

2018 Winter Rankings Better Racing in Fewer Races

(November 13, 2017 – March 04, 2018)

Maryland RRCA State Championship Series

50 Plus Club

Best of 2015

Best of 2016

Best of 2017

Best of 2018

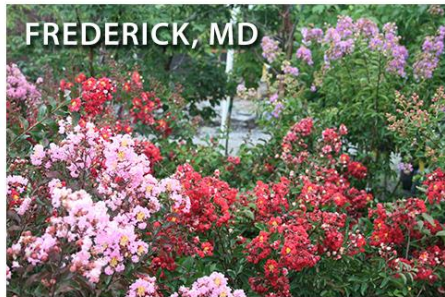


By [James Moreland](#)

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A couple zero-degree days and a few seventies, topped with an eighty or two and this mixed bag of winter made racing unpredictable. Still, even though there were no real snow days, the numbers were down from the last few year, especially last year's record turnout. The races stayed near the record with 341 total races but now with seven weekly Park Runs in the region that number should stay high. Across the board, there were quite lot fewer racers in each division. With a more than sixteen per cent drop, the 136,000 racers moved back to the likes of 2015. Still, the percentage of ranked runners moved back up over 3.1% for the first time since 2011. There were just 63 major races, lowest since 2012. Much of the lower numbers is because the three huge Richmond events, marathon, half marathon, and 8K fell in the fall this year.

This winter, male qualifiers dropped nearly twenty-five percent with 375 qualifiers and female qualifiers decreased twenty-one per cent with 443, bolting up to fifty-eight percent of the qualifiers. In total numbers, the women led with a 2,508 races, more than four hundred less than last year. Men also had a big drop with 1,846, three hundred and thirty fewer than last year. Running is not slowing down. Some races are smaller because there are more races to choose from but the numbers are still going up. Of course, there were nearly one hundred races that did not have a ranked time.

Eight fewer races had more than 1,000 finishers with just 33 this winter. Sixteen had more than 2,000, though down to only five with more than 3,000. Of the eleven races with more than 2,500 finishers, three were five milers. The number three race, the Surf 'n' Santa 5M with 3,667 was down some 1,500 runners and the new largest race, the Alexandria Turley Trot increased three hundred racers to 4,646. The lone 10K was the massive YMCA Turkey Chase 10K that was sixth largest with just short of 3,000 and the third biggest numbers of ranked runners among 10Ks. The Maryland RRCA Challenge 10M, was the most competitive major race by far with nearly a quarter of its finishers ranked (163).

Of the twenty-three races with forty or more ranked runners, twelve were on Thanksgiving. Down from sixty races, only thirty-seven races had ten percent or more ranked finishers, but only four had more than 250 finishers, and one had more than 400 finishers. Indeed, only forty per cent, at fifteen, had more than 100 finishers. Those six larger competitive races included a half marathon, two 5Ms, two 10Ms but not a single 5K, the most common distance by far.

Thanksgiving, as always, is the busiest racing day of the year with another increase to forty-eight races. More than 62,000 runners raced this Thanksgiving or forty-five per cent of all the runners in the winter on a single day. This year, there were again twelve of the sixteen races with 2,000 finishers and twenty-one of the top thirty-three races were held the morning before Turkey dinner.

For five miles, the Alexandria Turkey Trot 5 Mile with 105 finishers for second in *ranked runners* for all races. Three of the 10Ks with more than a 1,000 finishers were on Thanksgiving with the Bethesda YMCA Turkey Chase 10K leading the way with 2,984 finishers but third place with fifty-eight *ranked runners* and. The VAB Turkey Trot 10K with seventy-five of its 1,558 was the king in ranked runners. The Richmond Turkey Trot 10K was next with sixty-two of its 1,601 finishers ranked. On the last weekend, the St. Patrick's Day 10K was fourth with 1,261 and fourth in ranked runners in thirty-six.

The 5K was run 235 times. Forty were run on Thanksgiving with seventeen having more than 1,000 finishers, led by the Arlington Turkey Trot 5K with 3,411.

Cindy Conant, 56, was the oldest of eighteen runners not from the open division (20-34) to qualify for the women's Elite Division that had 58 qualifiers. Conant was the oldest runner with an overall win in the Elite Division and she did it three times. Thirteen male runners made it into the Elite Division from another division, the oldest being Phillippe Rolly, 45. Kevin Shirk, 38, was the only outright winner not (20-34) and he did it twice. The men's Elite Division decreased to forty-four qualifiers.

For the women, a masters runner was the overall winner thirty-nine times; for the men it was twenty-eight times. For the women, Carolyn Harrison, 61, was the

oldest outright winner. For the men, Rob Astrop, 65, was the oldest outright winner.

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. (MRF) is for the [Moreland Racing Factor](#). Races bolded are major races with either 500 finishers or more than twenty percent Ranked Runners.

Now let us see who made the top.

Open Men

Alexandria Turkey Trot 5M 23:48, 30:01

As with every division, this winter dipped from last year's record highs. Will Christian, known for killer halves, did not disappoint with the fastest one at perhaps the slowest course, winning the Sentara Colonial Half-Marathon in 1:10:28. It was not in the top dozen races but his One City Marathon victory a week later in 2:22:06 was and earned him the crown. The Alexandria Turkey Trot 5M is usually the fastest race of the winter for somebody and players earn their spots there. Runner-up Girma Gebre ran 24:37 there, ahead of fourteenth ranked Carlos Renjifo, the second ranked sub master, (25:45) and David Wertz the top ranked master, (25:54) who finished sixteenth in the open just ahead of seventeenth place Matt Deters who ran 26:02. Deters would third at the St. Patrick's Day 10K in 31:52, while Wertz raced the 5K in 16:01 behind tenth place Tripp Southerland (15:20 and third overall) and Lars Nenner (15:49) who would finish twenty-second in the rankings.

Gebre was also second at the Run with Santa 5K in 15:30, ahead of eleventh place Nick Reed who ran 15:49. Reed would also reprise that race on New Year's Day on a modified course in 15:23 for an overall win. Third place Tyler O'Brien won the Peaks of Otter 5K in 15:32 and a week later won the Roanoke Jingle Bell Run for Arthritis 5K in 14:52. Fourth place Mack McClain was a virtual twin winning at Patterson Park in 15:22 and finishing second at the Zaching against Cancer 5K in 14:54. But while neither was as successful at the longer distance with O'Brien winning at the Blacksburg 10M in 55:04. McClain was just sixth in his age group at the RRCA Challenge 10 Mile in 55:08.

At that RRCA Challenge, eighth place Dustin Meeker would win in 52:48, ahead of ninth place Andy Weaver (52:59) who finished third overall. Though both beat Stewart Reich (53:03) that morning, Reich earns seventh place with his Way Station's Thanksgiving Day 5K in 14:58, that had some outrageously fast times for many runners. Fifth place Clint McKelvey was identical at the much more difficult Love the Run you're with 5K in 14:58. Twelfth place Kyle Wagener was

next there in 15:37. Benner would best twenty-third place Kyle Pfohl, 16:01 to 16:21, though Pfohl already had his own 15:49 at the YMCA Turkey Trot 5K. McKelvey also added the rolling Fairfax 4 Mile course in 19:54. Sixth place Dustin Whitlow had a flat course like Reich's when he won the SOME Thanksgiving Day Trot for Hunger 5K in 15:00. Whitlow added the Jingle All the Way 5K win in 15:22.

Wagener (53:59) finished the RRCA Challenge ahead of thirteenth place Maxime Chevee (53:54) and Renjifo (54:00). Both Chevee and Renjifo beat each other in each of the two major races they ran. Renjifo had a slightly faster best time but Chevee's was the more recent win and he takes the spot with a Moreland Racing Factor of 36. Renjifo was 35. Fifteenth place Lucas Meyers matched Renjifo's best time with his YMCA Turkey Chase 10K in 32:19 but had a disappointing finish at the Challenge in 56:05. That had his second best race well behind twentieth ranked Garrett Patrick (54:30) and twenty-first Mark Hopely (54:38), as well as twenty-fourth place Jerry Greenlaw who ran in 55:01. Greenlaw would lose to eighteenth place Girma Bedada at the Jingle All the Way 15K, 50:45 to 51:02. Nineteenth place Brian Flynn won it all at the Blue Gray Half Marathon in 1:12:32.

Forty-four runners qualified for the division with thirteen coming from other divisions.

PL	Name	Age	Hometown	10K=
1	Christian, Will**	34	Norfolk, VA	30:30
2	Gebre, Girma	25	Washington, DC	31:02
3	O'Brien, Tyler****	23	Goodview, VA	31:01
4	McClain, Mack*	29	Columbia, MD	31:05
5	McKelvey, Clint***	25	Washington, DC	31:13
6	Whitlow, Dustin**	31	Arlington, VA	31:17
7	Reich, Stewart*	25	Columbia, MD	31:13
8	Meeker, Dustin**	36	Baltimore, MD	31:46
9	Weaver, Andy*	27	Baltimore, MD	31:47
10	Southerland, Tripp	33	Washington, DC	31:59
11	Reed, Nick**	25	Fairfax, VA	32:05
12	Wagener, Kyle	25	Washington, DC	32:23
13	Chevee, Maxime	27	Baltimore, MD	32:26
14	Renjifo, Carlos	35	Fulton, MD	32:19
15	Meyer, Lucas	34	Silver Spring, MD	32:19
16	Wertz, David	42	Springfield, VA	32:40
17	Deters, Matt*	32	Arlington, VA	32:50
18	Bedada, Girma	37	Potomac, MD	32:53
19	Flynn, Brian*	34	Bridgewater, VA	32:55
20	Patrick, Garrett	25	Baltimore, MD	32:48
21	Hopely, Mark**	29	Fredericksburg, VA	32:52

22	Benner, Lars	23	Bethesda, MD	33:00
23	Pfohl, Kyle	23	Fredericksburg, VA	33:00
24	Greenlaw, Jerry	30	Arlington, VA	33:04
25	Wardian, Michael	43	Arlington, VA	33:08
26	Otstot, Adam*	35	Williamsburg, VA	33:03
27	Jurkovich, Evan	32	Washington, DC	33:07
28	Rolly, Philippe	45	McLean, VA	33:12
29	Shirk, Kevin**	38	Stephenson, VA	33:10
30	Smith, Leo	30	Ashburn, VA	33:14
31	O'Leary, Sean	26	Washington, DC	33:25
32	Ban, Charlie	35	Washington, DC	33:23
33	Shelton, Brian	39	Virginia Beach, VA	33:26
34	Crouzier, Nicolas*	32	Gaithersburg, MD	33:27
35	Kelly, Thomas	28	Washington, DC	33:35
36	Schuler, Eric	24	Laurel, MD	33:33
37	Schimdt, Quincy	27	Fredericksburg, VA	33:42
38	Mercer, Dickson	36	Takoma Park, MD	33:39
39	Reed, Trevor*	24	Gaithersburg, MD	33:44
40	Osborne, Andrew*	24	Yorktown, VA	33:57
41	Mackey, John	18	Alexandria, VA	33:44
42	Godsey, Brian	36	Baltimore, MD	33:56
43	Starbuck, Sam	27	Arlington, VA	33:59
44	Walker, Jon*	21	Norfolk, VA	34:02

19 & Younger Men

Hagerstown Turkey Trot 5K 15:12, 10K = 31:42

John Mackey was tops easily with wins at the two of the biggest 5 milers. First, he ran the Alexandria Turkey Trot 5M in 26:45. Slightly more than a week later, he reprised with a third overall at the Busch Gardens Christmas Town Dash 8K in 27:03. Seventh place John Vogel and runner-up Rylan Flint both had identical overall wins. Vogel won the Sentara Colonial 5K in the same 17:36 as did Flint at the Hair of the Dog 5K. When they met earlier at the Blue Talon Bistro Turkey Trot 5K, Flint prevailed, 16:42 to 17:20 to take the runner-up spot.

Fourth place James Gusmer had three overall wins at Park Runs. On the cross-country Roosevelt Island Park Run events his times were slower. Though his Fletcher's Cove Park Run 5K #92 in 17:02 was a tad faster than Caleb Hyman's 35:34 overall win at the major race MCM Turkey Trot 10K, at twelve, Hymans takes third and may be the youngest overall winner at a major event. Fifth place Daniel Eisert ran the Turkey Day 5K in 17:10.

Next up, Brandon Dimitri ran the Run with Santa 5K in 17:13 ahead of twelfth place Donovan Foley's 17:37. Eighth place goes to Collin Shriner's who ran the swift Way Station's Thanksgiving Day 5K in 17:17. Ninth place Ethan Connelly was best at the Hagerstown Turkey Trot 5K in 17:25. He and tenth place Connor Moses had overall wins with Moses winning the Munchkins Popping Donut 5K in 17:26. Eleventh place Robert Baker won it all at the Nutzy's 5K in 17:36.

Twenty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Mackey, John**	18	Alexandria, VA	33:44
2	Flint, Rylan**	18	Williamsburg, VA	34:50
3	Hymans, Caleb****	13	Annandale, VA	35:34
4	Gusmer, James***	18	Washington, DC	35:32
5	Eisert, Daniel***	19	Ashburn, VA	35:49
6	Dimitri, Brandon**	18	Ashburn, VA	35:55
7	Vogel, John***	16	Williamsburg, VA	36:09
8	Shriner, Colin**	16	Frederick, MD	36:03
9	Connelly, Ethan**	19	Sharpsburg, MD	36:20
10	Moses, Connor*	18	Mechanicsville, VA	36:22
11	Baker, Robert**	16	Midlothian, VA	36:43
12	Foley, Donovan***	18	South Riding, VA	36:45
13	Bunch, Bradley	15	Herndon, VA	37:06
14	Lieder, Marshall**	19	Derwood, MD	37:06
15	Jackson, Logan**	15	Yorktown, VA	37:10
16	Johnson, Hunter**	17	Norfolk, VA	37:20
17	Edwards, Charlie*	15	Towson, MD	37:20
18	Madrigal, Ben*	14	Yorktown, VA	37:20
19	Rogers, Austin**	16	Virginia Beach, VA	37:30
20	Westfall, Grayson*7	16	Winchester, VA	37:45
21	Prichett, Alexander*	17	Baltimore, MD	37:45
22	Diconti, Aidan**	14	Oakton, VA	37:50
23	Brewster, Daniel*	18	Vienna, VA	37:41
24	Glass, Paul**	16	Williamsburg, VA	38:27
25	Garcia-Sanchez, Antaro*	16	Rocky Mount, VA	38:52

35-39 Men

RRCA Challenge 10 Mile 52:48, 10K = 31:46

Nearly always one of the smaller divisions, this year there were seventeen qualifiers. Dustin Meeker had the fastest half, winning it all at the Northern Central Trail Half Marathon in 1:14:30. A month later, eighth place Dickson Mercer closed with a second overall at the DCRRC Gar Williams Half Marathon

in 1:14:40. Fourth place Adam Otstot had the next fastest one at the Sentara Colonial Half Marathon in 1:15:02 for second overall.

Third place Germa Bedada had a solid YMCA Turkey Chase 10K in 33:24. Then in early December, he bested Mercer at the Jingle all the Way 15K, 50:45 to 51:56 as well as sixth place Charlie Ban who ran home in 52:42. A week later, Carlos Renjifo rose to the top as third overall at the Celtic Solstice 5M in 25:38, ahead of ninth place Brian Godsey (27:03). Then in February, Meeker took the crown winning the RRCA Challenge 10 Mile in 52:48, ahead of runner-up Renjifo's 54:00. Ban was next in 55:56, an exact match to Mercer's 15K but ahead of Mercer's 56:48 at the 10M. Ban breaks the head-to-head wins tie with his 16:00 at the Love the Run You're with 5K

Otstot had an overall win at the Gloucester 8K in 26:54. Then he bested seventh place Brian Shelton at the One City 8K 26:03 to (26:31, an identical match with Ban's 15K and Mercer's 10M). Shelton also had a fine VAB Turkey Trot 10K in 33:26. Fifth place Kevin Shirk had the fastest 5K, winning it all at the Heart and Soles 5K in 15:54.

PI	Name	Age	Hometown	10K=
1	Meeker, Dustin**	36	Baltimore, MD	31:46
2	Renjifo, Carlos**	35	Fulton, MD	32:19
3	Bedada, Girma**	37	Potomac, MD	32:53
4	Otstot, Adam***	35	Williamsburg, VA	33:03
5	Shirk, Kevin***	38	Stephenson, VA	33:10
6	Ban, Charlie**	35	Washington, DC	33:23
7	Shelton, Brian**	38	Virginia Beach, VA	33:26
8	Mercer, Dickson***	36	Takoma Park, MD	33:39
9	Godsey, Brian***	37	Baltimore, MD	33:56
10	Lofton, Matthew****	38	Winchester, VA	34:33
11	Eissens, Mark*	37	Williamsport, MD	34:25
12	Foster, Ryan*	35	Virginia Beach, VA	34:49
13	DeRocco, Vinnie*6	38	Leesburg, VA	34:51
14	Sosinski, Jimmy*	35	Haymarket, VA	35:09
15	Lowe, Adam**	35	Mechanicsville, MD	35:22
16	Neal, David**	35	Richmond, VA	35:49
17	Crefch, Byron*	37	Bethesda, MD	36:08

40-44 Men

Alexandria Turkey Trot 5M 25:54, 10K = 32:40

Runner-up Michael Wardian capped another fine season with his usual solid marathon. His One City Marathon in 2:34:24 as top masters ended the winter with the second fastest race. He also had a very nice Alexandria Turkey Trot 5M

in 27:11 but this winter's champion David Wertz had already finished in 25:54. Wertz finished again this year at the St. Patrick's Day 5K (16:01), ahead of our 45-49 champion Philippe Rolly's 16:03. Next to finish the 5K was eight place Scott Anderson in 16:58. Ninth place Martin Lanz (17:58) finished behind eleventh place Jonathan Aikmann's 17:35 however Lanz returned the favor whipping him in the 10K, 36:56 to 37:57. Lanz also finished second overall at the Northern Central Trail Marathon in 2:48:26.

Third place Tom Dichara raced well at the YMCA Turkey Chase 10K in 34:06. He then bolstered his creds winning the Jingle All the Way 5K in 16:36, ahead of tenth place David Storper's 17:31. Fourth place Charlie Epperson won it all at the AS Valentine's Day 5K in 16:25. He had already won it all at the Cold Turkey 10K in 35:23. Fifth place Robert Hunter won it all at the Scott Dayton EOD 5K in 16:38.

Mark Tompkins, sixth place, and Jason Dowdy, seventh place, each had three victories. Tompkins had the most recent winning the One City 8K in 27:42. Dowdy was virtually identical winning the Frostbite 15K in 54:16. Tompkins added an overall win at the Sentara Sleighbell 5K in 17:27, while Dowdy ran the Huguenot Park Cross Country 3 Mile in 17:10 as top master. Twelfth place Andrew Holbrook had a solid Drumstick Dash 5K in 17:35.

Twenty-one runners made the division.

PI	Name	Age	Hometown	10K=
1	Wertz, David**	42	Springfield, VA	32:40
2	Wardian, Michael*	43	Arlington, VA	33:08
3	Dichara, Tom**	40	Garrett Park, MD	34:06
4	Epperson, Charlie**	41	Annapolis, MD	34:15
5	Hunter, Robert*****	43	Virginia Beach, VA	34:42
6	Tompkins, Mark***	42	Williamsburg, VA	35:09
7	Dowdy, Jason***	41	Midlothian, VA	35:10
8	Anderson, Scott*	44	Washington, DC	35:24
9	Lanz, Martin**	44	Bethesda, MD	36:09
10	Storper, David	44	Bethesda, MD	36:32
11	Aikmann, Jonathan*	40	Alexandria, VA	36:41
12	Holbrook, Andrew**	40	Roanoke, VA	36:52
13	Dahlem, Jim*****	40	Chevy Chase, MD	37:26
14	Farley, Chris*	43	Arlington, VA	37:22
15	Brown, Karsten**	43	Front Royal, VA	37:35
16	Bell, Joel***	43	Virginia Beach, VA	37:47
17	Hicks, Sean	44	Manassas Park, VA	37:52
18	Sanders, Jeremy**	41	Stephens City, VA	37:54
19	Funakoshi, Yuji*	41	Silver Spring, MD	37:54

20	Stone, Tyler*	41	Alexandria, VA	37:54
21	Mahar-Piersma, Auke	44	Silver Spring, MD	38:12

45-49 Men

SOME Thanksgiving Day Trot for Hunger 5K 15:55, 10K = 33:12

Philippe Rolly came into town about twenty years ago and made a name for himself winning the St. Patrick's Day 10K. Now as he turns forty-five his times are coming back down again and he is still fast enough to qualify for the open division. He bookended the season, finishing third overall at the SOME Thanksgiving Day Trot for Hunger 5K in 15:55. Then he won at the St. Patrick's Day 5K in 16:04 to clinch the title. Silvio Guerra started fast as well, easily earning the runner-up spot, racing the YMCA Turkey Trot 5K in 16:10. Then in December, he beat seventh place Matt Boyd, a former champion, at the Blue Gray Half Marathon, 1:16:01 to 1:21:59. Boyd was faster as second overall at the Dahlgren Railroad Heritage Trail Half Marathon in 1:21:14 but not enough to catch Noah Zaring who was third overall at the Holiday Half Marathon in 1:20:30 to take sixth place in the division.

Like Zaring, fourth ranked Michael Colaiacovo is a former champion as well. He won the Toy for Tots Run 5K in 17:25 outright but was best at the Richmond Turkey Trot 10K in 35:58. Third place Mark Landree was top master at the AS Valentine's Day 5K in 17:20. But it was his Celtic Solstice 5M in 28:35, ahead of eleventh place Jason Tripp (29:47) that helped him gain that spot. Fifth place Chuck Inman beat eighth place Martin Stacin at the VAB Turkey Trot 10K, 36:14 to 37:20.

Just behind Stacin, ninth place John Crumbliss won it all at the 100th running of the Fletcher's Cove Park Run 5K with 17:50. Tenth place Antonio Eppolito ran the DCRRC Gar Williams Half Marathon in 1:22:38 the day after Tripp's five miler. However, it was his head-to-head win at the RRCA Challenge 10M, 1:02:24 to 1:03:33, that made it a certainty.

Twenty-three runners made the division.

PI	Name	Age	Hometown	10K=
1	Rolly, Philippe**	45	McLean, VA	33:12
2	Guerra, Silvio**	49	Fredericksburg, VA	33:43
3	Landree, Mark*****	48	Catonsville, MD	36:03
4	Colaiacovo, Michael**	48	Richmond, VA	35:58
5	Inman, Chuck**	45	Chesapeake, VA	36:14
6	Zaring, Noah**	46	Washington, DC	36:31
7	Boyd, Matt*6	47	Fredericksburg, VA	36:51
8	Martin, Stacin*	48	Chesapeake, VA	37:20

9	Crumbliss, John**	45	Washington, DC	37:25
10	Eppolito, Antonio***	49	Alexandria, VA	37:30
11	Tripp, Jason	45	Ellicott City, MD	37:33
12	Young, Barry**	47	Ruckersville, VA	37:47
13	Hicks, Sean	45	Manassas, VA	37:59
14	Fuglem, John Olav**	47	Quantico, VA	38:21
15	Burcham, Kevin***	46	Midlothian, VA	38:29
16	Wofford, Corey*	45	Chesapeake, VA	38:33
17	Phillips, Colin*	49	University Park, MD	38:25
18	Chasse, Craig**	48	Reston, VA	38:36
19	McNary, Bill**	45	Bethesda, MD	38:42
20	Crago, Stephen****	49	Vienna, VA	38:55
21	Edwards, Charles*	47	Towson, MD	38:58
22	Liu, Jicheng*	46	Ellicott City, MD	39:07
23	Lockard, David*	48	Hampton, VA	39:40

50-54 Men

RRCA Challenge 10 Mile 1:00:02, 36:07

Kevin McGuire busted loose on the first week at the Drumstick Dash 5K in 17:42 and the chase was on. Seventh place Greg Dawson was closest when he would run the Blue Talon Bistro Turkey Trot 5K in 18:22. Nobody else would challenge any better in the 5K until sixth place Mario Zuniga raced the March Madness 5K on the final week in 18:15. Third place Christopher Fox ran 18:35 in December but earns his spot when he briefly led the division, racing the season opening MCM Turkey Trot 10K in 37:32. Twelfth place Miguel Sanchez Ruano finished next there in 38:37.

Smiling his sardonic smile that seems to say he knew he was going to be at least runner-up, John Piggott had the fastest 8K, running the Busch Gardens Christmas Town Dash 8K in 29:37. Dawson would win it all at their hometown Warhill 8K in 30:29. In February, Piggott added the fastest ten miler, winning the Run for the Heart 10M in 1:02:25. That was exactly a minute faster than McGuire would run the following day in Blacksburg. Fifth place Steve Speirs is known for ultra-racing and was gearing up for another Rocky Raccoon 100M that he would finish in 17:13:10 for third overall. That was an hour and half faster than last year. For his cool-down, he finished the Tidewater Striders Tune-up 20M in 2:12:06 for third overall as well. Fourth place Wayne Parfitt had some long distance magic as well, winning at the One City Marathon in 2:56:38.

Eighth place Scott Mersiowsky opened up 2018 with a 18:28 for third overall at the YMCA Resolution Run 5K. That was just enough to get him by tenth place Larry Grossman who spent Thanksgiving racing through the streets of Bethesda at the YMCA Turkey Chase 10K in 38:36. John Cassilly sneaks into eleventh

place ahead of Sanchez Ruano, racing another major race 10K, the Richmond Turkey Trot 10K in 38:41. Cassilly would add the Frostbite 15K in 1:00:36, while Sanchez Ruano struggled a bit on the hilly Country Road Run 5M in 32:47. David Phipps knives his way into ninth place in the highly competitive bunch with a second place finish on the tough RRCA Challenge 10M in 1:04:19. He was followed closely by thirteenth place Serge Arbona (1:04:46) who bested Jerry Henderson (1:05:35) there. Henderson was a whisker faster when he won the Northern Central Trail Half Marathon in 1:26:10 back in November. In all, Phipps bested nine ranked runners at the Challenge.

Forty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	McGuire, Kevin*	52	Bland, VA	36:51
2	Piggott, John***	52	Williamsburg, VA	37:33
3	Fox, Christopher**	50	Henrico, VA	37:32
4	Parfitt, Wayne**	52	Newport News, VA	37:54
5	Speirs, Steve*	51	Virginia Beach, VA	37:58
6	Zuniga, Mario*7	53	Front Royal, VA	38:04
7	Dawson, Greg****	52	Williamsburg, VA	38:19
8	Mersiowsky, Scott**	51	Amelia, VA	38:31
9	Phipps, David***	54	Severna Park, MD	38:42
10	Grossman, Larry*	54	Washington, DC	38:36
11	Cassilly, John**	51	Mechanicsville, VA	38:41
12	Sanchez Ruano, Miguel*	50	Woodbridge, VA	38:37
13	Arbona, Serge*	52	Baltimore, MD	38:58
14	Henderson, Jerry*	52	Bel Air, MD	38:56
15	Schemm, Dennis****	52	Chantilly, VA	39:05
16	Clements, Ian*	53	Alexandria, VA	39:13
17	Morakinyo, Akintunde	54	Columbia, MD	39:13
18	Burden, Jamey**	51	Springfield, VA	39:26
19	Bohse, Stephen	50	Columbia, MD	39:36
20	Pommerenk, Peter*****	51	Virginia Beach, VA	39:37
21	Phillips, Colin*****	50	University Park, MD	39:26
22	Frost, Howard****	52	Falls Church, VA	39:50
23	Swanwick, Robert*	50	Cabin John, MD	40:00
24	Martingayle, Kevin***	50	Virginia Beach, VA	40:14
25	Harfst, Rich***	54	Annandale, VA	40:14
26	Eid, Stephen**	50	Ashburn, VA	40:12
27	Blackstone, Bill*	51	Winchester, VA	40:11
28	Pelletier, Paul*	52	Williamsburg, VA	40:28
29	Kern, Rick**	52	Frederick, MD	40:29
30	Kidane, Argaw*	51	Montgomery Village, MD	40:42

31	Williamson, Duane****	54	Warrenton, VA	40:45
32	Peterson, Steven*	52	Fairfax Station, VA	40:54
33	Mooney, Danny*	51	Hanover, MD	40:55
34	Breslyn, Wayne	50	Rockville, MD	41:00
35	Kerzel, Steve*	52	Westminster, MD	40:55
36	Pawlak, Robert**	54	King George, VA	41:01
37	Tara, Yasuhiko*	51	Washington, DC	41:09
38	Rapp, Perry*	52	Lexington Park, MD	41:08
39	Schwartz, Mike	50	Phoenix, MD	41:13
40	Rippey, Brad*	51	Fredericksburg, VA	41:29

55-59 Men

Frostbite 15K 57:41, 10K = 37:23

Mark Neff has been consistently at the top for some time and the consensus winner because though third place Jeff Duyn is close behind him, he races the same races behind him. Neff should thank him because that extra push was enough to help him defeat another challenger. Former champion Doug Fernandez has ceased being a one-dimensional half marathon great, with his Frostbite 15K in 57:41, a very competitive event. Doug would later add a very good Sweethearts 8K in 30:20. Neff would only race twice, beating third place Duyn at the slightly longer Country Run 5M, 30:05 to 30:44.

Then came the February title making RRCA Challenge 10 Mile. Neff prevailed over Duyn 1:02:13 to 1:02:40. Ed Wilson had a faster five miler than Duyn, racing the Celtic Solstice 5M in 30:38 and that was only Duyn's third fastest event. Fourth place Kevin D'Amada was off his game at a couple DCRRC races earlier but powered his way back at the RRCA Challenge to nip the fifth place Wilson's 1:03:45 with his 1:03:39. Another former champion David Haaga was right there with them in 1:04:04 but a few places south in eighth.

Sixth place Robert Whitaker enjoyed a fast Sentara Sleighbell 5K ride in 18:25. Hernan Garbini was next, finishing the Monticello Holiday Classic 5K raced the week before in 18:27. Ninth place Craig Hymes ran two ten milers and was best at the 1:04:28. Jean-Christophe Arcaz is rarely this far down the charts. He ran a solid YMCA Turkey Chase 10K in 39:01 for tenth in the rankings.

Eleventh place William Smith had the fastest half marathon, racing the Star City in Roanoke as second master in 1:26:29. Always an elite racer, Henry Wigglesworth has been a major volunteer at the first of the Park Runs, Fletcher's Cove. He just turned sixty as the season ended and can still race a 5:00 mile. He won it all at the Fletcher's Cove Park Run 5K # 91 to start the winter. Look for him to win it all in the new division in the spring.

Twenty-seven runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Neff, Mark**	55	Derwood, MD	37:26
2	Fernandez, Doug**	57	Richmond, VA	37:23
3	Duyn, Jeff*	57	Garrett Park, MD	37:42
4	D'Amanda, Kevin**	56	Bethesda, MD	38:18
5	Wilson, Ed*	58	Ellicott City, MD	38:21
6	Whitaker, Robert**	59	Yorktown, VA	38:25
7	Garbini, Hernan**	56	Waynesboro, VA	38:29
8	Haaga, David	56	Rockville, MD	38:33
9	Hymes, Craig*****	55	Yorktown, VA	38:47
10	Arcaz, Jean Christophe**	56	Rockville, MD	39:01
11	Smith, William**	55	Roanoke,	39:14
12	Wigglesworth, Henry****	59	Washington, DC	39:23
13	Calhoun, Martin**	56	Herndon, VA	40:24
14	Alberg, Ken*6	57	Suffolk, VA	41:01
15	Page, H T**	57	Rocky Mount, VA	41:43
16	Morrison, Jack***	58	Fredericksburg, VA	41:40
17	Mace, Matthew	57	Arnold, MD	42:25
18	Oda, Yasuo*	56	Columbia, MD	42:19
19	Poulos, Ted*7	56	McLean, VA	42:29
20	Collins, Timothy**	56	Williamsburg, VA	42:52
21	Horan, Marty**	58	Gaithersburg, MD	43:02
22	Daugherty, Brian*	57	Edgewater, MD	43:23
23	Kammerer, Jack**	56	Washington, DC	43:34
24	Amabile, Anthony	56	Chesapeake, VA	43:38
25	Cover, Karl*	58	Montpelier, VA	43:39
26	Clem, William	58	Bethesda, MD	43:51
27	Adams, Mark*	58	Gaithersburg, MD	43:50

60-64 Men

Sentara Sleighbell 5K 18:12, 10K = 37:58

Fourth place Paul Beers did his damage early, winning the Star City 10K in 40:54 for the fastest 10K of the period on the opening day. It was even faster than eighth place Mike Meadows mustered for his Berryville 6M (40:59). Then Beers skipped ahead to Thanksgiving and ran a solid Drumstick Dash 5K in 20:11. Former champion Stephen Chantry is back and dusted off his racing shoes that same morning at the Blue Talon Bistro Turkey Trot 5K in 19:49. That still left him back a way. The second week on December as Preston Evans was mounting his charge past Beers, finishing third overall at the Farmville Jingle Bell 5K in 19:31, Chantry was laying down an insurmountable 18:12 at the Sentara Sleighbell 5K.

At the Northern Central Trail Marathon, Maurice Pointer slowed another thirteen minutes as he had the year before, after winning in 2:59:26 in 2015. His 3:26:12 would have left last year's champion in thirteenth place. Instead, he sucked it up after the disappointment and banged out a 32:09 at the Celtic Solstice, ahead of sixth place John Chall (33:29) to squeeze by Beers and third place Evans for the runner-up spot. Evans would add an excellent Frostbite 15K in 1:03:00 to cement his position. Fifth place Bruce Halpin had a top-flight race at the Ringing in Hope 10K in mid-December with 41:21. Chall would win the RRCA Challenge 10 Mile in 1:10:32.

Seventh place Bob Deak ran the Fairfax Turkey Trot 5K in 20:24 but had a better race at the notoriously long Run with Santa 5K in Reston in 20:27, even taking down Halpin's 20:42 there. Meadows dominated the Shenandoah Valley Series events, adding the March Madness 5K in 21:04 to his collection of wins. Ninth place David Lovegrove had the fastest half marathon, winning the Blue Gray in 1:34:00. Tenth place David Wild bided his time until the final day and got both of his races that Sunday morn. At the St. Patrick's Day 10K, he ran 43:22. His race at the 5K was a slightly better 20:43.

Lovegrove bested twelfth place Jeff Peterson at the YMCA Turkey Trot 5K, 20:53 to 21:15. Eleventh place Tim Arnade sliced between them, running the Barcroft Elementary 5K in 20:59 for second overall. Fourteenth place Ron Black had four wins. His two best races were on suspicious courses. When he is fully healthy Black surprises a lot of racers as he flies by. His Way Station's Thanksgiving Day 5K in 21:11 was on a mostly flat course that produced extraordinary times for runners this year. Black ran the pancake flat MCCRC New Year's Day 5K in 22:49. His Jingle Bell Jog 8K was on a course that has been short for the last three years but he raced even faster at the hilly Turkey Burnoff 10M in 1:15:33.

If you throw out thirteenth place Duane Rosenberg's GW Birthday Marathon, he raced thirteen times to victory at the College Park Park Run 5K. His best race there was #60 in 21:13. It always seemed that the course, which is flat, might be a little short. We have been told that after remeasuring, the turn around on the out and back course has been moved back a tad. Fifteenth place Manuel Rivera is a regular at the Fletcher's Cove Park Run 5K yet he ran his best race at the PVTC Christmas Caper 5K in 21:28.

Forty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Chantry, Stephen**	62	Williamsburg, VA	37:58
2	Pointer, Maurice*	62	Baltimore, MD	40:32
3	Evans, Preston***	61	Madison Heights, VA	40:43
4	Beers, Paul**	60	Roanoke, VA	40:54
5	Halpin, Bruce*	61	Ashburn, VA	41:21
6	Chall, John*10	60	Crownsville, MD	42:13

7	Deak, Bob**	63	Burke, VA	42:33
8	Meadows, Mike*6	60	Martinsburg, WV	42:28
9	Lovegrove, David****	61	Fredericksburg, VA	42:39
10	Wild, David***	63	Washington, DC	43:13
11	Arnade, Tim****	61	Arlington, VA	43:21
12	Peterson, Jeff***	61	Fredericksburg, VA	44:02
13	Rosenberg, Duane*13	64	New Carrollton, MD	44:15
14	Black, Ronald****	62	Fairfield, PA	44:11
15	Rivera, Manuel*8	62	Washington, DC	44:28
16	Blair, Peter	61	Alexandria, VA	44:30
17	Loomis, Bill**	63	Silver Spring, MD	44:51
18	Wriston, Dave*	62	Lynchburg, VA	44:43
19	Cobb, Christopher**	61	Virginia Beach, VA	44:45
20	Fitzgerald, Andrew*	60	Potomac, MD	45:03
21	Koehler, Roger****	63	Lexington, VA	44:59
22	Riemenschneider, Neal**	63	Winchester, VA	45:14
23	Isaac, Luther**	64	Bowie, MD	45:16
24	Gordon, Kirk*****	62	Glenn Dale, MD	45:36
25	Murray, Ernest****	62	Virginia Beach, VA	45:49
26	Jordan, Marty*	61	Burke, VA	46:08
27	Kleeman, David	61	Chevy Chase, MD	46:25
28	Hall, Mark	60	Bel Air, MD	46:25
29	Searcy, Gary*	61	Virginia Beach, VA	46:37
30	Copeland, Gary*	60	Virginia Beach, VA	46:34
31	Heron, Andrew*	62	Reston, VA	46:44
32	Drain, Bob*	63	Alexandria, VA	46:50
33	Dollins, Richard**	61	Ellicott City, MD	47:11
34	Barnhart, Tim**	62	Linden, VA	47:27
35	Lopez, Felix	64	Lynchburg, VA	47:21
36	Stasulis, Steve	61	Virginia Beach, VA	47:29
37	Morgans, Gary	64	Arlington, VA	47:35
38	Triantos, Vassili*	63	Rockville, MD	47:55
39	Mason, Mike*	61	Spencerville, MD	48:09
40	Hofacker, Will*	61	Richmond, VA	48:19
41	Askins, Thomas*	63	Virginia Beach, VA	48:24
42	Riordan, James*	64	Richmond, VA	48:28
43	Brooks, Mark	62	Fredericksburg, VA	48:55
44	Wittenberg, Sam	64	Virginia Beach, VA	49:04
45	Jewell, Chuck	60	Columbia, MD	49:03
46	Giesen, John*	60	Radford, VA	49:12

65-69 Men

Fletcher's Cove Park Run 5K #92 20:51, 10K = 43:30

Paul Ryan moved up a spot to the top this winter with the six fastest races in the division. He won all seven of his events. The two slowest were on course that featured some challenging altitude changes. Ryan is a regular at DCRRC races and won the Gar Williams Half Marathon in 1:37:36. Now he is becoming a regular at the Fletcher's Cove Park Run 5K. He ran race #92 in 20:51. The following week in nearly matched his record with 20:54.

Runner-up Steve Sakry was the best at two different distances. First, his Sweethearts 4 Ever 4 Mile Run in 29:19 left him in fourth place. Then on the final weekend, he bolted upwards winning the John Robbins 8K in 35:56. The next three are very closely linked. Bill Hart had three age group wins to take third place. First, he beat John Wills in a nail biter at the VAB Turkey Trot 10K 46:43 to 46:48. In late January, he would redux Wills at the Tidewater Striders Tune-up 15M 2:00:00 to 2:10:10. Wills over matched James Deviese on New Year's Day with his Resolution Run 5K in 23:05. Deviese ran his January first 5K in Hampton at 24:24. Deviese would come back strong with three wins, including the Run for the Heart 10M in 1:17:39 In february to snatch fourth place in the rankings from Wills.

Next up another well-matched quartet. Bernie Sanders gets the lean for sixth place with his win at the unique distance Nail the Rail 9M in 1:10:42. Ron Rogers had three wins, including a best at the Peaks of Otter 5K in 22:43. Sanders had Moreland Racing Factor (MRF) score of 19 with Rogers close behind with 18. Ninth place goes to Dan Eddy with his win at the major race St. Patrick's Day 5K in 22:41 on the final week and a MRF of 13. Ed Elmore had run the Menchville Chill 5K in 22:38 for eighth place, improving on his Big Turkey Burn 5K in 23:25 to start the season. His race gave him a slightly higher MRF of 14.

The division finished one of the record with thirty-two qualifiers.

PI	Name	Age	Hometown	10K=
1	Ryan, Paul*7	67	Arlington, VA	43:30
2	Sakry, Steve**	65	Stafford, VA	45:36
3	Hart, Bill***	68	Virginia Beach, VA	46:43
4	Deviese, James***	66	Yorktown, VA	46:43
5	Wills, John*	65	Virginia Beach, VA	46:48
6	Sanders, Bernie**	67	Roanoke, VA	47:17
7	Rogers, Ron***	65	Riner, VA	47:23
8	Elmore, Ed**	66	Gloucester, VA	47:13
9	Eddy, Dan*	66	Alexandria, VA	47:19
10	Sharpe, Steve*	65	Ellicott City, MD	48:20
11	Abrahamson, Dale**	68	Yorktown, VA	48:18
12	Trump, David*	65	Midlothian, VA	48:14

13	Mehrabi, Shah**	65	Arlington, VA	48:36
14	Astrop, Rob****	66	Henrico, VA	48:49
15	Morgan, Tim*	67	Damascus, MD	49:03
16	Murphy, Vincent*	68	Woodbridge, VA	49:09
17	Gallogy, Michael*	69	Richmond, VA	49:19
18	Boutin, Greg**	67	Burke, VA	49:18
19	Washington, Larry**	66	Rockville, MD	49:14
20	Senseney, Bill*	68	Charles Town, WV	49:49
21	Verdirame, Joseph	68	Suffolk, VA	49:51
22	McLearen, Allan**	66	Rochelle, VA	50:06
23	Jones, Larry**	68	Midlothian, VA	50:25
24	Donahue, David**	65	Chevy Chase, MD	50:21
25	Moreland, James*	65	Gaithersburg, MD	50:52
26	Vaughan, Allen**	67	Stafford, VA	50:58
27	Trueheart, Wilson	69	Baltimore, MD	51:09
28	Day, Joseph	67	Yorktown, VA	51:22
29	Myers, Eugene**	65	Columbia, MD	51:23
30	Patterson, John**	65	Gaithersburg, MD	51:38
31	Weeks, Tom	66	Virginia Beach, VA	51:46
32	Duffy, Jim*	65	Virginia Beach, VA	52:29

70-74 Men

Reston 10 Mile 1:16:09, 10K = 45:49

Jim Noone is from Fairfax where he won four of his nine races but he seems to do best racing in Reston where he won five times. He had the top the nine races in the division with the four best in Reston. He began the season with a 22:38 at the Turkey Day 5K in Reston, nearly a minute ahead of third place Jason Page who ran the Ringing in Hope 5K in 23:37 in December. Noone soon had his 10K into the 46s and finished the season with the Reston 10M in 1:16:09 on the same terrain where he ran his For the Love of It 10K in 46:30.

Runner-up Shelton Langston ran the Toano Icy 8K in 38:58 that left him still a few strides behind Page. Then the second week of February, he more than doubled his distance, running the Run for the Heart 10M in 1:20:44 to capture his placement. Former title holder Ben Dyer could not get past Langston who beat him at the Sentara Sleighbell 5K 23:51 to 24:11, just a week after Dyer had won at the TRRC Championship 7M in 57:15. He takes fourth place.

Fifth ranked Art Gregory left the confines of Frederick to put a hurting on the division at the Celtic Solstice 5M in 40:53. Sixth place George Myers had a solid Cold Turkey 10K in 53:01 as his first of four wins. Eighth place Bill Kelly nearly caught up with his Frostbite 15K in 1:22:35 but by then Myers had run one of his own, the Annapolis Striders Anniversary in 1:21:25. That same morning seventh

place Richard Jefferson ran the ill-fated MCRRC Jingle Bell Jog 8K in 41:33. His winning time was a virtual tie with Myers' race but the course has been run short for the last few years.

The division shrunk nearly in half to just eleven qualifiers.

PI	Name	Age	Hometown	10K=
1	Noone, Jim*9	73	Fairfax, VA	45:49
2	Shelton, Langston***	70	Grafton, VA	48:38
3	Page, Jason**	73	Hamilton, VA	49:16
4	Dyer, Ben*	74	Toano, VA	50:11
5	Gregory, Art**	74	Ijamsville, MD	51:33
6	Myers, George****	71	Millersville, MD	52:46
7	Jefferson, Richard*	72	Germantown, MD	52:44
8	Kelly, Bill***	70	Midlothian, VA	53:31
9	Mayhew, Ed*7	72	Winchester, VA	53:49
10	Hensel, Donald*	73	Gaithersburg, MD	54:40
11	Justice, Michael**	70	Westminster, MD	55:42

75-79 Men

Virginia Run Turkey Trot 5K 24:53, 10K = 51:54

Three new runners joined the division and took over the top three spots. For Thanksgiving, Eamonn McEvelly ran an excellent Virginia Run Turkey Trot 5K in 24:53 to leave no prisoners in the title hunt. He then started the new year at the DCRRC New Year's Day Predictions and Resolutions 5K in 25:42. On the northwest side of the area Jim Bullock was racing the Y of Central Maryland Turkey Trot 5K in 26:41 in his new division. Last winter he was eleventh in the 70-74 age group and now jumps up to runner-up. John Churchman had been fifteenth in the former division but springs up to third, racing the PVTC Christmas Caper 10K 57:42. Then, the last week of the season, he improved to 56:07 at the St. Patrick's Day 10K, ahead of fifth place Bill Sollers who ran 59:55.

Fourth place Malcolm O'Hagan started slow, racing the YMCA Turkey Chase 10K in 1:02:17. A couple weeks later, he powered his way to victory at the Jingle All the Way 15K in 1:30:00. This is a tough division to stay on top. Former champ Stan Neumann is sixth, racing the Reindeer Run 5K in 28:38. John Elliott a former top dog as well, tried out the College Park Park Run 5K #72 in February with a cool 28:50 to take seventh place. Elliott still holds the 65-69 age group record at the Pike's Peek 10K in 40:22. The last of these three former champions is also 79, taking his last look around before moving on the new division. Doug Morris ran the Tacky Sweater in 29:11 to earn eighth place.

Lou Shapiro has always been a prolific racer. His son Eric tells us that he runs every day. Lou won 2/3 of his nine races to take ninth. He was best the first week in 30:18 at the Herndon Turkey Trot 5K. Tenth place Joe Greene is one of the nine newly aged up racers in the division. He earned his spot on the final day, racing the John Robbins 8K in 50:04. Eleventh place Joseph Polinski ran the Run for the Heart 10M in 1:47:35 for the second fastest ten miler among qualifiers. Shapiro had the fastest at the hilly Turkey Burnoff in 1:45:47.

Thirty-seven runners qualified for the division, tying the record set last year.

PI	Name	Age	Hometown	10K=
1	McEvelly, Eamonn**	75	Springfield, VA	51:54
2	Bullock, Jim***	75	Eldersburg, MD	55:40
3	Churchman, John*	75	Arlington, VA	56:07
4	O'Hagan, Malcolm**	77	Chevy Chase, MD	58:20
5	Sollers, Bill****	78	Silver Spring, MD	58:22
6	Neumann, Stan**	79	Timonium, MD	59:44
7	Elliott, John****	79	Columbia, MD	1:00:09
8	Morris, Doug*	79	Delaplane, VA	1:00:53
9	Shapiro, Lou*6	76	Silver Spring, MD	1:03:12
10	Greene, Joe**	75	Fredericksburg, VA	1:03:32
11	Polinski, Joseph**	79	Smithfield, VA	1:04:44
12	Eldridge, Bob	78	Reston, VA	1:04:57
13	Sharp, Ed*	78	Gloucester, VA	1:04:57
14	Lane, Stephen**	75	Cockeysville, MD	1:06:41
15	Keeling, Nick	79	Bethesda, MD	1:08:38
16	Witlin, Michael*	75	Oak Hill, VA	1:09:11
17	Coady, Patrick****	79	Washington, DC	1:09:59
18	Munday, John*	77	Chesapeake, VA	1:11:29
19	Howison, David**	76	Lexington, VA	1:12:00
20	Terrell, Charles**	79	Newport News, VA	1:13:30
21	Moore, Brev*	77	Annapolis, MD	1:14:16
22	Finney Jr., John**	78	Arlington, VA	1:15:43
23	Maruyama, Richard*	75	Yorktown, VA	1:15:49
24	Barnett, Rich	76	Charlottesville, VA	1:16:50
25	Borkowski, John****	79	Midlothian, VA	1:17:15
26	Pitts, Warren	79	Baltimore, MD	1:17:31
27	Coates, Chet	77	Silver Spring, MD	1:17:27
28	Rhoads, Richard*	78	Arlington, VA	1:18:18
29	Bayrer, Ralph*	78	Washington, DC	1:19:56
30	Verdier, Jim	75	Alexandria, VA	1:21:14
31	Koletty, John	76	Severna Park, MD	1:21:23
32	Schwartz, Bill*	79	Glen Arm, MD	1:22:50
33	Wycherley, Alan*	75	Annapolis, MD	1:24:09

34	Kurisky, John*	79	Forest, VA	1:25:55
35	Contract, Sheldon	78	North Bethesda, MD	1:26:26
36	St. Clair, Bailey	79	Glen Arm, MD	1:26:49
37	Thomas, Evan	76	Crofton, MD	1:30:17

80-84 Men

VAB Turkey Trot 10K 57:25

Last year Duane Lougee, who ran the Fort Eustis 10K in 57:24, had just one race and we presaged he might win the division when he was fully ensconced in the division. Indeed, he began the winter with a mirrored VAB Turkey Trot 10K in 57:25 to win the division. Later, he would run the Tidewater Striders Tune-up 12M in 2:08:33, ahead of third place Chris Catoe's 2:22:17. Thirty-five runners had just one race, including last winter's leader Maynard Weyers.

Runner-up Ken Quincy aged up with seven of the top ten times. He ran well at the Reston Town Center on the first of the year for a 29:57 and the second best race of the period. Quincy races the Reston 10M in 1:53:57, while Lougee led Catoe home at the Tidewater Striders Tune-up 10M, 1:47:10 to 1:56:56. Fourth place Jerry Barrett was tops at the season opener Spend Yourself 5K in 37:12.

Fifth place Michael McClellan was a regular at the weekly College Park Park Run 5K, running it nine times during the winter. He ran best the first week in December with 38:46. That same morning sixth place Bill Hammond would run the Peaks of Otter 5K in 39:53. His second best race was slower than all the rest of McClellan's. Harry Conn Jr. ran the Farmville Jingle Bell 5K in 43:41 to take seventh place. Eighth place Phillip Welker ran the Waynesboro Turkey Trot 5K in 49:53 to take the final spot in the division.

PI	Name	Age	Hometown	10K=
1	Lougee, Duane***	80	Norfolk, VA	57:25
2	Quincy, Ken*****	80	Vienna, VA	1:02:29
3	Catoe, Chris*	83	Virginia Beach, VA	1:09:39
4	Barrett, Jerry*	84	Falls Church, VA	1:17:36
5	McClellan, Michael*9	80	Washington, DC	1:20:52
6	Hammond, Bill**	82	Lynchburg, VA	1:23:12
7	Conn Jr., Harry****	80	Powhatan, VA	1:29:29
8	Welker, Phillip*	81	Roseland, VA	1:44:03

85-89 Men

Celtic Solstice 5M 51:03, 10K = 1:04:22

George Yannakakis retained his title easily though he ran shorter races than he has often done in past years. Still, he was the only player to race longer than five miles, winning the RRCA Challenge 10 Mile in 1:53:26. Last year that was his best race. This year it was his fifth best race of six. All of them were ahead of his competition. He had a couple solid 5Ks but excelled at the less-than-flat Celtic Solstice 5M in 51:03.

Runner-up Jack McMahon produced a couple good 5Ks as well, including the brand-new Kemp Mill Chills 5K. Still His Country Road Run 5M, albeit also a hilly course, was a ways behind Yannakakis. Segue forward to mid-March at the USATF Indoor Masters and McMahon turned the tables winning the 400M by more than two seconds in a sub 8:00 pace. Then, he upset George again the next day running neck and neck at the 1500M, 8:48:55 to 8:49:29.

Third place Jacob Martin bested 93-year-old Dixon Hemphill in the eldest division with his 42:46 finish at the Fairfax Turkey Trot 5K. That same last Thursday in November Ehard Nutting, 88, ran the Virginia Run Turkey Trot 5K in 1:01:48. The following Sunday, Bruce Roth, 86, nearly tied him at the Run for the Wounded Warriors 5K in 1:01:50. At these ages, you tend to lose a lot more than two seconds each year. So, Nutting's race was really not quite as close as it seems.

PI	Name	Age	Hometown	10K=
1	Yannakakis, George****	86	Towson, MD	1:04:22
2	McMahon, Jack****	87	Silver Spring, MD	1:17:38
3	Martin, Jacob*	85	Oakton, VA	1:29:13
4	Nutting, Ehard	88	Gainesville, VA	2:08:55
5	Roth, Bruce*	86	Fairfax, VA	2:08:59

90 & Older Men

Fast Before the Feast 5K 49:21, 10K = 1:42:57

Robert White, 94, had the fastest time again racing the Fast before the Feast 5K. This year he ran 49:21. Runner-up Bob Atkins, 92, did four 5Ks. His fastest time was the Tacky Sweater 5K in 53:37. Third place Dixon Hemphill, 93, reprised the Fairfax Turkey Trot 5K but he was more famous on the track. He raced more of the shorter distances. Back in February 2017, he lost a 60-meter sprint by .05 seconds to 99-year-old Orville Rodgers. This March, he got a rematch with 100-year-old Orville Rodgers and while Rodgers set a record with 19.13, Hemphill prevailed in 19.01.

PI	Name	Age	Hometown	10K=
1	White, Robert	94	Hampton, VA	1:42:57
2	Atkins, Bob*	92	Winchester, VA	1:51:51
3	Hemphill, Dixon	93	Fairfax Station, VA	2:21:55

Open Women

Alexandria Turkey Trot 5M 26:52, 10K = 33:53

More than a dozen runners managed to race well at the Alexandria Turkey Trot 5M but only ran one race for the winter. Bethany Sachtleben finished second there, ten seconds off the pace, in 27:02 to capture her first open crown. As expected, eighty per cent of the top fifty races were either an overall win or a runner-up placement. Two of the those races were seventh place Sarah Loerch's Alexandria Turkey Trot 5M in 28:50 and top 40-44 racer Barb Fall Wallace's 29:57 that earned her fourteenth place. For her second race, Sachtleben chose the overall win, racing the Jingle All the Way 5K in 16:48. Only one other runner broke 17:15 for the 5K and that was third ranked Perry Shoemaker. Shoemaker won a full six pack of her races. Her Reston New Year's 5K was on a modified, hastily drawn up course that may have been a tad short, certainly short of the race's normal, traditionally long course. She had already raced the Ringing in Hope 10K in 36:20 for the tenth fastest race of the season.

Runner-up Julia Roman-Duval won it all at the huge Celtic Solstice 5M, that had been shortened by weather to four miles last year. Her time was a sterling 28:11. Tenth place Megan DiGregorio was second there in 30:08, followed by twentieth place Sherry Stick in 30:33. In February, Roman-Duval doubled the distance with twice the hills and won the RRCA Challenge 10 Mile in a marvelous 59:39. You can count on one hand the number of times a woman has broken an hour on this difficult course. The prediction is she breaks 57:20 at this year's Credit Union Cherry Blossom 10M. Sixth place Stephanie Reich was next in 1:01:15, followed by DiGregorio in 1:01:30. Fourth place goes to Keira D'Amato for the third fastest 5K, the First Day 5K in 17:16. She would beef that up with an overall at the always competitive Frostbite 15K in 55:39. Fifth place Sarah Bishop pulled of last minute qualifiers the same morning at the St. Patrick's Day event, winning the 10K in 36:16 and the 5K in 17:30. Reich would had a fine Way Station's Thanksgiving Day 5K in 17:19 victory to her creeds.

Rochelle Sceats takes eighth place with her second place finish at the St. Patrick's Day 10K in 36:47, ahead of twelfth place Jillian Pollack (38:05). She was also the overall winner at the DCRRC 20K in 1:22:34. Ninth place Mary Schneider won the Reindeer Run 5K in 17:45, just a month after winning the Northern Central Trail Marathon in 2:56:15. Eleventh place Ann Mazur won it all on the challenging Sentara Colonial Half Marathon course in 1:23:26. The following week she was second overall at the One City 8K in 29:43, besting fifteenth place Sara Lasker (29:51) by a place. Thirteenth place Jennifer Paul beat sixteenth place Caitlyn Tateishi (18:12) at the Love the Run you're with 5K with her win in 18:07.

Seventeenth ranked Rochelle Basil matched wins with eighteenth place Jennifer Fleming. Basil won the long-course Run Your Heart Out 5K in 18:19, while Fleming won it all at the Blacksburg 10M in 1:03:25. Basil showed diversity,

winning it all at the DCCRC Gar Williams Half Marathon in 1:25:32 and Fleming was third at the Drumstick Dash 5K in 18:27. Next up in nineteenth place, Abigail Motley won her VAB Turkey Trot 10K in 38:24. Alisha Royal takes the twenty-first spot with an overall win at the Star City Half Marathon in 1:25:10. Twenty-third place Andrea Stone had an overall win and a third overall at the TCS Annapolis Half Marathon in 1:25:33, while twenty-second place Christie Wetzel had two wins and two runner-ups as well as besting twenty-fifth place Natalie Patterson at the RRCA Challenge 10 Mile, 1:04:20 to 1:04:36. Twenty-fourth place Julie Dickerson won the Vida Thrive 5K in 18:37, while number twenty-six Carter Norbo won it all at the tiny Sugar Hollow Bridges 10K in 38:54.

Fifty-nine runners qualified receding by thirty runner from last winter, including eighteen women from other divisions. Fifty-six-year old Cindy Conant was the eldest.

PI	Name	Age	Hometown	10K=
1	Sachtleben, Bethany*	25	Alexandria, VA	34:05
2	Roman-Duval, Julia**	35	Columbia, MD	35:32
3	Shoemaker, Perry*****	46	Vienna, VA	35:17
4	D'Amato, Keira****	33	Midlothian, VA	35:57
5	Bishop, Sarah**	35	Fairfax, VA	36:16
6	Reich, Stephanie*	25	Columbia, MD	36:03
7	Loerch, Sarah*	32	Ashburn, VA	36:22
8	Sceats, Rochelle*	27	Fairfax, VA	36:47
9	Schneider, Mary**	30	Monkton, MD	37:02
10	DiGregorio, Megan**	29	White Marsh, MD	37:07
11	Mazur, Ann***	32	Charlottesville, VA	37:42
12	Pollack, Jillian	28	Arlington, VA	37:36
13	Paul, Jennifer*	30	Washington, DC	37:43
14	Fallon Wallace, Barb*	44	Alexandria, VA	37:46
15	Lasker, Sara**	27	Richmond, VA	37:55
16	Tateishi, Caitlyn	31	Washington, DC	37:54
17	Basil, Rochelle***	27	Fairfax, VA	38:08
18	Fleming, Jennifer**	21	Blacksburg, VA	38:07
19	Motley, Abigail**	23	Virginia Beach, VA	38:17
20	Stick, Sherry**	39	Eldersburg, MD	38:31
21	Royal, Alisha*	26	Blacksburg, VA	38:29
22	Wetzel, Christie**	30	Falls Church, VA	38:40
23	Stone, Andrea*	34	Boonsboro, MD	38:39
24	Dickerson, Julie**	29	Washington, DC	38:46
25	Patterson, Natalie*	25	Washington, DC	38:49
26	Norbo, Carter*	28	Roanoke, VA	38:54
27	Pearson, Hannah	30	Fairfax, VA	38:58
28	Mosley, Caroline	28	Washington, DC	39:06

29	Capozzi, Michelle	25	Leesburg, VA	39:08
30	Bigalbal, Alayna	22	Fairfax, VA	39:09
31	Hansen, Megan*8	38	Middletown, VA	39:19
32	Kleitz, Jean**	35	Gainesville, VA	39:15
33	Henry, Sika**	34	Newport News, VA	39:23
34	Nesaw, Mary Catherine**	25	Roanoke, VA	39:36
35	McMinn, Chelsea	25	Damascus, MD	36:29
36	Conant, Cindy**	56	Kensington, MD	39:37
37	Caporaletti, Stephanie*	36	Columbia, MD	39:43
38	Wheeler Northup, Rachel**	42	Richmond, VA	39:49
39	Wigglesworth, Claire*7	15	Washington, DC	39:52
40	Jean, Thorin**	17	Williamsburg, VA	39:48
41	Dietz, Jenn	32	Arlington, VA	39:45
42	Wechsler, Gabi*	27	Henrico, VA	39:46
43	Hoffman, Jackie**	24	Chesapeake, VA	39:52
44	Spencer, Ashley	34	Roanoke, VA	40:03
45	Fritz, Sarah	29	Washington, DC	40:06
46	Musa, Skylar*	25	Alexandria, VA	40:16
47	Lambert, Tiffany*	29	Alexandria, VA	40:19
48	Holt, Bridget	39	Gambrills, MD	40:26
49	Talmadge, Amy	38	Lynchburg, VA	40:26
50	Lautzenheiser, Leia*	25	Midlothian, VA	40:33
51	McGraw, Becky	38	Stephens City, VA	40:33
52	Stiles, Maeve	15	Norfolk, VA	40:34
53	Burbach, Cristina	43	Arlington, VA	40:36
54	Cario, Stephanie*	26	Bridgewater, VA	40:38
55	Hoffstadt, Christin**	26	Norfolk, VA	40:44
56	Silkstone, Heather**	30	Norfolk, VA	40:48
57	Bosse, Anna*	24	Rockville, MD	40:53
58	Gillis, Dawn	33	Falls Church, VA	40:57
59	O'Hara, Laura	37	Alexandria, VA	41:03

19 & Younger Women

Drumstick Dash 5K 18:00, 10K = 37:29

Claire Wigglesworth is the queen of the Fletcher's Cove Park Run 5K where she won the race eight time, including #96 when she blasted a fine 19:09. When she left the comfort of her home course, she had her second best race at the SOME Thanksgiving Day Trot for Hunger 5K in 19:16. Runner-up Thorin Jean had a slightly faster best race at the Norfolk Harbor 5K in 19:07, ahead of third place Maeve Stiles (19:29) on the very first day of the season. They met again on Thanksgiving and Jean prevailed at the Blue Talon Bistro Turkey Trot 5K, 19:29 to 19:41. Fourth place Kmalieet Athwal was close by, racing the modified Reston

New Year's 5K in 19:27. In February, she ran the Run Your Heart Out 5K in 20:53.

The preferred distance for these young ladies is the 5K with only four of the top fifty-two times on a longer track. Fifth place Kasandra Aulenbach won it all at the Toano Frosty 5K at the same event where seventh place Julia Garcia won it all at the Toano Icy 8K in 33:01. In between the two was Anna Staats who won it all at the Campus Life 5K Orchard Run in 20:06 for her first of two wins that week. She would have a third win before trying out a race longer than all three of her previous ones, the DCRRRC JFK 20K in 1:29:46.

Eighth place Katie Borland ran the March Madness 5K in 20:16. Just thirteen, Carly Wilkes won it all the Blacksburg 5K in 20:23 to take ninth place. Consistency is important, especially as sometimes 5K races are of indeterminate distances and times can be wild. Tenth place Katherine Slovak ran the Reston New Year's 5K in 20:31 on a suspicious course but was only a bit slower (21:03) on the rolling Turkey Day 5K in Reston. Eleventh place Abby Granberg matched her best with an overall win at the Drumstix Dash 5K, another course with some unusually sparkling times. Her second race was the St. Patrick's Day 5K in 21:57 on a flat course. Twelfth place Maura Kane raced the Gobble Cobble Turkey Trot 5K in 20:28 and followed it with a 23:03 on another very flat course, the Ringing in Hope 5K.

Forty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Wigglesworth, Claire*9	15	Washington, DC	39:52
2	Jean, Thorin*****	17	Williamsburg, VA	39:48
3	Stiles, Maeve**	15	Norfolk, VA	40:34
4	Athwal, Kamljeet**	18	Leesburg, VA	40:30
5	Aulenbach, Kasandra**	16	Yorktown, VA	41:22
6	Staats, Anna****	18	Lexington Park, MD	41:30
7	Garcia, Julia**	17	Rocky Mount, VA	42:05
8	Borland, Katie*****	16	Winchester, VA	42:12
9	Wilkes, Carly***	13	Salem, VA	42:26
10	Slovak, Katherine*	13	Sterling, VA	42:43
11	Granberg, Abby**	15	Clifton, VA	42:43
12	Kane, Maura**	14	Damascus, MD	42:37
13	Landefeld, Savannah*	17	Arlington, VA	42:51
14	Stevenson, Lindsey*	18	Bel Air, MD	42:55
15	Kinka, Sarah*	15	Virginia Beach, VA	43:02
16	Keatts, Valerie**	18	Bedford, VA	43:00
17	Bragg, Skylar*6	17	Berryville, VA	43:23
18	Maggon, Emily*	19	Ellicott City, MD	43:22
19	Young, Kelly**	15	Ruckersville, VA	43:27

20	Jean, Sorena***	15	Williamsburg, VA	43:58
21	Vishton, Jacqueline	14	Williamsburg, VA	43:56
22	Dumais, Caroline**	15	Vienna, VA	44:06
23	Whitaker, Josey**	13	Millersville, MD	44:04
24	Fagerstrom, Kerstin*6	14	Arlington, VA	44:35
25	Stutt, Taylor*	16	Williamsburg, VA	44:44
26	Rosas, Adriana*	18	Columbia, MD	44:48
27	Boyce, Rachel*	19	Virginia Beach, VA	45:03
28	Gray, J.*****	11	Berryville, VA	45:00
29	Marvin, Ava**	13	Leesburg, VA	45:15
30	Edlich, Sophie	16	Winchester, VA	45:23
31	Goodpasture, Laurel**	19	Midlothian, VA	45:23
32	Barber, Claire	17	Alexandria, VA	45:35
33	Watson, Martina	17	Williamsburg, VA	45:40
34	Parziale, Nina***	15	Williamsburg, VA	45:37
35	Dillon, Harper**	14	Martinsville, VA	45:42
36	Wells, Hazel**	10	Richmond, VA	45:50
37	Suling, L.	11	Berryville, VA	46:19
38	Polun, Danielle**	9	Lutherville, MD	46:57
39	Cachion, Zoe*	15	Arlington, VA	46:55
40	Melanson, Caitlynn*	17	Carrollton, VA	47:29
41	Merchant, Olivia	15	Warrenton, VA	47:22
42	Wells, Ysabel**	11	Virginia Beach, VA	47:37
43	Boquist, Ashleigh	15	Williamsburg, VA	47:37
44	Bodmer, Anna**	13	Dickerson, MD	47:57
45	Hirsche, Katie***	14	College Park, MD	48:04

35-39 Women

Alexandria Turkey Trot 5M 27:14, 10K = 34:20

Sub masters often win their race out right. Of the top thirteen runners, there were thirteen overall wins. Runner-up Sarah Bishop got it done twice on the final week, winning the both the 10K (36:16) and the 5K (17:30) at the St. Patrick's Day event. Eighth place Stephanie Caporaletti started her season with an overall at the Zaching against Cancer 10K in 39:43. However, as with everyone else, she finished well behind division champion Julia Roman-Duval at the RRCA Challenge 10 Mile. Roman-Duval won in 59:39 for a rare sub one hour women's finish at that hilly event.

Just when you might be wondering how close Bishop may have come had she run only one race on that March morning, remember that Roman-Duval's spanking of the field at the Celtic Solstice 5M in 28:11 was on another challenging course. Third place Sherry Stick in her final year of a marvelous sub

masters career was next there in 30:33. Fourth place Jenny Fitzgerald won it all at the MCM Turkey Trot 10K in 38:43. The next three were photo-finish close. Seventh place Angela Grdina was tops at the Jingle All the Way 15K in 1:00:27. Sixth place Jean Kleitz was a hair faster as third overall at the Prince William Turkey Trot 5K in 18:51. Grdina's third overall 5K placement was in 20:53 at the DCRRC MLK 5K. Kleitz won it all at the Dahlgren Railroad Heritage Trail Half Marathon in 1:28:54 to match Megan Hansen's second best race, the Heart and Soles 5K in 19:18. Hansen takes the spot with a barrage of six overall wins in eight tries, including the March Madness 5K in 18:53.

Ninth place Anna Stylianski ran the SOME Thanksgiving Day Trot for Hunger 5K in 19:19. The battle for tenth was fierce. Amy Talmadge was second overall at the Humankind Turkey Trot 5K in 19:25 to pull ahead of Bridget Holt's TCS Annapolis Half Marathon in 1:30:43 on the first day of the winter. Talmadge would add a Peaks of Otter 5K in 19:43. Then on the final weekend, Holt ran the rolling hills of the Reston 10M in 1:07:17 for second overall and an exact match of Talmadge's 5K to take tenth place away from her. Twelfth place goes to Jessica Hall for her hilly Turkey Burnoff 10M race, third overall in 1:07:29. Thirteenth Becky McGraw nearly matched that with her second overall at the March Madness 5K in 19:29. Hall would add a fine Norfolk Harbor Half Marathon in 1:31:33, while McGraw added a slew of age group wins, though never racing longer than five miles.

Twenty-four runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Roman-Duval, Julia**	35	Columbia, MD	35:32
2	Bishop, Sarah**	35	Fairfax, VA	36:16
3	Stick, Sherry***	39	Eldersburg, MD	38:31
4	Fitzgerald, Jenny*	38	Woodbridge, VA	38:43
5	Hansen, Megan*8	38	Middletown, VA	39:19
6	Kleitz, Jean**	35	Gainesville, VA	39:15
7	Grdina, Angela**	36	Fairfax, VA	39:18
8	Caporaletti, Stephanie*	36	Columbia, MD	39:43
9	Stylianski, Anna***	39	Baltimore, MD	40:13
10	Holt, Bridget**	39	Gambrills, MD	40:26
11	Talmadge, Amy**	38	Lynchburg, VA	40:26
12	Hall, Jessica****	38	Waterford, VA	40:33
13	McGraw, Becky*7	38	Stephens City, VA	40:34
14	Anderson, Jennifer***	37	Poquoson, VA	40:48
15	O'Hara, Laura*	37	Alexandria, VA	41:02
16	Keller, Becky***	38	Earlysville, VA	41:38
17	Moran, Jenny**	39	Virginia Beach, VA	42:08
18	Van Horn, Michelle***	36	Harpers Ferry, WV	42:10
19	Clor, Elizabeth**	39	Arlington, VA	42:22

20	Leary, Sarah*	36	Reston, VA	42:45
21	Dembeck, Erin	35	Towson, MD	43:21
22	Rhodes, Becky**	38	Woodbine, MD	43:29
23	Miller, Michelle**	37	Damascus, MD	43:34
24	McCarthy, Megan**	36	Leesburg, VA	43:35

40-44 Women

Alexandria Turkey Trot 5M 29:57, 10K = 37:46

Barb Fallon Wallace again won at the huge Alexandria Turkey Trot 5M and this year's 29:57 was enough to earn her the title. Lisa Thomas was next in 32:07 just ahead of fourth ranked Cristiana Burbach's 32:24. For a while, it seemed like we had gone back in time a half dozen years ago when the top two racers were doing that to the sub masters division. Rachel Wheeler Northup was the first *person* to cross the line at the Loch Lothian 10K in 40:59 but by then Burbach had three races faster, including the For the Love of It 10K in 40:36. Burbach needed that one to pull away from Aga Heller who had run the Prince William Turkey Trot 5K in 19:35, just ahead of Burbach's 19:37 at the New Year's Day 5K in Broadlands that matched her earlier five miler exactly. Wheeler Northup saved the best for last, winning it all at the Run the Dragon 8K as March peeked forward in a very nice 31:21. That sent her upwards to the runner-up spot. Fallon Wallace had confirmed her spot again with her overall win at the Jingle All the Way 15K in 59:26.

This year the RRCA Challenge 10 Mile helped make spots in the rankings. Erin Chamberlin secured number six by winning it in 1:08:49. She had been second overall at the YMCA Ellicott City 5K Turkey Trot in 20:45 while tenth place Nellie Budrow at won it all at the YMCA Bel Air 5K Turkey Trot in 20:32. However, Budrow did not get past ninth place Lisa Reichman who beat her at the 10 mile Challenge 1:09:49 to 1:11:23. Seventh place Mindy Reese had two excellent 5Ks, including the Jingle Bell Run for Arthritis 5K in 19:52 to nearly pass Chamberlin. Sara Gilliam's MCM Turkey Trot 10K third overall in 41:58 puts her in eighth place.

Twenty-three runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Fallon Wallace, Barb**	44	Alexandria, VA	37:46
2	Wheeler Northup, Rachel**	42	Richmond, VA	39:49
3	Thomas, Lisa*	41	Alexandria, VA	40:30
4	Burbach, Cristina*	43	Arlington, VA	40:36
5	Heller, Aga**	41	Warrenton, VA	40:46
6	Chamberlin, Erin**	42	Clarksville, MD	41:21
7	Reese, Mindy**	42	Midlothian, VA	41:22

8	Gilliam, Sara***	40	Stafford, VA	41:58
9	Reichmann, Lisa*	43	Gaithersburg, MD	41:57
10	Budrow, Nellie*	44	Bel Air, MD	42:45
11	Dzibela, Tracy*****	40	Fredericksburg, VA	43:13
12	Skinner, Julia*	41	Windsor Mill, MD	43:18
13	Matthews, Shannon***	40	Boonsboro, MD	43:14
14	Adams, Sharon***	42	Reston, VA	43:28
15	Peck, Martha**	44	Charlottesville, VA	43:23
16	Weaver, Faye*	44	Ellicott City, MD	43:38
17	McCarthy, Rachel**	41	Vienna, VA	43:46
18	Volonsevich, Katia**	43	Fairfax, VA	43:46
19	Austin-Thieme, Stephanie*	44	Woodbridge, VA	43:48
20	Sample, Jennifer*	43	Chevy Chase, MD	43:58
21	Baird, Kelly*	42	Baltimore, MD	45:34
22	Zhang, Yan	41	Laurel, MD	45:43
23	Harris, Ashton**	41	Midlothian, VA	46:01

45-49 Women

Reston New Year's 5K 16:57, 10K = 35:17

Not that it matters too much as Perry Shoemaker was able to win outright *only* six of the six races she entered. She was the fastest of three runners this winter who had an age-graded time of 90% or better (world class). However, you tell me if the modified Reston New Year's 5K course (16:57) was short versus her overall win at the Run with Santa 5K on the regular course in 17:46, her second fastest of four 5Ks. She won the flat Ringing in Hope 10K in 36:20. Perhaps her most impressive race was the hilly For the Love of It 10K in 36:47, ahead of thirteenth place Cathy Ross who ran 44:22. Runner-up Brenda Schrank again dominated the Shenandoah Valley Race Series with six age group wins, four times finishing in the top three overall. Her best effort was the Tacky Sweater 5K in 19:53.

Third ranked Stefani Watterson bested ninth place Samantha Cole at the Jingle All the Way 15K, 1:04:50 to 1:08:03. Fourth ranked Sharon Wilkins was best at the Santa Claus Shuffle 5K in 20:16. Wilkins added an overall win and a masters win at the Norfolk Half Marathon in 1:41:27. Fifth place Carol Curry benefited from Reston New Year's 5K modified course for an age group win in 20:13. She would add a Gar Williams Half Marathon in 1:44:17. Seventh place Suzanne Hurst ran a fine Baltimore YMCA Turkey Trot 5K in 20:42. Former champion Denise Knickman is getting ready to age up but first she edged Hurst (34:27) at the Celtic Solstice 5M in 34:20. Eleventh place Marci Benda ran 34:53. Cole had her best race at the Alexandria Turkey Trot 5M in 34:42.

Eighth place Monique Rico won it all at the Vienna 5K in 20:51 less than a week after finishing third overall at the Vienna Turkey Trot 5K in 21:05. Tenth place

Amy Smith was right around the corner, racing the DCRRC MLK 5K in 21:06. Twelfth place Shinobu Kusakabe won the RRCA Challenge 10M in 1:13:28.

Twenty-seven runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry*6	46	Vienna, VA	35:17
2	Schrank, Brenda*6	46	Winchester, VA	41:24
3	Watterson, Stefani*	48	Alexandria, VA	42:09
4	Wilkins, Sharon*****	48	Chesapeake, VA	42:12
5	Currey, Carol**	46	Springfield, VA	42:05
6	Knickman, Denise****	49	Baltimore, MD	43:18
7	Hurst, Suzanne*	46	Baltimore, MD	43:06
8	Rico, Monique**	49	Chantilly	43:29
9	Cole, Samantha	49	Arlington, VA	43:45
10	Smith, Amy**	47	Fairfax, VA	43:56
11	Benda, Marci*	47	Parkton, MD	43:59
12	Kusakabe, Shinobu**	47	Kensington, MD	44:09
13	Ross, Cathy***	46	Burke, VA	44:08
14	Young, Cheryl*****	48	Reston, VA	44:28
15	Goodpasture, Debbie*****	48	Midlothian, VA	45:05
16	Fuglem, Tove**	49	Quantico, VA	45:17
17	Arbaugh, Tonna*	49	Westminster, MD	45:40
18	Hicks, Rebekah**	47	Floyd, VA	45:50
19	Whitestone, Yuko	45	Springfield, VA	46:03
20	Taylor, Ruth	49	Frederick, MD	46:19
21	Hersh, Shana**	45	Havre de Grace, MD	47:03
22	Chase, Julia*	47	Fredericksburg, VA	47:05
23	Burke, Kim**	45	Annapolis, MD	47:07
24	Taylor, Julia*	46	Arlington, VA	47:11
25	Kammel, Carole*	49	Rockville, MD	47:45
26	Kitts, Kim**	45	Christiansburg, VA	47:50
27	Hottle, Karen	47	Vienna, VA	48:17

50-54 Women

Celtic Solstice 5M 30:57, 10K = 39:02

Deb Taylor got off to a great start at the Laurel Turkey Trot 5K in 21:00. Anita Freres took on the curvy-run-through-the-woods Turkey Day 5K in 21:12. Then in early December, a shadow began to form over the sun and a new sheriff came into town. Gina Witcher ran the College Park Park Run 5K #61 in 21:02. The following Saturday, Taylor and Witcher met at the Celtic Solstice 5M and Witcher won crushingly 30:57 to 35:41 to take the crown. Fifteenth place Teri Welsh was

third there in 36:47. To start the year, Freres, made her move to the runner-up spot at the Reston New Year's 5K in 20:13.

The day after Taylor's five mile Yuko Takakusaki aged up beautifully at the DCRRRC Gar Williams Half Marathon 1:39:37. Then in February, the RRCA 10 Mile Challenge set things straight. Taylor was brilliant winning in 1:13:28. Fourth place Takakusaki held off Tonna Arbaugh by a mere second, 1:15:27 to 1:15:28. Tammy Liu Hermstein was fourth in 1:16:17 to take ninth place in the rankings. Sixth place Lisa Nielsen finished the Roanoke Jingle Bell Run for Arthritis 5K in 21:52. Seventh place Kelly Borkman won the VAB Turkey Trot 10K in 45:48 to stay just ahead of eighth place Rebecca Nathan who ran the Tacky Sweater 5K in 22:01.

It can be hard to judge how long and how hard the cross-country races can be. Eleventh place Kim Votava White ran two and was best at the Mud in Your Eye XC Series 8K in 36:14. Tenth place Keary Johnston took a more conventional route in the streets of Washington, DC, winning the St. Patrick's Day 10K in 46:06. Twelfth goes to Janice Raab for her CTC New Year's 5K, followed by Zenovia MacKenize who ran the Monticello Holiday Classic 5K in 22:11. Next in line with fourteenth place, Kim Ratcliffe runs the Run for the Heart 10M in 1:17:03.

With fifty-one, the division matched 60-64 women for the largest of the age groups, with more than a dozen qualifiers new to the division.

PI	Name	Age	Hometown	10K=
1	Witcher, Gina***	50	Baltimore, MD	39:02
2	Freres, Anita****	52	Vienna, VA	42:05
3	Taylor, Deb**	51	Hanover, MD	43:43
4	Takakusaki, Yuko*6	50	Arlington, VA	45:01
5	Arbaugh, Tonna**	50	Westminster, MD	45:21
6	Nielsen, Lisa**	54	Roanoke, VA	45:32
7	Borkman, Kelly*****	51	Virginia Beach, VA	45:48
8	Nathan, Rebecca***	52	Winchester, VA	45:50
9	Liu Hermstein, Tammy*6	51	Ellicott City, MD	45:51
10	Johnston, Keary**	52	Frederick, MD	46:06
11	White, Kim Votava**	50	Virginia Beach, VA	46:01
12	Raab, Janice**	51	Free Union, VA	46:07
13	MacKenzie, Zenovia	50	Charlottesville, VA	46:11
14	Ratcliffe, Kim*****	50	Yorktown, VA	46:22
15	Welsh, Teri*	50	Timonium, MD	46:23
16	Taylor, Ruth*	50	Frederick, MD	47:09
17	Bigley, Tracy**	51	Annapolis, MD	47:07
18	Strauch, Debi*	50	Ashburn, VA	47:04
19	Stotler, Tonya*6	51	Cross Junction, VA	47:09

20	Hager, Donna*	50	Baltimore, MD	47:24
21	Jockin, Deb**	51	Fredericksburg, VA	47:49
22	Sullivan, Jamie*	53	Sykesville, MD	47:44
23	Hansen, Mary Lynn	51	Woodstock, MD	48:03
24	Fraker, Ann*	51	Stevenson, MD	47:58
25	Bozarth, Helena*****	51	Fredericksburg, VA	48:01
26	Barrick, Michelle*	54	Baltimore, MD	47:59
27	Grillo, Monica	53	Arlington, VA	48:03
28	Boyd, Margaret**	50	Washington, DC	48:04
29	Schauerman, Christine**	52	Ellicott City, MD	48:12
30	Griner, Kristin	54	Tracys Landing, MD	48:08
31	Krill, Carol	53	Stafford, VA	48:17
32	Deninger, Amanda*	50	Arlington, VA	48:29
33	Murillo, Barbara**	52	Fairfax, VA	48:22
34	Delaney, Nancy*	52	Virginia Beach, VA	48:34
35	Smith, Paula	51	Hampstead, MD	48:38
36	Hutchings, Cynthia*	54	McLean, VA	48:45
37	Kopacz, Margaret**	53	Chesapeake, VA	48:53
38	Foy Jones, Valor***	54	Newport News, VA	48:56
39	Bowman, Mary*	52	Silver Spring, MD	48:53
40	Ernst, Carol*	52	Fulton, MD	49:06
41	Moore, Lorraine	54	Richmond, VA	49:16
42	Shea, Stacey**	54	Baltimore, MD	49:23
43	Borges, Kimberly**	50	Virginia Beach, VA	49:28
44	MacKintosh, Brenda	52	Springfield, VA	49:56
45	Armistead, Lisa*	52	Virginia Beach, VA	50:11
46	Braunstein, Janet	51	Washington, DC	50:11
47	Frick, Trisha	53	Towson, MD	50:17
48	Cline, Carla*	51	Norfolk, VA	50:26
49	Moeser, Audrey	52	Glen Arm, MD	50:28
50	Mundt, Vicky	54	Annapolis, MD	50:56
51	O'Connor, Christina	53	Sterling, VA	51:22

55-59 Women

RRCA Challenge 10 Mile 1:05:38, 10K = 39:27

Cindy Conant is not slowing down and giving the other women a chance. In fact, she dropped two minutes off her RRCA Challenge 10M from last year to 1:05:38, eviscerating the division. She won the College Park Park Run 5K outright twice. Her fastest time of 19:37 age grades to a world class 92%. A week later, she was the first woman finisher at the hilly Turkey Burnoff 10 Mile in 1:06:25. The

women's 55-59 may be the most talented of all the age groups in this area and Conant is definitely the most talented in the group.

Kendall Tata is no slouch with times nearly fast enough for open class. She never finished worse than third overall with a best at the Wine Lovers 5K in 20:30. She also had the fastest 10K as runner-up at the Sugar Hollow Bridges 10K in 43:50. Third place Julie Hayden has always been known for killer times on the track. On the roads, she seems to start off more conservatively and you almost feel as if you can keep up. Then about a minute later, she is a little dot rapidly disappearing ahead of you. The Reston Town Center course is known to be long but this year for the New Year's race weather changed the course to a three loop circle that was probably a tad short. Hayden ran 20:50 to win when back in November on the long *regular* course she won the Run with Santa 5K in 21:40. Still, another of her five wins was the Herndon Turkey Trot 5K in 21:09 where she handled a multi-time former champion, Linda Foley (22:04) who takes sixth place.

Some twenty years ago, Martha Merz was one of the top open runners in the area. Then she moved away and did not race often in this area. When she does she is always a factor. She raced just the minimum on the final week, excelling at the St. Patrick's Day double. In the 5K, she ran 21:13 and in the 10K she ran 45:59. Clearly her 10K drops down big time without racing the 5K. Fifth place Carol David was top master at the Blue Gray Half Marathon in 1:41:16. Foley had the next best half with tops at the Holiday Half Marathon in 1:42:20. Seventh place Karla Havens was just a second behind Foley, racing the St. Kateri's Run with the Son 5K for second overall in 22:05.

Eighth place Joyce Gearhart had a very nice DCRRRC Bread Run 10K in 46:16 on a mostly flat course with a killer quarter mile climb in the last mile. Next in ninth, Christiann Rogers finished the Monticello Holiday Classic 5K in 22:17. Tenth place Suzanne Porter beat the prolific Sushila Nanda at the For the Love of It 10K, 46:44 to 49:00. Nanda, who had eight wins in her twelve tries, came back strong at the Drumstix Dash 5K in 22:29 to take the final spot in the top dozen of this large division. In eleventh place, the talented Win Persina was tops at the MCRRC New Year's 5K in 22:32. Sometimes she is fiercely competitive and, as a former champion, threatens to take over the runner-up spot. Other times she seems to dabble. In her four College Park Park 5K runs, she has won twice as fast as 22:42 but finished as slow as 25:16 on the November morning that Conant won it all in 19:37.

The division settled back this year to forty-two qualified runners.

PI	Name	Age	Hometown	10K=
1	Conant, Cindy*****	57	Kensington, MD	39:27
2	Tata, Kendall****	55	Stanardsville, VA	42:42
3	Hayden, Julie*****	57	Ashburn, VA	43:20

4	Merz, Martha**	55	Alexandria, VA	44:10
5	David, Carol***	55	Stafford, VA	45:46
6	Foley, Linda*	55	Oak Hill, VA	45:57
7	Havens, Karla***	55	Plainview, VA	45:59
8	Gearhart, Joyce**	56	Bethesda, MD	46:16
9	Rogers, Christiann**	57	Charlottesville, VA	46:24
10	Porter, Suzanne***	57	Annandale, VA	46:44
11	Persina, Win****	57	Washington, DC	46:55
12	Nanda, Sushila*8	56	Arlington, VA	46:49
13	Bailey, Mary Jo****	57	Williamsburg, VA	47:34
14	Rickard, Pam***	55	Rocky Mount, VA	47:52
15	Scott, Janeth*	55	Columbia, MD	48:03
16	Rome, Julie*	56	Oak Hill, VA	48:15
17	Kuhn, Margaret*	55	Riverdale, MD	48:43
18	Furr, Suzanne*	56	Upper Marlboro, MD	48:49
19	Ludes, Elizabeth***	59	Arlington, VA	48:58
20	Rader, Amber	58	Moseley, VA	49:23
21	Gerloff, Terri*	58	Richmond, VA	49:31
22	Black, Beverly***	57	Fairfield, PA	49:14
23	Comeau, Laurey*	56	Charlottesville, VA	49:39
24	Venable, Rhonda*	56	Toano, VA	49:42
25	Rushin, Blake**	56	Vienna, VA	49:35
26	Staats, Charlene***	55	Lexington Park, MD	49:54
27	Hutchings, Anne**	57	Deltaville, VA	50:04
28	Bean, Becky***	59	Norfolk, VA	50:17
29	Henry, Paula*	57	Yorktown, VA	50:15
30	Hackett, Maura	58	Springfield, VA	50:19
31	Rosasco, Carole*	58	Severna Park, MD	50:51
32	Manos, Karen*	58	Clifton, VA	51:09
33	Rankin, Valerie	56	Bowie, MD	51:14
34	Durland-Jones, Karen**	57	Free Union, VA	51:23
35	Lanoue, Beth*	57	Norfolk, VA	51:28
36	Bartholomew, Annette	56	Manassas, VA	51:59
37	Griffing, Sharon	58	Springfield, VA	51:56
38	Eddy, Pamela	57	Williamsburg, VA	52:26
39	Rogers, Molly*	55	Henrico, VA	52:20
40	Grillo, Jeanne	56	Potomac, MD	52:29
41	Gray, Sandra*	58	Glen Allen, VA	53:18
42	Donovan, Kathy	57	Virginia Beach, VA	53:54

60-64 Women

Run for the Heart 10M 1:16:52, 10K = 46:12

After finishing in sixth place last year, Rose Crist made some stunning improvements. She led out with a solid Warhill 8K in 38:20 to take the early lead. The next day, Carolyn Harrison ran the Norfolk Harbor Half Marathon in 1:47:50 for the first of her ten wins but like her Sentara Colonial Half Marathon later in February it would not be fast enough. However, four days later she would bolt fully recovered to the lead, racing the VAB Turkey Trot 10K in 46:50. In early December, Crist had her fastest 5K, running the Sentara Sleighbell 5K in 23:05. The following morning, Harrison upped the ante at the Santa Claus Shuffle 5K with 22:17. In their fourteen combined races, they were undefeated save for the one time they meet. At the Run for the Heart 10M, Harrison prevailed over Crist 1:16:52 to 1:17:26 to take the title.

In the early years, the Northern Central Trail was a quaint little marathon. Then they added a relay. Recently, they added a half marathon and third place Lydia Johnson did a fine job winning it in 1:48:01. Beth Baumgarten does best at the shorter distances, winning the Run with Santa 5K in 24:08 to take fourth place. Oft times champion Betty Blank won the Alexandria Turkey Trot 5M for the umpteenth time this year in 40:10. After that, she went into hibernation, only dabbling in three more races for the season. She got slower as the season wore on and was upset at the Turkey Burnoff 10 Mile by seventh ranked Audrey Fincher, 1:25:39 to 1:28:47. For 2018, Blank will age up to the next division where she will once again be the favorite for a title.

It is always tough to rank a runner on one great race, especially a 5K. Sixth place Susan Lindemann ran a nifty Menchville Chill 5K in 24:22 three weeks after racing the Blue Talon Bistro Turkey Trot 5K in 25:32. Ninth place Leslie Rigby Kash has cornered the market in the Fredericksburg area. She won all seven of her races, including the Blue Gray Half Marathon in 1:55:04. In the spring, she has already garnered an overall win. Nina Fisher ran three races 15K or longer, including the RRCA Challenge 10 Mile in 1:30:00 behind Johnson's 1:26:00. Fisher has her lone win at the AS Valentine's Day 5K in 25:00 to take tenth place. Just ahead of those two, Leigh Peck got better as she got longer, racing the BRRC GPS 8M in 1:08:05 to augment her finish at the Celtic Solstice 5M in 40:58.

Eleventh place Connie Philpot was just cruising, racking up wins without really pushing the pace. Finally, on her fifth Shenandoah Valley Series event, the March Madness 5K, she ran a solid 25:03 to close on a top ten finish.

Mary Lowe Mayhugh was last winter's champion. She clearly off her game but consistently won, seven of her eight races. Her best was an overall win at the Fletcher's Cove Park Run 5K #102 in 25:13 to earn twelfth place. Thirteenth place Liza Recto ran the minuscule Nutcracker 5K in 25:06 but her second race was slower than all of Mayhugh's eight events. The same can be said for fourteenth place Julia Peck who ran the Remington Turkey Trot 5K in 25:04 but struggled at the Fairfax Four Mile in a pace that was three minutes slower at 5K.

Fifteenth Deborah Casola ran the flat Ashburn Farm 5K in 25:14 to match Mayhugh's second best race, the flat By George 5K.

Just like last year, forty-eight racers broke the hour for 10K equivalence and the division dropped by only one to fifty-one qualifiers.

PI	Name	Age	Hometown	10K=
1	Harrison, Carolyn*10	61	Virginia Beach, VA	46:12
2	Crist, Rose***	62	Lanexa, VA	46:32
3	Johnson, Lydia*	64	Street, MD	48:49
4	Baumgarten, Beth***	61	Stone Ridge, VA	50:21
5	Blank, Betty**	64	Falls Church, VA	50:39
6	Lindemann, Susan**	60	Yorktown, VA	50:44
7	Fincher, Audrey*	60	Silver Spring, MD	51:28
8	Peck, Leigh**	60	Baltimore, MD	51:40
9	Rigby Kash, Leslie*7	61	Fredericksburg, VA	52:00
10	Fisher, Nina*	60	Annapolis, MD	52:03
11	Philpot, Connie*****	62	Arlington, VA	52:09
12	Mayhugh, Mary Lowe*7	62	Washington, DC	52:30
13	Recto, Liza*	61	Lexington Park, MD	52:15
14	Peck, Julia*	60	Culpeper, VA	52:11
15	Casola, Deborah**	60	Ashburn, VA	52:32
16	Langlois, Harriet**	62	Ijamsville, MD	53:08
17	Ferguson, Layne***	60	Moneta, VA	52:59
18	Hartman, June*	64	Virginia Beach, VA	53:43
19	Kaler, Laura*	60	Jefferson, MD	54:12
20	Rissmiller, Noel***	61	Hampton, VA	55:01
21	Lyons, Barbara***	60	Clarksville, MD	54:54
22	Washington, Myra**	60	Montgomery Village, MD	55:15
23	Newton, Frances**	63	Henrico, VA	55:50
24	Rodier, Sharon***	60	Norfolk, VA	56:02
25	Archibald, Connie	60	Henrico, VA	56:02
26	Koerner, Celide**	60	Baltimore, MD	56:32
27	Rines, Pamela**	63	Vienna, VA	56:29
28	Seidman, Merrilee***	63	Alexandria, VA	56:40
29	Ball, Nancy	61	Fredericksburg, VA	56:49
30	Hansen-Vessa, Carol***	63	Reston, VA	56:58
31	Wake, Sharon*	62	Richmond, VA	57:26
32	Romanchyk, Janet	61	Sterling, VA	57:24
33	Uthe, Janice*	61	Bowie, MD	57:15
34	Snead, Susan*	62	Virginia Beach, VA	57:40
35	Rines, Karen	61	Adamstown, MD	57:38
36	Ahlsted, Jackie	64	Suffolk, VA	57:42

37	Williams, Jeanne**	62	Prospect, VA	57:55
38	Stephens, Shirley*	61	Williamsburg, VA	57:59
39	Burnett, Lisa	61	Arlington, VA	58:26
40	Fox, Linda**	60	Virginia Beach, VA	58:26
41	Samarelli, Jan*	60	Vienna, VA	58:41
42	McCusker, Bridget****	60	Baltimore, MD	58:39
43	Thurman, Patricia	60	Virginia Beach, VA	58:47
44	Bowling, Nancy**	61	Frostburg, MD	59:06
45	Laun, Patricia	60	Ellicott City, MD	59:27
46	Phelan, Jean	61	Virginia Beach, VA	59:38
47	Weeks, Sharon	63	Virginia Beach, VA	59:50
48	Hoing, Laura*	60	Herndon, VA	59:58
49	Eberhard, Dawn*	63	Richmond, VA	1:00:52
50	Moody, Amanda	64	Chester, VA	1:00:55
51	Close, Jean	62	Towson, MD	1:01:27

65-69 Women

Baltimore YMCA Turkey Trot 5K 25:05, 10K = 52:13

The division subsided about twenty per cent and gained a new leader who has been away from racing for a while. A former champion, Linell Smith started promptly on Thanksgiving winning the Baltimore YMCA Turkey Trot 5K in 25:05. That same morning in Centreville, Ginny Hughes earned the first of her seven wins at her own turkey trot with 25:22. She would add the third fastest race, the Tacky Sweater 5K in 25:25 to help stay ahead of third place Mary Fredlake who ran the Love the Run You're with 5K in 53:03. Smith would reprise her many past victories at the Celtic Solstice 5M in December with a fine 42:34.

Next up in fourth place, Lizzie Sadoff ran the SOME Thanksgiving Day Trot for Hunger 5K in 25:33. As the season ended, she would finish behind Fredlake at the St. Patrick's Day 10K, 53:24 to 55:35. At that same event, seventh place Hannah Phillips dispatched ninth place Alice Franks in the 5K, 26:36 to 26:43. A determined Franks is working her way back up the ranks after knee surgery put the perennial champion in dry dock from much of the last six months. Most likely, it will be too late for this division for her to return racing at full strength. She will take on the daunting task of catching Betty Brothers in the 70-74 division as the year progresses.

Fifth place Linda Gulick had a string of three fast 5Ks. Her best, the March Madness 5K, matched the third best 5K ran by Hughes in 25:49. Sixth place Peggy Vail had the fastest 15K, winning the AS Anniversary race in 1:22:54. Eighth place Claudia Wolfe was next at that distance, racing the Jingle all the Way 15K in 1:24:32. Eleventh place Arlene Klauber had the fourth fastest 10K, winning the MCM Turkey Trot 10K in 55:53. Tenth place Maria Shields squeezes

in just ahead of her with a fine TCS Annapolis Half Marathon in 2:03:49 on that same Turkey Day morning.

Forty-one runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Smith, Linell**	65	Baltimore, MD	52:13
2	Hughes, Ginny*7	67	Warrenton, VA	52:49
3	Fredlake, Mary***	67	Washington, DC	53:03
4	Sadoff, Lizzie**	68	Washington, DC	53:12
5	Gulick, Linda***	66	Richmond, VA	53:45
6	Vail, Peggy**	65	Annapolis, MD	53:54
7	Phillips, Hannah**	66	Alexandria, VA	54:10
8	Wolfe, Claudia**	66	Alexandria, VA	54:58
9	Franks, Alice****	69	Rockville, MD	55:40
10	Shields, Maria*	66	Edgewater, MD	55:57
11	Klauber, Arlene*	65	Springfield, VA	55:53
12	Rockhill, Amy**	65	Roanoke, VA	56:38
13	Travis, Patricia*****	66	Williamsburg, VA	56:54
14	Passin, Anne***	69	Falls Church, VA	57:19
15	Whittington, Karen**	66	Baltimore, MD	58:03
16	Terwilliger, Susan*	67	Blacksburg, VA	58:14
17	Rosenthal, Ann*	68	Bethesda, MD	58:19
18	Hallock, Bonnie*	65	Havre de Grace, MD	1:00:06
19	Hannam, Linda	65	Rockville, MD	1:00:32
20	Hennes, Kathy	65	Annapolis, MD	1:00:46
21	McFaden, Lynne*	66	Lynchburg, VA	1:01:02
22	Sexton, Dru**	65	Roanoke, VA	1:02:16
23	Brennan, Melanie	68	Alexandria, VA	1:03:03
24	Humphreys, Dottie***	66	Newport News, VA	1:03:45
25	Goodman, Rae Jean	69	Annapolis, MD	1:03:46
26	Reid, Marie*7	68	Great Falls, VA	1:03:57
27	Lloyd, Margaret*	68	Alexandria, VA	1:04:26
28	Dowling, Donna***	67	Weems, VA	1:04:41
29	Forsha, Anne*	66	Derwood, MD	1:04:48
30	Hines, Lucy**	65	Smithfield, VA	1:05:08
31	Adolf, Beatrice**	65	Brunoy, MD	1:05:41
32	Goossens-Winter, Roswitha**	69	Williamsburg, VA	1:06:25
33	Fahy, Loretta*	69	Frederick, MD	1:06:12
34	Reese, Chris**	66	Westminster, MD	1:07:07
35	Fishman, Elaine*	66	Chesterfield, VA	1:07:19
36	Guthrie, Elizabeth**	68	King George, VA	1:07:27
37	Davis, Virginia*	68	Norfolk, VA	1:07:46

38	Barratt, Peg	68	Arlington, VA	1:08:03
39	Edelmann, Delia	65	Annapolis, MD	1:08:18
40	Grant, Luisa	65	Ashburn, VA	1:12:08
41	Farmer, Katherine	67	Lynchburg, VA	1:12:44

70-74 Women

VAB Turkey Trot 10K 50:02

Last winter, two runners lead by Linda Tice had races faster than an hour in a 10K equivalence. This year, five runners in this fast-growing division had times that fast and Tice was ushered back to fifth place. As they feared, time pushed Betty Brothers into the division and she blew the doors off the division from the beginning winning the VAB Turkey Trot 10K in 50:02. That time gets her halfway up the charts in the 50-54 division. She was one of only three racers this winter to post a world class age-graded time (90% or higher). Two days later, she shellacked the competition at the Redneck Romp 10M in 1:28:24. In January, she ran a fully rested Tidewater Striders Tune-up 10M in 1:27:14.

Speaking of ten milers, third place Virginia Sielen obviously prefers the longer distance, racing the rolling hills Reston 10 Mile in 1:34:27 ahead of sixth place Janet Marano's 1:40:03. Sielen's best 5K was well off that. She won the Run Your Heart Out 5K in 28:31. Marano also goes well long with the For the Love of It 10K in 1:01:28, though she would lose a close race to seventh place Pat Welch at the Reston New Year's 5K, 30:47 to 30:58. Runner-up Elaine Boyd started off at the Drumstick Dash 5K in 28:25. Then she took off to put a stranglehold on her spot, racing the Roanoke Jingle Bell Run for Arthritis 5K in 25:53.

Fourth place Barbara Biasi was really impressive. She raced the St. Kateri's Run with the Son 5K in 28:35 on the first Saturday in December. The following morning, she improved at the Busch Gardens Christmas Town Dash 8K in 46:34. Fifth place Tice was right in the middle of the 5K challenge, racing the BRRC Masters 5K in 28:30. She followed that by the January Frozen Finger 5M in 48:16. Eighth place Gretchen Bolton was close behind that race at the MCRRC Jingle Bell Jog 8K in 48:02.

Thirty-two runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Brothers, Betty****	70	Virginia Beach, VA	50:02
2	Boyd, Elaine**	70	Bent Mountain, VA	53:53
3	Sielen, Virginia*	70	Oakton, VA	56:58
4	Biasi, Barbara**	70	Yorktown, VA	59:08
5	Tice, Linda**	72	Timonium, MD	59:20
6	Marano, Janet**	70	Reston, VA	1:00:08

7	Welch, Pat	73	Vienna, VA	1:04:05
8	Bolton, Gretchen**	72	Bethesda, MD	1:04:13
9	Norton, Lou**	71	Richmond, VA	1:05:24
10	Rowland, Amy*6	71	Berkeley Springs, WV	1:06:15
11	Hirn, Ann****	72	Portsmouth, VA	1:06:44
12	Rice, Carolyn*	72	Burke, VA	1:06:48
13	Imholtz, Clare***	70	Beltsville, MD	1:07:29
14	Fishburne, Harriette**	70	Weems, VA	1:07:57
15	Hens, Ruth*	70	Baltimore, MD	1:07:54
16	Yarr, Linda**	73	Bethesda, MD	1:08:13
17	Wiggs, Francy**	73	Virginia Beach, VA	1:08:26
18	Triplett, Caroline*	72	McLean, VA	1:10:27
19	Jorlett, Robin***	74	Newport News, VA	1:11:08
20	Baylor, Linda*	70	Virginia Beach, VA	1:11:22
21	Evans, Sally*	73	Roanoke, VA	1:11:25
22	Timmons, Sandra**	71	Alexandria, VA	1:13:55
23	Quantrille, Barbara	70	Burke, VA	1:14:34
24	Berger, Nancy***	72	Hunt Valley, MD	1:15:39
25	Bandy, Cita*	70	Virginia Beach, VA	1:15:46
26	Anderson, Lynn	73	Midlothian, VA	1:19:04
27	Yankle, Monica	72	Pikesville, MD	1:21:01
28	Waxter, Peggy*	70	Frederick, MD	1:21:19
29	Mayhew, Mary**	72	Winchester, VA	1:23:38
30	Novak, Jeanette*****	73	Damascus, MD	1:24:17
31	Blount, Nancy	71	Williamsburg, VA	1:25:20
32	Howery, Dot*	73	Floyd, VA	1:29:04

75-79 Women

Run with Santa 5K 32:14, 10K = 1:07:14

Ecris Williams came storming back to capture another title with the top four times, all 5Ks of the division. The sixth-place event was hers as well when she won the For the Love of It 10K in 1:11:41. After that, she had a running mishap and was done for the winter. She will be back in the spring. Her best three races were all in Reston, all different courses, as the New Year's 5K was hampered by weather and needed a course adjustment. She was fastest at the Run with Santa 5K in 32:14 at the regular Reston Town Center location.

Third place Mary Kate Berglund had a sophomore jinx, after taking the title in her first year in the division. She started with the Richmond Turkey Trot 10K in 1:16:06. Her best of three wins was the Richmond Jingle Bell 5K for Arthritis 5K in 34:29. Runner-up Mandy Whalen has always been prolific. Her best of four

wins was a season-opening SOME Thanksgiving Day Trot for Hunger 5K where she took advantage of a fast course to register a 34:07.

Fourth place Judy Stewart improved on her Busch Gardens Christmas Town Dash 8K (1:01:42) at the Toano Icy 8K exactly two months later in 1:00:49. Fifth place Rosemary Swartzbard won four of her five races. She was best on the hilliest of the local Park Runs, the Roosevelt Island 5K in 39:22.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris*****	79	Reston, VA	1:07:14
2	Whalen, Mandy****	77	Falls Church, VA	1:11:02
3	Berglund, Mary Kate***	76	Richmond, VA	1:11:48
4	Stewart, Judy*	78	Williamsburg, VA	1:17:14
5	Schwartzbard, Rosemary****	75	Arlington, VA	1:21:58
6	Pitts, Laura**	79	Baltimore, MD	1:22:16
7	Dicker, Lois**	78	Silver Spring, MD	1:24:09
8	Bennett, Judy**	76	Springfield, VA	1:32:18
9	Orser, Jo**	75	Baltimore, MD	1:38:41

80-84 Women

March Madness 5K 36:18 10K = 1:15:35

Stickman's Tandem 5K 36:18 10K = 1:15:35

Last year Tami Graf won it all with ten age group victories. Her best, the By George 5K, was her sixth best this year. She ran the two longest events, the RRCA Challenge 10M and the Gar Williams Half Marathon to victory. In December, she took on the newest of the Park Runs in Anacostia with a very good 37:30. Even with that and her ten wins, she could not stop the most recent member to the group, Janet Hughes. Hughes was all over the *pace* with her best 5K thirteen minutes faster than her slowest. Still, when she matched her Stickman's Tandem 5K in 36:18 exactly at the season ending March Madness 5K, it was no fluke that she took the title.

Third place Nancy Welker raced the Peaks of Otter 5K in 41:48 the same morning of Graf's best race in December. Fourth place Marion Valge had the only other race longer than five miles when she began the winter running the Cold Turkey 10K. Fifth place Linda Phillips got things underway the first of the year at the First Day 5K.

PI	Name	Age	Hometown	10K=
1	Hughes, Janet**	80	Winchester, VA	1:15:35
2	Graf, Tami*10	81	Lusby, MD	1:18:05
3	Welker, Nancy	83	Roseland, VA	1:27:02
4	Valge, Marion*	80	Bowie, MD	1:49:30

5 Phillips, Linda* 80 Midlothian, VA 2:06:37

85-89 Women

Vida Thrive 5K 44:29, 10K = 1:32:37

Jacqueline O'Neill is back on the roads racing the Vida Thrive 5K in 44:29, nearly a qualifying time for the 70-74 age group. On the busiest race day of the year Norma Regenold ran the Baltimore YMCA Turkey Trot 5K in 52:05 for the runner-up spot. Patricia Conaway takes third, racing the Arlington Turkey Trot 5K that same morning.

PI	Name	Age	Hometown	10K=
1	O'Neill, Jacqueline	85	Washington, DC	1:32:37
2	Regenold, Norma	85	Baltimore, MD	1:48:26
3	Conaway, Patricia	86	Arlington, VA	2:26:22

90 & Older Women

None for winter

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

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

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

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

Sometimes runners are confused by the race tracking terms. Chip time simply means that it was electronically timed, not manually. Gun time is the official time. Net time, which is confused with chip time, is merely a feel good time which is tracked by when the runner's chip first crosses the starting line. Net time will always be faster than the official

gun time. Runners are welcome to note net time for their personal use but it has no place in the rankings. In large races where it is impossible for runners to get top 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 does NOT count towards their placement in the rankings.

Runners will be ranked by age divisions for both men and women, with the divisions being open, 19 & younger, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 & older.

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

To qualify for the end-of-year rankings, top priority will go to runners who qualify in two ranking periods. A preliminary sort, followed by a more involved analysis of competitive results, also 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 who they can best and who remains unbeatable. The rankings should fairly reflect that. If you have comments and questions or would like to get a more complete explanation of individual rankings contact me at runjames3@aol.com.

Moreland Racing Factor

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

	Non Major	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

While runners get a single point for each ranked runner beaten for the pure Racing Factor, when there is a smaller sub-group of 2-5 runners matched in a single age group the head-to-head is added.

	Non Major	Major
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	48:45
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:

- * Spring 2018 - March 5, 2018– May 28, 2018
- * Summer 2018 – May 29, 2018 – September 3, 2018
- * Fall 2018 – September 4, 2018 – November 11, 2018

Event	Location	Date
Tidal Basin 5K	Washington, DC	15-Nov-17
Fletcher's Cove Park Run 5K #91	Washington, DC	18-Nov-17
Roosevelt Island Park Run 5K #57	Washington, DC	18-Nov-17
College Park Park Run 5K #58	College Park, MD	18-Nov-17
Liberty Turkey Trot 5K	Bedford, VA	18-Nov-17
Hounds on the Hill 5K	Midlothian, VA	18-Nov-17
Lloyd Family Farm 5K	Rockhill, VA	18-Nov-17

Spend Yourself 5K	Falls Church, VA	18-Nov-17
Run for Shelter 10K	Alexandria, VA	18-Nov-17
Run for Shelter 5K	Alexandria, VA	18-Nov-17
Cranberry Crawl 5K	Washington, DC	18-Nov-17
Cranberry Crawl 10K	Washington, DC	18-Nov-17
Freeze Your Gizzard 5K	Leesburg, VA	18-Nov-17
Scott Dayton EOD 5K	Virginia Beach, VA	18-Nov-17
Run for Kendra 5K	Virginia Beach, VA	18-Nov-17
Zaching Against Cancer 5K	Ellicott City, MD	18-Nov-17
Zaching Against Cancer 10K	Ellicott City, MD	18-Nov-17
Star City 10K	Roanoke, VA	18-Nov-17
Star City Half Marathon	Roanoke, VA	18-Nov-17
Munchkins Popping Donut 5K	Richmond, VA	18-Nov-17
Herndon Turkey Trot 5K	Herndon, VA	18-Nov-17
Berryville Turkey Trot 4 Mile	Berryville, VA	18-Nov-17
Berryville Turkey Trot 6 Mile	Berryville, VA	18-Nov-17
Operation Turbo 5K	Arlington, VA	18-Nov-17
MCRRC Run Under the Lights 5K	Gaithersburg, MD	18-Nov-17
Warhill 8K	Williamsburg, VA	18-Nov-17
Campus Life 5K Orchard Run	Germantown, MD	18-Nov-17
Norfolk Harbor 5K	Norfolk, VA	18-Nov-17
TCS Annapolis 10K	Annapolis, MD	18-Nov-17
TCS Annapolis Half Marathon	Annapolis, MD	18-Nov-17
MCM Turkey Trot 10K	Quantico, VA	18-Nov-17
Thanksgiving Prediction Run 5K	St. Mary's City, MD	18-Nov-17
Vida Thrive 5K	Washington, DC	18-Nov-17
Dominion Valley Turkey Trot 5K	Gainesville, VA	18-Nov-17
Remington Turkey Trot 5K	Remington, VA	18-Nov-17
Woodstock Turkey Trot 5K	Woodstock, VA	18-Nov-17
Zero Prostate Cancer 5K	Virginia Beach, VA	19-Nov-17
Norfolk Harbor Half Marathon	Norfolk, VA	19-Nov-17
Hallsley Turkey Trot 5K	Midlothian, VA	19-Nov-17
HCS Longfellow 10K	Columbia, MD	19-Nov-17
Cold Turkey 10K	Edgewater, MD	19-Nov-17
Trot the Trail 5K	Baltimore, MD	19-Nov-17
Vienna Turkey Trot 5K	Vienna, VA	19-Nov-17
Vienna Turkey Trot 10K	Vienna, VA	19-Nov-17
SVTC Turkey Trot 5K	Bridgewater, VA	19-Nov-17
AACC Turkey Trot Charity 5K	Arnold, MD	22-Nov-17
River Bend Country Club Turkey Trot 5K	Great Falls, VA	23-Nov-17
Ashburn Farm 10K	Ashburn, VA	23-Nov-17

Ashburn Farm 5K	Ashburn, VA	23-Nov-17
Colonial Heights Turkey Trot 5K	Colonial Heights, VA	23-Nov-17
Turkey Day 5K	Reston, VA	23-Nov-17
Waynesboro Turkey Trot 5K	Waynesboro, VA	23-Nov-17
Big Turkey Burn 5K	Williamsburg, VA	23-Nov-17
Westernport Turkey Trot 5K	Westernport, MD	23-Nov-17
Gobble Cobble Turkey Trot 5K	Baltimore, MD	23-Nov-17
Turkey Trot & Animal Food Drive 5M	Irvington, VA	23-Nov-17
YMCA Turkey Chase 10K	Bethesda, MD	23-Nov-17
YMCA Turkey Trot 5K	Fredericksburg, VA	23-Nov-17
Arlington Turkey Trot 5K	Arlington, VA	23-Nov-17
Fast Before the Feast 5K	Newport News, VA	23-Nov-17
Blue Cheetah Turkey Trot 5K	Aberdeen, MD	23-Nov-17
Bulle Rock Turkey Trot 5K	Havre de Grace, MD	23-Nov-17
Humankind Turkey Trot 5K	Lynchburg, VA	23-Nov-17
Caroline County Turkey Trot 5K	Denton, MD	23-Nov-17
Perry Hall Y Turkey Trot Charity 5K	Perry Hall, MD	23-Nov-17
Arnold Y Turkey Trot Charity 5K	Arnold, MD	23-Nov-17
Baltimore YMCA Turkey Trot 5K	Baltimore, MD	23-Nov-17
Boars Head Turkey Trot 5K	Charlottesville, VA	23-Nov-17
Camp Letts 10K	Edgewater, MD	23-Nov-17
Alexandria Turkey Trot 5M	Alexandria, VA	23-Nov-17
Y of Central Maryland Turkey Trot 5K	Westminster, MD	23-Nov-17
YMCA Bel Air 5K Turkey Trot	Bel Air, MD	23-Nov-17
YMCA Ellicott City 5K Turkey Trot	Ellicott City, MD	23-Nov-17
Towson YMCA Turkey Trot 5K	Towson, MD	23-Nov-17
Drumstick Dash 5K	Roanoke, VA	23-Nov-17
Echo Turkey Trot 5K	Prince Frederick, MD	23-Nov-17
VAB Turkey Trot 10K	Virginia Beach, VA	23-Nov-17
Prince William Turkey Trot 5K	Manassas, VA	23-Nov-17
Turkey Trot for Parkinson's 5K	Fairfax Station, VA	23-Nov-17
Fairfax Turkey Trot 4M	Fairfax, VA	23-Nov-17
Giving Thanks 5K	Vienna, VA	23-Nov-17
Lexington Gobble Wobble 5K	Lexington, VA	23-Nov-17
Martinsville Turkey Day 5K	Martinsville, VA	23-Nov-17
Hagerstown Turkey Trot 5K	Hagerstown, MD	23-Nov-17
Lansdowne Turkey Trot 5K	Leesburg, VA	23-Nov-17
FCPRD 5K	Stephen City, VA	23-Nov-17
Virginia Run Turkey Trot 5K	Centreville, VA	23-Nov-17
Richmond Turkey Trot 10K	Richmond, VA	23-Nov-17
Fairfax Turkey Trot 5K	Fairfax, VA	23-Nov-17

Blue Talon Bistro Turkey Trot 5K	Williamsburg, VA	23-Nov-17
SOME Thanksgiving Day Trot for Hunger 5K	Washington, DC	23-Nov-17
Way Station's Thanksgiving Day 5K	Frederick, MD	23-Nov-17
Earlsville Turkey Trot 5K	Earlsville, VA	23-Nov-17
Laurel Turkey Trot 5K	Laurel, MD	23-Nov-17
College Park Park Run 5K #59	College Park, MD	25-Nov-17
Fletcher's Cove Park Run 5K #92	Washington, DC	25-Nov-17
Vienna 5K	Vienna, VA	25-Nov-17
Vienna 10K	Vienna, VA	25-Nov-17
Turkey Burnoff 10 Mile	Gaithersburg, MD	25-Nov-17
Turkey Burnoff 5 Mile	Gaithersburg, MD	25-Nov-17
Drumstix Dash 5K	Fairfax Station, VA	25-Nov-17
Northern Central Trail Marathon	Sparks, MD	25-Nov-17
Northern Central Trail Half Marathon	Sparks, MD	25-Nov-17
Tom's 5K Reindeer Run	Laurel, MD	25-Nov-17
Run for the Wounded Warriors Half Marathon	Triangle, VA	26-Nov-17
Run for the Wounded Warriors 5K	Triangle, VA	26-Nov-17
Redneck Romp 10M	Wachapreague, VA	25-Nov-17
Redneck Romp 5K	Wachapreague, VA	25-Nov-17
Greene Turtle Turkey Trot 5K	Ocean City, MD	25-Nov-17
Edgewater Fitness Reindeer Run 5K	Edgewater, MD	02-Dec-17
Camel Canter 5K	Westminster, MD	02-Dec-17
Fletcher's Cove Park Run 5K #93	Washington, DC	02-Dec-17
Roosevelt Island Park Run 5K #58	Washington, DC	02-Dec-17
College Park Park Run 5K #60	College Park, MD	02-Dec-17
Leakin Park 5K #24	Baltimore, MD	02-Dec-17
Anacostia Park Run 5K #4	Washington, DC	02-Dec-17
Santa Run 5K	Sparrows Point, MD	02-Dec-17
St. Kateri's Run with the Son 5K	Tabb, VA	02-Dec-17
Jingle Bell Run for Arthritis 5K	Ellicott City, MD	02-Dec-17
Smile 5K	Virginia Beach, VA	02-Dec-17
Monticello Holiday Classic 5K	Monticello, VA	02-Dec-17
Peaks of Otter 5K	Bedford, VA	02-Dec-17
Patterson Park 5K	Baltimore, MD	02-Dec-17
TRRC Championship 7M	Petersburg, VA	02-Dec-17
TRRC Championship 5K	Petersburg, VA	02-Dec-17
Lexington Jingle Bell 5K	Lexington, VA	02-Dec-17
March for Marrow 5K	Washington, DC	02-Dec-17
Reindeer Rally 5K	Virginia Beach, VA	02-Dec-17
Reindeer Rally 7K	Virginia Beach, VA	02-Dec-17
Candy Cane Dash 5K	Frederick, MD	02-Dec-17

Nutzy's 5K	Richmond, VA	02-Dec-17
Richmond Jingle Bell 5K for Arthritis 5K	Richmond, VA	02-Dec-17
VAB Jingle Bell 5K for Arthritis 5K	Virginia Beach, VA	02-Dec-17
Frigid 10K	Leesburg, VA	02-Dec-17
Frigid 20K	Leesburg, VA	02-Dec-17
We Move 5K	Chesapeake, VA	02-Dec-17
Newport News Jingle Bell 5K for Arthritis 5K	Newport News, VA	02-Dec-17
Barcroft Elementary 5K	Arlington, VA	02-Dec-17
Jingle Bell Run for Arthritis 5K	Arlington, VA	02-Dec-17
Reindeer Run 5K	Berlin, MD	02-Dec-17
Goodloe Byron 10M	Emmitsburg, MD	02-Dec-17
Tacky Sweater 5K	Winchester, VA	02-Dec-17
HCS Meadowbrook Park 5K	Columbia, MD	03-Dec-17
Christmas Tree 5K	Arlington, VA	03-Dec-17
BRRRC Masters 5K	Sparks, MD	03-Dec-17
Winterfest of Lights Jingle Bell 5K	Ocean City, MD	03-Dec-17
Run with Santa 5K	Reston, VA	03-Dec-17
Blue Gray Half Marathon	Fredericksburg, VA	03-Dec-17
Blue Gray 5K	Fredericksburg, VA	03-Dec-17
Busch Gardens Christmas Town Dash 8K	Williamsburg, VA	03-Dec-17
North East Dash 5K	North East, MD	09-Dec-17
Jingle Bell Run Walk for Arthritis 5K	Baltimore, MD	09-Dec-17
Department of Recreation and Parks Reindeer 5K	Baltimore, MD	09-Dec-17
College Park Park Run 5K #61	College Park, MD	09-Dec-17
Fletcher's Cove Park Run 5K #94	Washington, DC	09-Dec-17
Roanoke Jingle Bell Run for Arthritis 5K	Roanoke, VA	09-Dec-17
Santa Run 10K	Frederick, MD	09-Dec-17
Santa Run 5K	Frederick, MD	09-Dec-17
Farmville Jingle Bell 5K	Farmville, VA	09-Dec-17
Sentara Sleighbell 5K	Williamsburg, VA	09-Dec-17
Snowman Stampede 5K	Bristol, VA	09-Dec-17
Snowflake 5K	Arlington, VA	09-Dec-17
Run a Latke 5K	Richmond, VA	10-Dec-17
DCRRC Bread Run 10K	Glen Echo, MD	10-Dec-17
Santa Claus Shuffle 5K	Portsmouth, VA	10-Dec-17
MCRRC Jingle Bell Jog 8K	Rockville, MD	10-Dec-17
Frosty 5K	Fairfax, VA	10-Dec-17
Jingle All the Way 5K	Washington, DC	10-Dec-17
Jingle All the Way 15K	Washington, DC	10-Dec-17
AS Anniversary 15K	Annapolis, MD	10-Dec-17
Holiday Half Marathon	Annandale, VA	10-Dec-17

Toys for Tots Run 5K	Richmond, VA	10-Dec-17
Jingle Bell 5K	Broadlands, VA	10-Dec-17
Ringing in Hope 10K	Ashburn, VA	16-Dec-17
Ringing in Hope 5K	Ashburn, VA	16-Dec-17
PVTC Christmas Caper 10K	Washington, DC	16-Dec-17
PVTC Christmas Caper 5K	Washington, DC	16-Dec-17
Jingle Bell 5K	Hartsfield, VA	16-Dec-17
Roosevelt Island Park Run 5K #60	Washington, DC	16-Dec-17
Frosty 5K	Stafford, VA	16-Dec-17
Johnny Casa 5K	Rocky Mount, VA	16-Dec-17
Johnny Casa 5M	Rocky Mount, VA	16-Dec-17
SVR Jingle Bell 5K	Boyce, VA	16-Dec-17
Great Bridge Presbyterian Church Jingle Jog 5K	Chesapeake, VA	16-Dec-17
Celtic Solstice 5M	Baltimore, MD	16-Dec-17
Surf 'n' Santa 5M	Virginia Beach, VA	16-Dec-17
Toys for Tots 5K	Fredericksburg, VA	17-Dec-17
HCS Jeffers Hill 10K	Columbia, MD	17-Dec-17
DCRRC Gar Williams Half Marathon	Alexandria, VA	17-Dec-17
Seneca Slopes 9K	Gaithersburg, MD	17-Dec-17
Tidal Basin Runs 5K	Washington, DC	20-Dec-17
Fletcher's Cove Park Run 5K #96	Washington, DC	23-Dec-17
Roosevelt Island Park Run 5K #61	Washington, DC	23-Dec-17
College Park Park Run 5K #62	College Park, MD	23-Dec-17
Leakin Park 5K #27	Baltimore, MD	23-Dec-17
Anacostia Park Run 5K #7	Washington, DC	23-Dec-17
Rudolph 6K	Columbia, MD	23-Dec-17
Reindeer Run 5K	Aberdeen, MD	23-Dec-17
Nutcracker 5K	Solomons, MD	23-Dec-17
College Park Park Run 5K #63	College Park, MD	30-Dec-17
Fletcher's Cove Park Run 5K #97	Washington, DC	30-Dec-17
Roosevelt Island Park Run 5K #62	Washington, DC	30-Dec-17
Leakin Park 5K #28	Baltimore, MD	30-Dec-17
Village Volunteer 5K	Spotsylvania, VA	31-Dec-17
Fairfax Four Mile	Fairfax, VA	31-Dec-17
Countdown to None 5K	Vienna, VA	31-Dec-17
New Year's Eve Glow Run 5K	Harrisonburg, VA	31-Dec-17
Long Branch Plantation 5K	Millwood, VA	31-Dec-17
College Park Park Run 5K #64	College Park, MD	01-Jan-18
SMCN Resolution 5K	Prince Frederick, MD	01-Jan-18
YMCA Resolution Run 5K	Fredericksburg, VA	01-Jan-18
MCRRC New Year's 5K	Gaithersburg, MD	01-Jan-18

DCRRC New Year's Day Predictions and Resolutions 5K	Arlington, VA	01-Jan-18
Resolution Run 5K	Virginia Beach, VA	01-Jan-18
Hair of the Dog 5K	Williamsburg, VA	01-Jan-18
New Year's Day 5K	Broadlands, VA	01-Jan-18
Reston New Year's 5K	Reston, VA	01-Jan-18
CTC New Year's 5K	Free Union, VA	01-Jan-18
New Year's Day Resolution Run 5K	Baltimore, MD	01-Jan-18
New Year's Day 5K	Hampton, VA	01-Jan-18
Chesapeake City 5K	Chesapeake City, MD	01-Jan-18
First Day 5K	Midlothian, VA	01-Jan-18
Fletcher's Cove Park Run 5K #98	Washington, DC	06-Jan-18
College Park Park Run 5K #65	College Park, MD	06-Jan-18
Frozen Toe 10K	Roanoke, VA	06-Jan-18
HCS Hammond 5K	Columbia, MD	07-Jan-18
Menchville Chill 5K	Newport News, VA	13-Jan-18
DCRRC MLK 5K	Washington, DC	13-Jan-18
DCRRC JFK 20K	Washington, DC	13-Jan-18
Fletcher's Cove Park Run 5K #99	Washington, DC	13-Jan-18
College Park Park Run 5K #66	College Park, MD	13-Jan-18
Roosevelt Island Park Run 5K #63	Washington, DC	13-Jan-18
Frozen Finger 5M	Baltimore, MD	13-Jan-18
SVR Prediction 5M	Front Royal, VA	13-Jan-18
Sandman Half Marathon	Roanoke, VA	13-Jan-18
Chilly Bob 8K	Smithfield, VA	13-Jan-18
Celebrate Community 5K	Alexandria, VA	14-Jan-18
HCS Burleigh Manor 5M	Ellicott City, MD	14-Jan-18
Tidewater Striders Tune-up 10M	Chesapeake, VA	14-Jan-18
Tidewater Striders Tune-up 6M	Chesapeake, VA	14-Jan-18
Mud In Your Eye XC Series 6K	Chesapeake	14-Jan-18
Mighty Medford Freeway 5K	Westminster, MD	14-Jan-18
College Park Park Run 5K #67	College Park, MD	20-Jan-18
Leakin Park 5K #30	Baltimore, MD	20-Jan-18
Anacostia Park Run 5K #10	Washington, DC	20-Jan-18
Lewis Memorial 10M	Frederick, MD	20-Jan-18
Fletcher's Cove Park Run 5K #100	Washington, DC	20-Jan-18
Cookie Run 5K	Chesapeake, VA	20-Jan-18
Frostbite 15K	Richmond, VA	21-Jan-18
Knights of Columbus 5K	Fredericksburg, VA	21-Jan-18
GPS 8M	Baltimore, MD	21-Jan-18
Fletcher's Cove Park Run 5K #101	Washington, DC	27-Jan-18
Roosevelt Island Park Run 5K #	Washington, DC	27-Jan-18

College Park Park Run 5K #68	College Park, MD	27-Jan-18
Tidewater Striders Tune-up 10M	Hampton, VA	27-Jan-18
Tidewater Striders Tune-up 15M	Hampton, VA	27-Jan-18
Stickman's Tandem 5K	Strasburg, VA	27-Jan-18
Country Run 5M	Olney, MD	28-Jan-18
HCS Longfellow 10K	Columbia, MD	28-Jan-18
Mud In Your Eye XC Series 8K	Virginia Beach, VA	28-Jan-18
For the Love of It 10K	Reston, VA	03-Feb-18
Fletcher's Cove Park Run 5K #102	Washington, DC	03-Feb-18
College Park Park Run 5K #69	College Park, MD	03-Feb-18
Anacostia Park Run 5K #12	Washington, DC	03-Feb-18
Deep Run Park Run 5K #28	Richmond, VA	03-Feb-18
Toano Icy 8K	Toano, VA	03-Feb-18
Toano Frosty 5K	Toano, VA	03-Feb-18
Geaux for the Gold 10K	Smithfield, VA	03-Feb-18
Little Patuxent River Half Marathon	Columbia, MD	04-Feb-18
Little Patuxent River 10K	Columbia, MD	04-Feb-18
Penguin Pace 5K	Columbia, MD	04-Feb-18
Game Day 5K	Newport News, VA	04-Feb-18
Game Day 10K	Newport News, VA	04-Feb-18
Leo's Run 5K	Silver Spring, MD	04-Feb-18
Anacostia Park Run 5K #13	Washington, DC	10-Feb-18
Fletcher's Cove Park Run 5K #103	Washington, DC	10-Feb-18
Kiss my Asphalt 5K	Fredericksburg, VA	10-Feb-18
College Park Park Run 5K #70	College Park, MD	10-Feb-18
Loch Lothian 5K	Midlothian, VA	10-Feb-18
Loch Lothian 10K	Midlothian, VA	10-Feb-18
AS Valentine's Day 5K	Severna Park, MD	10-Feb-18
DCRRC Langley 8K	Langley, VA	10-Feb-18
For The Cure 5K	Virginia Beach, VA	10-Feb-18
Heart and Soles 5K	Middletown, VA	10-Feb-18
Wine Lovers 5K	Afton, VA	10-Feb-18
Run for the Heart 10M	Yorktown, VA	10-Feb-18
Nail the Rail 9M	Martinsville, VA	10-Feb-18
Cupid's Crush 5M	Baltimore, MD	11-Feb-18
Blacksburg 10 Mile	Blacksburg, VA	11-Feb-18
Blacksburg 5K	Blacksburg, VA	11-Feb-18
Run Your Heart Out 5K	Fairfax, VA	11-Feb-18
Sweethearts 8K	Midlothian, VA	11-Feb-18
Sweethearts 4 Ever 4 Mile Run	Fredericksburg, VA	11-Feb-18
Bear Run 4M	Westminster, MD	11-Feb-18

Love the Run You're with 5K	Arlington, VA	11-Feb-18
Lovers 5K	Burke Lake, VA	11-Feb-18
Lovers 10K	Burke Lake, VA	11-Feb-18
CKHD Love Run 5K	Virginia Beach, VA	17-Feb-18
College Park Park Run 5K #71	College Park, MD	17-Feb-18
Gloucester 8K	Gloucester, VA	17-Feb-18
Fletcher's Cove Park Run 5K #104	Washington, DC	17-Feb-18
Leakin Park 5K #27	Baltimore, MD	17-Feb-18
By George 5K	Washington, DC	17-Feb-18
By George 10K	Washington, DC	17-Feb-18
Roosevelt Island Park Run 5K #67	Washington, DC	17-Feb-18
Kemp Mill Chills 10K	Silver Spring, MD	18-Feb-18
Kemp Mill Chills 5K	Silver Spring, MD	18-Feb-18
GW Birthday Marathon	Greenbelt., MD	18-Dec-18
Sykesville Shiver Shuffle 5K	Sykesville, MD	18-Feb-18
HCS Thunder Hill 10K	Columbia, MD	18-Feb-18
Dahlgren Railroad Heritage Trail Half Marathon	King George, VA	24-Feb-18
Fletcher's Cove Park Run 5K #105	Washington, DC	24-Feb-18
Roosevelt Island Park Run 5K #68	Washington, DC	24-Feb-18
College Park Park Run 5K #72	College Park, MD	24-Feb-18
Leakin Park 5K #28	Baltimore, MD	24-Feb-18
Anacostia Park Run 5K #17	Washington, DC	24-Feb-18
Tidewater Striders Tune-up 12M	Fort Story, VA	24-Feb-18
Tidewater Striders Tune-up 20M	Fort Story, VA	24-Feb-18
Lose Your Shoes & the Shirt Off Your Back 5K	Front Royal, VA	24-Feb-18
RRCA Challenge 10 Mile	Columbia, MD	25-Feb-18
Sentara Colonial Half Marathon	Williamsburg, VA	25-Feb-18
Sentara Colonial 5K	Williamsburg, VA	25-Feb-18
Huguenot Park Cross Country 3 Mile	Midlothian, VA	25-Feb-18
Fletcher's Cove Park Run 5K #106	Washington, DC	03-Mar-18
Leakin Park 5K #29	Baltimore, MD	03-Mar-18
Deep Run Park Run 5K #32	Richmond, VA	03-Mar-18
Explore Your Limits 10K	Roanoke, VA	03-Mar-18
Explore Your Limits 5K	Roanoke, VA	03-Mar-18
March Madness 5K	Stephens City, VA	03-Mar-18
Run the Dragon 8K	Williamsburg, VA	03-Mar-18
Solar 5K	Powhattan, VA	03-Mar-18
For a Wish 5K	Virginia Beach, VA	03-Mar-18
John Robbins 8K	Fredericksburg, VA	04-Mar-18
One City Marathon	Newport News, VA	04-Mar-18
One City 8K	Newport News, VA	04-Mar-18

Sugar Hollow Bridges 5K	White Hall, VA	03-Mar-18
Sugar Hollow Bridges 10K	White Hall, VA	03-Mar-18
Reston 10 Mile	Reston, VA	04-Mar-18
St. Patrick's Day 10K	Washington, DC	04-Mar-18
St. Patrick's Day 5K	Washington, DC	04-Mar-18
HCS Northfield 5K	Columbia, MD	04-Mar-18