the division.

PI	Name	Age	Hometown	10K=
1	Becker, Bob***	66	Midlothian, VA	43:27
2	Ryan, Paul****	66	Arlington, VA	43:34
3	Mart, David**	65	Haymarket, VA	43:58
4	Clemmons, Glenn*	65	Ashburn, VA	45:19
5	Sakry, Steve*	65	Stafford, VA	45:39
6	Moreland, James*14	65	Gaithersburg, MD	46:04
7	Wills, John***	65	Virginia Beach, VA	46:18
8	Rogers, Ron**	65	Riner, VA	46:14
9	Umbarger, Ken**	66	Gaithersburg, MD	46:28
10	Siliciano, Robert**	65	Baltimore, MD	46:25
11	Washington, Larry*7	66	Rockville, MD	46:54

12	Murphy, Vincent**	67	Woodbridge, VA	47:34
13	Pardee, William*	68	Virginia Beach, VA	47:36
14	Astrop, Rob**	65	Henrico, VA	47:59
15	Landers, Harry**	65	Charlottesville, VA	48:49
16	D'Agostino, William	68	Reston, VA	48:57
17	Scott, Dunlop	65	McLean, VA	49:04
18	Platt, Rick**	67	Williamsburg, VA	49:12
19	Abrahamson, Dale	68	Yorktown, VA	49:27
20	Boutin, Greg*	67	Burke, VA	49:26
21	Duffy, Jim	65	Virginia Beach, VA	50:00
22	Drury, Patrick*	65	Lorton, VA	50:08
23	Wind, Jay***	67	Arlington, VA	50:29
24	McLearan, Allan*	66	Rochelle, VA	50:37
25	Patterson, John***	68	Gaithersburg, MD	51:23
26	Vaughan, Allen*	67	Fredericksburg, VA	51:27
27	Trueheart, Wilson	68	Baltimore, MD	51:40

70-74 Men

Boo! Run for Life 10K 44:18

When Jim Noone gets rolling, look out! He is undefeated in this country for 2017. He won easily at the Army Ten Miler but even his net time which does not count did not close on his mastery of the 10K. In September he took on the Reston hills at the Perfect 10 10K in 45:02. The following week he become unbeatable at the Boo! Run for Life 10K in 44:18. Later he would reprise that course, racing the Run for the Parks 10K in 44:41. His only real challenger is middle distance speedster Jason Page who had the fastest 5K of the period, running the Ghosts, Ghouls, and Goblins 5K in 22:26.

Langston Shelton III had the fastest ten miler, racing the Yorktown Battlefield 10 Miler in 1:20:32, though Noone, who was relegated to a secondary corral/wave at the Army 10 miler, was certainly faster than when his gun started him. Shelton III also had the fastest 8K, running the World Class Freedom Run 8K in 39:28 to cement his spot in third. Fourth place Art Gregory ran the swift Clarendon Day 5K in 23:22, closing on Page's We got your Back 5K in 23:18 and Noone's aberration at the long course Veterans Day 5K in 23:17.

George Myers joined the growing list of runners at the Park Run in 24:05. He ran it at College Park, one of six sites now in the region. Myers also ran the Baltimore United Way 5K in 24:17 to take fifth place. Former champion Ronnie Wong is spreading himself thin. He won at the Get Ready! Get Set! Get Fit! 5K Run in 24:18 to take sixth place, plus he ran two half marathons and two marathons in the fall. George Raley rallied from a 41:07 at the Downs Park 5 Mile to finish the Across the Bay 10K in 51:20 the very next day, earning him seventh place.

PI	Name	Age	Hometown	10K=
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1	Noone, Jim****	73	Fairfax, VA	44:18
2	Page, Jason**	72	Hamilton, VA	46:48
3	Shelton III, Langston****	70	Grafton, VA	48:27
4	Gregory, Art**	73	Ijamsville, MD	48:45
5	Myers, George****	71	Millersville, MD	50:14
6	Wong, Ronnie***	71	Catonsville, MD	50:41
7	Raley, George****	70	Idlewyde, MD	51:20
8	Hensel, Donald*	73	Gaithersburg, MD	52:14
9	Jefferson, Richard****	71	Germantown, MD	53:32
10	Mayhew, Ed**	72	Winchester, VA	53:26
11	Arata, Larry**	73	Williamsburg, VA	55:52

75-79 Men

Across the Bay 10K 56:03

The really big races have caved and turned their events into multiple time trials with many different starting times. While net time is never used, clearly runners starting at different times have different gun times as well. The races have not made that necessary adjustment. This period's champion, Malcolm O'Hagan, was the first man in his age group to get to the finish line at the Army Ten Miler. What is official time is may not be discernible because of the way the results are posted. The race had multiple gun times but no way to know which wave a runner ran in. In addition, each wave used net times versus the official gun times further muddying the waters. In November, O'Hagan completed another such race, the Across the Bay 10K, in 56:03. Second place Randy Terry had been leading the way, winning his season opening Travis Manion 5K in 28:35 and would end the fall by racing the VCU 8K in 47:19.

Third place Lou Shapiro was racing nearly every week. With five age group wins and a Kensington 8K in 47:42, he is still in range to capture another title. After beating fourth place Bill Sollers at the rolling Mathew Henson Trail 5K 29:56 to 31:52, he suffered a setback when Sollers beat him at the flat, but long Candy Cane City 5K, 31:17 to 32:15. It was Shapiro's seventh best effort. Fifth place Sonny Barber made a major comeback on two similarly rolling courses. At the Perfect 10 10K in September he ran 1:10:03. At the Rockville 10K in November, he boosted his creds with a solid 1:03:44. That moved him up ten spots, including catching ninth place Earle Fingerhut who ran 1:07:07. Fingerhut must like hills because he ran the Somerset Back to School 8K and later his best race at the Home Run 10K in 1:06:17.

Next, in six place, Lowell Skelton ran the Bank of Fincastle 10K in 1:04:37. Bob Eldridge saved his best for the last day of the season at the Veterans Day 5K in 31:16 to take seventh place. Eighth place Joseph Polinski looked good at the Smithfield Hog Jog 5K in 31:36.

Twenty-three runners made the division.

PI	Name	Age	Hometown	10K=
1	O'Hagan, Malcolm**	77	Chevy Chase, MD	56:03
2	Terry, Randy**	78	Richmond, VA	59:37
3	Shapiro, Lou*****	76	Silver Spring, MD	1:00:30
4	Sollers, Bill*	78	Silver Spring, MD	1:03:21
5	Barber, Sonny*	76	Falls Church, VA	1:03:44
6	Skelton, Lowell**	77	Moneta, VA	1:04:37
7	Eldridge, Bob*	77	Reston, VA	1:05:13
8	Polinski, Joseph*	79	Smithfield, VA	1:05:55
9	Fingerhut, Earle	75	Potomac, MD	1:06:17
10	Auerbach, Bruce*	75	Sparks, MD	1:07:54
11	Reeves, Henry	76	Crozet, VA	1:08:28
12	Wood, Henry	78	Fishersville, VA	1:08:22
13	Quist, Al**	76	Charlottesville, VA	1:09:24
14	Coady, Patrick*****	79	Washington, DC	1:09:52
15	Finney Jr., John*	78	Arlington, VA	1:09:30
16	Terrell, Charles***	78	Newport News, VA	1:10:41
17	Coates, Chet*	77	Silver Spring, MD	1:11:26
18	Chiariello, Ronald	78	Rockville, MD	1:15:52
19	Koletty, John	75	Pasadena, MD	1:19:13
20	Bayrer, Ralph*	78	Washington, DC	1:21:48
21	Janow, Lawrence	75	Amherst, VA	1:24:08
22	Liebowitz, Alex*	75	Washington, DC	1:24:50
23	Fouts, Ed	79	Marion, VA	1:32:41

80-84 Men

Veterans Day 5K 28:53, 10K = 59:54

Even with losing runners to the elder divisions the 80-84 division rebounded to thirteen qualifiers. With 100s of 5Ks, not all of them are created equal. Maynard Weyers had the top three times, all 5Ks. His Arlington Police, Fire & Sheriff 9-11 Memorial 5K

improved from 30:44 last year to 30:00 this year. His 29:40 at the rolling hills Navy Federal 5K was good but his 28:43 at Veterans Day 5K, a course that is always a bit long, was dynamite. Runner-up Ken Quincy had an excellent race there as well in 30:50. He can add an additional excuse as he had run the Marine Corps Marathon just three weeks before.

Third place Tom Cowley bookended the period. After an opening day Parks Half Marathon in 2:30:02, he added a November Rockville 10K in 1:06:33. Fourth place Chris Catoe doubled his pleasure. After racing the Neptune Festival 8K in 53:18, briefly edging ahead of Cowley, he ran the Yorktown Battlefield 10 Miler in 1:54:52. Fifth place John Greenhill ran the Komen Race for the Cure 5K in 36:49. Then he improved on the hilly Home Run 5K to 36:01. Sixth place James Fratino was among the thousands to run the Across the Bay 10K.

Seventh place Michael McClellan is a regular at the College Park Park Run 5K. His best time there is 38:29. Dan Morgan is next, racing with many challenges. His slowest was the Cross Country on the Farm 5K. He had run the up and down Mathew Henson Trail 5K the week before. This out and back course does finish with a long downhill but the net uphill course never goes all the way back down to the start. In an earlier time, the Candy Cane City 5K was always fast and partly because it was short. Perhaps to make up for that, the course has been long the last three years. When you factor in the actual distance, Morgan had his fastest race there in 41:34 versus his Rockville 5K in 40:25.

PI	Name	Age	Hometown	10K=
1	Weyers, Maynard*	81	Alexandria, VA	59:24
2	Quincy, Ken	80	Vienna, VA	1:04:19
3	Cowley, Tom	80	Gaithersburg, MD	1:06:33
4	Catoe, Chris	82	Virginia Beach, VA	1:07:37
5	Greenhill, John*	82	Falls Church, VA	1:15:08
6	Fratino, James	84	Queenstown, MD	1:18:05
7	McClellan, Michael***	80	College Park, MD	1:20:17
8	Morgan, Dan**	80	Chevy Chase, MD	1:24:10
9	Conn Jr., Harry**	80	Powhatan, VA	1:28:18
10	Wyne, Leo*	80	Falls Church, VA	1:29:25
11	Smith, Robert**	83	Dickerson, MD	1:39:09
12	Simms, Bill**	81	Fredericksburg, VA	1:41:50
13	Greear, Fred*	82	Bristol, VA	1:46:13

85-89 Men

Executive Stampede 5K 29:26, 10K = 1:01:24

George Yannakakis erupted again breaking the American record for the half marathon at Parks in 2:24:51. A week later, he ran his fastest race, crushing the division at the Executive Stampede 5K in 29:26. He added another fine race at the Marion House 5K in 30:15. Yannakakis has the fastest time of the year in all twelve distances he has run this year. He started October with an excellent 2:26:13 at the GPS Trail Half Marathon that would have been an American record if not for his September race.

Yannakakis was alone at the top but not in the division as there were thirteen other disciples following behind. Jack McMahon is next, racing the Rockville 5K in 35:23 in his former hometown to better his Mathew Henson Trail 5K in 37:33 in his new hometown Silver Spring. Third place Ernest Schillinger ran the Williamsburg Landing 5K Run for Arc Awareness in 40:02. Fourth place Donald Taylor has been sneaking across the West Virginia-Maryland border to win races for many years. Just like him, the Freedoms Run Festival does the same and he ran the half marathon in 3:26:10. Midway through October, he arrived in Frederick to win the Spook Hill Cider & Wine 4 Mile in 56:49.

Just a couple decades ago Thomas Momiyama was winning at the Marine Corps Marathon. Now he earns the fifth spot, winning at the Marine Corps 10K in 1:33:20. Ray Hoewing moves to sixth, racing the Poolesville Day 5K in 45:33. Seventh place Allen Pois joined the fun on the last weekend, racing the VCU 8K in 1:16:57. George Workman ran the Great Allegany 5K in 48:24 for eighth place. Unlike the 15K there this course is not all downhill. With five events, ninth place Bruce Roth was the most prolific racer. His best was the O.U.R. Race to Stop Traffic 5K in 50:55.

The division's eldest runner, Raymond Jacobson, 89, ran the Komen Race for the Cure 5K in 57:50. Eleventh place Ashis Roy ran the most well-traveled course, the 5K at Bluemont Park, in 57:50. Twelfth place Joseph Rutkowsky, 88, joined the most senior-laced race, the Get Ready! Get Set! Get Fit! 5K Run, in 58:16. Virgil Trent ran the Fairway 5K in 1:00:31 and Bernard Kenyon chased after Yannakais at the Marion House 5K to take the fourteenth and final spot in the division.

PI	Name	Age	Hometown	10K=
1	Yannakakis, George***	85	Towson, MD	1:01:24
2	McMahon, Jack**	86	Silver Spring, MD	1:13:49
3	Schillinger, Ernest*	86	Williamsburg, WV	1:23:31
4	Taylor, Donald*	86	Hedgesville, WV	1:30:51
5	Momiyama, Thomas*	86	Silver Spring, MD	1:33:21
6	Hoewing, Ray*	85	Dickerson, MD	1:35:01
7	Pois, Allen	85	Midlothian, VA	1:37:37
8	Workman Jr., Glenn*	88	Cumberland, MD	1:40:58
9	Roth, Bruce***	86	Woodbridge, VA	1:46:43
10	Jacobson, Raymond	89	North Bethesda, MD	1:54:41
11	Roy, Ashis*	85	Fairfax, VA	2:00:38
12	Rutkowski, Joseph	88	Baltimore, MD	2:01:33
13	Trent, Virgil*	87	New Market, VA	2:06:14
14	Kenyon, Bernard	85	Baltimore, MD	2:12:51

90 & Older Men

Get Ready! Get Set! Get Fit! 5K Run 47:34, 10K 1:33:13

Every year the Get Ready! Get Set! Get Fit! 5K Run sets the standard. This year it is Richard Dilabio winning in 47:34, taking the crown. Bob Gralley had a sensational race, running more than four times as long at the Baltimore Half Marathon, finishing in 4:03:33.

PI	Name	Age	Hometown	10K=
1	DeLabio, Richard	91	Towson, MD	1:33:13
2	Gralley, Bob	91	Parkville, MD	1:50:30

Open Women

Anthem Richmond Marathon 2:39:00, 10K = 33:59

Sarah Bishop had three of the top seven times though she would lose to third place Perry Shoemaker at the Run for the Parks 10K, 35:31 to 35:43. Bishop had already won the Marine Corps Marathon in 2:45:07 and would again acquit herself the following week at the Markel Half Marathon in 1:18:32. That made her number two. The title was decided before she reached the six mile mark as Bethany Sachtleben was finishing the Marine Corps 10K in 34:07. She would prove that this was no fluke by winning it all at the Anthem Richmond Marathon in 2:39:00, firmly ahead of fifth place Keira D'Amato who was fourth in 2:47:00. Teal Burrell earns the twelfth place in the rankings with her fifth overall marathon time of 2:50:20. Fourth place Kathryn Harrison had one overall win just faster than Shoemaker's second best overall win at the 5K, running the Baron "Deuce" Braswell II Run Against Teen Violence 5K in 17:41. Shoemaker ran the Veterans Day 5K in 17:51 on a course known to be long. Harrison made it close by finishing the season at the VCU 8K in 27:55.

At the Abebe Bikila Day International Peace Half Marathon, sixth place Abebech Tsegaye Bekele was ever so slightly slower in her overall win at 1:20:00 than was seventh place Bethany Patterson at the Petersburg Half Marathon who won it all in 1:19:30. Ninth place Maura Carroll hovered in that zone, running the Markel Half Marathon in 1:20:07. Tsegaye Bekele beefed up her stats with a win as well at the Clarendon Day 10K in 35:55. Former champion Susanna Sullivan beat everyone, man or woman, at the Westminster School 5K in 17:27. Earlier, she had the fastest ten miler of the season at the Virginia 10 Mile in 1:00:29. Perhaps for the first time, no one had dipped below an hour for that distance in the fall.

Tenth place Kerry Dalton ran the Freedoms Run Festival 10K in 36:22 for an overall win to match D'Amato's second best event, the Dulles Day 10K on the Runway, exactly. Julie Tarallo squeezes into eleventh place with a fine 1:20:41 that beat a number of ranked runners, including fifteenth place Kathleen Lautzenheiser (1:22:27) and nineteenth ranked Alexandra Bender (1:23:04). Burrell had finished the Navy-Air Force Half Marathon in 1:26:35 for her second fastest race. Other ranked racers there included second overall, thirteenth ranked Jessica McGuire (1:22:29) and third overall, eighteenth ranked Beth Conlon (1:22:34).

This shows how tight the races can be with five places spread by three seconds, though McGuire had run the Army Ten Miler in 1:01:43 as well. Lautzenheiser won the Fall Foliage 10K in 38:07. Stephanie Reich ran Army in 1:01:54 to slip into fourteenth place and Erin Sicher's 10 mile time of 1:02:35 pushed her to twentieth place. Chelsea Bollerman's commendable overall win at the Clarendon Day 5K in 17:52 takes her to sixteenth place. Two places back and just five seconds slower we find seventeenth place Emily Koehle. Caitlyn Tateishi was not

far behind in 18:07 to take the twenty-second spot. Jessica Clar claimed the twenty-first spot by matching Tateishi's time exactly but finishing third overall at the Run for the Parks 10K in 37:43.

The division has sixty-three qualifiers, 21 that came from other divisions with Cindy Conant, eldest at fifty-six.

PI	Name	Age	Hometown	10K=
1	Sachtleben, Bethany*	25	Alexandria, VA	33:59
2	Bishop, Sarah***	35	Fairfax, VA	35:18
3	Shoemaker, Perry**	46	Vienna, VA	35:31
4	Harrison, Kathryn**	28	Richmond, VA	35:26
5	D'Amato, Keira*	33	Midlothian, VA	35:42
6	Tsegaye Bekele, Abebech**	25	Arlington, VA	35:55
7	Patterson, Bethany**	38	Henrico, VA	35:55
8	Sullivan, Susanna*	27	Reston, VA	36:20
9	Carroll, Maura	28	Arlington, VA	36:12
10	Dalton, Kerry***	22	Harrisonburg, VA	36:22
11	Tarallo, Julie	28	Washington, DC	36:28
12	Burrell, Teal	32	Richmond, VA	36:25
13	McGuire, Jessica	37	Arlington, VA	37:05
14	Reich, Stephanie***	25	Frederick, MD	37:04
15	Lautzenheiser, Kathleen*	25	Bridgewater, VA	37:15
16	Bollerman, Chelsea**	30	Silver Spring, MD	37:12
17	Koehle, Emily	25	Silver Spring, MD	37:22
18	Conlon, Beth	25	Montgomery Village, MD	37:19
19	Bender, Alexandra	28	Charlottesville, VA	37:32
20	Sicher, Erin	36	Washington, DC	37:37
21	Clar, Jessica*	26	Bethesda, MD	37:43
22	Tateishi, Caitlyn	30	Washington, DC	37:43
23	Paul, Jennifer*	30	Washington, DC	37:52
24	Baage, Silvia**	36	Rockville, MD	38:02
25	Mazur, Ann*	31	Charlottesville, VA	37:59
26	Dobbins, Marisa	26	Washington, DC	38:06
27	Grdina, Angela	36	Fairfax, VA	38:09
28	Stick, Sherry**	39	Eldersburg, MD	38:16
29	Fallon Wallace, Barb	43	Alexandria, VA	38:23
30	Gruendel, Jackie	42	Clifton, VA	38:19
31	Ricksecker, Rebekah	30	Lynchburg, VA	38:22
32	Squirini, Alexa	23	Arlington, VA	38:35
33	Bigalbal, Alayna*	22	Fairfax, VA	38:49
34	Kasal, Jacqueline*	24	Washington, DC	38:46
35	Aguilar, Marianne	21	Washington, DC	38:58
36	Conant, Cindy**	56	Kensington, MD	38:44
37	Astudillo, Molly	31	Fairfax, VA	39:08
38	Patterson, Natalie**	25	Washington, DC	39:10
39	Brecher, Erica	31	Fredericksburg, VA	39:04
40	Smith, Karen	39	Bethesda, MD	39:14
41	Lambert, Tiffany	29	Alexandria, VA	39:15

42	Liebman-Pel, Mariana*	25	Arlington, VA	39:23
43	Henry, Jamie	34	Rockville, MD	39:27
44	Burns, Helen*	29	Takoma Park, MD	39:33
45	Pearson, Hannah*	30	Fairfax, VA	39:32
46	Smith, Margaret	37	Baltimore, MD	39:35
47	Dietz, Jenn	32	Arlington, VA	39:47
48	Capozzi, Michelle*	25	Leesburg, VA	39:50
49	Holt, Bridget*	39	Gambrills, MD	39:52
50	Nesaw, Mary Catherine	25	Lynchburg, VA	39:55
51	Sharp, Emily	26	Alexandria, VA	39:54
52	Fitzgerald, Jenny*	38	Woodbridge, VA	40:06
53	Burbach, Cristina	43	Arlington, VA	40:14
54	Jean, Thorin**	17	Williamsburg, VA	40:17
55	Kleitz, Jean*	35	Gainesville, VA	40:32
56	Huerta, Amy	42	Fredericksburg, VA	40:38
57	Karpel, Wendy	46	Bristow, VA	40:44
58	Fritz, Sarah	29	Washington, DC	40:44
59	Perlingeiro, Fabiana**	40	Virginia Beach, VA	40:47
60	Cardosi, Calesse	26	Fairfax, VA	40:54
61	O'Hara, Laura	37	Alexandria, VA	41:03
62	Shrader, Shelby*	22	Westminster, MD	41:11
63	Kanagy, Khristina	26	Lynchburg, VA	41:12

19 & Younger Women

St. Mary's Ryken 5K 16:34, 10K = 34:30

Try to figure out teen age girls. Twelve-year-old Bianca Parsons opened up the season with an unbeatable 19:05 at the 911 Heroes Run 5K to hose her thirteen-year-old sister Gabby who ran 20:28. After that, but too late to matter, Gabby laid down the law and bested her younger sister in the next three races. Her overall win at the Fairfax 5K in 19:48 creamed Bianca's 20:51 but only earned her fifth. Bianca strolled away with the crown.

Runner-up Thorin Jean has two years on her sister Sorena and would not dream of letting her sneak out a win. In fact, she beat everyone in all three of her races. Along with her sister, she beat fourth place Kasandra Aulenbach (19:38) at the Virginia Running Festival 5K with her 19:21. Thorin Jean would have the two best 8Ks, led by the Greensprings Miles for Smiles 8K in 32:11. Aulenbach won it all at the Governor's Land 5K in 19:56 and she has a thirteen-year-old sister in the rushes waiting to pounce as well. Third place Claire Wigglesworth lives at the Fletcher's Cove Park Run that she wins most of the time. In the final week of the season, she lit it up with an open class 19:32.

Sixth place Katherine Slovak won it all at the St Joseph Run with the Saints 5K in 20:04. Next up, Chloe Ramirez ran well at the VCU 8K in 32:58. Valerie Keats takes eighth place with a fine second overall at the Danville Half Marathon in

1:33:02. Ninth place goes to Josie Gray for her best of three wins, the Care2Cure 5K in 20:26.

Twenty-two runners made the division.

PI	Name	Age	Hometown	10K=
1	Parsons, Bianca***	12	Springfield, VA	39:44
2	Jean, Thorin***	17	Williamsburg, VA	40:17
3	Wigglesworth, Claire***	15	Washington, DC	40:40
4	Aulenbach, Kasandra**	16	Yorktown, VA	40:53
5	Parsons, Gabby****	13	Springfield, VA	41:17
6	Slovak, Katherine*	13	Sterling, VA	41:47
7	Ramirez, Chloe*	15	Lansdowne, VA	41:51
8	Keatts, Valerie**	18	Danville, VA	42:02
9	Gray, Josie**	11	Berryville, VA	42:33
10	Thurneyesen, Ellen**	19	Herndon, VA	44:27
11	Fagerstrom, Kerstin***	14	Arlington, VA	44:35
12	Thornton-Fillyan, Tamryn**	16	Hyattsville, MD	44:40
13	Jenkins, Megan**	18	Culpeper, VA	45:02
14	Rosas, Adriana*	17	Columbia, MD	45:00
15	Rosas, Brenda*	18	Columbia, MD	45:23
16	McElfresh, Elizabeth**	11	Farmville, VA	45:40
17	Jean, Sorena**	15	Williamsburg, VA	45:38
18	Edelmann, Zoe**	14	Washington, DC	45:36
19	Finnegan, Grace*	11	Rockville, MD	46:07
20	Sosnoski, Jessica	19	Lynchburg, VA	46:30
21	Galotta, Caroline*	14	Springfield, VA	46:49
22	Almagro, Emily**	14	Washington, DC	47:16

35-39 Women

Marine Corps Marathon 2:45:07, 10K = 35:18

Many time champion Sherry Stick did not slow down. She got faster, winning the Komen Maryland Race for the Cure 5K outright in 18:23 and was rudely bumped back to seventh in the rankings. Third place last year, Silvia Baage made some major moves right away, winning the Parks Half Marathon in 1:24:10, besting ninth place Karen Smith (1:27:11) and tenth place Margaret Smith (1:27:35). She would later win the Baltimore Marathon as well in 2:58:38. That could only move her past Stick a tad into fifth place.

Sarah Bishop wanted the title and nobody was going to be able to stop her. The second week she handed third place Jessica McGuire a loss at the Navy-Air Force Half Marathon, 1:20:52 to 1:22:29. McGuire was runner-up in that race. In mid-October, ranking runner-up Bethany Patterson won it all at the Petersburg Half Marathon in 1:19:30. She would later beat place ninth place Karen Smith at the Anthem Richmond Marathon, 2:59:55 to 3:03:32. Meanwhile back in

September, when nearly everyone was resting, Bishop popped a nice training run overall win at the National Capital 20 Mile in 2:14:56.

Now Bishop would get done to work. At the Marine Corps Marathon, she took over the lead for good with the event's thirteenth fastest winning time for the event in 2:45:07. Her closest rivals were sixth place Angela Grdina (3:08:32) and Margaret Smith (3:09:13). Two weeks later, she was rested enough to finish second overall behind Perry Shoemaker at the Run for the Parks 10K in 35:43. The final Saturday, she topped the division again, winning the Markel Half Marathon in 1:18:32.

McGuire had a big time win at the Army Ten Miler in 1:01:43 to best fourth place Erin Sicher who ran 1:02:35. Sicher would also add the fastest 5K at the Clarendon Day 5K in 18:19. Grdina upset Baage (38:24) at the Veterans Day 10K in 38:09 but Baage's two overall wins and superior marathon were just enough to keep her ahead. Eighth place Kristin Lawrence had an overall winning Peroni Crawlin' Crab Half Marathon in 1:25:06.

Twenty-one runners made the division.

PI	Name	Age	Hometown	10K=
1	Bishop, Sarah*****	35	Fairfax, VA	35:18
2	Patterson, Bethany**	38	Richmond, VA	35:55
3	McGuire, Jessica**	37	Arlington, VA	37:05
4	Sicher, Erin*	36	Washington, DC	37:37
5	Baage, Silivia***	36	Rockville, MD	38:02
6	Grdina, Angela**	36	Fairfax, VA	38:09
7	Stick, Sherry***	39	Eldersburg, MD	38:16
8	Lawrence, Kristin*	37	Virginia Beach, VA	38:27
9	Smith, Karen*	39	Bethesda, MD	39:14
10	Smith, Margaret*	37	Baltimore, MD	39:24
11	Lubell, Karina***	37	Washington, DC	39:52
12	Holt, Bridget**	39	Gambrills, MD	39:52
13	Fitzgerald, Jenny**	38	Woodbridge, VA	40:06
14	Walker, Kate	38	Falls Church, VA	40:06
15	Kleitz, Jean**	35	Gainesville, VA	40:32
16	Samson, Meredith*	37	Chantilly, VA	40:42
17	Miller, Michelle***	36	Damascus, MD	41:05
18	Caton, Eryn*	35	Falls Church, VA	40:59
19	O'Hara, Laura	37	Alexandria, VA	41:03
20	Stylianaki, Anna*	39	Parkville, MD	41:14
21	Pahl, Sandra	39	Dumfries, VA	43:27

40-44 Women

VCU 8K 29:34, 10K = 37:32

Jackie Gruendel makes a case for the title with the fastest race among qualifiers, running the Clarendon Day 5K in 18:24. But then she went for the double and Barbara Fallon Wallace's second overall in 38:23 at the ensuing 10K way overmatched Gruendel's effort in 42:28. The true test came two weeks later at the Army Ten Miler when Fallon Wallace took top master in 1:04:37 and Gruendel settles for runner-up with 1:07:03. Third place Cristina Burbach matched Gruendel's Army with her 1:29:03 at the Navy-Air Force Half Marathon (2nd master) and beat Gruendel's 1:33:26 (3rd master). Eighth place Emily Pierce was next in 1:34:18. Burbach would add a fine VCU 8K in 31:53 but Gruendel's 5K was her winning hole card.

Seventh place Trish Stone edged Pierce's half with her Parks Half Marathon in 1:34:12. Stone added a Kensington 8K win later in 32:51 for her best race. The final weekend while Burbach raced the VCU 8K, fourth place Amy Huerta matched her with the Cow Run 5K in 19:31 from the week before. Huerta's victory at the Markel Half Marathon in 1:29:56 was ahead of sixth place Carrie Dunn's 1:31:37. Fifth place Fabiana Perlingeiro would have two overall wins, led by her Wards Corner 10K in 40:47. Pierce would add a big time Anthem Richmond Marathon in 3:16:22 to improve her résumé. Ninth place Julia Skinner had three wins, including the Baltimore United Way 5K in 20:12.

Twenty-four runners made the division.

PI	Name	Age	Hometown	10K=
1	Fallon Wallace, Barb**	43	Alexandria, VA	38:23
2	Gruendel, Jackie**	42	Clifton, VA	38:19
3	Burbach, Cristina	43	Arlington, VA	40:14
4	Huerta, Amy***	42	Fredericksburg, VA	40:38
5	Perlingeiro, Fabiana**	40	Virginia Beach, VA	40:47
6	Dunn, Carrie	41	Arlington, VA	41:24
7	Stone, Trish**	42	Kensington, MD	41:42
8	Pierce, Emily*	42	Silver Spring, MD	41:59
9	Skinner, Julia**	41	Windsor Mill, MD	42:03
10	Gilliam, Sara**	40	Stafford, VA	42:22
11	Blanchard, Christie	44	Chevy Chase, MD	42:55
12	Richman, Anastasia**	42	Washington, DC	43:14
13	Sample, Jennifer**	42	Chevy Chase, MD	43:09
14	Dzibela, Tracy***	40	Fredericksburg, VA	43:47
15	Finnegan, Alison	41	Rockville, MD	43:40
16	Voiland, Amy*	41	Baltimore, MD	44:02
17	Browning, Kristi	42	Washington, DC	44:01
18	Reinders, Carrie*	41	Ashburn, VA	44:00
19	Mandes, Sarah*	40	Arlington, VA	44:33
20	Ahn, Cathy*	42	Arlington, VA	44:19
21	Shariat, Anna	40	Bethesda, MD	44:38
22	Liisi Linask, Kaari	43	Rockville, MD	44:38
23	Hayden, Dana**	40	Fredericksburg, VA	45:00
24	Weems, Aimee*	41	Spotsylvania, VA	45:19

45-49 Women

Run for the Parks 10K 35:31

It is a done deal for Perry Shoemaker to be declared champion as soon as she races a second race. She was disappointed by her fall that included only two overall wins, but did include an excellent Run for the Parks 10K in 35:31. To be sure, her Monster Mash 5K in 18:34 was not up to her expectations. There is always a pesky challenger about a mile behind her. It is old news that more ladies race than men. This is especially true for the half marathon and longer.

Wendy Karpel ran a very nice Prince William in 1:30:30 and Amanda Roberts was right behind her with a second overall at the Petersburg Half Marathon in 1:30:47, both open class times. That brushed aside tenth place Shinobu Kusakabe's opening week half marathon, Parks, in 1:38:35. Then, while Debbie Goodpasture was securing sixth place with her Markel Half Marathon in 1:35:38, Karpel had her way with Roberts at the Anthem Richmond Marathon, 3:10:32 to 3:30:06. That gave her a second open class time and runner-up to Shoemaker. Fourth place Kelly Westlake had a solid Baltimore Marathon in 3:22:28. Her Army Ten Miler in 1:10:36 helped keep fifth place Cathy Ross (1:10:45 at the Perfect 10 10 Mile) at bay but was not enough to catch Roberts' fine half.

Seventh place Julie Sapper entered the division in time to finish a fine 20:49 at the Race for Every Child 5K. There are not many 20 milers but Marci Benda ran a fine one for top master at Charm City in 2:32:46 to gain eighth place. Tove Fuglem, 49, is sort of a cult hero at a bunch of low key races in the Quantico area. She won the Burke Lake 10K outright in 44:23 and will soon be a major player in the grandmaster field.

Thirty women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry***	46	Vienna, VA	35:31
2	Karpel, Wendy*	46	Bristow, VA	40:44
3	Roberts, Amanda*	45	Petersburg, VA	41:01
4	Westlake, Kelly**	46	Ellicott City, MD	42:26
5	Ross, Cathy***	46	Burke, VA	42:31
6	Goodpasture, Debbie*	48	Midlothian, VA	43:13
7	Sapper, Julie*	45	Rockville, MD	43:20
8	Benda, Marci*	47	Parkton, MD	43:55
9	Fuglem, Tove*	49	Quantico, VA	44:23
10	Kusakabe, Shinobu*	46	Kensington, MD	44:33
11	Minney, Sabina**	48	Worton, MD	45:03
12	Himes, Suzanne*	48	Alexandria, VA	45:00
13	Whitstone, Yuko****	45	Springfield, VA	45:03
14	Wilkins, Sharon***	47	Chesapeake, VA	45:41

15	Diminick, Katie*	46	Lynchburg, VA	45:37
16	Rico, Monique**	49	Chantilly, VA	45:40
17	Berger, Rosemary	47	Bethesda, MD	45:51
18	Jacobson, Lisa	45	Baltimore, MD	46:18
19	Ryan, Karyn	47	Gaithersburg, MD	46:18
20	Hoenig, Katherine*	48	South Riding, VA	46:26
21	Taylor, Ruth*	49	Frederick, MD	46:42
22	Rubin, Rebecca*	45	Bethesda, MD	46:57
23	Siddique, Nadrat*	49	Ellicott City, MD	47:02
24	Traub, Jean	47	Annapolis, MD	47:20
25	Isler, Kim	49	Oakton, VA	47:26
26	Greer, Eliza*	47	Baltimore, MD	47:35
27	Prost, Sarah*	46	Baltimore, MD	47:46
28	Welsh, Teri*	49	Timonium, MD	47:45
29	Hengel, Patty	48	Glen Burnie, MD	47:46
30	Benson, Barbara	47	Springfield, VA	48:45

50-54 Women

Dulles Day 5K on the Runway 19:58, 10K = 41:34

Shannon Smith slowed only a few seconds in retaining her Army Ten Miler title in 1:10:58 but Kendall Tata had already snatched Smith's crown, winning the Pepsi 10K in 41:45. Tata was off to take on Cindy Conant in the next division. Smith would add a solid Navy 5 Mile in 34:40 and she had some challengers of her own. Fourth place Cornelia Pritchard had been dominating the Frederick area for some time. This year at Army, she only made fifth place, albeit a solid time of 1:16:04. she showed off her long distance prowess, winning the Marine Corps Marathon in 3:20:34.

Third place Debbie McLaughlin is more a speedster and finished second overall at the ranked runner laden Governor's Land 5K in 20:39. She had already produced a fine Greensprings Miles for Smiles 8K in 35:03. Maureen Hall normally runs a lot of races and shows up at even more. This fall, all it took to get fifth place was an overall win at the Executive Stampede 5K in 21:35. Deb Taylor added an age group win at the Across the Bay 10K in 45:02 to her Marine Corps Marathon in 3:46:46. Anita Freres edges her for sixth place with a second overall at the Navy Federal 5K in 21:37 to go with her third overall at the Brain Aneurysm Awareness 8K in 37:18.

Eighth place Linda Boring won the National Capital 20 Mile in 2:39:06 to get ready for her triumph a week later at the Freedoms Run Festival Half Marathon in 1:40:25. That froze out tenth place Susan Ascom who had earlier run the Navy-Air Force Half Marathon in 1:41:08. Kelly Borkman had won it all at the Chase Foundation 8K in 36:22 but earns ninth place with her Anthem Wicked 10K in 45:41. Eleventh place Mary Bowman was second overall at the Lower Potomac River 10 Mile 1:17:18 and then matched that time exactly, racing the Woodrow

Wilson Bridge Half Marathon in 1:42:47. Capping the top dozen of this deep group of runners, Rebecca Nathan was second overall at the Run for the Ribbon 5.9K in 27:01.

Fifty runners made the division.

PI	Name	Age	Hometown	10K=
1	Tata, Kendall*	54	Stanardsville, VA	41:45
2	Smith, Shannon**	51	Washington, DC	42:39
3	McLaughlin, Debbie***	52	Williamsburg, VA	43:00
4	Pritchard, Cornelia*	51	Frederick, MD	42:52
5	Hall, Maureen**	52	Baltimore, MD	44:56
6	Freres, Anita**	52	Vienna, VA	45:00
7	Taylor, Deb*	51	Hanover, MD	45:02
8	Boring, Linda**	52	Frederick, MD	45:23
9	Borkman, Kelly**	51	Virginia Beach, VA	45:41
10	Ashcom, Susan	52	Arlington, VA	45:42
11	Bowman, Mary**	52	Silver Spring, MD	46:27
12	Nathan, Rebecca**	52	Arlington, VA	46:23
13	Tingle, Lane	51	Woodbridge, VA	46:41
14	Strauch, Debi**	50	Ashburn, VA	47:08
15	Schauerman, Christine*	51	Ellicott City, MD	46:57
16	David, Carol***	54	Stafford, VA	47:17
17	Morris, Patricia	51	Chester, MD	47:20
18	MacKintosh, Brenda***	52	Springfield, VA	47:33
19	Colburn, Jane*	54	Catlett, VA	47:52
20	Kopacz, Margaret***	52	Chesapeake, VA	47:42
21	Fraker, Ann**	51	Baltimore, MD	48:00
22	Bozarth, Helena*	51	Fredericksburg, VA	48:04
23	Sachs, Amy	52	Ellicott City, MD	48:03
24	Moeser, Audrey*	51	Glen Arm, MD	48:09
25	Thibodeaux, Laura**	54	Parkton, MD	48:16
26	Waterman, Paige*	50	Bethesda, MD	48:13
27	Smith, Paula*	50	Hampstead, MD	48:26
28	Spraker, Rosemary*	53	Lorton, VA	48:25
29	Delaney, Nancy****	51	Virginia Beach, VA	48:41
30	Braunstein, Janet*	51	Washington, DC	48:43
31	Barrick, Michelle**	53	Middle River, MD	48:47
32	Liu, Tammy*	50	Ellicott City, MD	48:59
33	Scott, Patricia	50	Silver Spring, MD	49:04
34	Shoup, Holly*	50	Virginia Beach, VA	49:00
35	Willingham, Lise**	54	Charlottesville, VA	49:10
36	Weaver, Nancy*	54	Williamsburg, VA	49:18
37	Bigley, Tracy	51	Annapolis, MD	49:28
38	Hackman, Christine*	53	Arlington, VA	49:58
39	Griner, Kristin	53	Tracys Landing, MD	49:54
40	Horkan, Miho	54	Rockville, MD	50:18
41	de Cuevas, Margaret*	54	Baltimore, MD	50:12
42	Shea, Stacey**	54	Baltimore, MD	50:40

43	Lamont, Susan	50	Stevensville, MD	50:36
44	Callahan-Brill, Jami	51	Hampton, VA	50:46
45	Lingenfelter, Gabriele**	54	Yorktown, VA	50:54
46	Simon, Sandi*	51	Perry Hall, MD	50:57
47	Lakis, Barbara	51	Baltimore, MD	50:56
48	Foyjones, Valor*	54	Newport News, VA	51:17
49	Ray, Marina	53	Upper Marlboro, MD	51:16
50	McFadden, Fredia	52	Richmond, VA	51:32

55-59 Women

Great Allegany 15K 59:35, 10K = 38:44

Cindy Conant kept her formula for success from 2016. She started with an excellent Parks Half Marathon in 1:29:41, nearly three minutes faster than last year. She would hose the competition more than once at the College Park Park Run 5K as the overall winner as fast as 19:45. Four of her six races were open class times. She finished the Great Allegany 15K in 59:35, settling for second place after winning the race last year in 59:13. She had just two races where she finished worse than second overall, including the super-fast Clarendon Day 5K in 19:30. With all that, putting aside the ski slope 600-foot drop GAR 15K, there are some challengers on the horizon.

Fourth place Martha Merz and third place Deedee Loughran are both former champions and are gearing up after some time away. Merz won at Army in 1:19:05, ahead of Loughran's 1:20:27 -- not yet top ten stuff. However by season's end, Merz was flashing a spiffy Veterans Day 10K in 43:42 and Loughran, a half marathon specialist, took down the Markel Half Marathon in 1:35:47. The biggest challenge would be coming from runner-up Kendall Tata. She had taken the 50-54 title, racing the Pepsi 10K in 41:45. Then she debuted in the new division with a second overall at the Fall Foliage 10K in 40:50, just behind Conant's second and third best races. Like Conant, Tata is a favorite to win her races, as she did in her other two events in the new division.

Fifth place Julie Hayden has always been known for her middle distance speed. Lately, she has been starting back some and finishing with killer closing speed. She finished the Veterans Day 5K in 21:51. Virtually identical, sixth placed Susan Sheets won at the Anthem Wicked 10K in 45:56, while Margarita Brose won at the Navy-Air Force Half Marathon in 1:41:44, taking seventh place. Sheets added a second age group at Army. Brose was fourth age group at the Marine Corps Marathon.

Eighth place Sushila Nanda races so much that she is bound to have an off race as she did at the Run for the Parks 10K when she held off eleventh place Julie Rome, 47:33 to 47:49. But she added a second place Clarendon 5K in 22:23, behind Conant but ahead of ninth place Pam Sane (22:47). Conant has often run her hometown Kensington 8K that was run the day before. This year in her

absence, the prolific Nanda won there in 36:52. Sane's trip to West Potomac Park was the Veterans Day 10K which she ran in 46:57. Tenth place Nancy Hill ran a couple fast 5Ks, including the Heather Hurd 5K in 22:32. Twelfth place Suzanne Furr is right there in the mix, racing Downs Park 5 Mile in 37:49.

Forty-three runners made the division.

PI	Name	Age	Hometown	10K=
1	Conant, Cindy*6	56	Kensington, MD	38:44
2	Tata, Kendall***	55	Stanardsville, VA	40:50
3	Loughran, Deedee*	59	Reston, VA	43:17
4	Merz, Martha*	55	Alexandria, VA	43:42
5	Hayden, Julie**	57	Ashburn, VA	45:30
6	Sheets, Susan*	55	Virginia Beach, VA	45:56
7	Brose, Margarita*	55	Arlington, VA	45:58
8	Nanda, Sushila*6	56	Arlington, VA	46:36
9	Sane, Pam	57	Clifton, VA	46:57
10	Hill, Nancy**	59	Havre de Grace, MD	46:55
11	Rome, Julie*	56	Oak Hill, VA	47:49
12	Furr, Suzanne**	56	Harwood, MD	47:41
13	Tschiffely, Joann**	55	College Park, MD	48:16
14	Haghighian, Hosni*	59	Charlottesville, VA	48:38
15	Mohan, Mary Beth*	57	Chester, VA	48:56
16	Daughtry, Debbie**	59	Clifton, VA	49:18
17	Kuhn, Margaret	55	Riverdale, MD	49:10
18	Meyer, Jane	57	Annapolis, MD	49:22
19	Asao-Ragosta, Kiyoko*	59	Charlottesville, VA	49:39
20	Remy, Carol*	57	Westminster, MD	49:37
21	Rosasco, Carole**	58	Severna Park, MD	49:58
22	Jamerson, Charmaine	55	Woodbridge, VA	50:26
23	Jones, Ellen**	55	Fredericksburg, VA	50:33
24	Galliani, Paula***	57	Gaithersburg, MD	50:35
25	Black, Beverly**	57	Fairfield, PA	50:39
26	Layson, Lynda	57	Severn, MD	50:42
27	Donovan, Kathy**	56	Virginia Beach, VA	50:50
28	Kearns, Kathleen	56	Woodbridge, VA	51:03
29	Spatz, Debra**	58	Saint Leonard, MD	51:07
30	Lasker, Janice	57	Fredericksburg, VA	51:07
31	Weaver, Terri	57	Virginia Beach, VA	51:12
32	Kendler, Elizabeth	58	Washington, DC	51:21
33	Friberg, Jeanne	55	Ashburn, VA	51:36
34	Peart, Sandra*	58	Richmond, VA	51:56
35	Gray, Sandra*	58	Glen Allen, VA	52:15
36	Cea, Kathy	57	Gaithersburg, MD	52:24
37	Griffing, Sharon	58	Springfield, VA	52:18
38	Hart, Ellen	56	Herndon, VA	52:27
39	Josey, Chrissy	58	Columbia, MD	52:26
40	Bean, Becky**	59	Norfolk, VA	52:56
41	Kennedy, Linda	57	Alexandria, VA	53:05

42	Hackett, Maura	58	Springfield, VA	53:15
43	Bartholomew, Annette	56	Manassas, VA	53:42

60-64 Women

Yorktown Battlefield 10 Miler 1:16:01, 10K = 45:41

This huge division continues to evolve and bring in new runners. The summer's champion, Carolyn Harrison, was a tad off her game though she started off her season with a solid Neptune Festival 5K in 22:48. The trouble was that she never did better in her next five events. She had a couple of mid 48:00 10Ks but that will not get it done in this division. She had to settle for the runner-up spot with third place Linnea Engel right on her heels where she ran the City Point 5K River Run in 22:51. Engel added a fine VCU 8K in 37:31 to end her fall but our champion Rose Crist had already raced three faster 8Ks, including her best at the World Class Freedom Run 8K in 36:58. Crist was dynamic, winning it all with the fastest 10K of the period, the Run for the Hills 10K in 47:52. She added the fastest 5K with her Governor's Land 5K in 22:26. In November, she piled on as top master at the Yorktown Battlefield 10 Miler in 1:16:01.

Fourth place Angela Cason is on the rise, winning the Marine Corps Marathon in a sparkling 3:49:53. Look for her to move up again in the winter. Former champion Mary Lowe Mayhugh won all eight of her events but not up to her usual standard. Her best race was the Holy Child Tiger Trot 5K in 24:05. Sixth place Betty Blank has won her division more times than anyone but this fall was an aberration. She only has one more try in this division before she moves on to the next one. She ran 24:26 at the Clarendon Day 5K, one of the fastest courses around. That was nearly two minutes slower than last year.

Nina Fisher used this chance to close and nearly catch her Blank by racing the Downs Park 5 Mile in 40:16. Eighth place Liza Recto had a wonderful Veterans Day 10K in 51:03. It is time for her to start believing she belongs at the top. Tenth place Rosemary Helton had a fine Arlington Police, Fire & Sheriff 9-11 Memorial 5K in 24:59 but fell off the table at the Anthem Wicked 10K in 58:18. Ninth place Leslie Rigby Kash had many wins, including the Cow Run 5K in 25:01.

Fifty-eight runners made the division.

PI	Name	Age	Hometown	10K=
1	Crist, Rose*8	62	Lanexa, VA	45:41
2	Harrison, Carolyn*****	61	Virginia Beach, VA	47:28
3	Engel, Linnea**	64	North Chesterfield, VA	47:34
4	Cason, Angela*	61	Damascus, MD	49:08
5	Mayhugh, Mary Lowe*8	62	Washington, DC	50:08
6	Blank, Betty	64	Falls Church, VA	50:42
7	Fisher, Nina**	60	Annapolis, MD	50:47
8	Recto, Liza**	61	Lexington Park, MD	51:03

9	Rigby Kash, Leslie****	61	Fredericksburg, VA	51:51
10	Helton, Rosemary*	64	Virginia Beach, VA	52:01
11	Anderson, Susan*	61	Lynchburg, VA	52:28
12	Lindemann, Susan	60	Yorktown, VA	52:51
13	Baker, Catherine*	60	Bethesda, MD	53:03
14	Philpot, Connie****	62	Arlington, VA	53:26
15	Taylor, Victoria	61	Dumfries, VA	53:24
16	Walmsley, Christie**	64	Colonial Heights, VA	54:18
17	MacNabb, Pat	64	Glenwood, MD	54:29
18	Hendricks, Cheryl*	61	Waldorf, MD	54:50
19	Vangeison, Jodi	61	Stafford, VA	55:03
20	Neff, Patricia*	61	Springfield, VA	55:31
21	Foster, Marcy*	64	Reston, VA	55:25
22	Washington, Myra*6	60	Montgomery Village, MD	55:35
23	Wolfe, Deb**	62	Gainesville, VA	55:41
24	Ashlock, Joyce	63	Baltimore, MD	55:40
25	Ferguson, Layne**	60	Moneta, VA	56:06
26	Bowling, Nancy**	61	Cumberland, MD	55:54
27	Seidman, Merrilee**	63	Alexandria, VA	56:36
28	Holm, Alma**	60	Stafford, VA	56:38
29	Stephens, Shirley*	61	Williamsburg, VA	56:50
30	Uthe, Janice	62	Bowie, MD	57:02
31	Michalski, Susan*	60	Annapolis, MD	57:06
32	Ball, Nancy	61	Fredericksburg, VA	57:28
33	Fish, Suzanne*	60	Chestertown, MD	57:40
34	O'Connor, Doreen*	61	Chester, MD	57:38
35	Robinson, Susan*	62	Farmville, VA	57:46
36	Samarelli, Jan*	60	Vienna, VA	57:55
37	Phelan, Jean	61	Virginia Beach, VA	57:52
38	Hansen-Vessa, Carol****	63	Reston, VA	58:14
39	Downing, Carol*	61	Monkton, MD	58:20
40	Langlois, Harreit*	61	Ijamsville, MD	58:34
41	Peck, Linda*	60	Fredericksburg, VA	58:39
42	Scheide, Julie*	60	Arnold, MD	58:47
43	Bergran, Lynn	62	Virginia Beach, VA	58:42
44	Weeks, Sharon	63	Virginia Beach, VA	59:01
45	Ferris, Nancy*	61	Goode, VA	59:13
46	Drossner, Audrey**	61	Lutherville, MD	59:33
47	Solomotis, Marianne*	62	Columbia, MD	59:39
48	Freyvogel, Carla**	60	McLean, VA	59:51
49	Fox, Linda**	60	Virginia Beach, VA	1:00:00
50	Gallo, Kathy*	61	Newport News, VA	1:00:12
51	Eisen, Rona	64	Bethesda, MD	1:00:17
52	Barrick, Joann*	64	Elkridge, MD	1:00:20
53	Lang, Mary	63	Pasadena, MD	1:00:37
54	Stohrer, Valerie*	60	Winchester, VA	1:00:42
55	Edgerton, Lynn	61	Chesapeake, VA	1:00:42
56	Maxwell, Ellen**	60	Washington, DC	1:00:55
57	Ronning, Cathy	62	Brookeville, MD	1:01:48
58	Rentz, Carol	63	Fairfax, VA	1:02:03

65-69 Women

VCU 8K 40:46, 10K = 51:45

The division was large but most of the racing did not get underway until October. Third place Hannah Phillips did set the early standard, besting sixth place Lizzie Sadoff at the Kensington 8K, 41:43 to 43:25. Phillips added two fine 10Ks, including the Jug Bay race in 53:49. Runner-up Ginny Hughes had a nice run in 54:38 at the Greasy Gooney 10K, which is 5K uphill followed by 5K downhill. The last day of the period, she proved again that downhill cannot make up for uphill when she raced the pancake-flat Veterans Day 10K in 52:22. The day before, Linda Gulick took the title showing that a downhill finish helps, finishing the VCU 8K in 40:46.

Fourth place Amy Rockhill had easily the fastest half, racing the Danville Half Marathon in 1:59:05. Tenth place Mary Fredlake had the next fastest at the Navy-Air Force Half Marathon in 2:04:40, a month before she raced the Marine Corps Marathon. Wendy Golden was tops at the Pepsi 10K in 54:39 to take fifth place. Seventh place Patricia Travis had six wins, including the Governor's Land 5K in 26:40. Linell Smith finished right behind, running the Marion House 5K in 26:43. Ninth place Ann Rosenthal made it all the way at the Across the Bay 10K in 55:58. Former champion Larue Lennon finished eleventh with a 27:00 at the Chase the Light 5K.

Forty-six runners made the division.

PI	Name	Age	Hometown	10K=
1	Gulick, Linda***	66	Richmond, VA	51:45
2	Hughes, Ginny***	68	Warrenton, VA	52:22
3	Phillips, Hannah*	65	Alexandria, VA	52:58
4	Rockhill, Amy***	65	Roanoke, VA	53:49
5	Golden, Wendy*	65	Earlysville, VA	54:39
6	Sadoff, Lizzie**	68	Washington, DC	55:07
7	Travis, Patricia*6	66	Williamsburg, VA	55:31
8	Smith, Linell	65	Baltimore, MD	55:38
9	Rosenthal, Ann	68	Bethesda, MD	55:58
10	Fredlake, Mary*	67	Washington, DC	56:20
11	Lennon, Larue*	69	Westminster, MD	56:13
12	Klauber, Arlene	65	Springfield, VA	56:57
13	Nusbaum, Maria**	65	Reston, VA	57:45
14	Hennes, Kathy**	65	Annapolis, MD	58:22
15	Sielen, Virginia*	69	Oakton, VA	59:35
16	Edelmann, Delia	65	Annapolis, MD	1:00:12
17	Brennan, Melanie	67	Alexandria, VA	1:00:53
18	Hannam, Linda	65	Rockville, MD	1:00:45
19	Pruitt, Susan**	65	Mechanicsville, VA	1:01:35
20	Goodman, Rae Jean	69	Annapolis, MD	1:01:30

21	Reese, Chris**	66	Westminster, MD	1:01:56
22	Unglesbee, Ruth*	69	Olney, MD	1:02:44
23	Lloyd, Maryann	68	Alexandria, VA	1:03:25
24	Fisher, Laurie	66	Hyattsville, MD	1:03:21
25	Forsha, Anne	66	Derwood, MD	1:03:17
26	Humphreys, Dottie*	66	Newport News, VA	1:03:43
27	Scott, Judith	66	Germantown, MD	1:04:35
28	Hines, Lucy*	65	Smithfield, VA	1:05:05
29	Reid, Marie*	67	Great Falls, VA	1:05:31
30	Stanfield, Leslie*	68	Reston, VA	1:05:28
31	Landes, Anita	65	Mount Crawford, VA	1:06:26
32	Kemper, Catherine****	66	Nellysford, VA	1:07:15
33	Franks, Alice**	69	Rockville, MD	1:07:28
34	Kaylor, Roxanne	67	Falls Church, VA	1:07:50
35	Flack, Jane	66	Washington, DC	1:07:54
36	Fishman, Elaine*	66	Chesterfield, VA	1:08:13
37	Jensen, Rita	68	Alexandria, VA	1:08:31
38	Allen, Deborah	68	Lynchburg, VA	1:08:40
39	Jones, Priscilla**	69	Lynchburg, VA	1:09:02
40	Schuster, Renate	68	Leesburg, VA	1:09:15
41	Burton, Sandra*	69	Port Republic, MD	1:10:33
42	Bylund, Margaret	66	Great Falls, VA	1:10:56
43	Ernst, Annette	68	Richmond, VA	1:12:11
44	Quantrille, Barbara*	69	Burke, VA	1:13:19
45	Mitchell, Brenda*	67	Williamsburg, VA	1:14:47
46	Palinkas, Pat	67	Bel Air, MD	1:14:45

70-74 Women

Yorktown Battlefield 10 Miler 1:22:59, 10K = 49:52

Betty Brothers aged up and destroyed the division by perhaps the best margin ever. In September, she rocked at the Neptune Festival 8K in 40:20, a qualifier for the 50-54 division. In October, she ruled all at the Anthem Wicked 10K in 51:08, well ahead of third place Lou Norton who ran 1:03:12. A week later, she had her best race, winning the Yorktown Battlefield 10 Miler in 1:22:59. Runner-up Barbara Biasi was nearly two miles behind her, racing in 1:35:40. Brothers added a third Best of the Year race the following week, winning the Anthem Richmond Marathon in 4:09:17 ahead of Norton's 4:43:12. Biasi needed that ten miler as she had a tough race the month before at the Peroni Crawlin' Crab Half Marathon when she lost to Norton, 2:17:27 to 2:32:45. Biasi had run the Mulberry Island Half Marathon in September in a much better 2:17:44.

Fourth place Toby McGinn had a solid Parks Half Marathon in 2:20:52 as well as the third fastest marathon with her Marine Corps Marathon in 5:04:44. Fifth place Ann Hirn had six age group wins, including the World Class Freedom Run 8K in 51:37. Sixth place Clare Inholtz won all seven of her races, including the Downs Park 5 Mile in 52:51. She also did well winning four times at the College Park

Park Run 5K. Her best 5K was in 31:41. Seventh place Sandra Timmons raced the Patriot Run 5K in 32:18.

Twenty-seven women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Brothers, Betty****	70	Virginia Beach, VA	49:52
2	Biasi, Barbara*	70	Yorktown, VA	57:30
3	Norton, Lou**	71	Richmond, VA	1:00:32
4	McGinn, Toby**	70	Gaithersburg, MD	1:03:39
5	Hirn, Ann*6	72	Portsmouth, VA	1:05:32
6	Imholtz, Clare*7	71	Beltsville, MD	1:05:58
7	Timmons, Sandra**	71	Alexandria, VA	1:07:15
8	Mullen, Courtenay*	71	Markham, VA	1:07:36
9	Robertson, Judith Faye***	70	Colonial Heights, VA	1:10:20
10	Jordan, Wendy**	71	Washington, DC	1:10:45
11	Sitkin-Porzell, Judith**	70	Silver Spring, MD	1:11:08
12	Malan, Nancy*	71	Washington, DC	1:12:02
13	Jorlett, Robin**	74	Newport News, VA	1:14:53
14	Thomas, Susan*	74	Charlottesville, VA	1:14:45
15	Bowden, Betty*	70	Virginia Beach, VA	1:15:00
16	Bandy, Cita**	70	Virginia Beach, VA	1:16:16
17	Thomas, Jill*	70	Charlottesville, VA	1:18:28
18	Berger, Nancy*	72	Huntley, MD	1:18:45
19	Kaczensky, Danielle	70	Annapolis, MD	1:19:14
20	Driscoll, Mary Lou*	70	Baltimore, MD	1:19:22
21	Brown, Mary	70	Fairfax Station, VA	1:19:33
22	Novak, Jeanette*11	73	Damascus, MD	1:21:21
23	Cornwell, Terri	70	Forest, VA	1:21:29
24	Merritt, Marianna*	72	Vienna, VA	1:23:10
25	Kruger, Jeanne	70	Norfolk, VA	1:23:36
26	Arscott, Linda	70	Alexandria, VA	1:24:30
27	Hanna, Judy	73	Williamsburg, VA	1:25:28

75-79 Women

911 Heroes Run 5K 29:40, 10K = 1:00:46

Ecris Williams was largely unchallenged, winning handily two 10Ks and two 5Ks. Her Run for the Parks 10K in 1:06:20 is perhaps the fastest 10K course in the region when the winds are not coming off the Potomac. She also ran the Monster Mash 5K in McLean in 32:31. Third place Mandy Whalen had the same 10K course a week after Williams, racing the Veterans Day 10K in 1:11:15. She added five more age group wins, almost all 5Ks, led by her Race for the Badge 5K in 34:48.

Runner-up Mary Kate Berglund has the fastest times of the year at both the 5K and the 10K but both of these were in an earlier period. Her claim to fame was

beating other competitors. She ventured north to Rockville to defeat sixth place Sarah Kemble at the Make Your Mark Montgomery 5K, 33:28 to 44:17. At the end of the period back home in Richmond, she beat fifth place Judy Stewart at the VCU 8K 54:43 to 58:49.

Fourth place Molly Sherwood likes the long races. Still, after racing the Baltimore Half Marathon in 2:49:53, she ran the Across the Bay 10K in 1:13:09.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris****	78	Reston, VA	1:06:20
2	Berglund, Mary Kate**	76	Richmond, VA	1:09:28
3	Whalen, Mandy*6	77	Falls Church, VA	1:11:15
4	Sherwood, Molly*	75	Annapolis, MD	1:13:09
5	Stewart, Judy**	78	Williamsburg, VA	1:14:40
6	Kemble, Sarah*	79	Columbia, MD	1:22:06
7	Dicker, Lois**	78	Silver Spring, MD	1:23:04
8	Bennett, Judy	77	Springfield, VA	1:37:01
9	Ely, Pauline*	79	Hampton, VA	1:38:25

80-84 Women

Run for the Ribbon 5.9K 43:30, 10K = 1:14:41

Three racers qualified but another twenty-one ran one event and a third of the time it was a 10K. The top three let a few weeks go by before getting started. Then Janet Hughes took over the division at the Run for the Ribbon 5.9K in 43:30. Note it was only one second faster in 10K equivalence than Tami Graf had run last fall. Graf did not get under way until the second week of October at the Lower Potomac River 10 Mile. Instead of rain and high winds this year, runners were treated to extremely hot and humid weather. Graf ran 2:11:06 to take the runner-up spot. Hughes won three different distances, including the Battlefield Half Marathon in 2:26:22 and the Freedoms Run Festival 10K in 1:16:42. Graf took on the odd number College Park Park Run 5Ks topping out at 37:33.

Nancy Welker ran the Virginia 4 Mile and the I am Woman 5K in 42:02 to take third place.

PI	Name	Age	Hometown	10K=
1	Hughes, Janet****	80	Winchester, VA	1:14:41
2	Graf, Tami*****	81	Lusby, MD	1:18:11
3	Welker, Nancy**	83	Roseland, VA	1:27:41

85-89 Women

Hare & Tortoise New Quarter Park 5K 52:26, 10K 1:49:10

Pat Eden usually walks her events and, as with all of us, she slowed some this year...but not as much as the competition. Like a Borg, she was a 7 of 9 designation last fall. This year she completed three events and her Hare & Tortoise New Quarter Park 5K in 52:26 won her the title. Also from Williamsburg, Anne Laib did the Williamsburg Landing 5K Run for Arc Awareness in 56:36 to take the runner-up spot. Third place Eloise Price waited till the end to take her spot, racing the VCU 8K in 1:46:29.

Ann John, the eldest racer at 87, did the Hospice Hustle 5K in 1:05:31. The steadiest racer, Yvonne Aasen, is always in the mix. This time she came back late at the Downs Park 5 Mile in 1:57:58 to earn fifth place. Sixth place Joan Townsend ran the Baltimore United Way 5K in 1:21:50.

PI	Name	Age	Hometown	10K=
1	Eden, Pat*	86	Williamsburg, VA	1:49:10
2	Laib, Anne*	85	Williamsburg, VA	1:57:50
3	Price, Eloise	85	North Chesterfield, VA	2:15:11
4	John, Ann	87	Lexington, VA	2:16:24
5	Aasen, Yvonne	86	Westminster, MD	2:28:45
6	Townshend, Joan*	85	Severna Park, MD	2:50:23

90 & Older Women

No Qualifiers for the fall.

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

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

- * Take place in Washington, DC, Maryland, or Virginia
- * Full results listed on the Web Site
- * Must list age (and preferably also city and state of residence) of all runners
- * Standard distance--5K, 4M, 8K, 5M, 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%), with time playing a major but secondary role (40%). Our general philosophy is that competition is about beating other runners and we intend to place an increased emphasis on competitive results.

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

[Qualifying times](#) are set in each age division for the 10K, and then adjusted for other distances. I believe in a constant time so that, while a runner may not make the top ten, he or she may consider himself or herself a ranked runner. My primary concern is that of believability. There should be few surprises. Competitiveness will always find a few disputes. Most runners know whom they can best and who remains unbeatable. The rankings should fairly reflect that. If you have comments and questions or would like to get a more complete explanation of individual rankings contact me at runjames3@aol.com.

Moreland Racing Factor

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

	Points	Major
Overall Winner	10	15
2nd overall	8	12

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

The current qualifying standards for the 10K are:

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

The ranking periods for the 2018 ranking year:

* Best of 2017 (November 11, 2016 through November 12, 2017) - reported March 2018

* Winter 2018 - November 13, 2017 – March 4, 2018

* Spring 2018 - March 5, 2018– May 28, 2018

* Summer 2018 – May 29, 2018 – September 3, 2018

* Fall 2018 – September 4, 2018 – November 11, 2018

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

Event	Location	Date
HSCC'S Pet Day 5K Run	Solomons, MD	9-Sep-17
Fletcher's Cove Park Run 5K #81	Washington, DC	9-Sep-17
College Park Park 5K #48	College Park, MD	9-Sep-17

Roosevelt Island Park Run 5K #47	Washington, DC	9-Sep-17
Food for Others 5K	McLean, VA	9-Sep-17
Hare & Tortoise New Quarter Park 8K	Williamsburg, VA	9-Sep-17
Hare & Tortoise New Quarter Park 5K	Williamsburg, VA	9-Sep-17
High Bridge 5K	Farmville, VA	9-Sep-17
High Bridge Half Marathon	Farmville, VA	9-Sep-17
Patriot Day 5K	Great Mills, MD	9-Sep-17
Do Your Best 5K	Arnold, MD	9-Sep-17
Run for Achievement 5K	Newport News, VA	9-Sep-17
Run 4 Shelter 10K	Stevensville, MD	9-Sep-17
Run 4 Shelter 5K	Stevensville, MD	9-Sep-17
Poor Nun Run 5K	Baltimore, MD	9-Sep-17
Donate Life Family 5K	Baltimore, MD	9-Sep-17
911 Heroes Run 5K	Alexandria, VA	9-Sep-17
Arlington Police, Fire & Sheriff 9-11 Memorial 5K	Arlington, VA	9-Sep-17
Run 4 Your Lives 4 Mile	Roanoke, VA	9-Sep-17
Police Pace 5K	Columbia, MD	9-Sep-17
Reach Out and Outreach 5K	Perryville, MD	9-Sep-17
Komen Race for the Cure 5K	Washington, DC	9-Sep-17
9/11 Heroes 5K	Virginia Beach, VA	10-Sep-17
911 Memorial Half Marathon	Washington, DC	10-Sep-17
HCS Northfield 5K	Ellicott City, MD	10-Sep-17
Patriot Run 10K	Alexandria, VA	10-Sep-17
Patriot Run 5K	Alexandria, VA	10-Sep-17
Tahoma 5M	Westminster, MD	10-Sep-17
Damascus Freedom 5K	Damascus, MD	10-Sep-17
Parks Half Marathon	Rockville, MD	10-Sep-17
Run to Remember 11K	Baltimore, MD	10-Sep-17
Run to Remember 5K	Baltimore, MD	10-Sep-17
Yankee in Falmouth Cannon Run 4 Mile	Fredericksburg, VA	10-Sep-17
Travis Manion 5K	Richmond, VA	10-Sep-17
911 Memorial 5K	Washington, DC	10-Sep-17
JW Brick 5K	Towson, MD	10-Sep-17
Mulberry Island 5K	Fort Eustis, VA	16-Sep-17
Mulberry Island Half Marathon	Fort Eustis, VA	16-Sep-17
Fletcher's Cove Park Run 5K #82	Washington, DC	16-Sep-17
College Park Park Run 5K #49	College Park, MD	16-Sep-17
Freedom XC at Lincolns Cottage 5K	Washington, DC	16-Sep-17
Lake Needwood 10K	Derwood, MD	16-Sep-17
Poolesville Day 5K	Poolesville, MD	16-Sep-17
Pregnancy Wellness Clinic 5K	Annapolis, MD	16-Sep-17
Parker Shoemaker 5K	North Beach, MD	16-Sep-17
Brain Aneurysm Awareness 8K	Reston, VA	16-Sep-17
Rocks 5 Mile	Burke, VA	16-Sep-17
Owen Lea 5K	Fredericksburg, VA	16-Sep-17
Mercy High School 5K	Baltimore, MD	16-Sep-17
Pepsi 10K	Charlottesville, VA	16-Sep-17
Reese Strong 5K	Mechanicsville, VA	16-Sep-17
Race to Beat Cancer 5K	Washington, DC	16-Sep-17
Race for the Ruins 5K	Elkton, MD	16-Sep-17

St Joseph Run with the Saints 5K	Herndon	16-Sep-17
DC Gaza 5K	Washington, DC	16-Sep-17
Glow Stick 5K	Fredericksburg, VA	16-Sep-17
Loving Arms 5K	Baltimore, MD	16-Sep-17
Springfield Knights of Columbus 5K	Burke Lake Park, VA	16-Sep-17
Abebe Bikila Day International Peace Marathon	Washington, DC	16-Sep-17
Abebe Bikila Day International Peace Half Marathon	Washington, DC	16-Sep-17
Hospice Hustle 5K	Buena Vista, VA	16-Sep-17
Rhythm and Roots Reunion 5K	Bristol, VA	16-Sep-17
Get Ready! Get Set! Get Fit! 5K Run	Baltimore, MD	17-Sep-17
Dominator 5K	Forest Hill, MD	17-Sep-17
Executive Stampede 5K	Hunt Valley, MD	17-Sep-17
Run for the Schools 5K	Falls Church, VA	17-Sep-17
Asha-Jyothi 5K	Fairfax, VA	17-Sep-17
Savage 7K	Savage, MD	17-Sep-17
Hokie 5K	Blacksburg, VA	17-Sep-17
Hokie Half Marathon	Blacksburg, VA	17-Sep-17
Race for Every Mind 5K	Chevy Chase, MD	17-Sep-17
Navy 5 Mile	Washington, DC	17-Sep-17
Navy-Air Force Half Marathon	Washington, DC	17-Sep-17
ACF Revenge of the Penguins 10 Mile	Carderock, MD	17-Sep-17
ACF Revenge of the Penguins 20 Mile	Carderock, MD	17-Sep-17
Bluemont 5K	Bluemont, VA	17-Sep-17
Race for our Kids 10K	Baltimore, MD	17-Sep-17
Summer Sizzler 5K	Virginia Beach, VA	17-Sep-17
Tidal Basin Runs 5K	Washington, DC	20-Sep-17
Fletcher's Cove Park Run 5K #83	Washington, DC	23-Sep-17
Leakin Park Run 5K #14	Baltimore, MD	23-Sep-17
College Park Park Run 5K #50	College Park, MD	23-Sep-17
Roosevelt Island Park Run 5K #49	Washington, DC	23-Sep-17
Marian House 5K	Baltimore, MD	23-Sep-17
Baron "Deuce" Braswell II Run Against Teen Violence 5K	Spotsylvania, VA	23-Sep-17
Crapolfest 5K	Williamsburg, VA	23-Sep-17
Jessica Meredith Jacobsen Memorial Charge of the Knights 5K	Towson, MD	23-Sep-17
Kellie Thompson Shiley 5K	Chester, MD	23-Sep-17
Glen Allen Days 5K	Glen Allen, VA	23-Sep-17
Fall Burke Lake 5K	Burke, VA	23-Sep-17
Fall Burke Lake 10K	Burke, VA	23-Sep-17
Run for Ethiopia 5K	Silver Spring, MD	23-Sep-17
Heart of Ghent 10K	Norfolk, VA	23-Sep-17
Chase the Light 5K	Westminster, MD	23-Sep-17
Run for the Ribbon 5.9K	Berryville, VA	23-Sep-17
Dulles Day 5K on the Runway	Dulles, VA	23-Sep-17
Dulles Day 10K on the Runway	Dulles, VA	23-Sep-17
Virginia 10 Mile	Lynchburg, VA	23-Sep-17
Virginia 4 Mile	Lynchburg, VA	23-Sep-17
Kensington 8K	Kensington, MD	23-Sep-17
Fairfax 5K	Fairfax, VA	23-Sep-17
ZERO Prostate Cancer Challenge Baltimore 10K	Baltimore, MD	24-Sep-17
ZERO Prostate Cancer Challenge Baltimore 5K	Baltimore, MD	24-Sep-17

National Capital 20 Mile	Carderock, MD	24-Sep-17
National Capital 5 Mile	Carderock, MD	24-Sep-17
Charm City 20 Mile	Freeland, MD	24-Sep-17
Bachmann Valley Half Marathon	Westminster, MD	24-Sep-17
Eliza Hope 5K	Virginia Beach, VA	24-Sep-17
Teddy Bear 5K	Falls Church, VA	24-Sep-17
Super H 5K	Tysons, VA	24-Sep-17
Perfect 10K	Reston, VA	24-Sep-17
Perfect 10 Mile	Reston, VA	24-Sep-17
Clarendon Day 10K	Arlington, VA	24-Sep-17
Clarendon Day 5K	Arlington, VA	24-Sep-17
Blazer Dash 5K	Towson, MD	24-Sep-17
Run Wild for Autism 5K	Baltimore, MD	24-Sep-17
Run Geek Run 5K	Fairfax, VA	24-Sep-17
Holy Child Tiger Trot 5K	Potomac, MD	24-Sep-17
Cody's Crew 5K	Manassas, VA	24-Sep-17
Lighthouse Shelter Half Marathon	Annapolis, MD	24-Sep-17
Larchmont Rat Race 5K	Norfolk, VA	29-Sep-17
Happiest Fun Run 10K	Clifton, VA	30-Sep-17
Happiest Fun Run 5K	Clifton, VA	30-Sep-17
Fletcher's Cove Park Run 5K #84	Washington, DC	30-Sep-17
College Park Park Run 5K #51	College Park, MD	30-Sep-17
Race for the Music 5K	Hampton, VA	30-Sep-17
Michael DiPaola 5K	Arnold, MD	30-Sep-17
Neptune Festival 5K	Virginia Beach, VA	30-Sep-17
Neptune Festival 8K	Virginia Beach, VA	30-Sep-17
Open Arms 5K	Glen Allen, VA	30-Sep-17
Henrico 5K	Henrico, VA	30-Sep-17
APG Centennial 10K	Aberdeen, MD	30-Sep-17
Laps for Lexi 5K	Sandy Spring, MD	30-Sep-17
Comfort Zone Camp 5K	Richmond, VA	30-Sep-17
GBIA 5K	Glen Burnie, MD	30-Sep-17
Michael Pennefather 5K	Manassas Park	30-Sep-17
Freedoms Run Festival 10K	Shepherdstown, WV	30-Sep-17
Freedoms Run Festival 5K	Shepherdstown, WV	30-Sep-17
Freedoms Run Festival Half Marathon	Shepherdstown, WV	30-Sep-17
Freedoms Run Festival Marathon	Shepherdstown, WV	30-Sep-17
Tom LaMonica Memorial Twilight 5K	Parkton, MD	30-Sep-17
Navy Federal 5K	Vienna, VA	30-Sep-17
Greensprings Miles for Smiles 8K	Williamsburg, VA	30-Sep-17
We got your Back 5K	Reston, VA	01-Oct-17
Two by Four 5K Against Childhood and Canine Cancer 5K	Brambleton, VA	01-Oct-17
Oktoberfest 5K	Potomac, MD	01-Oct-17
Margaret Brent 5K	Stafford, VA	01-Oct-17
Autumn Georgetown Half Marathon	Washington, DC	01-Oct-17
GPS Trail Half Marathon	Sparks, MD	01-Oct-17
AS Metric Marathon	Harwood, MD	01-Oct-17
Boo! Run for Life 10K	Washington, DC	01-Oct-17
Border Patrol 10K	Washington, DC	01-Oct-17
Prince William Half Marathon	Bristow, VA	01-Oct-17

Sowebo Landmark 5K	Baltimore, MD	01-Oct-17
Run for a Better Tomorrow 5K	Frederick, MD	01-Oct-17
Travis Manion 5K	Baltimore, MD	01-Oct-17
Red Devils 5K	Towson, MD	01-Oct-17
PVTC Track 5K	Arlington, VA	01-Oct-17
Pink Ribbon 5K	Frederick, MD	07-Oct-17
Finish the Fight 5K	Christiansburg, VA	07-Oct-17
Glenelg Dragon Dash 5K	Ellicott City, MD	07-Oct-17
Arundel Volunteer Fire Department 5K	Gambrills, MD	07-Oct-17
Caleb's Corner 5K	Laurel, MD	07-Oct-17
Williamsburg Landing 5K Run for Arc Awareness	Williamsburg, VA	07-Oct-17
McLean 5K	McLean, VA	07-Oct-17
Glory Days Open Grill 5K	Centreville, VA	07-Oct-17
Fletcher's Cove Park Run 5K #85	Washington, DC	07-Oct-17
Leakin Park Run 5K #16	Baltimore, MD	07-Oct-17
College Park Park Run 5K #52	College Park, MD	07-Oct-17
Roosevelt Island Park Run 5K #51	Washington, DC	07-Oct-17
MCRRC Black Hills Cross Country 10K	Germantown, MD	07-Oct-17
Race for DC Kids 5K	Arlington, VA	07-Oct-17
Scarecrow Classic 5K	Ellicott City, MD	07-Oct-17
iWalk for Acts 5K	Woodbridge, VA	07-Oct-17
Great Allegany 15K	Cumberland, MD	07-Oct-17
Great Allegany 5K	Cumberland, MD	07-Oct-17
Janayitri Run for a Cause 5K	Columbia, MD	07-Oct-17
HCAS 5K	Cumberland, MD	07-Oct-17
O.U.R. Race to Stop Traffic 5K	Springfield, VA	07-Oct-17
Bridgewater Community 5K	Bridgewater, VA	07-Oct-17
Oktoberfest 5K	Columbia, MD	07-Oct-17
Reston Pumpkin 5K	Reston, VA	08-Oct-17
Lower Potomac River 10 Mile	Piney Point, MD	08-Oct-17
Fort McHenry Tunnel Run 5K	Baltimore, MD	08-Oct-17
Purple Stride 5K	Catonsville, MD	08-Oct-17
Multiple Myeloma Research Foundation	Washington, DC	08-Oct-17
Charlottesville Fall Classic 10K	Charlottesville, VA	08-Oct-17
Charlottesville Fall Classic Half Marathon	Charlottesville, VA	08-Oct-17
Peroni Crawl' Crab 5K	Hampton, VA	08-Oct-17
Peroni Crawl' Crab Half Marathon	Hampton, VA	08-Oct-17
Army 10 Mile	Washington, DC	08-Oct-17
GROC Fall 10K	Greenbelt, MD	11-Oct-17
Calvert Memorial 5K	Solomons, MD	14-Oct-17
Hagerstown 5K	Hagerstown, MD	14-Oct-17
Susan B Komen Race for the Cure 5K	Virginia Beach, VA	14-Oct-17
All American Beach Ford 5K	Virginia Beach, VA	14-Oct-17
Burke Lake 10K	Burke, VA	14-Oct-17
Run for the Hills 10K	Williamsburg, VA	14-Oct-17
Run for the Hills 5K	Williamsburg, VA	14-Oct-17
Fletcher's Cove Park Run 5K #86	Washington, DC	14-Oct-17
Leakin Park Run 5K #17	Baltimore, MD	14-Oct-17
College Park Park Run 5K #53	College Park, MD	14-Oct-17
Harrity Race against Heart Disease 5K	Fairfax, VA	14-Oct-17

Holly's Hope 5K	Bel Air, MD	14-Oct-17
Sheppard Pratt Stride 5K	Towson, MD	14-Oct-17
SML Oktoberfest 5K Trail Race	Hardy, VA	14-Oct-17
Superhero 5K	Roanoke, VA	14-Oct-17
Race at the Cape 5K	Virginia Beach, VA	14-Oct-17
Pink Ribbon 5K	Elkton, MD	14-Oct-17
Mathew Henson Trail 5K	Silver Spring, MD	14-Oct-17
Smithfield Hog Jog 5K	Smithfield, VA	14-Oct-17
Care2 5K	Lynchburg, VA	14-Oct-17
Race for the Badge 5K	Washington, DC	14-Oct-17
St. Marys Ryken Blaine Whorl 5K	Leonardtown, MD	14-Oct-17
Deep Hollow 5K	Lynchburg, VA	14-Oct-17
Megan Bradley Memorial 5K	Cumberland, MD	14-Oct-17
Kosciuszko Freedom Run 5K	Washington, DC	14-Oct-17
Run2Rebuild Richmond 5K	Richmond, VA	14-Oct-17
Fall Foliage 10K	Waynesboro, VA	14-Oct-17
Fall Foliage 5K	Waynesboro, VA	14-Oct-17
Virginia's Blue Ridge 5K	Salem, VA	14-Oct-17
Lewis Gale Half Marathon	Salem, VA	14-Oct-17
Wards Corner 10K	Norfolk, VA	14-Oct-17
Making Strides Against Breast Cancer 5K	Fredericksburg, VA	15-Oct-17
Leaf Pepper 10K	Front Royal, VA	15-Oct-17
Komen Maryland Race for the Cure 5K	Baltimore, MD	15-Oct-17
Home Run 10K	Rockville, MD	15-Oct-17
Home Run 5K	Rockville, MD	15-Oct-17
Break Away Fitness 5K	McLean, VA	15-Oct-17
10K Run Through History	Spotsylvania, VA	15-Oct-17
Sprout 5K	Ashburn, VA	15-Oct-17
Discover Long Branch 5K	Silver Spring, MD	15-Oct-17
HJI 5K	Bethesda, MD	15-Oct-17
Kinhaven 5K	Arlington, VA	15-Oct-17
Monster Dash 5K	Virginia Beach, VA	15-Oct-17
Race to Cure Sarcoma 5K	Henrico, VA	15-Oct-17
Tidal Basin Runs 5K	Washington, DC	18-Oct-17
Fletcher's Cove Park Run 5K #87	Washington, DC	21-Oct-17
Deep Run Park Run 5K #17	Richmond, VA	21-Oct-17
College Park Park Run 5K #54	College Park, MD	21-Oct-17
Roosevelt Island Park Run 5K #53	Washington, DC	21-Oct-17
Petrucci 5K Run	St Mary's City, MD	21-Oct-17
Falcon & Bruin 5K	Manassas, VA	21-Oct-17
Lion to Hokie 5K	Mineral, VA	21-Oct-17
Baltimore United Way 5K	Baltimore, MD	21-Oct-17
Baltimore Half Marathon	Baltimore, MD	21-Oct-17
Baltimore Marathon	Baltimore, MD	21-Oct-17
Spook Hill Cider & Wine 4 Mile	Frederick, MD	21-Oct-17
Bank of Fincastle 10K	Fincastle, VA	21-Oct-17
Bank of Fincastle 5K	Fincastle, VA	21-Oct-17
Chase Foundation 8K	Suffolk, VA	21-Oct-17
Chase Foundation 5K	Suffolk, VA	21-Oct-17
Race for the Children 5K	Moneta, VA	21-Oct-17

World Class Freedom Run 8K	Williamsburg, VA	21-Oct-17
World Class Freedom Run 5K	Williamsburg, VA	21-Oct-17
Danville Half Marathon	Danville, VA	21-Oct-17
Ashland Harvest 5K	Ashland, VA	21-Oct-17
Ashland Harvest 10K	Ashland, VA	21-Oct-17
Monster Mash Half Marathon	Hagerstown, MD	21-Oct-17
Monster Mash Marathon	Hagerstown, MD	21-Oct-17
Jogging for Frogmen 5K	Virginia Beach, VA	21-Oct-17
NASA 100 Year Dash 10K	Hampton, VA	21-Oct-17
Old Bust Head Benefit 5K	Warrenton, VA	21-Oct-17
Emory & Henry Wasper 5K	Emory, VA	21-Oct-17
Friends of the Family Resource Center 5K	Rocky Mount, VA	21-Oct-17
Care2 Cure 5K	Winchester, VA	21-Oct-17
Take the Hill 5K	Roanoke, VA	21-Oct-17
North Beach 5K	North Beach, MD	21-Oct-17
Jenny Stevens Memorial 5K	Midlothian, VA	21-Oct-17
Galax Autumn Days 5K Run	Galax, VA	21-Oct-17
Race for Every Child 5K	Washington, DC	21-Oct-17
Petersburg 5K	Petersburg, VA	21-Oct-17
Petersburg Half Marathon	Petersburg, VA	21-Oct-17
From here to Eternity 5K	Norfolk, VA	21-Oct-17
Fall Darden 10K	Charlottesville, VA	21-Oct-17
Cross Country on the Farm 5K	Derwood, MD	22-Oct-17
Great Beginnings Recess Run 5K	Leesburg, VA	22-Oct-17
Marine Corps 10K	Washington, DC	22-Oct-17
Marine Corps Marathon	Washington, DC	22-Oct-17
Key School 10K	Annapolis, MD	22-Oct-17
Key School 5K	Annapolis, MD	22-Oct-17
Somerset Back to School 8K	Chevy Chase, MD	22-Oct-17
Magnolia Green 5K	Moseley, VA	22-Oct-17
Magnolia Green 10K	Moseley, VA	22-Oct-17
Step up to Downs Syndrome 5K	Virginia Beach, VA	22-Oct-17
JP Home 5K	La Plata, MD	22-Oct-17
Run for the Bulls 5K	Poquoson, VA	28-Oct-17
Fletcher's Cove Park Run 5K #88	Washington, DC	28-Oct-17
College Park Park Run 5K #55	College Park, MD	28-Oct-17
Tiger Trot 5K	Towson, MD	28-Oct-17
Walk to End HIV 5K	Washington, DC	28-Oct-17
KidsPeace Trick or Treat 5K	Baltimore, MD	28-Oct-17
ASA Halloween Hustle 5K	Towson, MD	28-Oct-17
ASA Halloween Hustle 10K	Towson, MD	28-Oct-17
Halloween 5K	Stafford, VA	28-Oct-17
Pennington Blue Jay 5K	Manassas, VA	28-Oct-17
Ghosts, Ghouls, and Goblins 5K	Ashburn, VA	28-Oct-17
I am Woman 5K	Lynchburg, VA	28-Oct-17
Chessie Trail 5K	Lexington, VA	28-Oct-17
Chessie Trail Half Marathon	Lexington, VA	28-Oct-17
Pawz for a Cause 5K	Midland, VA	28-Oct-17
Making a Difference 5K	Richmond, VA	28-Oct-17
Costume Caper 5K	Arlington, VA	28-Oct-17

Cats and Bats 5K	Havre de Grace, MD	28-Oct-17
VHF Trick or Trot 5K	Midlothian, VA	28-Oct-17
City Point 5K River Run	Hopewell, VA	28-Oct-17
Greasy Gooney 10K	Browntown, VA	28-Oct-17
Potomac River Run Marathon	Carderock, MD	28-Oct-17
Potomac River Run Half Marathon	Carderock, MD	28-Oct-17
Heather Hurd 5K	Churchville, MD	28-Oct-17
Anthem Wicked 10K	Virginia Beach, VA	28-Oct-17
Ready...Set...Sniff 5K	Baltimore, MD	28-Oct-17
Governor's Land 5K	Williamsburg, VA	28-Oct-17
West End Spooky Sprint 5K	Roanoke, VA	28-Oct-17
Seaside 10 Mile	Ocean City, MD	28-Oct-17
Seaside 5K	Ocean City, MD	28-Oct-17
Make Your Mark Montgomery 5K	Rockville, MD	28-Oct-17
Old School Outfit 5K	Washington, DC	28-Oct-17
Stone Ridge 5K Run for Education	Stone Ridge, VA	29-Oct-17
Monster Mash 5K	McLean, VA	29-Oct-17
Round Robinson 5K	Fairfax, VA	29-Oct-17
Spooky 5K	Fredericksburg, VA	29-Oct-17
Spooky 10K	Fredericksburg, VA	29-Oct-17
Cunningham Falls 5K	Thurmont, MD	29-Oct-17
HCC Challenge 5K	Columbia, MD	29-Oct-17
Run to the River 8K	Richmond, VA	29-Oct-17
Chester River Challenge 5K	Chestertown, MD	29-Oct-17
Chester River Challenge Half Marathon	Chestertown, MD	29-Oct-17
Into the Darkness 4 Mile	Roanoke, VA	29-Oct-17
FCA 5K	Spotsylvania, VA	04-Nov-17
Loudoun County Run 4 the Homeless 5K	Ashburn, VA	04-Nov-17
Yorktown Battlefield 10 Miler	Yorktown, VA	04-Nov-17
Yorktown Battlefield 5K	Yorktown, VA	04-Nov-17
Fletcher's Cove Park Run 5K #89	Washington, DC	04-Nov-17
College Park Park Run 5K #56	College Park, MD	04-Nov-17
Roosevelt Island Park Run 5K #55	Washington, DC	04-Nov-17
Anacostia Park Run #1	Washington, DC	04-Nov-17
Shelter: Operation Sprint 5K	Forest Hill, MD	04-Nov-17
Cow Run 5K	Spotsylvania, VA	04-Nov-17
Jug Bay 10K	Upper Marlboro, MD	04-Nov-17
Jug Bay 5K	Upper Marlboro, MD	04-Nov-17
Terry Burk Memorial 5K	Westminster, MD	04-Nov-17
Louis Fields 5K	Danville, VA	04-Nov-17
Louis Fields 10K	Danville, VA	04-Nov-17
Shelter for Help in Emergency 5K	Charlottesville, VA	04-Nov-17
CASA Superhero 5K	Lynchburg, VA	04-Nov-17
Red, White & Blue 5K	Norfolk, VA	04-Nov-17
Race for Breath 5K	Virginia Beach, VA	04-Nov-17
CAASA 5K	Solomons, MD	04-Nov-17
Jack T. Farrar 5K	Alexandria, VA	04-Nov-17
Downs Park 5 Mile	Pasadena, MD	04-Nov-17
Battlefield Half Marathon	Winchester, VA	04-Nov-17
Keymore Middle School 5K	Arlington, VA	04-Nov-17

Hot Cider 5K	Washington, DC	04-Nov-17
Westminster School 5K	Annandale, VA	04-Nov-17
Apple Valley 5K	Bedford, VA	04-Nov-17
Great Pumpkin Race 5K	Frederick, MD	04-Nov-17
5K for the Foodbank	Newport News, VA	04-Nov-17
Catholic HS 5K	Baltimore, MD	04-Nov-17
Global Strides 5K	Arlington, VA	05-Nov-17
Run for the Parks 10K	Washington, DC	05-Nov-17
Across the Bay 10K	Annapolis, MD	05-Nov-17
Rockville 10K	Rockville, MD	05-Nov-17
Rockville 5K	Rockville, MD	05-Nov-17
Lift me Up 5K	Great Falls, VA	05-Nov-17
DAV 5K	Newport News, VA	05-Nov-17
Tropical Smoothie 5K	Virginia Beach, VA	05-Nov-17
Semper Fi 10 Mile	Washington, DC	05-Nov-17
Time Traveler Pi Miler	Roanoke, VA	05-Nov-17
Grit Grub 5K	Westminster, MD	05-Nov-17
National Race to End Women's Cancer 5K	Washington, DC	05-Nov-17
Mutt Masquerade 5K	Virginia Beach, VA	05-Nov-17
Run through the Grapevine 8K	Mount Airy, MD	05-Nov-17
On Eagles Wings 10K	Falls Church, VA	10-Nov-17
Fletcher's Cove Park Run #90	Washington, DC	11-Nov-17
Wobble Gobble 5K	Danville, VA	11-Nov-17
Lorton Station Veterans 5K	Lorton, VA	11-Nov-17
Roosevelt Island Park Run #56	Washington, DC	11-Nov-17
College Park Park Run #57	College Park, MD	11-Nov-17
Well Care Run 5K	Warrenton, VA	11-Nov-17
Huff and Puff 5K	Baltimore, MD	11-Nov-17
Fairway 5K	New Market, VA	11-Nov-17
116th Infantry Regiment Annual 5K	Staunton, VA	11-Nov-17
Warrior 8K	Virginia Beach, VA	11-Nov-17
Virginia's Fallen Heroes 5K	Virginia Beach, VA	11-Nov-17
Jefferson College of Health Sciences Riverside Run 5K	Roanoke, VA	11-Nov-17
4th Year 5K	Charlottesville, VA	11-Nov-17
Anthem Richmond Marathon	Richmond, VA	11-Nov-17
American Family Fitness Half Marathon	Richmond, VA	11-Nov-17
HCA 8K	Richmond, VA	11-Nov-17
Storm Warriors 5K	Ocean City, MD	11-Nov-17
Woodrow Wilson Bridge 6K	Alexandria, VA	12-Nov-17
Woodrow Wilson Bridge Half Marathon	Alexandria, VA	12-Nov-17
Virginia Running Festival 5K	Newport News, VA	12-Nov-17
Virginia Running Festival Half Marathon	Newport News, VA	12-Nov-17
Veterans 5K	Fredericksburg, VA	12-Nov-17
Veterans 10K	Fredericksburg, VA	12-Nov-17
Mayberry 7M	Mayberry, MD	12-Nov-17
Veterans Day 10K	Washington, DC	12-Nov-17
Veterans Day 5K	Fairfax, VA	12-Nov-17
Candy Cane City 5K	Chevy Chase, MD	12-Nov-17
Bill Steers Men's 4 Mile	Charlottesville, VA	12-Nov-17
Ripley 5K	Annapolis, MD	12-Nov-17

Dustin Bauer Memorial 5K

Hunt Valley, MD

12-Nov-17