

# 2018 Summer Rankings

(May 29, 2018 – September 3, 2018)

## 50 Plus Club

Best of 2015

Best of 2016

Best of 2017

## Best of 2018



By [James Moreland](#)

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This summer was one of the rainiest ever but the numbers stayed about the same as last year, about 3,000 more racers and 100 more ranked times. That left the percentage of ranked runners very similar at 3.93 percent.

Major races (500 or more finishers) increased to forty-four. The Rock 'n' Roll Half Marathon led the way but dropped again in attendance by more than 1,000 and fell below 5,800 finishers. Their accompanying "fun run" 5K, dipped 300 to nearly 1,544 runners. The Baltimore 10M was second of the four races with more than 2,000 finishers, just did hit 4,000 finishers. The Annapolis 10 Miler plunged fifteen percent to just 2,529, perhaps thrown off by starting a week earlier opposite the Leesburg events. Still, they were third ahead of the Baltimore Women's Classic 5K with 2,156. Only eleven races had more than 1,000 finishers.

Forty or more ranked runners raced in thirteen races and only eight races had more than fifty. Annapolis retained the title as most competitive, though that race dropped off dramatically by 63 percent to 110 ranked runners. The Baltimore 10M decreased 46 percent to 49 ranked runners dropping to ninth. The Crystal City Twilight 5K and the Bel Air Town Run 5K tied for sixth with 57. The Reston Firecracker picked up the slack with 87 for second place. At the longer distance, the Rock 'n' Roll Half Marathon improved nearly 50 percent to 82 ranked runners. The Charlottesville 4 Miler slowed 20 percent to 62 ranked.

The Lawyers have Heart 10K got hot and though it had close to four times as many runners as the Dawson's 10K, this year the event had twice as many ranked runners, 36, from last year, to 72 to become the competitive 10K. This year the Lawyers Have Heart 5K got larger but just barely had 1 percent ranked versus 5 percent for the accompanying 10K.

A mere 49 races had more than 10 percent of the runners with ranked times, with about a third, at fifteen, had more than 100 racers and only two had more than 200 finishers. The FAB 5K was the strongest with forty ranked, or 18.18 percent of its racers. The amazing Pony Pasture 5K was the largest with 48 ranked runners for 10.79 percent. Next in size was the Shawsville 5K with twenty-one ranked or 12.28 percent. This summer the numbers were virtually identical to 2017; 1,538 different men and 1,622 different women ran at least one qualifying time. Two hundred and eighty-one men and 346 women were ranked.

Washington, DC had six major races, but with the popular weekly Park Runs at Fletcher's Cove and Roosevelt Island events going on weekly, it had 52 races. Maryland had 156 races with the largest groups being in, College Park (16), Baltimore (14), and Annapolis (10). The larger state of Virginia held 175 races, taking back the crown for the battle of the states, with the largest groups being in Richmond (16), Fredericksburg, (12), Arlington (11), and Virginia Beach (10). There were 127 different cities that hosted a race.

This time the open divisions men shrunk to 25 while the women increased to more than double that with 51. Open or 'Elite,' of course, includes runners of any age able to meet the elite 10K equivalent standard twice: men 34:20 & women 41:15. Three men an age group division was the lowest ever and just a ninth of the numbers in 2016. The women had a healthy sixteen runners from other divisions and unwilling to settle for just be listed in an age group. David Angell was the oldest man at forty-one and Perry Shoemaker was the oldest female at forty-six.

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

Now let us see who made the top.

## **Open Men**

### **Lawyers Have Heart 10K 28:48**

Fourth place Jason Wetzel had two overall wins, including the fastest race at the FAB 5K in 15:19. Still, in Moreland Racing Factor points the champion Jeffrey Stein is supreme. He was the overall winner at all three of his events. He won at the Annapolis 10 Miler in 54:30, ahead of runner-up Gregory Mariano (55:23) and sixth place Louis Levine (56:10). His MRF points were 110 vs. Wetzel's 34 and Mariano's 64. At the Reston Firecracker 5K, Stein was tops in 15:21 with Mariano next in 15:41. At this event, tenth place Matt Deters stepped up to take the third spot in the race with 15:46. Sixteenth best Jason Hartman beat twentieth place Nick Reed there, 16:05 to 16:10.

For the third best race, Stein picked the Crystal City Twilight 5K in 15:24. Top ranked sub master Christopher Sloane was third there in 15:37, giving him the eighth spot in the rankings. Danniell Belay takes fourteenth place besting top master, fifteenth ranked David Angell, 15:59 to 16:02, even though Angel had a better best event running a hometown 4M in 20:46. Only third ranked Harrison Toney beat him when Toney won it all in 20:31. In August, Toney would also win the Leesburg 20K in 1:07:24, clearing 44 MRF points. The last real contender for the title, Abraham Kiplagat had 32 MRF points. Included in his victories is the Finer Miner 5K in 15:26.

The biggest race for Mariano was the Lawyers Have Heart 10K where he ran 32:16 to nudge Levine (32:22) back a spot and Girma Bedada squeezes into ninth place beating Matt Deters, 32:54 to 33:05. Zach Kaminski had two overall wins with his best the Spring into Summer 5K in 15:31 to match Levine's 10K exactly and takes seventh place. Eleventh ranked Nicolas Crouzier waited until

the final week to complete his best race and second win at the Kentlands/Lakelands 5K in 15:47.

Twelfth place Evan Hardy was runner-up at the Donut Alley Rally 5K in 15:50 for his second sub 16:00 5K. Thirteenth ranked Tyler Muse was tops at the big Charles street 12M in 1:07:02. Back at the second half of the division many of the times are close and the competition is close with minute differences. Seventeenth place Omari Daughtridge was second overall at the Pikesville 5K in 16:10. Eighteenth place Ryan Taylor tallied three overall wins in Westminster, including the challenging Run with the Knights 5K in 16:12. Roger Hopper takes the next spot with two overall wins, including the Coast Guard Day 5K in 16:13.

The division has twenty-five qualifiers in the elite rankings with three coming from other divisions. David Angell, 41, was the eldest.

PI	Name	Age	Hometown	10K=
1	Stein, Jeffrey***	32	Washington, DC	32:01
2	Mariano, Gregory	33	Alexandria, VA	32:16
3	Toney, Harrison**	24	Salem, VA	32:10
4	Weitzel, Jason**	21	Shawsville, VA	31:57
5	Kiplagat, Abraham**	34	Richlands, VA	32:12
6	Levine, Louis	21	Baltimore, MD	32:22
7	Kaminski, Zach**	26	Elkton, MD	32:22
8	Sloane, Christopher*	35	Gaithersburg, MD	32:35
9	Bedada, Girma**	37	Washington, DC	32:54
10	Deters, Matt	33	Arlington, VA	32:53
11	Crouzier, Nicolas**	33	Darnestown, MD	32:55
12	Hardy, Evan*	24	Towson, MD	33:02
13	Muse, Tyler**	24	Bel Air, MD	33:08
14	Belay, Danniell	22	Rockville, MD	33:20
15	Angell, David	41	Blue Ridge, VA	33:12
16	Hartman, Jason	29	Fairfax, VA	33:33
17	Daughtridge, Omari*	32	Fort Washington, MD	33:43
18	Taylor, Ryan***	25	Westminster, MD	33:48
19	Hopper, Roger**	27	Norfolk, VA	33:50
20	Reed, Nick*	26	Fairfax, VA	33:43
21	Hopely, Mark*	29	Fredericksburg, VA	33:52
22	Reed, Trevor	24	Gaithersburg, MD	33:54
23	Ramirez, Denzel*	34	Arlington, VA	34:01
24	Saulnier, Emmett*	23	Richmond, VA	34:13
25	Driscoll, Jason*	30	Richmond, VA	34:20

## 19 & Younger Men

**Coast Guard 5K 15:08, 10K = 31:34**

Daniel O'Brien was impressive with two overall wins to take the title. With nearly everyone going the 5K route, (He won the Lynchburg 5K in 15:45.) he collected the fastest five miler, winning the Percival's Island race in 27:57. Runner-up Carl Thiessen won it all first at the Drug Free Bristol 5K in 16:43. As summer waned, he kicked it into gear winning the Get Physical 5K in 15:54. Third place Andrew Lent was tops at the Crystal City Twilight 5K in 16:00 against a bunch of racers that included ninth place Jack Rudnick (17:19).

Fourth place Will Oudekerk was third overall at the Coast Guard 5K in 16:26. Ditto for fifth place Jack Pazin only his race was the Hammond HS 5K. Oudekerk breaks the tie with an overall victory faster than either of Pazin's other events. Seventh place Adam Maisano was second overall at the Annapolis CC #1 Chesapeake HS in 16:48 to go with three other age group wins. Eighth place Cooper Hurst took top age group at the Coast Guard 5K in 16:50. Still, his overall win was in the mid 18s. Sixth place Brandon Dimitri knives his way ahead of them with two overall wins, including the Twilight 5K in 17:00 as well as a second overall at the Celebrate Fairfax 5K in 16:54. Tenth place Donovan Foley is known for his Potomac River Running races. Foley lost twice to Dimitri and won a couple more but he was best when he went out of town to race the Donut Alley Rally 5K in 17:03.

Thirty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	O'Brien, Daniel**	17	Lynchburg, VA	32:51
2	Thiessen, Karl**	18	Abingdon, VA	33:10
3	Lent, Andrew**	19	Boyds, MD	33:23
4	Oudekerk, Will**	18	Chesapeake, VA	34:17
5	Pazin, Jack**	18	Ellicott City, MD	34:17
6	Dimitri, Brandon***	18	Ashburn, VA	35:15
7	Maisano, Adam****	18	Gambrills, MD	35:03
8	Hurst, Cooper**	15	Chesapeake, VA	35:07
9	Rudnick, Jack****	18	Bethesda, MD	35:44
10	Foley, Donovan***	18	Chantilly, VA	35:34
11	Palisca, Benjamin**	16	Roanoke, VA	36:05
12	Lieder, Marshall**	19	Derwood, MD	36:12
13	Haynes, Samuel	19	Cana, VA	36:09
14	Jones, Will**	17	Ellicott City, MD	36:24
15	Mason, Blake*	18	Montpelier, VA	36:47
16	Rasco, Ryan**	15	Hagerstown, MD	36:45
17	Wasch, Bennett***	17	Annapolis, MD	36:55
18	Mason, Trevor*	14	Montpelier, VA	37:22
19	Rosas, Mark***	15	Columbia, MD	37:35
20	Carter, David*	15	Callaway, VA	37:43
21	Preece, Noel*	18	Buchanan, VA	37:57

22	Wood, Brandon**	15	Louisa, VA	38:00
23	Shriner, Colin**	16	Frederick, MD	38:17
24	Hill, Max	17	Columbia, MD	38:21
25	Burcham, Carter*	15	Rockville, MD	38:40
26	Moon, Skyler***	19	Spotsylvania, VA	38:50
27	Didio, Tad**	16	Westminster, MD	38:54
28	Barlow, Garrison**	14	Grantsville, MD	38:50
29	Iseman, Samuel*	17	Ellicott City, MD	39:11
30	Leonovich, Ethan*	15	Annapolis, MD	39:26

## 35-39 Men

### Rock N Roll Half Marathon 1:08:45, 10K = 31:12

Since it began a decade ago, Dave Berdan has been the owner of the Baltimore 10 Miler. He ran another noteworthy time this year with 54:28. Capping a runner-up spot at the Arbutus Firecracker 10K in 34:30 also left him as the division's runner-up. If you want the world to know that you have a good 5K, take on the Crystal City Twilight 5K. Our champion did just that, finishing third overall in 15:37. Fifth place Dickson Mercer held off sixth ranked Charlie Ban, 16:16 to 16:18. If you want to show the world you can do the long ones, stay close to Sloane at the Riley's Rumble Half Marathon as no one did this year. Ban was second in 1:20:39 to Sloane's 1:12:57.

However, fourth ranked David McCollam was marvelous winning it all at the Patrick Henry Half Marathon in 1:13:00, although his 5K was at a slower per mile pace. Girma Bedada ran the Lawyers Have Heart 10K in 32:54 and added to overall major 5K races, notably the Suds & Soles 5K in 16:00 taking third place in the division. Seventh place Dustin Meeker's second overall at the Little Bennet 8K is easily explained with two words...cross-country. His main gravitas was beating Berdan at the Arbutus Firecracker 10K, winning it all in 34:10.

Eighth ranked Travis Boltjes got to experience the joy of winning as nine of his twelve races were overall wins. Seven of his eight Park Runs were wins and he won at four different ones, Anacostia, College Park, Roosevelt Island, and Fletcher's Cove.

After years of being the smallest division, it increased again to sixteen qualifiers, pulling away from the shrinking 40-44 Men's division.

PI	Name	Age	Hometown	10K=
1	Sloane, Christopher**	35	Gaithersburg, MD	32:35
2	Berdan, Dave**	37	Owings Mill, MD	32:46
3	Bedada, Girma**	38	Potomac, MD	32:54
4	McCollam, David**	39	Midlothian, VA	33:07
5	Mercer, Dickson*	37	Takoma Park, MD	33:50



6	Ban, Charlie**	36	Washington, DC	34:00
7	Meeker, Dustin**	36	Baltimore, MD	34:10
8	Boltjes, Travis*11	39	Washington, DC	34:17
9	Foster, Ryan**	36	Virginia Beach, VA	34:31
10	Klastava, Nick**	36	Perry Hall, MD	34:29
11	Hammel, Steve****	37	Hamilton, VA	34:48
12	Holzwardt, Brad***	37	Fairfax, VA	34:42
13	Carroll, Ryan***	35	Portsmouth, VA	34:58
14	Pirch, Christopher**	38	Spotsylvania, VA	34:54
15	Redfern, Jeffrey*	35	Washington, DC	34:54
16	DeRocco, Vinnie***	38	Leesburg, VA	35:44

## 40-44 Men

### Lawyers Have Heart 10K = 32:05

Champion David Angell is from southwest Virginia where he handily placed second overall at the Hometown Bank Four on the Fourth 4M with a sparkling 20:46. Still, from time to time he comes into town to show the division what's what. In mid-July he ran a sterling Crystal City Twilight 5K in 16:02. Runner-up Michael Wardian is from that town, Arlington, but is famous for racing in every possible corner of the world. He had three overall wins, including the ZERO Prostate Cancer Run 5K in 16:43 but he was best at the competitive Lawyers Have Heart 10K in 33:43.

For number three it was a bit hard to figure. Fourth place Randy Shelton registered four wins but nothing close to his Run & Ride Kings Dominion 6.55M overall win in 36:01. Just how fast should a quarter marathon be? Charlie Epperson produced two wins but his relatively tame time at the AS Dogs Days 8K can be explained by a mostly cross country, rolling course. It was his top master spot in 56:46 at the definitely rolling Annapolis 10 miler that in past year might almost have been a winner that gave him the edge.

Fifth place Jason Dowdy managed two solid 5Ks that sandwiched Robert Zaal two very productive 8Ks. Dowdy was best at the Pony Pasture 5K in 16:54 for second overall. Zaal ran two 28:06s, taking third at the reduced in size Rockville Rotary Twilight 8K and winning it all at the Summer Solstice Twilight 8K the month before. Seventh place John Sharp was at Pony Pasture too, running in 17:29. Even more impressive he was top master at the huge Patrick Henry Half Marathon in 1:18:45.

Everyone made the top ten as there were just ten runners qualified for this division.

PI	Name	Age	Hometown	10K=
1	Angell, David**	41	Blue Ridge, VA	33:12

2	Wardian, Michael*****	44	Arlington, VA	33:43
3	Epperson, Charlie**	41	Annapolis, MD	34:09
4	Shelton, Randy*****	43	Hopewell, VA	34:06
5	Dowdy, Jason**	42	Midlothian, VA	35:15
6	Zaal, Robert**	40	Boonsboro, MD	35:39
7	Sharp, John*****	43	Richmond, VA	35:44
8	Bell, Joel*	43	Virginia Beach, VA	36:14
9	Hunter, Robert**	43	Virginia Beach, VA	36:55
10	Miller, Jason*6	41	Williamsburg, VA	37:54

## 45-49 Men

### Lawyers Have Heart 10K = 34:36

A slew of runners ran the Lawyers Have Heart 10K, including tenth place Michael Naff (38:08) and thirteenth place Scott Milam (38:25). Indeed, Phillippe Rolly moved up to win it as he had the 5K last year but again he had only one event. Jason Tripp was fourth there in a very credible 35:13 to win the title. Tripp ran three more races including the second fastest qualifier at the Annapolis 10 Miler in 58:33. Runner-up Todd Bibb is back in a racing mood for the second straight season. He tracked down seven wins, finishing third overall at the hilly Celebrate Fairfax 5K in 17:10.

For the third spot, Sean Hicks was best at his first of the three wins, the DCRRC After the Women 5K in 17:35. Fourth place comes from the Tidewater region and Thomas Hicks, he had his best of four victories at the CXB Low Rent 5K in 17:47. Former champion Matt Boyd had a solid 18:01 to win at the swift SPCA Run for Shelter 5K to get ranked sixth. The week after his event, Mark Landree had a very special race at the AS Dawson's 10K to take fifth.

Jeff Harrington takes seventh place with the fastest five miler among qualifiers. His time at the Percival's Island Five Miler was 30:01. Eighth place Michael Stowe had a couple quick 5Ks, including the competitive FAB 5K in 18:10.

Fifteen runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Tripp, Jason**	46	Ellicott City, MD	35:13
2	Bibb, Todd*7	47	Centreville, VA	35:49
3	Hicks, Sean***	45	Manassas Park, VA	36:41
4	Hicks, Thomas****	46	Virginia Beach, VA	37:06
5	Landree, Mark**	48	Columbia, MD	37:01
6	Boyd, Matt***	48	Fredericksburg, VA	37:35
7	Harrington, Jeff****	48	Lynchburg, VA	37:51
8	Stowe, Michael*	48	Blacksburg, VA	37:54

9	Medley, Remus**	48	Baltimore, MD	38:10
10	Naff, Michael	47	Arlington, VA	38:08
11	Mullally, Matthew****	45	Washington, DC	38:15
12	Reighley, Todd	46	Blacksburg, VA	38:21
13	Milam, Scott*	47	Arlington, VA	38:25
14	Chasse, Craig**	48	Reston, VA	38:38
15	Dixon, Alan*	45	Washington, DC	39:00

## 50-54 Men

### Running with the Rams 5K 17:22, 10K = 36:14

Antonio Eppolito aged up and just as with the 50-54 women he won the division on his first try. Fourth place Dale Irons opened the season at the Bel Air Town in 5K, running home in 18:02, beating fifth ranked Jerry Henderson (18:27) as well as eighth ranked Rob Santoni (18:59). Tenth ranked Michael Feinberg with 18:51 was faster than Santoni but Santoni had already raced the Baltimore 10 Mile this week before in 1:05:37 and added a fine Father's Day 5K in 18:39 the following week.

The second week Eppolito was third overall at the DCRRC After the Women 5K in 17:32. He also finished second overall at the DCRRC Age-Handicapped 4 Mile. The time was unremarkable but this race is composed of multiple starts based on age so runners rarely race for time. The third week of the season David Phipps ran the AS Dawson's 10K in 37:23, a flat, fast course, ahead of the 38:32 run by Irons to earn third place. Alex Hetherington would end August at the Southlakes 10K in 37:48 on a rolling course. What propelled him to the runner-up position is that the week before he had won at the Annapolis 10 Miler in 1:02:40, besting Phipps (1:05:39).

Sixth place Steve Speirs took a mini break from his Ultras, racing the YMCA Independence Day 5K in 18:26 for his second 5K of the week. The following month he would win at his third 100 miler of the year...so far. Robert Hovermale squeezes into seventh place, running the Donut Alley Rally 5K in 18:35. Stephen Bohse can be found at the weekly Howard County Striders quite often. He takes ninth place at the Hammond HS 5K in 18:42.

The next four spots were virtually identical. Eleventh place Rick Kern changed a couple wins, including the FSRC Independence 5K in 18:59. Twelfth place Gene Park was a step behind, finishing the Fast & Fierce 5K in 19:00. That was the same time that fourteenth place Doug Prox ran at the Back Yard Bash 5K. Thirteenth ranked Seko Francis waited until the final weekend, running the Rock N Roll Half Marathon in 1:27:23.

Twenty-eight runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Eppolito, Antonio***	50	Alexandria, VA	36:34
2	Hetherington, Alex*	51	Vienna, VA	37:42
3	Phipps, David***	54	Severna Park, MD	37:23
4	Irons, Dale*	54	Millersville, MD	37:37
5	Henderson, Jerry**	52	Bel Air, MD	38:29
6	Speirs, Steve**	51	Virginia Beach, VA	38:27
7	Hovermale, Rob*	54	Smithsburg, MD	38:46
8	Santoni, Rob***	52	Kingsville, MD	38:54
9	Bohse, Stephen**	51	Columbia, MD	39:00
10	Feinberg, Michael*	54	Bel Air, MD	39:19
11	Kern, Rick***	52	Frederick, MD	39:36
12	Park, Gene*	50	Rockville, MD	39:38
13	Francis, Seko**	51	Virginia Beach, VA	39:39
14	Prox, Doug**	50	Ellicott City, MD	39:38
15	Mersiowsky, Scott*	52	Amelia, VA	39:51
16	Phillips, Colin*6	50	University Park, MD	39:46
17	Crago, Stephen**	50	Vienna, VA	39:55
18	Wergin, Pete*	52	Gaithersburg, MD	39:53
19	Dawson, Greg**	52	Williamsburg, VA	40:09
20	Pelletier, Paul****	53	Williamsburg, VA	40:18
21	Zuniga, Mario**	54	Front Royal, VA	40:24
22	Morakinyo, Akintunde	54	Columbia, MD	40:25
23	Rippey, Brad****	52	Fredericksburg, VA	40:45
24	Pomerenk, Peter**	52	Virginia Beach, VA	40:51
25	Giegel, John**	52	Waynesboro, VA	40:49
26	Bapst, Jim	50	Leesburg, VA	40:51
27	Haast, Theo**	51	Lansdowne, VA	41:18
28	Abreu-Perez, Ramon**	50	Virginia Beach, VA	41:20

## 55-59 Men

### Suds & Soles 5K 17:55, 10K = 37:22

Only three of top nineteen qualifying times were major races. Our division champion Mark Neff earned one of them beating seventh place David Haaga at the Suds and Soles 5K 17:55 to 19:07. Neff defeated third place Jeff Duyn at the Matthew Henson 5K, 18:10 to 18:42. Still, he was upset by Duyn at the hilly Riley's Rumble Half Marathon, 1:24:18 to 1:25:54. Neff needed to wait until the fall at the Parks Half Marathon to recover the year's best half.

Runner-up Hernan Garbini matched Neff's second best 5K with an overall win at the Public Radio 5K in 18:10. Earlier he was even faster, winning at the Firecracker 5K in 18:05. Fourth place Robert Whitaker won five times in six races but was easily fastest at the Kingswood Klam 5K on the very first day of the

summer in 18:34, a sub 6:00 pace. Frank Perna earned fifth place by winning it all at the Colleen's BA 5K in 18:33 that same morning. Later he would also win the Kensington Park Run 5K #15 in 19:46.

Sixth place Stefan Calos had a superb race at the Patrick Henry Half Marathon in 1:27:00. Eighth place James Harrison was fine at the Reedville Firecracker 5K in 19:18.

Nineteen runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Neff, Mark**	56	Derwood, MD	37:22
2	Garbini, Hernan***	56	Waynesboro, VA	37:43
3	Duyn, Jeff**	58	Garrett Park, MD	38:15
4	Whitaker, Robert*****	59	Yorktown, VA	38:44
5	Perna, Frank**	55	Bethesda, MD	38:42
6	Calos, Stefan**	56	Richmond, VA	39:28
7	Haaga, David*	57	Rockville, MD	39:53
8	Harrison, James*	58	Fredericksburg, VA	40:16
9	Hymes, Craig***	55	Yorktown, VA	40:36
10	Calhoun, Martin**	56	Herndon, VA	40:51
11	Myers, Rick**	56	Fredericksburg, VA	41:12
12	Drosky, Mark***	57	Alexandria, VA	41:18
13	Horan, Marty*	58	Gaithersburg, MD	41:37
14	Poulos, Ted*11	56	McLean, VA	41:41
15	Smith, William**	56	Roanoke, VA	42:53
16	Han, Pei*	55	Herndon, VA	42:58
17	Mason, Kenneth*	55	Potomac, MD	43:46

## 60-64 Men

### Bel Air Town Run 5K 18:42, 10K = 39:00

Ageless Maurice Pointer ran six races and thus six wins. He began with the Bel Air Town Run 5K in 18:42. A week later, he completed his yearly double, finishing third overall at both the MCVet 5K (18:44) and the MCVet 10K (39:55). When the legendary Jim Hage (multi-time Olympic Marathon qualifier and two-time winner of the Marine Corps Marathon) came back out to play at the Annapolis 10 Miler, Pointer said not so fast. This is my division. Pointer won 1:07:40 to 1:09:21. That gave Hage sixth place. He prevailed over fourth place John Chall (1:11:26) and matched Chall's Back Yard Bash 5K in 19:53 with his runner-up placement at the Colleen's BA 5K in 19:56. However, Chall had a combined twelve age group wins with a very special 19:02 at the Oakland Mills 5K.

Third place Henry Wigglesworth had an excellent Lawyers Have Heart 5K in early on 18:53. That looked as if it would hold up with a combined overall win at the DCRRC Age-Handicapped 4 Mile in 25:27. On the big 4<sup>th</sup> of July race day, Paul Beers had a solid Hometown Bank Four on the Fourth 4M in 25:21 and Pete Gibson continued to amass fast 5Ks. Beers takes fifth on the final Sunday at the Rock N Roll Half Marathon in 1:29:23. Gibson takes the runner-up spot at the Saturday Rock N Roll 5K in 18:46.

Seventh place Elmer McPhail has always made cross country races look easy. Still, it so hard to tell how close to a true 5K they are with wildly different paces. He ran the Annapolis CC #1 Chesapeake HS in 19:47. Eighth place Manuel Rivera also has huge differences in his times but they are on the same Fletcher's Cove Park Run 5K most of the time. His 19:56 on the Fast & Fierce 5K opened some eyes.

Ninth place Mike Meadows has the fastest mile of the year. It was on a downhill course, Deadman's Curve. But normally not that fast a race. At the Donut Alley Rally 5K, he ran 20:16. Tenth place Tony Smith raced the Crofton Kiwanis - Team Surlis 10K Challenge in 42:17,

Often the biggest division it has shrunk to an all-time low of thirty-eight qualifiers. Have they gotten slower or just gotten older and gone to a new division?

PI	Name	Age	Hometown	10K=
1	Pointer, Maurice*6	62	Baltimore, MD	39:00
2	Gibson, Pete***	62	Murfreesboro, NC	39:09
3	Wigglesworth, Henry**	60	Washington, DC	39:23
4	Chall, John*12	62	Crownsville, MD	39:42
5	Beers, Paul**	61	Roanoke, VA	40:32
6	Hage, Jim**	60	Kensington, MD	41:35
7	McPhail, Elmer**	62	Gambrills, MD	41:16
8	Rivera, Manuel*10	63	Washington, DC	41:35
9	Meadows, Mike****	61	Martinsburg, WV	42:17
10	Smith, Tony**	61	Lynchburg, VA	42:21
11	Peterson, Jeff***	62	Fredericksburg, VA	42:44
12	Halpin, Bruce**	62	Ashburn, VA	43:27
13	Weaver, Bob***	60	Colonial Heights, VA	43:11
14	Lovegrove, David**	61	Fredericksburg, VA	43:59
15	Loomis, Bill***	64	Silver Spring, MD	44:59
16	Kelvey, Bill***	60	Westminster, MD	45:15
17	Westfall, Tim**	60	Norfolk, VA	45:22
18	Drain, Bob****	64	Alexandria, VA	45:35
19	Tinta, Elias**	60	Rockville, MD	45:45
20	Murray, Will**	62	Williamsburg, VA	45:51
21	Gordon, Kirk*19	62	Glenn Dale, MD	45:56

22	Thornton, Jim*	64	Toano, VA	45:58
23	Linton, David**	62	Fairfax Station, VA	46:00
24	Kearney, Michael***	62	Mount Airy, MD	46:06
25	Riemenschneider, Neal*****	63	Winchester, VA	46:19
26	Brunais, Richard****	60	Stafford, VA	46:21
27	Pinnick, David***	61	Manassas, VA	47:34
28	King, Jack***	60	Henrico, VA	47:50
29	Nagle, Jim	61	Reston, VA	47:50
30	Issac, Luther**	64	Bowie, MD	47:58
31	Ebert, David**	60	Chesapeake, VA	48:00
32	Jewell, Jeff*	61	Mechanicsville, VA	48:27
33	Goldberg, Joel**	60	College Park, MD	48:34
34	Michael, Gary*	63	Churchville, VA	48:32
35	Abelt, Chris	62	Williamsburg, VA	48:51
36	Grimsley, Gary*	64	Springfield, VA	48:57
37	Searcy, Gary*	62	Virginia Beach, VA	49:28
38	Hofacker, Will**	61	Henrico, VA	49:45

## 65-69 Men

### SPCA Run for Shelter 5K 20:47, 10K = 43:21

Steve Sakry earns his first division title early in the season, running the summer's fastest race with a 20:47 at the SPCA Run for Shelter 5K. His second-best race, FARC Heritage Festival 5 Mile Run in 37:27 would have earned him the tenth spot. Parsing the next two racers was extra difficult. Paul Ryan amassed eight races and all of them were held on fast courses except for one. Still, he only produced Ryan-like numbers for two of them. His Anacostia Park Run 5K #30 in 21:28 was better than Jim Wright's Rockville Rotary Twilight 8K in 35:46. That event is no longer a major race with less than a tenth the racers it sported in its heyday. Both would run an identical best time of 21:15, Ryan at the Fletcher's Cove Park Run 5K #127 and Wright at the Kentlands/Lakelands 5K. It was Wright's third race that did the trick when he bested Ryan at the DCRRRC Age-Handicapped 4 Mile, 28:55 to 29:19.

How does Duane Rosenberg stay motivated? He ran all thirteen of his victories at the College Park Park Run 5K. His best time was 21:21 which earns him fourth place. Dan Eddy is making another comeback. His best race was the Fast & Fierce 5K in 21:35. He can be found at Fletcher's Cove as well as 70% of the top twenty times come from Park Runs. John Wills takes sixth place with the last sub 22-minute 5K, racing the CXB Low Rent 5K in 21:56. Since turning sixty-five last year, Glenn Clemmons has been moving on up in the rankings. He does his best work at the Potomac River Running events. At the PRR Birthday Bash 5K, he ran 22:02.

Don Morrison lands in eighth place with a gifted Too Hot to Trot 4M in 29:01. David Trump and Eugene Myers had the next closest battle. Tenth place David Trump ran the Pony Pasture 5K in 22:32 for his best of three victories, just behind Eugene Myers 22:30 at the Back Yard Bash 5K. Myers had three wins as well and competed in three major races. Both sported nearly identical times. Trump had the best major race, winning the Patrick Henry Half Marathon in 1:43:51. Myers ran the Maryland 5K in 22:32 and the Bel Air Town Run 5K in 22:42.

Twenty-nine men qualified for the division.

PI	Name	Age	Hometown	10K=
1	Sakry, Steve**	66	Stafford, VA	43:21
2	Wright, Jim***	69	Gaithersburg, MD	44:20
3	Ryan, Paul****	67	Arlington, VA	44:20
4	Rosenberg, Duane*13	65	New Carrollton, MD	44:32
5	Eddy, Dan**	67	Alexandria, VA	45:01
6	Wills, John**	66	Virginia Beach, VA	45:43
7	Clemmons, Glenn****	66	Ashburn, VA	43:58
8	Morrison, Don**	68	Bel Air, MD	46:24
9	Myers, Eugene***	66	Columbia, MD	46:56
10	Trump, David***	66	Midlothian, VA	47:00
11	Rogers, Ron****	66	Riner, VA	47:46
12	Grayson, Harrison*	66	Upper Marlboro, MD	47:57
13	Lopez, Felix****	65	Lynchburg, VA	48:11
14	Dekornfeld, Tom	65	Annapolis, MD	48:11
15	Morgan, Timothy**	67	Damascus, MD	48:26
16	Platt, Rick****	68	Williamsburg, VA	48:22
17	Morgans, Gary*	65	Arlington, VA	48:55
18	Mehrabi, Shah****	65	Fredericksburg, VA	49:01
19	Mott, Joe**	65	Roanoke, VA	49:18
20	Hess, Jim****	69	Bristol, VA	49:49
21	Wittenberg, Sam*	65	Virginia Beach, VA	49:45
22	Vaughan, Allen*	67	Stafford, VA	49:58
23	Hens, Peter	67	Parkville, MD	50:08
24	O'Keefe, Tim	65	Middletown, MD	50:35
25	Bousel, Paul	65	Alexandria, VA	50:43
26	Visotsky, Tom*	66	Midlothian, VA	50:41
27	Preston, Doug*	68	Baltimore, MD	50:54
28	Wind, Jay*	68	Arlington, VA	51:08
29	Scott, Alex*	65	Baltimore, MD	51:56

## 70-74 Men

**DCRRC After the Women 5K 22:20, 10K = 46:35**



Runner-up Jason Page owned three of the top ten times in the division. Unfortunately for him, our champion, Jim Noone had the other seven times and was ahead of Page head-to-head in all three events. The first event in Arlington, Noone put Page away at the DCRRC After the Women 5K, 22:20 to 22:47. For both, it was their best race. When they returned for a rematch in July, Noone prevailed again, 22:56 to 23:09. After that, the racers were unchallenged by division rivals. Bobby Woodfin takes third at the TCRR Race for the Cause 5K in 23:32 as the only other runner to beat a Page time.

The prolific Ronnie Wong piled up twelve qualifiers, including the Back Yard Bash 5K in 24:12 and winning nine times. Unfortunately, his one slower race was the Bel Air Town Run 5K where fourth place Art Gregory won, 24:08 to 26:30. Gregory produced four other wins, while nudging Wong back to fifth place. Sixth place Joseph Stirt ran the Deep Run Park Run 5K #55 in 24:39. Dick Cass takes seventh place, beating Wong at the MCVets 5K, 25:05 to 26:02. The next two were close with George Raley and his three wins edging Dennis Lamountain for eighth place. Raley was best at the GBMC Father's Day 5K in 25:39. Lamountain won at the Pony Pasture 5K in 25:40

Nineteen runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Noone, Jim*7	74	Fairfax, VA	46:35
2	Page, Jason***	73	Hamilton, VA	47:22
3	Woodfin, Bobby*	71	Hopewell, VA	49:05
4	Gregory, Art*****	74	Ijamsville, MD	50:21
5	Wong, Ronnie*9	71	Catonsville, MD	50:29
6	Stirt, Joseph*7	70	Charlottesville, VA	51:25
7	Cass, Dick**	72	Owings Mills, MD	52:15
8	Raley, George***	71	Idlewyde, MD	52:30
9	Lamountain, Dennis*	72	Richmond, VA	52:32
10	Myers, George**	71	Rising Sun, MD	52:45
11	Moore, William*	72	Williamsburg, VA	55:03
12	Jefferson, Richard**	72	Germantown, MD	56:05
13	Crumbaugh, Lee	70	Annapolis, MD	56:03
14	Justice, John**	73	Lynchburg, VA	56:21
15	Potter, Rich*	71	Middletown, MD	56:19
16	Arata, Larry****	73	Williamsburg, VA	57:50
17	Behnke, Richard*	74	Burke, VA	58:16
18	Daly, Mike	71	Williamsburg, VA	58:31
19	Lvovskyi, Igor**	74	Derwood, MD	58:55

## 75-79 Men

**TCRR Race for the Cause 5K 22:58, 10K = 47:55**

Ben Dyer made it look easy with seven of the top ten times, including the top five times. He had the best 10K times by nearly ten minutes with his Democracy Dash race in 50:06. Still, he shown best at the 5K, racing the TCRR Race for the Cause 5K in 22:58. The other five times in the top twelve were all held by runner-up Eamonn McEvelly. McEvelly had three of potential six wins batted down because DCRRC runs with ten-year age groups, forcing him to face face youngsters Jason Page and Jim Noone from the younger half of the group. McEvelly has not raced so much in years but his times this summer were great. He ran best at the DCRRC Bluemont 5K in 24:09.

A month before on the same course, third place Harold Rosen ran the DCRRC After the Women 5K, finishing with a faster gun time than McEvelly who showed up there for a late start. Rosen also beat sixth place Stan Neumann at the Annapolis 10 Miler, 1:39:22 to 1:44:56. Fourth place John Churchman started fine with a 59:58 at the Lawyers Have Heart 10K. Then, like the former champion he was, stepped up with an excellent Leesburg 20K in 1:58:24 in the waning days of the summer. Fifth place Jimmy Gates ran the National Trails Day 5K in 28:04 on summer's opening day just twenty seconds faster than Neumann, who is on the cusp of 80, ran the MCVets 5K a week later.

Jim Bullock does his work on the hills of Westminster, running the Francis Scott Key 6K in 34:50 to take seventh place. John Elliott, who has since turned eighty, ran the College Park Park Run #97 in 29:00 for eighth place, while young (75) Robert Callahan stayed close, running the Lynchburg 5K in 28:57 for ninth place. Tommy Harris is again in the top ten, running the Commonwealth Games 5K in 29:41.

Thirty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Dyer, Ben*7	75	Toano, VA	47:55
2	McEvelly, Eamonn***	75	Springfield, VA	50:23
3	Rosen, Harold**	75	Potomac, MD	56:07
4	Churchman, John*	75	Arlington, VA	56:31
5	Gates, Jimmy*	76	Rice, VA	58:33
6	Neumann, Stan*****	79	Lutherville, MD	59:15
7	Bullock, Jim****	75	Eldersburg, MD	59:44
8	Elliott, John***	79	Columbia, MD	1:00:30
9	Callahan, Robert**	75	Lynchburg, VA	1:00:23
10	Harris, Tommy*****	79	Lynchburg, VA	1:01:55
11	Miller, Mel***	79	Mount Airy, MD	1:04:15
12	Snyder, Frank**	75	Washington, DC	1:04:23
13	Hammond, Fred**	76	Gate City, VA	1:04:34
14	Skelton, Lowell***	78	Moneta, VA	1:05:07
15	Sollers, Bill*	79	Silver Spring, MD	1:05:22

16	Wood, Henry*	79	Fisherville, VA	1:05:55
17	Shapiro, Louis***	76	Silver Spring, MD	1:06:08
18	Gorsica III, John***	78	Waynesboro, VA	1:06:12
19	Lane, Stephen	75	Cockeysville, MD	1:09:49
20	Witlin, Michael	76	Herndon, VA	1:12:38
21	Berry, Doug	75	Norfolk	1:12:48
22	Coates, Chet	78	Silver Spring, MD	1:13:12
23	Terrell, Charles*	79	Newport News, VA	1:14:14
24	Moore, Brev	77	Annapolis, MD	1:15:01
25	McDowell, John	75	Edgewater, MD	1:16:30
26	Browder, Richard*	75	Haywood, VA	1:16:35
27	Barnett, Rich	77	Charlottesville, VA	1:20:29
28	Koletty, John	76	Pasadena, MD	1:20:54
29	Schnabel, Richard*	77	Portsmouth, VA	1:21:17
30	Hallam, Bill***	75	Washington, DC	1:21:36
31	Kurisky, John	79	Lynchburg, VA	1:23:56
32	Atkins, Roger	75	Waynesboro, VA	1:24:31
33	Verdier, Jim*	76	Alexandria, VA	1:24:56
34	Thomas, Evan*	77	Crofton, MD	1:30:09
35	Wycherly, Alan	76	Annapolis, MD	1:32:12

## 80-84 Men

### Run for the Pie 10K = 58:00

Having returned back up the final 5K of the Run for the Pie 10K on more than one occasion, I can tell you that it should not be the fastest race on an age group. Our champion John Clarke ran a 5K in 29:40. Then he polished off the 10K in 58:00...incredible.

The growing ranks of Park Runs seem to setting up for a Park Run Championships. Runner-up Thomas Spasojevich champions the Deep Run Park Run in Richmond. It is probably the toughest Park Run course in our region. His best race was run in 30:21. Fifth ranked Patrick Coady can be found most Saturdays at Fletcher's Cove with his best time there in 34:08. Maryland's top Park Run both in size and competitiveness is in College Park. If you go there expect to see seventh ranked Michael McClellan.

Back in Virginia, Ken Quincy is poster runner for the Potomac River Running events, doing nearly all of their 25 races each year. He takes third place with his 30:58 at the PRR Birthday Bash 5K. Fourth place Warren Pitts raced the Pikesville 5K in 33:41. A minute off of that, Chris Catoe takes sixth place, racing the Mel Williams Memorial Scholarship 5K in 34:42.

PI	Name	Age	Hometown	10K=
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1	Clarke, John**	80	Woodsboro, MD	58:00
2	Spasojevich, Thomas*6	80	Richmond, VA	1:03:19
3	Quincy, Ken*7	80	Vienna, VA	1:04:36
4	Pitts, Warren	80	Baltimore, MD	1:10:16
5	Coady, Patrick***	80	Washington, DC	1:11:12
6	Catoe, Chris*	83	Virginia Beach, VA	1:12:23
7	McClellan, Michael*9	80	College Park, MD	1:20:12
8	Rider, Alan***	82	Reston, VA	1:25:57
9	Schwartz, Bill	80	Lutherville, MD	1:26:56
10	Conn Jr., Harry*****	80	Powhatan, VA	1:31:16
11	Smith, Robert*	84	Comus, MD	1:37:27

## 85-89 Men

### Father's Day 5K 30:51, 10K = 1:04:21

George Yannakakis remains the king with the fastest race in five different distances. One might expect him to be racing just 5Ks but no. He took on three races 10K or longer, including the Charles Street 12M a mere week after racing the Dreaded Druid Hills 10K in 1:08:47. Of course he still had the fastest 5K, racing the Father's Day 5K in 30:51. Third place Jack McMahon completed three big races and finished the summer fine at the Kentlands/Lakelands 5K in 39:33. Unluckily for him Jerome Barrett had finished his final weekend 5K thirteen seconds faster, running the Great American Labor Day 5K in 39:20. Sixth place Bruce Roth was there, finishing in 51:33.

Fourth place Ernest Schillinger ran the Powhatan Creek Trail 5K in 41:11 among his four races. Don Taylor garners fifth place with his Donut Alley Rally 5K in 42:18, faster than last year. P J Mendola completed the Smart Smiles 5K in 55:43. Out oldest qualifier is Bill Hassler, 89, who returned again to finish the Brightviews Age Is Just A Number 5K

PI	Name	Age	Hometown	10K=
1	Yannakakis, George***	86	Sparks, MD	1:04:21
2	Barrett, Jerome	85	Fairfax, VA	1:22:03
3	McMahon, Jack***	87	Silver Spring, MD	1:22:30
4	Schillinger, Ernest	86	Williamsburg, VA	1:25:55
5	Taylor, Don	87	Hedgesville, WV	1:28:14
6	Roth, Bruce*	87	Woodbridge, VA	1:47:32
7	Mendola, PJ*	86	Newport News, VA	1:56:13
8	Hassler, Bill	89	Bel Air, MD	2:15:04

## 90 & Older Men

No one in the age group raced this summer.

## Open Women

### Lawyers Have Heart 10K 33:13

Runner-up Julia Roman-Duval continues to improve, making a move for the title with an excellent Lawyers Have Heart 10K in 35:08. That beat sixth place Mary Schneider (36:31), seventh place Sarah Loerch (37:21), and eighth place Mary Reiser (37:33). That race was the most defining 10K of the season. The week before that, Beth Sachtleben wrapped up the title racing the Herndon 10K in 34:30 to cross the finish line before anyone else, woman or man.

The most competitive 5K was the Reston Firecracker 5K on the busiest day of the summer, July 4<sup>th</sup>. Sachtleben beat all the women again, finishing in 16:49. Fifth place Perry Shoemaker was runner-up in 17:35 just ahead of Loerch who had her best race there in 17:49. Twentieth ranked Lindsay Wilkins, 40, ran 18:35. Reiser would win it all at the Charles Street 12M in 1:15:18 to close on Loerch. The biggest summer ten mile is always Annapolis and Roman-Duval won it in a sub sixty-minute time of 59:11, a rare once a decade occurrence for this challenging course. The runner-up there was fifteenth place Beth Conlon in 1:04:12. She had also run Lawyers Have Heart (38:10) ahead of twelfth ranked Kerry Allen (38:38). However, Allen made a comeback finishing tops at the massive Crystal City Twiligher 5K in 18:02. Julie Hartenbach, who ran 18:34 there, lands in eighteenth place.

Third place Keira D'Amato won it all at the Pony Pasture 5K in 17:25. That same late July day fourth place Rachel Ward was the first person, winning Public Radio 5K in 17:30. A month later D'Amato won it all at the Patrick Henry Half Marathon 1:18:16 to cement her spot though Ward's season ending victory at the Charlottesville 4M in 22:09 made it very close. Eleventh place Ann Dunn was next at the four miler in 23:28 with thirteenth place Ann Mazur Robb roaring up next in 23:37. The last day of the summer sixth place Mary Schneider won it all at the Rock N Roll Half Marathon 1:24:17 for the second fastest qualifier at the half marathon.

Less than a mile shorter, Perry Shoemaker reprised her 2016 Leesburg 20K victory with another win. Sachtleben won it all in 2017 with 1:12:48. This time Shoemaker ran 1:14:28. Loerch was next home in 1:18:12. Hartenbach won her age group there in 1:21:04. That same morning ninth ranked Rochelle Basil won the accompanying 5K in 17:56 for her fastest of two overall wins. Tenth place Kasandra Aulenbach also commandeered two wins, including the Trailzilla 5K in 18:02.

Fourteenth ranked Tiel Westbrook was runner-up at the Pony Pasture 5K in 18:14. That was a nudge ahead of the top 40-44 woman, Maria Elena Calle, who ran 18:22 in third place overall to earn the sixteenth placement in the rankings.

Sarah Williams made her case for seventeenth place as runner-up at the Baltimore Women's Classic 5K in 18:33. Perhaps she does not get enough credit for a higher spot as she also won it all at the Dreaded Druid Hills 10K in 38:22. Nineteenth ranked Megan DiGregorio also had a runner-up at the Suds & Soles 5K in 18:37 as well as an overall win at the Bel Air Town Run 5K in 18:38.

Fifty-one women qualified for the division, including 16 from other divisions. Perry Shoemaker, 46, was the eldest.

PI	Name	Age	Hometown	10K=
1	Sachtleben, Beth**	26	Stafford, VA	34:30
2	Roman-Duval, Julia**	35	Columbia, MD	35:08
3	D'Amato, Keira**	33	Midlothian, VA	35:22
4	Ward, Rachel***	28	Charlottesville, VA	35:28
5	Shoemaker, Perry****	46	Vienna, VA	35:29
6	Schneider, Mary*	31	Monkton, MD	36:31
7	Loerch, Sarah	32	Ashburn, VA	37:01
8	Reiser, Mary*	23	Baltimore, MD	37:13
9	Basil, Rochelle**	28	Fairfax, VA	37:20
10	Aulenbach, Kasandra**	17	Yorktown, VA	37:31
11	Dunn, Ann	32	Earlysville, VA	37:34
12	Allen, Kerry*	30	Washington, DC	37:33
13	Mazur Robb, Ann**	32	Charlottesville, VA	37:45
14	Westbrook, Tiel	24	Mechanicsville, VA	37:58
15	Conlon, Beth	26	Montgomery Village, MD	38:10
16	Calle, Maria Elena*	42	Glen Allen, VA	38:14
17	Williams, Sarah*	29	Fort Meade, MD	38:22
18	Hartenbach, Julie	31	Alexandria, VA	38:37
19	Digregorio, Megan***	30	White Marsh, MD	38:46
20	Wilkins, Lindsay	40	Arlington, VA	38:41
21	Burrell, Teal*	33	Richmond, VA	38:50
22	Koehle, Emily	26	Silver Spring, MD	38:54
23	Lasker, Sara*	28	Richmond, VA	39:06
24	Fairbanks, Alexis	27	Washington, DC	39:06
25	Vane, Chelsea*	23	Ellicott City, MD	39:05
26	Wechsler, Gabi*	27	Henrico, VA	39:04
27	Turner, Mollie***	38	Chesapeake, VA	39:15
28	Walter, Hannah**	21	Baltimore, MD	39:11
29	Pollack, Jillian*	29	Arlington, VA	39:17
30	Perlingeiro, Fabiana**	41	Virginia Beach, VA	39:22
31	Stick, Sherry**	40	Eldersburg, MD	39:27
32	Dickerson, Julie**	29	Washington, DC	39:30
33	Baage, Silvia	37	Rockville, MD	39:38
34	Dietz, Jenn***	33	Fairfax, VA	39:46
35	Dalton, Kerri*	23	Vinton, VA	39:48

36	Rice, Haley	23	Arlington, VA	39:48
37	Haynes, Sydney*	19	Salem, VA	39:50
38	Heasman, Claire**	40	Frederick, MD	39:56
39	Brecher, Erica*	32	Fredericksburg, VA	40:00
40	Bohn, Sarah	29	Richmond, VA	39:58
41	Suhring, Anna*	29	Arlington, VA	40:07
42	Wigglesworth, Claire*	16	Washington, DC	40:05
43	Wilkes, Carly	14	Salem, VA	40:07
44	Morgan, Jacqueline	38	Richmond, VA	40:19
45	Brookes, Katie	26	Baltimore, MD	40:26
46	Spangler, Kate	32	Richmond, VA	40:30
47	Springfels, Dani**	31	Newport News, VA	40:34
48	Wetzel, Christie*	30	Falls Church, VA	40:36
49	Anderson, Jennifer	37	Poquoson, VA	40:42
50	McEnroe, Amanda	36	Glen Allen, VA	40:40
51	Steil, Maegan	28	Halethorpe, MD	41:14

## 19 & Younger Women

### Trailzilla 5K 18:01, 10K = 37:31

Trail races are so hard to read yet an overall victory in 37:31 was all it took to make Kasandra Aulenbach the teen champion. She added a fine York River 5K in August with 18:52 to get her qualified for the open division as well. Runner-up Sydney Haynes impressed with an excellent overall win at the Shawsville 5K in 19:11 but she finished best at the highly competitive FAB 5K. She finished in 19:08, ahead of seventh place Liza Stowe (19:53) who was in turn defeated by Carly Wilkes (19:16). Fourth ranked Wilkes (19:44) just edged Stowe (19:46) at the Shawsville 5K. This gives these young women the top three placements in that race. Third place Claire Wigglesworth is the most prolific winner at the Fletcher's Cove Park Run 5K, adding another three stars to her résumé but she was fastest at the Lawyers Have Heart 5K in 19:15.

Fifth ranked Christina Skinner won it all at the Coast Guard 5K in 19:26. Right behind her was the fastest of the Kucler sisters, both 11. Wren was second at the Hammond HS 5K in 19:22, ahead of Robin's 21:20. They each raced four times with Wren the overall winner twice. Ninth place Jessica Palisca had by far her best race at the FAB 5K in 19:59. Former champion Thorin Jean earns the eighth spot and was second overall at the WISC Gymnastic Flipping 5K in 20:02, ahead of her younger sister Sorena (21:22). Sorena piled up eight races and a win of her own. Tenth place Grace Dellapa had a big win at the Suds & Soles 5K in 20:16.

Thirty-eight women qualified for the division.

PI	Name	Age	Hometown	10K=
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1	Aulenbach, Kasandra**	17	Yorktown, VA	37:31
2	Haynes, Sydney**	19	Salem, VA	39:50
3	Wigglesworth, Claire****	16	Washington, DC	40:05
4	Wilkes, Carly**	14	Salem, VA	40:07
5	Skinner, Christina**	17	Chesapeake, VA	40:28
6	Kucler, Wren****	11	Ellicott City, MD	40:24
7	Stowe, Eliza**	18	Blacksburg, VA	41:09
8	Jean, Thorin**	17	Williamsburg, VA	41:43
9	Palisca, Jessica**	14	Roanoke, VA	41:36
10	Dellapa, Grace**	19	Rockville, MD	42:12
11	Nichols, Kirstin**	16	Millersville, MD	42:20
12	Mitchell, Allison**	14	Potomac, MD	42:41
13	Keller, Allison**	18	Annapolis, MD	42:45
14	Whitehorn-Coriz, Alexia**	16	Damascus, MD	43:04
15	Belogay, Izie	14	Sterling, VA	43:04
16	Szkotnicki, Alex***	14	College Park, MD	42:58
17	Kartalia, Emma*	18	Westminster, MD	43:08
18	White, Tori*	17	Roanoke, VA	43:06
19	Athwal, Kmaljeet**	19	Leesburg, VA	43:12
20	Jean, Sorena*7	16	Williamsburg, VA	44:10
21	Staats, Anna**	19	Lexington Park, MD	44:08
22	Fagerstrom, Kerstin*****	15	Arlington, VA	44:23
23	Kucler, Robin***	11	Ellicott City, MD	44:30
24	Belamarich, Sara*	18	Chesapeake, VA	44:35
25	Waldon, Julia**	19	McLean, VA	45:01
26	Torres, Niya	15	Annapolis, MD	45:00
27	McClintick, Claire***	19	Midlothian, VA	45:13
28	Polun, Danielle**	10	Lutherville, MD	45:27
29	Weaver, Michelle*	15	Ellicott City, MD	45:38
30	McGrath, Erin*	17	Westminster, MD	45:52
31	Hirsche, Katie*****	15	College Park, MD	45:48
32	Rosas, Brenda**	19	Columbia, MD	46:07
33	Row, Cami*	13	Hagerstown, MD	46:13
34	Dandridge, Tess*	15	Clarksville, MD	46:38
35	Buddenbohn, Madison*	16	Edgewood, MD	47:01
36	Rosas, Adriana*	18	Columbia, MD	46:59
37	Richardson, Alycia*	16	Richmond, VA	47:39
38	Muir, Hannah**	16	Cumberland, MD	47:51

## 35-39 Women

### Lawyers Have Heart 10K 35:08

The division is smaller than usual. Maybe they believe there is no chance with Julia Roman-Duval who continues to lower her already impressive times. But



she, like Perry Shoemaker in the 45-49 division has not given up on getting an Open title. At the competitive Lawyers Have Heart 10K, she was blazing in 35:08. Among her other local victories was an overall win at the challenging Annapolis 10 Miler. Breaking sixty minutes has only happened twice in the last 25 years. So, her 59:11 triumph was very special. Third place Kristen Lemos owns the next fastest race. Her 18:47 at the Matthew Henson 5K for an overall win happened on a course that rolls a lot but with a long downhill finish favors runners who pace wisely. Her second race was another overall triumph but on a tough cross-country course where time matters little and place is queen.

Runner-up Mollie Turner won all three of her races, including two sub 19:00 5Ks, led by the YMCA Independence Day 5K in 18:51. She added the second fastest 10 mile, racing the Dismal Swamp in 1:05:49. After that, you have to go to tenth place Toni Diegolis' Annapolis 10 Miler in 1:09:34. Nearly everyone else relied on the 5K. Fourth place Silvia Baage was second overall at the Pikesville 5K in 19:02. Fifth place Jacqueline Morgan won two out of three of the Cul de Sac 5Ks against eighth place Amanda McEnroe. Morgan was best in 19:22 and was bested when McEnroe ran 19:36 in the third race of the series.

It is tough to account for trail races but sixth place Jennifer Anderson managed six wins, including her Trailzilla 4M in 25:25. Ninth place Anna Stylianaki raced the only other 4M, winning the Too Hot to Trot 4M outright in 25:43. Seventh place Lena Mathews was third overall at the huge Bel Air Town Run 5K in 19:31

Fourteen women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Roman-Duval, Julia***	36	Columbia, MD	35:08
2	Turner, Mollie***	38	Chesapeake, VA	39:15
3	Lemos, Kristin**	37	Bethesda, MD	39:06
4	Baage, Silvia**	37	Rockville, MD	39:38
5	Morgan, Jacqueline****	38	Richmond, VA	40:19
6	Anderson, Jennifer*6	37	Poquoson, VA	40:42
7	Mathews, Lena**	38	Baltimore, MD	40:38
8	McEnroe, Amanda**	36	Glen Allen, VA	40:40
9	Stylianaki, Anna**	39	Parkville, MD	41:10
10	Diegoli, Toni**	39	Potomac, MD	41:43
11	Mundit, Katharine	35	Washington, DC	42:15
12	Fitzgerald, Jenny*	38	Woodbridge, VA	42:23
13	Rhodes, Becky*	38	Westminster, MD	42:22
14	High, Renee***	36	Norfolk, VA	42:53

## 40-44 Women

**Pony Pasture 5K 18:22, 10K = 38:14**

Maria Elena Calle did all her damage in July. First, she won it all at the first of the three Cul de Sac 5Ks in 18:49. Then she cruised to a third overall at the Pony Pasture 5K in 18:22. Lindsay Wilkins had the fastest 10K, racing the Lawyers Have Heart in 39:06. Fourth place Sherry Stick can be excused a bit for the third best 10K. That was accomplished on the challenging Dreaded Druid Hills 10K course in 40:31. Wilkins really put paid to her spot racing the notoriously long Reston Firecracker 5K in 18:35. Stick, as so often happens, was the overall winner of half of her eight races. She saved her best for last, winning the Labor Day Rogue 5K in 18:57 in her first season as a master. In third place, Fabiana Perlingeiro won it all at a 10K, the Coast Guard 10K in 39:06 and a 5K, the Summer Slam 5K in 19:07. Perhaps most impressive was her second overall at the Rock N Roll Half Marathon with a splendid 1:28:01, nearly two minutes faster than 2017.

Fifth place Claire Heasman controls the masters racing in Frederick where she was twice an overall winner. She also was third overall at the FSC WDF 5K in 19:12, just fifteen seconds off the lead. Cristina Burbach nearly always comes into DC for a fast 5K. This year she won it all at the Race4Respect 5K to start the summer with 19:19 to take sixth place in the division. Next, in seventh place, Heather Parks from nearby West Virginia is one of about a dozen racers who consistently race in our region and have been grandfathered into the current rankings. She completed a marvelous overall victory at the Howard 25K in 1:47:16.

The next two did their damage at the two biggest ten milers. Amy Huerta came north to race the Baltimore 10M in 1:08:24 for the third overall, taking eighth place in the rankings. Lisa Reichman went east for the massive Annapolis 10 Miler, racing home in 1:09:40. Former champion, Jackie Gruendel, still has the goods, winning at the PRR Birthday Bash 5K in 20:13 to grab the tenth spot. This race at Fairfax Corner is also a little bit longer than a 5K.

Twenty women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Calle, Maria Elena**	43	Glen Allen, VA	38:14
2	Wilkins, Lindsay	40	Arlington, VA	38:41
3	Perlingeiro, Fabiana***	41	Virginia Beach, VA	39:22
4	Stick, Sherry*7	40	Eldersburg, MD	39:27
5	Heasman, Claire***	44	Frederick, MD	39:56
6	Burbach, Cristina**	44	Arlington, VA	40:13
7	Parks, Heather***	43	Bruceston Mills, WV	40:23
8	Huerta, Amy**	43	Fredericksburg, VA	41:06
9	Reichmann, Lisa*****	44	Gaithersburg, MD	41:52
10	Gruendel, Jackie***	43	Clifton, VA	42:05
11	Cosner, Cathy***	44	North Chesterfield, VA	42:55
12	Wright, Donna**	41	Roanoke, VA	43:04

13	Mandes, Sarah*	40	Arlington, VA	43:36
14	Gilliam, Sara**	40	Stafford, VA	43:43
15	Lully, Jennifer****	40	Lynchburg, VA	43:50
16	Kurtz, Jaime*	40	Charlottesville, VA	44:13
17	Dzibela, Tracy**	40	Fredericksburg, VA	44:25
18	Liisi Linask, Kaari	44	Rockville, MD	45:02
19	Smith, Kendra**	40	Savage, MD	45:22
20	Sample, Jennifer**	43	Chevy Chase, MD	45:40

## 45-49 Women

### Leesburg 20K 1:14:28, 10K = 35:29

Eighth place Suzanne Himes slowed five minutes at this year's Leesburg 20K but she would have had to settle for second place in the division there anyway as Perry Shoemaker returned from 2016's win to another dominating overall win in 1:14:28. Himes produced a much faster race earlier in the year at the Virginia Wine Country Half Marathon in 1:37:15. Shoemaker meanwhile raced four 5Ks, three to overall wins. The fourth, the most competitive of the Potomac River Running series races, she was second overall in 17:35. Divide her 20K into four equal pieces and you have a faster 5K pace than her fourth fastest race, nearly two minutes faster than runner-up Cheryl Scholl who was first at the Donut Alley Rally 5K in 20:19.

Third place Cathy Ross got in a couple good races before a mid-summer injury derailed her, claiming her spot with three other women close behind. Ross ran the Bluemont 5K in 20:43 while fourth place Christine Westcott had run the same course a month earlier at the DCRRC WDF 5K in 21:05. Westcott would close on the final day at the Great American Labor Day 5K in 20:45. Rambling right behind them are two equally matched racers. Debbie Goodpasture won at the Boxer Brief Battle 5K in 20:48 for the first of her six age group wins. Ten weeks later, Julie Sapper matched her to the second racing the Annapolis 10 Miler in 1:12:12. Sapper gets the lean for the fifth spot with only three age group wins because she had six major races and five of them were faster than Goodpasture's second best effort, the Patrick Henry Half Marathon in 1:38:21. Fay Weaver edges Himes with her overall win at the AS Dawson's 10K in 43:59 to take the seventh spot.

Seventeen women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry*****	46	Vienna, VA	35:29
2	Scholl, Cheryl**	46	Hagerstown, MD	42:18
3	Ross, Cathy***	46	Burke, VA	43:08
4	Westcott, Christine**	48	Chantilly, VA	43:12
5	Sapper, Julie***	45	Rockville, MD	43:23
6	Goodpasture, Debbie*6	49	Midlothian, VA	43:23

7	Weaver, Faye**	45	Ellicott City, MD	43:59
8	Himes, Suzanne*	48	Alexandria, VA	43:57
9	Blanchard, Christie*	45	Chevy Chase, MD	45:01
10	Sober, Jen*****	45	McHenry, MD	45:15
11	Benda, Marci*	47	Parkton, MD	45:46
12	Tanaka, Yoko*	45	Washington, DC	45:51
13	Young, Cheryl	49	Reston, VA	45:47
14	Chase, Julia**	47	Fredericksburg, VA	47:03
15	Knight, Melynda*6	45	Washington, DC	47:01
16	Bibb, Wendy*	47	Centreville, VA	47:24
17	Siddique, Nadrat**	49	Ellicott City, MD	48:06

## 50-54 Women

### Valley 4th 10K = 41:40

The division shrank by a third and the dynamo from Herndon, Luz Blakney, took the title on her very first try. In fact, the top three are all new to the grandmaster scene. Blakney has been battling third place Kim Isler all through their forties. Isler beat her in June and then again at the Reston Firecracker 5K, 22:23 to 22:34. Then in August, I knew she was golden and told her she could beat anyone. Then she won the Leesburg 20K in 1:35:54, ahead of ninth place Gillian Walker (1:39:18). Blakney, who was improving by leaps and bounds all summer, returned the favor from Isler at the Southlakes 10K, 46:05 to 46:18. That second-best race put her right on the heels of Ruth Taylor who had beaten eleventh place Maureen Hall at the Bel Air Town Run 5K, 22:07 to 22:58. She would win six other times. Taylor (Ruth) would wait the entire summer for her next best event, the Kentlands/Lakelands 5K in 22:27.

Fourth place Deb Taylor won it all at the Ellicott City 10K in 50:45. Then she made a successful bid for her spot with an excellent Annapolis 10 Miler in 1:16:59. Fifth place Tammy Liu logged two sub 23:00 5Ks, including the HCS WDF 5K in 22:29. Sixth place Helena Bozarth was right with her, racing the SPCA Run for Shelter 5K in 22:28. Bozarth also ran the Devil's Den 10M in 1:22:18. Seventh place Karen McClintick piled up five wins but none more impressive than her fine Patrick Henry Half Marathon in 1:44:16. Eighth place Shannon Smith ran one of the most competitive 5Ks to victory. Her time at the Crystal City Twilight 5K was 22:38. Paula Smith nudges past Hall at the Baltimore Women's Classic 5K, 22:52 to 23:18 to take tenth place.

Thirty women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Blakney, Luz*8	50	Herndon, VA	45:41
2	Taylor, Ruth*****	50	Frederick, MD	46:03

3	Isler, Kim**	50	Oakton, VA	46:18
4	Taylor, Deb*	52	Hanover, MD	46:16
5	Liu, Tammy**	51	Ellicott City, MD	46:49
6	Bozarth, Helena**	51	Fredericksburg, VA	46:47
7	McClintick, Karen*****	52	Midlothian, VA	47:07
8	Smith, Shannon**	52	Washington, DC	47:05
9	Walker, Gillian*	52	Springfield, VA	47:18
10	Smith, Paula****	51	Hampstead, MD	47:37
11	Hall, Maureen****	53	Parkville, MD	47:49
12	Pels, Paula**	53	Bethesda, MD	48:01
13	Arbaugh, Tonna**	50	Westminster, MD	48:06
14	Barrick, Michelle****	54	Middle River, MD	48:07
15	Borges, Kimberly*	50	Virginia Beach, VA	48:10
16	Ernst, Carol*	52	Fulton, MD	48:18
17	Siddique, Nadrat**	50	Ellicott City, MD	48:22
18	Waterman, Paige*	51	Bethesda, MD	48:44
19	MacKintosh, Brenda*	53	Springfield, VA	48:39
20	Kopacz, Margaret**	53	Chesapeake, VA	48:39
21	Zampolin, Katherine	53	Richmond, VA	49:03
22	Schauerman, Christine*	52	Ellicott City, MD	49:34
23	Miller, Stacey	54	Leesburg, VA	49:52
24	Braunstein, Janet***	52	Washington, DC	49:52
25	Cohen, Cindy****	50	Washington, DC	50:08
26	Sachs, Amy*	53	Ellicott City, MD	50:29
27	Stotler, Tonya*	51	Cross Junction, VA	50:38
28	Cline, Carla*	52	Norfolk, VA	51:04
29	Stachowiak, Barbara*	52	Kingsville, MD	51:07
30	Simon, Sandi*	51	Perry Hall, MD	51:04

## 55-59 Women

### Charlottesville 4 Miler 26:04, 10K = 41:44

We used to say everyone slows down at some point, except of course for Cindy Conant. Conant spent much of her fifties with open class ranked times, chasing after former world record holders. This summer she stepped back a bit, foregoing the College Park Park Run for volunteering at her hometown Kensington Park Run. She started the summer with a second overall at the Race4Respect 5K in 20:17. But that barely held up when Kendall Tata won her first of four age group wins at the Eggleston OK 5K in 20:20. A week later, Conant ran the Suds and Soles in 20:23 that edged three of Tata's races. But Tata, who won two more races out right pushed past her in July racing the Summer Extravaganza 10K in 41:52 thus taking the crown. Then she capped the summer with a fine Charlottesville 4 Miler in 26:04.

Third place Deedee Loughran, known for her half marathons, is not long for the division. Her Virginia Wine Country Half Marathon was easily the fastest half of the period in 1:40:27, though nearly two minutes slower than last year's event. However, she excelled at the 5K, winning the Reston WDF outright and racing a fine 21:17 at the Reston Firecracker 5K. Fourth place Laura Shannon placed third overall twice, her best being a win at the Democracy Dash 10K in 44:37. Fifth place Kelly Dworak was just three seconds behind Shannon's best 5K, racing the Baltimore Women's Classic 5K in 21:38.

These ladies are outdoing themselves as the top six of them ran faster races than the winner of the younger grandmaster division (50-54).

Sixth place Carol David edges prolific racer Sushila Nanda and her eight wins, with a solid SPCA Run for Shelter 5K in 21:55. Nanda seems to be getting into a real rhythm this year, breaking forty-six in the 10K for the first time in a long while with her Southlakes 10K in 45:45. That topped 50-54 winner Luz Blakney's 46:05, her second fastest event. Ninth place Win Persina has the stuff to win the division, though she has had to defer to Conant at the College Park Park Run 5K. She ran a fine 22:09 there in June for an overall win. The course is flat and fast. Still, with many a GPS watch crying foul, they remeasured the course and added a few more meters for runners to reach the halfway turnaround point. Eighth place Suzanne Porter was tops at the Leesburg 20K. That event is mostly uphill for the first half but if you have anything left, it can be a very rewarding return trip. Porter ran fast in 1:37:23. Tenth place Jill Snyder returned home first at the Annapolis 10 Miler in 1:18:30 and that was not even her fastest event.

Thirty-nine women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Tata, Kendall*6	55	Stanardsville, VA	41:44
2	Conant, Cindy**	57	Kensington, MD	42:14
3	Loughran, Deedee***	59	Herndon, VA	44:19
4	Shannon, Laura***	56	Williamsburg, VA	44:37
5	Dworak, Kelly**	56	Carlisle, PA	45:02
6	David, Carol***	55	Stafford, VA	45:38
7	Nanda, Sushila*8	57	Arlington, VA	45:45
8	Porter, Suzanne***	57	Annandale, VA	46:24
9	Persina, Win***	57	Washington, DC	46:07
10	Snyder, Jill****	57	Annapolis, MD	46:59
11	Crum, Debbie*	59	Fishersville, VA	47:47
12	Havens, Karla**	56	Shackelfords, VA	49:19
13	Kim, Jeong*	57	Centreville, VA	49:49
14	Rome, Julie**	56	Herndon, VA	50:04
15	Gibson, Wendy	57	Sparks, MD	50:19
16	Treacy, Sue*	55	Severn, MD	50:19

17	Rosasco, Carole**	59	Severna Park, MD	50:25
18	Parter, D'Ellen*	58	Virginia Beach, VA	50:29
19	Cea, Kathy**	58	Gaithersburg, MD	51:01
20	Alms, Linda*	55	Fulton, MD	51:03
21	Manos, Karen	58	Clifton, VA	51:11
22	Galliani, Paula	58	Gaithersburg, MD	51:30
23	Wang, Geyan*	55	Herndon, VA	51:44
24	Ranney, Sheri	56	Reston, VA	51:29
25	Gerloff, Terri**	59	Richmond, VA	51:57
26	Lingenfelter, Gabriele*	55	Yorktown, VA	51:52
27	Mann, Nan	56	Frederick, MD	52:04
28	Knibb, Leslie	55	Washington, DC	52:08
29	Furr, Suzanne	57	Harwood, MD	52:21
30	Phillips, Norma***	57	Williamsburg, VA	52:48
31	Foy Jones, Valor***	55	Newport News, VA	52:45
32	Grillo, Jeanne	57	Potomac, MD	52:45
33	Miscan, Daniela	59	Reston, VA	53:12
34	Collard, Elizabeth*	57	Darlington, MD	53:16
35	Griffing, Sharon	59	Springfield, VA	53:32
36	McMahon, Augusta**	55	Washington, DC	53:28
37	Yao, Pamela	58	Elkridge, MD	53:30
38	Mundt, Vicky	55	Annapolis, MD	53:44
39	Donovan, Kathy**	57	Virginia Beach, VA	54:06

## 60-64 Women

**Howards 25K 2:05:02, 10K = 47:05**

Staying on top of this division is no easy task. Carolyn Harrison maintained a stranglehold on the division for a year now. Still, when she eased up on the throttle winning the Goal Seekers 5K in 23:12, albeit second overall, it opened the doors. The following week, Nancy Hill displayed the first of her four 5Ks wins, taking down the ICO Fights against Obesity 5K in 22:56 for the runner-up spot. In July, Hosni Haghigian aged up and raced the Kiwanis Club Independence Day 5K in 23:27 to close on third place Harrison. Haghigian would add an excellent Charlottesville 4 Miler in 30:21 to close even further, while Harrison never broke 24:00 again. Barbara Lyons started slowly at the Baltimore 10 Mile in 1:22:59. That was behind tenth place Nina Fisher who would the Annapolis 10 Miler in 1:28:20 on August 19<sup>th</sup>. That same morning Harrison ran the Dismal Swamp 10M in 1:23:10 but that would not move her up at all. In fact, that same morning Lyons took full control of the division at the little raced 25K. Her Howards 25K was run in 2:05:02.

It was a big morning for long races, as eighth place Jodi Winter ran the Leesburg 20K in 1:50:05. Fifth place Mary Lowe Mayhugh was prolific as usual, winning all

thirteen of her events. She was best at DCRRC races where she beat seventh place Ida Draim who is still working on her comeback from last year's surgery. They both ran best at the club's WDF 5K with Mayhugh prevailing, 24:11 to 25:08. In between them at sixth place, Leigh Peck ran the Too Hot to Trot 4M in 32:13. That was just behind Mayhugh's Bastille Day 4M in 32:09. Draim ran 32:58. Ninth place Val Indye ran the FSC WDF 5K in 25:26.

Eleventh place was a tough one. Leslie Rigby Kash had a splendid SPCA Run for Shelter 5K in 25:38 for her best of four wins while Helen Worthington is a few ticks short of that, winning the Trailzilla 4M in 33:24. Worthington gets the spot because she had six wins, three faster than Rigby Kash's second best event. Then she provided four more races faster than Rigby Kash's third best race. In thirteenth place, Deborah Cohen races the HCS WDF 5K in 25:45.

The division recovered from the 2017 drop-off rebounding twenty-five per cent to forty-eight qualifiers.

PI	Name	Age	Hometown	10K=
1	Lyons, Barbara***	60	Clarksville, MD	47:05
2	Hill, Nancy****	60	Havre De Grace, MD	47:45
3	Harrison, Carolyn*****	62	Virginia Beach, VA	48:18
4	Haghighian, Hosni**	60	Charlottesville, VA	48:35
5	Mayhugh, Mary Lowe*13	62	Washington, DC	50:21
6	Peck, Leigh*	61	Lutherville, MD	51:35
7	Draim, Ida***	62	Alexandria, VA	52:20
8	Winter, Jodi*	60	Vienna, VA	52:27
9	Indye, Val***	62	New Market, MD	52:57
10	Fisher, Nina*	61	Annapolis, MD	53:05
11	Worthington, Helen*6	64	Bena, VA	53:28
12	Rigby Kash, Leslie****	62	Fredericksburg, VA	53:22
13	Cohen, Deborah***	61	Ellicott City, MD	53:37
14	Foster, Marcy**	64	Reston, VA	54:11
15	Neff, Patricia**	61	Springfield, VA	54:45
16	Archibald, Connie*	61	Richmond, VA	54:59
17	Martin, Cynthia*	60	Springfield, VA	55:04
18	Recto, Liza***	62	Lexington Park, MD	55:35
19	McCoy, Harriet*****	63	Toano, VA	55:44
20	Langlois, Harriet***	62	Ijamsville, MD	56:31
21	Hoing, Laura*	60	Herndon, VA	56:23
22	Wake, Sharon*	63	Richmond, VA	56:42
23	Newton, Frances***	64	Henrico, VA	56:54
24	Eichberg, Carolyn**	60	Potomac, MD	57:07
25	Aaronson, Susan	64	Arlington, VA	57:06
26	Halsey, Carolyn*	60	Leesburg, VA	57:13



27	Bowling, Nancy*****	61	Frostburg, MD	57:30
28	Ball, Nancy	62	Fredericksburg, VA	57:26
29	Peck, Julia**	61	Culpeper, VA	57:34
30	Washington, Myra**	61	Montgomery Village, MD	57:51
31	Evans, Cynthia	62	Randallstown, MD	58:09
32	Pillow, Patrice	60	Glen Allen, VA	58:12
33	Uthe, Janice*	61	Bowie, MD	58:16
34	Child, Nanci*	62	Ashland, VA	58:22
35	Mitchell, Michelle	60	Taneytown, MD	58:30
36	Bell, Peggy	60	Fredericksburg, VA	58:36
37	Hansen-Vessa, Carol	64	Reston, VA	58:45
38	Heflin, Anne	60	Clifton, VA	59:01
39	McCusker, Bridget*****	64	Baltimore, MD	59:10
40	Matters, Teri***	60	Hagerstown, MD	59:14
41	Ashlock, Joyce**	63	Nottingham, MD	59:35
42	Bensley, Nancy*	64	Frostburg, MD	59:37
43	Rines, Pamela	63	Vienna, VA	59:51
44	Close, Jean*	63	Towson, VA	59:48
45	Kessler, Karyn**	60	Owings Mills, MD	1:00:10
46	Seidman, Merrilee	63	Alexandria, VA	1:00:21
47	Kohinke, Anne*	64	Salem, VA	1:00:19
48	Willis, Nancy***	62	Westminster, MD	1:00:36

## 65-69 Women

### DCRRC WDF 5K 25:08, 10K = 53:01

Nothing remains the same except that forty-three runners qualified for the division. Two of the top women from last summer were gone and the other three were pushed a ways down the charts. Only three of the top ten were in their first year. Third place Maria Shields would lose to sixth place Penny Williams at the Annapolis 10 Miler, 1:33:27 to 1:34:16. Still, Shields, who normally runs long, had a marvelous Baltimore Women's Classic 5K in 26:00 for the third fastest race. Perhaps that was to make up for her loss to runner-up Peggy Vail at the AS Dawson's 10K, 53:26 to 57:42. Vail's second effort was the AS Dog Days 8K in 45:27 but that is a cross country event. Like Vail, Betty Blank is in her first year. After a disappointing fourth place in the spring, Blank promised better. She ran six DCRRC races and was credited with three wins. Keep in mind DCRRC awards by ten year age groups, otherwise she would have won all six. Blank accrued four of the top six times. Her best was on her most well-traveled course on the Bluemont trail, winning the WDF 5K in 25:28.

Former champion Barbara Mathewson was ushered back to fourth place with her best event the Allen Stone Memorial 5K in 26:28, ahead of eighth place Jean

Bone's 27:26. Right behind Mathewson in fifth place, Linda Gulick ran all three of the RRRC Cul De Sac Series 5K races, doing best at the second event in 26:54. Claudia Wolfe ran her Lawyers Have Heart 10K last year in 53:32 which would have left her in third place again. This year she suffered a tougher day, finishing in 56:25 to take seventh place. Ninth place Lizzie Sadoff was one of three women in their last year in the division. The other two did not make the top thirty. Sadoff ran the rolling Mathew Henson 5K I 27:40. Tenth place Karen Whittington ran the Too Hot to Trot 4M in 36:15, about two minutes behind the fastest of Blank's 3 four milers along the C&O Canal.

PI	Name	Age	Hometown	10K=
1	Blank, Betty***	65	Falls Church, VA	53:01
2	Vail, Peggy*	65	Arnold, MD	53:26
3	Shields, Maria**	67	Davidsonville, MD	54:08
4	Mathewson, Barbara**	68	Virginia Beach, VA	55:27
5	Gulick, Linda***	66	Richmond, VA	56:00
6	Williams, Penny*	67	Trappe, MD	56:10
7	Wolfe, Claudia*	66	Alexandria, VA	56:25
8	Bone, Jean	65	Henrico, VA	57:07
9	Sadoff, Lizzie****	69	Washington , DC	57:36
10	Whittington, Karen*	66	Baltimore, MD	57:59
11	Terwilliger, Susan**	67	Blacksburg, VA	58:19
12	Nussbaum, Maria**	66	Reston, VA	58:44
13	Siegfried, Marrilee*	65	Purcellville, VA	58:42
14	Jones, Helen*	65	Baltimore, MD	58:43
15	Hallock, Bonnie**	65	Havre De Grace, MD	59:29
16	Edelmann, Delia	66	Annapolis, MD	1:00:40
17	Travis, Patricia*6	67	Williamsburg, VA	1:01:13
18	Nixon, Donna****	65	Lynchburg, VA	1:01:20
19	Hennes, Kathy*6	66	Annapolis, MD	1:01:19
20	Kohinke, Anne****	65	Salem, VA	1:01:41
21	Phillips, Hannah	65	Alexandria, VA	1:02:32
22	Frazho, Leslie*6	65	Richmond, VA	1:02:57
23	Lloyd, Mary Ann****	65	Alexandria, VA	1:03:06
24	Stanfield, Leslie	68	Reston, VA	1:02:59
25	Reid, Marie*7	65	Great Falls, VA	1:03:43
26	Gullo, Martha*	65	Williamsburg, VA	1:03:51
27	Reese, Chris	67	Westminster, MD	1:04:22
28	Layne, Debra*	65	Towson, MD	1:04:37
29	Forsha, Anne**	67	Derwood, MD	1:04:45
30	Scott, Judith**	67	Germantown, MD	1:05:22
31	Goosens-Winter, Roswitha**	69	Williamsburg, VA	1:05:33
32	Martin, Debbie*	66	Lynchburg, VA	1:05:45
33	Sadler, Barbara*	65	Newport News, VA	1:07:38
34	Kemper, Catherine*	67	Nellysford, VA	1:09:23

35	Sommer, Debra	65	Norfolk, VA	1:09:22
36	Fishman, Elaine	66	Chesterfield, VA	1:10:06
37	Helton, Rosemary	65	Camp Springs	1:10:16
38	Adamo, Karen	66	Severna Park, MD	1:10:30
39	Allen, Deborah	68	Lynchburg, VA	1:10:26
40	Palinkas, Pat	68	Bel Air, MD	1:11:10
41	Brisker, Duyen	65	Bel Air, MD	1:11:04
42	Fahy, Loretta*	69	Frederick, MD	1:11:25
43	Rayburn, Arlene*	66	Crownsville, MD	1:11:51

## 70-74 Women

### Eggleston OK 5K 24:50, 10K = 51:42

Betty Brothers bolted away from the gate, winning the division again with her Eggleston OK 5K in 24:50, even faster than last year. Then to end July, she slowed to 26:19 at the Mel Williams Memorial 5K, though well ahead of sixth place Barbara Biasi who ran 31:15. By mid-August there was a chink in her amour, She slowed nearly seven minutes at the Dismal Swamp 10M to 1:32:03. That same morning, newbie Virginia Sielen recorded a better race, winning the Leesburg 20K in 1:57:52. On the final weekend, Brothers won the Rock N Roll Half Marathon in 2:12:06, ahead of seventh place Pat Welch (2:28:36). Still, that was twelve and half minutes slower than 2017. Five of Sielen's wins were faster than that half, including her Great American Labor Day 5K n 27:51. All of that power added up to the runner-up spot in the rankings.

Third ranked Larue Lennon owns the hills of Westminster. She aged up and took three wins there, including the Taneytown 8K in 44:55. Sielen was not alone with a batch of low 28s for the 5K. Fourth place Bridgette Sutherlin paired a deuce with her best being the Boordy Vineyard 5K in 28:10. Fifth place Linda Tice ran the Father's Day 5K in 29:54. Eighth place Karen Kautz was tops at the Back Yard Bash 5K in 31:52. Welch stayed ahead of her by finishing third at the Annapolis 10 Miler in 1:48:44.

Ninth place Christina Dodson tallied five wins, including the TCRR Race for the Cause 5K in 32:38. Tenth place Claire Imholtz, who is a big fan of the weekly Park Runs and the Women's Distance Festivals, won twelve times in fifteen tries. Fifteenth place Jeannette Novak is easily the most prolific women in racing winning nine times in her twenty qualifiers. As of the end of the summer, she had completed 146 events, well on her way to another 200 plus races year.

Twenty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Brothers, Betty****	71	Virginia Beach, VA	51:42
2	Sielen, Virginia*6	70	Oakton, VA	56:00

3	Lennon, Larue***	70	Westminster, MD	56:59
4	Sutherlin, Brigitte**	74	Baltimore, MD	58:39
5	Tice, Linda**	72	Timonium, MD	1:02:15
6	Biasi, Barbara***	70	Yorktown, VA	1:04:24
7	Welch, Pat*	73	Vienna, VA	1:05:21
8	Kautz, Karen***	74	Silver Spring, MD	1:06:21
9	Dodson, Christina*****	72	Henrico, VA	1:07:27
10	Imholtz, Clare*12	72	Greenbelt, MD	1:07:57
11	Michalik, Candice**	71	Williamsburg, VA	1:10:06
12	Hamilton, Ruth	71	McLean, VA	1:10:10
13	Chatterton, Muffet*	74	Crofton, MD	1:13:34
14	Goodman, Rae Jean	70	Annapolis, MD	1:13:41
15	Novak, Jeanette*9	74	Damascus, MD	1:13:53
16	Jordan, Wendy*	71	Washington, DC	1:14:50
17	Yarr, Linda*	74	Bethesda, MD	1:14:40
18	Barton, Pat**	71	Copper Hill, VA	1:16:08
19	Jorlett, Robin****	74	Newport News, VA	1:16:31
20	Quantrille, Barbara*	71	Burke, VA	1:17:31
21	Robertson, Judi Faye*	71	Colonial Heights, VA	1:18:02
22	Norton, Lou**	71	Richmond, VA	1:21:22
23	Gulbin, Kathy*	71	Towson, MD	1:24:03
24	Blount, Nancy*	72	Williamsburg, VA	1:27:33
25	Young, Allie	72	Monrovia, MD	1:28:14

## 75-79 Women

### PRR Birthday Bash 5K 33:41, 10K = 1:10:08

Ecris Williams is queen of the division for the last time as she gears up for the new age group. She won nine times, including the best five races as well as three quarters of the top dozen races. Eight of her races were 5Ks, including the PRR Birthday Bash 5K in 33:41. Her second-best race was the Southlakes 10K in 1:10:49. The battle for second place was very close but conclusive. Runner-up Molly Sherwood won the Baltimore 10 Miler ahead of third place Laura Pitts, 2:08:02 to 2:18:32. Then she beat her again at Annapolis 10 Miler, 2:01:28 to 2:13:11. What made it so close was that Sherwood, known for longer races, chose the Kentlands/Lakelands 5K to end the summer with a solid 35:36. Pitts held her ground, staying with the longer races, running the Charles Street 12M that same morning in 2:28:38. That fell just short of catching Sherwood best race, in Annapolis.

The normally very prolific Mandy Whalen ran just five races this summer, earning fourth place. She won three times with her best time at the ZERO Prostate Cancer Run 5K in 36:40. Fifth place Susan Thomas was very close, racing the

Kiwanis Club Independence Day 5K in 36:55. Sixth place Rosemary Schwartzbard does her racing weekly at the Roosevelt Island Park Run 5K.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris*9	79	Reston, VA	1:10:08
2	Sherwood, Molly***	76	Annapolis, MD	1:13:00
3	Pitts, Laura****	79	Baltimore, MD	1:13:28
4	Whalen, Mandy***	78	Falls Church, VA	1:16:29
5	Thomas, Susan**	75	Charlottesville, VA	1:16:57
6	Schwartzbard, Rosemary***	75	Arlington, VA	1:20:07
7	Orser, Jo*****	75	Baltimore, MD	1:22:41
8	Dicker, Lois**	78	Silver Spring, MD	1:25:07
9	Sikes, Martha	77	Charlottesville, VA	1:27:10
10	Jakubec, Nancy**	75	North Chesterfield, VA	1:29:04
11	Dinneen, Arleen**	75	Ellicott City, MD	1:30:03
12	Davis-Imhof, Nancy**	78	Earlysville, VA	1:31:43
13	McClellan, Bonnie***	75	College Park, MD	1:36:57

## 80-84 Women

### DCRRC WDF 5K 36:49, 10K = 1:16:39

The oldest member of the group, Joanne Mallet, 84, ran four of the Women's Distance Festival 5Ks, winning two of them. None of these women ran the one in Montgomery County. Mallet was best in Prince George's county with 54:53 which should do nicely in the next division. Our champion, Tami Graf, bested Mallet at the Annapolis race with her 39:24. Graf had the top six races with the only 10K in the division, winning the AS Dawson's 10K in 1:21:31. She also participated in three DCRRC events. Her best was winning their WDF 5K in 36:49. Runner-up Janet Hughes ran only ran twice, including the only 8K in the division, a trail run in 1:15:40. She earns her spot with the Liberty 5K in 40:52.

Third place Dot White ran one of the many Firecracker 5Ks in 43:07. Fourth place Zoena Yannakakis ran the Baltimore Women's Classic 5K but had her best race the week before at the Father's Day 5K in 53:56.

PI	Name	Age	Hometown	10K=
1	Graf, Tami*6	82	Lusby, MD	1:16:39
2	Hughes, Janet**	81	Winchester, VA	1:25:05
3	White, Dot	82	Waynesboro, VA	1:29:46
4	Yannakakis, Zoena*	82	Towson, MD	1:52:30
5	Mallet, Joanne**	84	Rockville, MD	1:54:16

## 85-89 Women

## **Railroad Days 5K 41:44. 10K - 1:26:53**

Ruth Ketron wins again. This time again with the Railroad Days 5K in 41:44 as she did in 2016. Third ranked Jeanette Fairbanks matched runner-up Yvonne Aasen's season ending Kentlands/Lakelands 5K with her early June HCS WDF 5K in 57:24. Aasen ran her hometown Westminster WDF 5K in 58:42 in July. The following week, she earned her runner-up spot at the Annapolis Strider WDF 5K in 54:59 at her former hometown.

PI	Name	Age	Hometown	10K=
1	Ketron, Ruth*	88	Kingsport, TN	1:26:53
2	Aasen, Yvonne**	87	Westminster, MD	1:54:29
3	Fairbanks, Jeanette	85	Annapolis, MD	1:59:30

## **90 & Older Women**

No one in the age group raced this summer.

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

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

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

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

Sometimes runners are confused by the race tracking terms. Chip time simply means that it was electronically timed, not manually. Gun time is the official time. Net time, which is confused with chip time, is merely a feel good time which is tracked by when the runner's chip first crosses the starting line. Net time will always be faster than the official gun time. Runners are welcome to note that for their personal use but it has no place in the rankings. In large races where it is impossible for runners to get to the start for many minutes, we do allow a net time to count as one of the necessary two qualifiers to

get a runner to be evaluated. However, that time and any net based age award placement in that race do NOT count towards their placement in the rankings.

In some events, there are waves starts. These are actually different races with their own individual net and gun times (as in a time trial), though they are usually scored as the same race. Where it is possible to accurately discern the actual wave start time, its gun time will be used. However, again net time will not be used. An example would be if a race had waves starting every two minutes. If a runner started in the second wave and was scored with a net time 2:18 less than the gun start of the entire race, they would get 2:00, and only 2:00 taken off their listed gun time. This is because they were not permitted to start racing until that exact time, 2:00 after the official start.

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

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

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

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

### **Moreland Racing Factor**

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

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

The current qualifying standards for the 10K are:

Age Group	Men	Women
Open	34:20	41:15
19 & younger	38:20	46:05
35-39	36:40	44:10
40-44	38:20	46:05
45-49	39:45	48:45
50-54	42:00	51:45
55-59	43:55	54:30
60-64	49:45	1:02:05
65-69	52:50	1:15:00
70-74	57:30	1:29:40
75-79	1:32:30	1:39:00
80 & older	1:45:00	1:50:00

*The ranking periods for the 2018 ranking year:*

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

\* Best of 2018 (November 13, 2018 through November 11, 2018) - reported March 2018

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

Event	Location	Date
Skip a Day 5K	Washington, DC	1-Jun-18
Queen of Apostles 5K	Alexandria, VA	2-Jun-18
National Trails Day 5K	Farmville, VA	2-Jun-18
Leakin Park Run 5K #49	Baltimore, MD	2-Jun-18
Fletcher's Cove Park Run 5K #119	Washington, DC	2-Jun-18
Heart Of Virginia 5K	Charlottesville, VA	2-Jun-18



College Park Park Run #85	College Park, MD	2-Jun-18
Anacostia Park Run 5K #26	Washington, DC	2-Jun-18
Kingswood Klam 5K	Williamsburg, VA	2-Jun-18
Run for the Stage 5K	Hampton, VA	2-Jun-18
Katie's Run 5K	Grantsville, MD	2-Jun-18
Roosevelt Island Park Run 5K #81	Washington, DC	2-Jun-18
Colleen's BA 5K	Kensington, MD	2-Jun-18
Valley Health Care 5K	Chilhowie, VA	2-Jun-18
Clinch River Festival 5.5K	St. Paul 5K	2-Jun-18
Carilion Clinic Life-Guard 5K	Roanoke, VA	2-Jun-18
Jump Start your Heart 5K	McKenny, VA	2-Jun-18
Mark Salkowski Memorial 5K	Bel Air, MD	2-Jun-18
<b>4 Our Freedom 5K</b>	Charlottesville, VA	2-Jun-18
Sophie House 5K	Glen Allen, VA	2-Jun-18
Spring Run 5K	Midlothian, VA	2-Jun-18
Run for the River 4M	Fredericksburg, VA	2-Jun-18
Goal Seekers 5K	Virginia Beach, VA	2-Jun-18
<b>Race4Respect 5K</b>	Washington, DC	2-Jun-18
<b>NASA Moonwalk 5K</b>	Hampton, VA	2-Jun-18
<b>Virginia Wine Country Half Marathon</b>	Hillsboro, VA	2-Jun-18
Virginia Wine Country 5K	Hillsboro, VA	2-Jun-18
<b>Wayfarer 10K</b>	Annapolis, MD	2-Jun-18
Run 4 Kids 10K	Sykesville, MD	2-Jun-18
<b>Baltimore 10 Miler</b>	Baltimore, MD	2-Jun-18
Henderson Husky 5K	Montclair, VA	3-Jun-18
Breeze Through the Trees 5K	Laytonsville, MD	3-Jun-18
Herndon 5K	Herndon, VA	3-Jun-18
Herndon10K	Herndon, VA	3-Jun-18
Matzohball 5K	Ellicott City, MD	3-Jun-18
<b>Bel Air Town Run 5K</b>	Bel Air, MD	3-Jun-18
<b>Star Kid 5K</b>	Fairfax, VA	3-Jun-18
Conquer the Cove Marathon	Roanoke, VA	3-Jun-18
Semper Fi 5K	Fredericksburg, VA	3-Jun-18
<b>Run &amp; Ride Kings Dominion 5K</b>	Doswell, VA	3-Jun-18
Run & Ride Kings Dominion 6.55M	Doswell, VA	3-Jun-18
Big Run 5K	Richmond, VA	6-Jun-18
<b>DC Front Runners Pride Run 5K</b>	Washington, DC	8-Jun-18
Young Empowerment 5K	Hampton, VA	9-Jun-18
Anacostia Park Run 5K #27	Washington, DC	9-Jun-18
ICO Fights Against Obesity 5K	Aberdeen, MD	9-Jun-18
College Park Park Run #86	College Park, MD	9-Jun-18
Hanover 5K	Mechanicsville, VA	9-Jun-18
Holy Spirit 5K	Springfield, VA	9-Jun-18
Fletcher's Cove Park Run 5K #120	Washington, DC	9-Jun-18
CXB Low Rent 5K	Virginia Beach, VA	9-Jun-18
<b>Boxer Brief Battle 5K</b>	Richmond, VA	9-Jun-18
Dash for Donuts 5-0 5K	Chesapeake, VA	9-Jun-18
Kensington Park Run 5K #12	Kensington, MD	9-Jun-18
Leakin Park Run 5K #50	Baltimore, MD	9-Jun-18
Every Step Counts 5K	Arnold, MD	9-Jun-18

Nick Adenhardt 5K	Hagerstown, MD	9-Jun-18
Roosevelt Island Park Run 5K #82	Washington, DC	9-Jun-18
Run for Recovery 5M	Westminster, MD	9-Jun-18
Get Your Rear in Gear 5K	Arlington, VA	9-Jun-18
Varmint Half Marathon	Burke Gardens, VA	9-Jun-18
Crofton Kiwanis - Team Surlis 10K Challenge	Crofton, MD	9-Jun-18
Crofton Kiwanis - Team Surlis 5K Challenge	Crofton, MD	9-Jun-18
Woodstock 5 Mile	Woodstock, VA	9-Jun-18
<b>Maryland 5K</b>	Fulton, MD	9-Jun-18
<b>Maryland Half Marathon</b>	Fulton, MD	9-Jun-18
<b>Lawyers Have Heart 10K</b>	Washington, DC	9-Jun-18
<b>Lawyers Have Heart 5K</b>	Washington, DC	9-Jun-18
Schechter on the Move 5K	Pikesville, MD	10-Jun-18
SPCA Run for Shelter 5K	Fredericksburg, VA	10-Jun-18
Dash Through the Dirt 5K	Potomac, MD	10-Jun-18
Dash Through the Dirt Half Marathon	Potomac, MD	10-Jun-18
MCVets 10K	Baltimore, MD	10-Jun-18
MCVets 5K	Baltimore, MD	10-Jun-18
HCS WDF 5K	Columbia, MD	10-Jun-18
Celebrate Fairfax 5K	Fairfax, VA	10-Jun-18
DCRRC After the Women 5K	Arlington, VA	10-Jun-18
DCRRC WDF 5K	Arlington, VA	10-Jun-18
Lynchburg Track 5K	Lynchburg, VA	11-Jun-18
Trailzilla 5K	Hampton, VA	12-Jun-18
College Park Park Run #87	College Park, MD	16-Jun-18
Deep Run Park Run 5K #44	Richmond, VA	16-Jun-18
Losing to Live 5K	Annandale, VA	16-Jun-18
Fletcher's Cove Park Run 5K #121	Washington, DC	16-Jun-18
Summer Slam 5K	Virginia Beach, VA	16-Jun-18
Chesty Puller Memorial Twin Bridge 10K	West Point, VA	16-Jun-18
MCRRC Run for the Roses 5K	Wheaton, MD	16-Jun-18
Run for Affordable Housing 5K	Bull Run, VA	16-Jun-18
Solstice Stomp 5K	Stevensville, MD	16-Jun-18
Humankind 5K	Lynchburg, VA	16-Jun-18
Run the Gate 5K	Gate City, VA	16-Jun-18
Eggleston OK 5K	Virginia Beach, VA	16-Jun-18
Delightfully Different 3.5M	Petersburg, VA	16-Jun-18
Father's Day 5K	Fredericksburg, VA	16-Jun-18
<b>ZERO Prostate Cancer Run 5K</b>	Arlington, VA	16-Jun-18
Run for Justice 5K	Danville, VA	16-Jun-18
We Salute Half Marathon	Annapolis, MD	16-Jun-18
We Salute 10K	Annapolis, MD	16-Jun-18
Father's Day 5K	Cockeysville, MD	17-Jun-18
<b>Pikesville 5K</b>	Pikesville, MD	17-Jun-18
Battling Cancer 5K	Fredericksburg, VA	17-Jun-18
Loudoun Soccer 5K	Leesburg, VA	17-Jun-18
Thanks Dad 5K	Midlothian, VA	17-Jun-18
AS Dawson's 10K	Severna Park, MD	17-Jun-18
GBMC Father's Day 5K	Towson, MD	17-Jun-18
<b>Run with Dad 5K</b>	Reston, VA	17-Jun-18

Ellicott City 10K	Ellicott City, MD	17-Jun-18
Ellicott City 5K	Ellicott City, MD	17-Jun-18
Tidal Basin Runs 5K	Washington, DC	20-Jun-18
Hugh Jascourt 4M	Washington, DC	21-Jun-18
Oakland Mills 5K	Fulton, MD	22-Jun-18
Riverwatch on the Piankatank 5K	Gloucester, VA	23-Jun-18
Reston WDF 5K	Reston, VA	23-Jun-18
Fletcher's Cove Park Run 5K #122	Washington, DC	23-Jun-18
Leakin Park Run 5K #52	Baltimore, MD	23-Jun-18
Deep Run Park Run 5K #45	Richmond, VA	23-Jun-18
Hemophilia Foundation of Maryland 5K	Annapolis, MD	23-Jun-18
Hemophilia Foundation of Maryland 10K	Annapolis, MD	23-Jun-18
College Park Park Run #88	College Park, MD	23-Jun-18
Roosevelt Island Park Run 5K #84	Washington, DC	23-Jun-18
Summer Solstice Twilight 8K	Frederick, MD	23-Jun-18
WISC Gymnastic Flipping 5K	Williamsburg, VA	23-Jun-18
<b>Suds &amp; Soles 5K</b>	Rockville, MD	23-Jun-18
Dash for Dash 5K	Washington, DC	23-Jun-18
Jackson River Trail 10K	Covington, VA	23-Jun-18
Paws and Claws 5K	Frederick, MD	23-Jun-18
Keystone Community Center 5K	Roanoke, VA	23-Jun-18
Drug Free Bristol 5K	Bristol, VA	23-Jun-18
Revolutionary 5K	New Kent, VA	23-Jun-18
Grant Pierce Marathon	Arlington, VA	24-Jun-18
EOD Warrior Foundation 5K	Washington, DC	24-Jun-18
EOD Warrior Foundation Half Marathon	Washington, DC	24-Jun-18
<b>Baltimore Women's Classic 5K</b>	Baltimore, MD	24-Jun-18
Trailzilla 4M	Hampton, VA	26-Jun-18
WRC Run with the Knights 5K	Sykesville, MD	28-Jun-18
River Hill 5K	Clarksville, MD	29-Jun-18
Canal 5K	Chesapeake City, MD	30-Jun-18
Fletcher's Cove Park Run 5K #123	Washington, DC	30-Jun-18
Kensington Park Run 5K #15	Kensington, MD	30-Jun-18
College Park Park Run #89	College Park Park, MD	30-Jun-18
Deep Run Park Run 5K #46	Richmond, VA	30-Jun-18
Fireworks 5K	Fredericksburg, VA	30-Jun-18
Little Bennett 8K	Clarksburg, MD	30-Jun-18
Roosevelt Island Park Run 5K #85	Washington, DC	30-Jun-18
Anacostia Park Run 5K #30	Washington, DC	30-Jun-18
FSRC Independence 5K	Frederick, MD	30-Jun-18
<b>DC Metro HBCU Alumni Alliance 5K</b>	Washington, DC	30-Jun-18
Iron Furnace 5K Run	Lonaconing, MD	30-Jun-18
Independence Day 5K	Dungannon, VA	30-Jun-18
Legacy 5K	Roanoke, VA	30-Jun-18
Freedom 5K	Fairfax, VA	1-Jul-18
Tropical Smoothie Cafe 5K	Virginia Beach, VA	1-Jul-18
Independence Day 4 Miler	Bel Air, MD	1-Jul-18
RRRC Cul De Sac Series 5K #1	Richmond, VA	2-Jul-18
Liberty 5K	Winchester, VA	4-Jul-18
Hometown Bank Four on the Fourth 4M	Roanoke, VA	4-Jul-18

Jack Barr Memorial Run for Freedom 5K	Williamsport, MD	4-Jul-18
Culpeper 4th of July Freedom 5K	Culpeper, VA	4-Jul-18
Shawsville 5K	Shawsville, VA	4-Jul-18
Montgomery Village 5K	Gaithersburg, MD	4-Jul-18
Yorktown Independence Day 8K	Yorktown, VA	4-Jul-18
Yorktown Independence Day 5K	Yorktown, VA	4-Jul-18
PVTC Go Fourth 8K	Alexandria, VA	4-Jul-18
Patriot's 5K	Midlothian, VA	4-Jul-18
Four on the Fourth 4M	Towson, MD	4-Jul-18
FARC Heritage Festival 5 Mile Run	Fredericksburg, VA	4-Jul-18
Percival's Island Five Miler	Lynchburg, VA	4-Jul-18
<b>Reston Firecracker 5K</b>	Reston, VA	4-Jul-18
Heritage 6K	Dundalk, MD	4-Jul-18
DCRRC Age-Handicapped 4 Mile	Carderock, MD	4-Jul-18
Rock the Creek 5K	Lusby, MD	4-Jul-18
Arbutus Firecracker 10K	Arbutus, MD	4-Jul-18
Kiwanis Club Independence Day 5K	Charlottesville, VA	4-Jul-18
Brandermill 7.4K	Midlothian, VA	4-Jul-18
<b>YMCA Independence Day 5K</b>	Virginia Beach, VA	4-Jul-18
<b>Autism Speaks 5K</b>	Potomac, MD	4-Jul-18
Firecracker 5K	Staunton, VA	4-Jul-18
<b>Valley 4th 5K</b>	Harrisonburg, VA	4-Jul-18
Valley 4th 10K	Harrisonburg, VA	4-Jul-18
OPA Freedom 5K	Ocean Pines, MD	4-Jul-18
Buddy Attick #1	Greenbelt, MD	5-Jul-18
Howard HS 5K	Ellicott City, MD	6-Jul-18
College Park Park Run #90	College Park, MD	7-Jul-18
Fletcher's Cove Park Run 5K #124	Washington, DC	7-Jul-18
Roosevelt Island Park Run 5K #86	Washington, DC	7-Jul-18
Anacostia Park Run 5K #31	Washington, DC	7-Jul-18
Kensington Park Run 5K #16	Kensington, MD	7-Jul-18
Reedville Firecracker 5K	Reedville, VA	7-Jul-18
Deltaville 5K	Deltaville, VA	7-Jul-18
Moonlight 5K	Bel Air, MD	7-Jul-18
Gallop Twilight Trail 5K	Gloucester, VA	7-Jul-18
Westminster WDF 5K	Union Mills, MD	8-Jul-18
Run for the Wounded Half Marathon	Triangle, VA	8-Jul-18
RRRC Cul De Sac Series 5K #2	Richmond, VA	9-Jul-18
CBRC Twilight Track 5K	St Mary's City, MD	10-Jul-18
Annapolis CC #1 Chesapeake HS	Lake Shore, MD	12-Jul-18
Francis Scott Key 6K	Union Bridge, MD	12-Jul-18
Hammond HS 5K	Columbia, MD	13-Jul-18
<b>Casey Cares 5K</b>	Baltimore, MD	14-Jul-18
Summer Extravaganza 10K	Waynesboro, VA	14-Jul-18
Summer Extravaganza 5K	Waynesboro, VA	14-Jul-18
AS Run after the Women 5K	Annapolis, MD	14-Jul-18
AS WDF 5K	Annapolis, MD	14-Jul-18
Fletcher's Cove Park Run 5K #125	Washington, DC	14-Jul-18
College Park Park Run #91	College Park, MD	14-Jul-18
Roosevelt Island Park Run 5K #87	Washington, DC	14-Jul-18

Trailzilla 5M	Hampton, VA	14-Jul-18
DCRRC Bastille Day 4M	Washington, DC	14-Jul-18
Lisa's Run 5K	Westernport, MD	14-Jul-18
Allen Stone Memorial 5K	Virginia Beach, VA	14-Jul-18
Strength in Sisters 5K	Fredericksburg, VA	14-Jul-18
Catch a Pig 5K	Bel Air, MD	15-Jul-18
Summer Pocahontas Half Marathon	Chesterfield, VA	15-Jul-18
Spring into Summer 5K	Bel Air, MD	15-Jul-18
RRRC Cul De Sac Series 5K #3	Richmond, VA	16-Jul-18
DCRRC Bluemont 5K	Arlington, VA	18-Jul-18
Annapolis Area Christian 5K	Severn, MD	19-Jul-18
Centennial CC 5K	Ellicott City, MD	20-Jul-18
Roosevelt Island Park Run 5K #88	Washington, DC	21-Jul-18
Fletcher's Cove Park Run 5K #126	Washington, DC	21-Jul-18
Anacostia Park Run 5K #33	Washington, DC	21-Jul-18
College Park Park Run #92	College Park, MD	21-Jul-18
Leakin Park Run 5K #56	Baltimore, MD	21-Jul-18
Deep Run Park Run 5K #49	Richmond, VA	21-Jul-18
Commonwealth Games 5K	Roanoke, VA	21-Jul-18
Matthew Henson 5K	Silver Spring, MD	21-Jul-18
8K For MS Trail Race	Winchester, VA	21-Jul-18
<b>Crystal City Twilight 5K</b>	Arlington, VA	21-Jul-18
Running Gives you Wings 5K	Fredericksburg, VA	21-Jul-18
Run First Wine Later 5K	Leesburg, VA	21-Jul-18
Rockville Rotary Twilight 8K	Rockville, MD	21-Jul-18
Powhatan Creek Trail 5K	Williamsburg, VA	21-Jul-18
Run for the Pie 10K	Mountaindale, MD	21-Jul-18
Lakefest 5K	Danville, VA	21-Jul-18
<b>PRR Birthday Bash 5K</b>	Fairfax, VA	22-Jul-18
Running with the Pigs 5K	Fair Hill, MD	22-Jul-18
Summer Arlington 5K	Arlington, VA	22-Jul-18
Summer Arlington 10K	Arlington, VA	22-Jul-18
WRC Pleasant Valley 4M	Westminster, MD	26-Jul-18
Kinder Park Farm 5K Bishop Spaulding	Millersville, MD	26-Jul-18
Buddy Attick #4	Greenbelt, MD	26-Jul-18
<b>EC Strong 5K</b>	Ellicott City, MD	28-Jul-18
Coast Guard Day 5K	Yorktown, VA	28-Jul-18
Fletcher's Cove Park Run 5K #127	Washington, DC	28-Jul-18
College Park Park Run #93	College Park, MD	28-Jul-18
Roosevelt Island Park Run 5K #89	Washington, DC	28-Jul-18
Anacostia Park Run 5K #34	Washington, DC	28-Jul-18
Deep Run Park Run 5K #50	Richmond, VA	28-Jul-18
Kensington Park Run 5K #19	Kensington, MD	28-Jul-18
Pony Pasture 5K	Richmond, VA	28-Jul-18
Public Radio 5K	Charlottesville, VA	28-Jul-18
EOD Warrior Foundation 5K	Fredericksburg, VA	28-Jul-18
Anchor Run 5K	Odenton, MD	29-Jul-18
Baltimore Carroll Park 5K	Baltimore, MD	29-Jul-18
Ambassador's 5K	Mount Airy, MD	29-Jul-18
Too Hot to Trot 4M	Sparks, MD	29-Jul-18

Riley's Rumble 8K	Germantown, MD	29-Jul-18
Riley's Rumble Half Marathon	Germantown, MD	29-Jul-18
Mel Williams Memorial Scholarship 5K	Norfolk, VA	31-Jul-18
College Park Park Run #94	College Park, MD	4-Aug-18
Roosevelt Island Park Run 5K #90	Washington, DC	4-Aug-18
Leakin Park Run 5K #58	Baltimore, MD	4-Aug-18
Anacostia Park Run 5K #34	Washington, DC	4-Aug-18
Deep Run Park Run 5K #51	Richmond, VA	4-Aug-18
FSC WDF 5K	Frederick, MD	4-Aug-18
Railroad Days 5K	Appalachia, VA	4-Aug-18
WISC Mad Dash 5K	Williamsburg, VA	4-Aug-18
3H Trail Half Marathon	King George, VA	4-Aug-18
Coast Guard 10K	Portsmouth, VA	4-Aug-18
Coast Guard 5K	Portsmouth, VA	4-Aug-18
Ben Moore Half Marathon	Annapolis, MD	4-Aug-18
Moonshine 10K	Garret County, MD	4-Aug-18
Twilight 5K	Ashburn, VA	4-Aug-18
AS Dog Days 8K	Arnold, MD	5-Aug-18
Scare that Cares 5K	Williamsburg, VA	5-Aug-18
Outrun Cancer 5K	Baltimore, MD	5-Aug-18
Friends of W&OD 10K	Vienna, VA	5-Aug-18
Steve Thompson 8K	Springfield, VA	7-Aug-18
Tom Ray Memorial 5M	Newport News, VA	7-Aug-18
Buddy Attick #6	Greenbelt, MD	9-Aug-18
Taneytown 8K	Westminster, MD	9-Aug-18
<b>Donut Alley Rally 5K</b>	Hagerstown, MD	10-Aug-18
Get Physical 5K	Lebanon, VA	10-Aug-18
Back Yard Bash 5K	Columbia, MD	10-Aug-18
Running with the Rams 5K	Edgewood, MD	11-Aug-18
Fletcher's Cove Park Run 5K #129	Washington, DC	11-Aug-18
College Park Park Run #95	College Park, MD	11-Aug-18
Roosevelt Island Park Run 5K #91	Washington, DC	11-Aug-18
Anacostia Park Run 5K #35	Washington, DC	11-Aug-18
Deep Run Park Run 5K #52	Richmond, VA	11-Aug-18
Kensington Park Run 5K #21	Kensington, MD	11-Aug-18
Transitions 5K	Hampton, VA	11-Aug-18
Lynchburg 5K	Lynchburg, VA	11-Aug-18
Lynchburg Half Marathon	Lynchburg, VA	11-Aug-18
Explore the Shore 10K	Colonial Beach, VA	11-Aug-18
Casa of Allegany 5K	Cumberland, MD	11-Aug-18
Health Focus of SW Virginia Salem 10K	Salem, VA	11-Aug-18
Health Focus of SW Virginia Salem 5K	Salem, VA	11-Aug-18
SW VA 811 Run 8M	Radford, VA	11-Aug-18
Super Heroes 5K	Williamsburg, VA	11-Aug-18
Georgetown 5K	Washington, DC	12-Aug-18
Georgetown 10M	Washington, DC	12-Aug-18
Angel Park 5K	Perry Hall, MD	12-Aug-18
<b>Boordy Vineyard 5K</b>	Hydes, MD	12-Aug-18
Pirates and Wenches 5K	Rock Hall, MD	12-Aug-18
PGRC WDF 5K	College Park, MD	12-Aug-18

PGRC Men 5K	College Park, MD	12-Aug-18
NOVA Coaches 5K	Arlington, VA	14-Aug-18
Tidal Basin Runs 5K	Washington, DC	15-Aug-18
Reservoir HS 5K	Columbia, MD	17-Aug-18
Fletcher's Cove Park Run 5K #130	Washington, DC	18-Aug-18
College Park Park Run #96	College Park, MD	18-Aug-18
Smart Smiles 5K	Newport News, VA	18-Aug-18
Kensington Park Run 5K #22	Kensington, MD	18-Aug-18
Josephine Village 5K	Charlottesville, VA	18-Aug-18
Democracy Dash 10K	Williamsburg, VA	18-Aug-18
River Valley Ranch Road 5K	Manchester, MD	18-Aug-18
River Valley Ranch Trail Run 10K	Manchester, MD	18-Aug-18
Deep Run Park Run 5K #53	Richmond, VA	18-Aug-18
Eastern County 8K	Silver Spring, MD	18-Aug-18
Surfer's Healing 5K	Virginia Beach, VA	18-Aug-18
Leakin Park Run 5K #60	Baltimore, MD	18-Aug-18
Anacostia Park Run 5K #36	Washington, DC	18-Aug-18
Roosevelt Island Park Run 5K #92	Washington, DC	18-Aug-18
FAB 5K	Salem, VA	18-Aug-18
H2O Water of Life Ministries 5K	Petersburg, VA	18-Aug-18
Survivor Strong 5K	Columbia, MD	18-Aug-18
Gary Brown Memorial C&O Canal 5 Miler	Williamsport, MD	18-Aug-18
Howards 25K	Cumberland, MD	19-Aug-18
Howards 5K	Cumberland, MD	19-Aug-18
Connect our Kids 5K	McLean, VA	19-Aug-18
Leesburg 20K	Leesburg, VA	19-Aug-18
Leesburg 5K	Leesburg, VA	19-Aug-18
Devil's Den 10M	Culpeper, VA	19-Aug-18
Annapolis 10 Miler	Annapolis, MD	19-Aug-18
Dismal Swamp 10M	Chesapeake, VA	19-Aug-18
DCRRC Paul Thurston 4.5M	Burke, VA	21-Aug-18
Fort Lewis Baptist Church 5th Quarter 5K	Salem, VA	25-Aug-18
Camp Bethel Pep 5K	Fincastle, VA	25-Aug-18
Brightviews Age Is Just A Number 5K	Bel Air, MD	25-Aug-18
Fletcher's Cove Park Run 5K #131	Washington, DC	25-Aug-18
College Park Park Run #97	College Park, MD	25-Aug-18
Roosevelt Island Park Run 5K #93	Washington, DC	25-Aug-18
Anacostia Park Run 5K #37	Washington, DC	25-Aug-18
Deep Run Park Run 5K #54	Richmond, VA	25-Aug-18
Dreaded Druid Hills 10K	Baltimore, MD	25-Aug-18
Quantico 12K	Quantico, VA	25-Aug-18
Patrick Henry Half Marathon	Ashland, VA	25-Aug-18
Carderock Charge 5K	Carderock, MD	25-Aug-18
Carderock Charge Half Marathon	Carderock, MD	25-Aug-18
TCRR Race for the Cause 5K	Colonial Heights, VA	25-Aug-18
York River 5K	Williamsburg, VA	25-Aug-18
Splash for the Cure 5K	Charlottesville, VA	25-Aug-18
Fast & Fierce 5K	Washington, DC	25-Aug-18
Southlakes 10K	Reston, VA	26-Aug-18
Summer Dash 5K	Fredericksburg, VA	26-Aug-18

SHF Roosevelt Run 5K	Arlington, VA	30-Aug-18
College Park Park Run #98	College Park, MD	1-Sep-18
Kentlands/Lakelands 5K	Gaithersburg, MD	1-Sep-18
Potomac Valley Games 5K	Alexandria, VA	1-Sep-18
Roosevelt Island Park Run 5K #93	Washington, DC	1-Sep-18
Knights of Columbus 10K	Ellicott City, MD	1-Sep-18
Knights of Columbus 5K	Ellicott City, MD	1-Sep-18
River City 5K	Danville, VA	1-Sep-18
Deep Run Park Run 5K #55	Richmond, VA	1-Sep-18
Roanoke River 8K	Roanoke, VA	1-Sep-18
Fletcher's Cove Park Run 5K #132	Washington, DC	1-Sep-18
Charlottesville 4 Miler	Charlottesville, VA	1-Sep-18
Charles Street 12M	Towson, MD	1-Sep-18
Fallen Heroes	Fredericksburg, VA	1-Sep-18
Powhatan Village 4M	Powhatan, VA	1-Sep-18
Rock N Roll 5K	Virginia Beach, VA	1-Sep-18
Rock N Roll Half Marathon	Virginia Beach, VA	2-Sep-18
Larry Noel 15K	Greenbelt, MD	2-Sep-18
HCS Elkhorn 5K	Columbia, MD	2-Sep-18
Great American Labor Day 5K	Fairfax, VA	3-Sep-18
Labor Day Rogue 5K	Eldersburg, MD	3-Sep-18
Labor Day Rogue 10K	Eldersburg, MD	3-Sep-18
MOCO Interfaith 5K	Boys, MD	3-Sep-18
Finer Miner 5K	Coeburn, VA	3-Sep-18
Chick-fil-A Dash for Diabetes 4M	Winchester, VA	3-Sep-18