

## 2015 Spring Regional Runner Rankings

### Weather knocks out a number of Races

(March 7, 2015 – May 25, 2015)

*By James Moreland*

The *Runner Rankings* have been going on for decades now. This current format started in 1995 and has been the most comprehensive, considering thousands of races a year. As all road racing is on different courses and conditions, the human touch is definitely more accurate than a pure numbers content from a fully computerized model. The goal of any objective rankings system is to have the fewest surprises. A runner generally knows their own pecking order and can exalt the rewards when they have a special race that catapults them above their normal place.

Women stayed at 57% of the 4,169 ranked times reached for the third year in a row. And 408 of the 759 ranked runners are women. The elite women's division, running faster than a 41:15 for a 10K equivalent, stays easily the largest with 88 women qualifying.

There were loads of major races (500 runners or more) though the 61 instances were fewer than anything but the summer going back to the winter of 2012. There were 407 races that pales to the total of more than 860 races that have been run in the spring. Even shortened the Credit Union Cherry Blossom 15.1K had eight division champions while no other race had more than one. The open division consisted of 141 ranked runners. Thirty came from other divisions with grandmaster Cindy Conant returning again at age 54. Deedee Loughran was the oldest women at 56 and Philippe Rolly for the men at 40.

Thirty-five races had more than 1,000 finishers. More than 100,000 racers participated in the top ten races. The two biggest races, Credit Union Cherry Blossom and Ukrops Monument Avenue 10K, combined for 44,000 finishers, and 483 qualified racers. Now that St. Patrick's Day has returned to the 10K and was run in the winter, the Townebank 8K was largest with its 888 finishers, nearly three times all the other 5 milers combined.

Eight 10Ks had more than five hundred finishers. Of the 38 10Ks raced in the spring, 61% ran at the monster Ukrops. Pike's Peek had the largest amount of ranked runners (166) with 1/11 as many finishers, only one race short of the second highest race of any distance. Clyde's, Carytown, and Apple Blossom also had more than 40 ranked runners, but the Piece of Cake 10K, with 38, run on a hilly Seneca Park course had more than 11% of its runners ranked.

There were around 250 5Ks, seventeen with more than 1,000 finishers, including all four Crystal City Fridays 5Ks, and twenty-nine with more than 500 finishers. Kelly's Shamrock 5K dominated with 56 ranked runners. The Run for the D. O. G. 5K was next with 38 ranked runners. Eight more races had more than twenty ranked runners. Fifteen of the races had more than 10% qualifiers.

There were only ten 10 mile races and if the Credit Union Cherry Blossom had not been shortened to 15.1K it would have had 2/3 of the combined totals for the distance. This 15.1K race dominated again in size with 348 ranked times, more than twice as much as the next biggest race. Cherry Pit was the leader in per cent with 11.29 of their 443 finishers. But Charlottesville had 72 ranked times with only 1,994 finishers, while the GW Parkway's excelled with 108 of 4,951 runners.

There were nine marathons with Rock 'n' Roll (2,499) and Yeungling Shamrock Festival Marathon (2,185) dominating. At the half marathon, production was more than 42,000 with the Rock 'n' Roll again leading the way with 15,216. Shamrock moved to second in ranked runners with 167. Rock 'n' Roll was sixth with 96 ranked runners. Twelve of the 19 halves were major races.

Showing that prolific can be fast too, there were 12 runners from the 50 Plus Club in the rankings. The club that consists of about 140 runners, with about eighty active, go for as many races in a year as possible. Bill Stahr ran 369 races to set a new world record ahead of Ted Poulos who had run 337 in 2003. Club members ran more than 4,500 races in 2014.

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, cited at the start of each division, is the fastest qualifying time run for each division. In **red**, it means the division champion ran it.

Now let's see who made the top.

## **Open Men**

Charlottesville 10 Mile 48:39, 10K = 29:16

This year the fast times were not as prolific and our champion Andrew Brodeur was one of only two racers with a sub 30:00 10K pace. Only nine, not the 21 from last year, had a sub 5:00 per mile pace 10K equivalent. Brodeur beats runner-up Kevin McNab at the Holy Child Tiger Trot 5K 14:17 to 14:22. Then at the revered Cherry Blossom event a car accident changed the course to a certified as 15.1K event. Brodeur was the second local runner in 47:01 just ahead of fourth place Tyler Andrews in 47:04. Two weeks later McNab would hold off third place Will Christian's 50:33 at the full 10 miler on the George Washington Parkway with 50:28.

Early in the season Christian chose the 8K in Virginia Beach in 24:15. Andrews would beat 13<sup>th</sup> place Matt Deters at the half marathon 1:09:31 to 1:09:47. Seventh place Carlos Jamieson likes long and upset Brodeur at the Rock 'n' Roll Half Marathon 1:07:43 to 1:08:50. In April, Christian ran his best distance for the top half at the Dismal Swamp Stomp in 1:07:08 for runner-up. Later he would win it all at the Frederick Half Marathon in 1:08:57. The Ukrops Monument Avenue 10K is the biggest race in the region with Christian racing 30:35 to beat ninth place Javier Ceja, fifth overall in 30:53. Still, Pike's Peek with its new, not as easy, course has a major effect on the rankings. Brian Flynn won it all in 30:30 to take fifth place in a near photo finish with Adam Thomas (30:31) on the shorter downhill finish. Christopher Sloan was fourth there in 31:30.

Back with the Cherry Blossoms eighth place Sloan ran a nifty 47:49. Kieran O'Connor ran 48:35 for eleventh place and Jerry Greenlaw was next in 48:47, just ahead of Matt Deters (48:58). Piotr Dybas quietly assumed tenth place with an overall win at the Westchester Shamrock 5K in 14:59, the third of the sub 15:00 5Ks. Top master Phillippe Rolly was twentieth, the first runner from another division of only six.

The division shriveled from seventy-two to fifty-three men.

PL	Name	Age	Hometown	10K=
1	Brodeur, Andrew**	25	Bethesda, MD	29:48
2	McNab, Kevin***	29	Washington, DC	29:58
3	Christian, Will***	31	Norfolk, VA	30:25
4	Andrews, Tyler	24	Arlington, VA	30:18
5	Flynn, Brian*	31	Bridgewater, VA	30:30
6	Adam, Thomas*	28	Charlottesville, VA	30:31
7	Jamieson, Carlos**	27	Rockville, MD	30:43
8	Sloane, Christopher*	31	Gaithersburg, MD	30:47
9	Ceja, Javier*	26	Richmond, VA	30:53
10	Dybas, Piotr*	28	Richmond, VA	31:15
11	O'Connor, Kieran	28	Arlington, VA	31:17
12	Greenlaw, Jerry	27	Arlington, VA	31:18
13	Deters, Matt	29	Arlington, VA	31:25
14	Balmer, Paul	25	Washington, DC	31:32
15	Renjifo, Carlos	32	Fulton, MD	31:34
16	Laskowski, Conrad*	29	Potomac, MD	31:40
17	Stein, Jeffrey	29	Washington, DC	31:48
18	Madison, Andrew*	27	Catonsville, MD	31:50
19	Klim, Jake	34	North Bethesda, MD	31:52
20	Rolly, Phillippe*	42	McLean, VA	31:56
21	Wertz, David	39	Arlington, VA	32:01
22	Berdan, Dave*	34	Owings, Mills, MD	32:02
23	Ban, Charlie	33	Washington, DC	32:10
24	O'Leary, Sean	23	Bethesda, MD	32:05
25	Carroll, Ryan****	32	Portsmouth, VA	32:15

26	Honaker, Scott*	31	Richmond, VA	32:14
27	Lopez, Mynor**	31	Falls Church, VA	32:17
28	Crouzier, Nicholas*	30	Gaithersburg, MD	32:17
29	Wardian, Michael	40	Arlington, VA	32:18
30	Fernandez, Patrick**	27	Alexandria, VA	32:35
31	Holzwardt, Brad*	34	Fairfax, VA	32:28
32	Otstot, Adam*	33	Williamsburg, VA	32:37
33	Jacoby, Bert *	32	Charlottesville, VA	32:41
34	Whitlow, Dustin	28	Arlington, VA	32:43
35	Witters, Ryan	26	Washington, DC	32:49
36	Shaw, Christopher	39	Silver Spring, MD	32:47
37	Peck, Graham*	25	Baltimore, MD	32:55
38	Olsen, Joshua*	25	Washington, DC	33:02
39	Black, Jacob	19	Manassas, VA	33:05
40	Hacker, Max	27	Alexandria, VA	33:05
41	Cable, Trevor*	31	Norfolk, VA	33:04
42	Febish, Stephen	26	Baltimore, MD	33:08
43	Chandler, Matthew	27	Falls Church, VA	33:07
44	Peggs, Kevin	29	North Chesterfield, VA	33:14
45	McCormick, Marty	34	Arlington, VA	33:19
46	Miller, Zak	28	Washington, DC	33:18
47	Linman, Matthew*	31	Washington, DC	33:27
48	Carrier, Chris*	30	Richmond, VA	33:33
49	Murray, Joseph**	25	Richmond, VA	33:43
50	Carlin, Andrew*	17	Quinton, VA	33:46
51	Doak, Randy**	29	Pylesville, MD	33:52
52	Harrison, Stephen**	26	Fredericksburg, VA	34:00
53	Midland, Andrew*	27	Virginia Beach, VA	34:11

## 19 & Younger Men

Ukrops Monument Avenue 10K 32:18

Two of the top three racers met at the Ukrops Monument Avenue 10K with Jacob Black winning in 33:05 ahead of Andrew Carlin's 33:46. Black would make it easy with the next fastest race winning at the Apple Blossom 10K in 33:22. Carlin would confirm his talent winning it all at the Richmond Race for the Cure 5K a week later in 16:27, all four open class times, and take third place.

Fourth Place Alex Roederer would meet second place Kyle Pfohl at the Cherry Blossom 15.1K and vanquished him 52:34 to 53:32. Kohl was the oldest qualifier in the division and has moved on to the tougher open division, after having two overall wins. In late April he earned his runner-up spot beating fifth place Billy Kirk at Pike's Peek 33:24 to 34:01.

Fifteen men qualified for the division.

PI	Name	Age	Hometown	10K=
1	Black, Jacob*	19	Manassas, VA	33:05
2	Pfohl, Kyle****	19	Fredericksburg, VA	33:24
3	Carlin, Andrew**	17	Quinton, VA	33:46
4	Roederer, Alex**	17	Bethesda, MD	33:51
5	Kirk, William***	17	Rockville, MD	34:01
6	Mobley, Benjamin*****	18	Fairfax Station, VA	35:13
7	Batt, Zachary**	18	Stafford, VA	35:12
8	Herzog, Trent*	18	Lusby, MD	34:59
9	Ranson, Charles*	16	Appomattox, VA	35:16
10	Werve, Benjamin****	14	Virginia Beach, VA	36:07
11	O'Brien, Christian	18	Kensington, MD	37:00
12	Osborne, Chase**	14	Chesapeake, VA	37:31
13	Platt, Erik**	16	Yorktown, VA	37:39
14	Cortellese, Luca**	14	Washington, DC	37:52
15	Sawyer, Patrick**	16	Baltimore, MD	39:30

## 35-39 Men

**Credit Union Cherry Blossom 15.1K 49:43, 10K = 32:01**

Last year's champion Wilson Komen only ran one. At Cherry Blossom in the 15.1K, he would have earned third in the division with his 52:08. David Wertz held all the cards this year winning it in 49:43. Third place David O'Hara made it home in 52:23. Then at Pike's Peek two weeks later, Wertz would hand Christopher Shaw a spanking 32:03 to 32:47. Shaw ran well to win overall at the more challenging Piece of Cake 10K in 34:25 and his runner-up spot at the rolling Capital for a Day 5K in 16:18 was the fastest 5K in the period.

Travis Boltjes is fourth, finishing a swift Holy Child Tiger Trot 5K in 16:28. Later in the season he would win it all at the Semper Fi 5K in 16:35. In the tight battle for fifth place Nikolaos Kostakis gets the nod. He was second overall at the Cupid's Crush 10K in 34:30 while Mathew Lofton won his age group at the Apple Blossom 10K in 34:29. Kostakis added an overall win at the Jeffers Hill 15K in 54:14. Lofton won the Trooper Manion Memorial 5K in 17:03 in late March.

PI	Name	Age	Hometown	10K=
1	Wertz, David***	39	Arlington, VA	32:01
2	Shaw, Christopher*****	39	Silver Spring, MD	32:47
3	O'Hara, David*	39	Alexandria, VA	33:44
4	Boltjes, Travis*6	35	Washington, DC	34:21
5	Kostakis, Nikolaos**	38	Towson, MD	34:30
6	Lofton, Matthew**	36	Winchester, VA	34:29
7	Tompkins, Mark***	39	Williamsburg, VA	34:50
8	Heidt, Brian*	38	Silver Spring, MD	35:08
9	Gabris, Stephen	36	Burke, VA	35:11
10	Watson, Exavier*	35	Germantown, MD	35:16
11	Rathee, Ashish***	39	Ellicott City, MD	35:45

12	Hayashi, Kunihiro	39	Rockville, MD	35:46
13	Killian, Andrew	35	Clarksville, MD	35:44
14	Farley, Chris	39	Arlington, VA	36:28

## 40-44 Men

Credit Union Cherry Blossom 15.1K 49:36, 10K = 31:56

Michael Wardian was definitely training for the ultra-races this year. Racing only in March he jogged the Rock 'n' Roll Marathon in 2:45:35. Then on the Shamrock Festival weekend he ran all three races. His masters win at the 8K in 26:21 was the fourth fastest time in the division. His half marathon masters win the next morning in 1:11:11 was the second fastest time in the division. His marathon run in 2:53:15 in an event that started less than twenty minutes after he finished his half, maybe not so fast. Overall champion Phillippe Rolly cruised to an overall win at the Komen Global Race for the Cure 5K in 16:16 a month after taking the title winning at the Cherry Blossom 15.1K in 49:36.

Fifth place Martin Lanz was next at Cherry Blossom in 53:00. He won his age group at Pike's Peek in 34:25, yet he took a back seat to third place Patrick Kuhlman who won the masters title in Rockville with 32:37. Sixth place John Sharp had two very nice 10Ks, Ukrops Monument Avenue 10K in 34:21, followed a month later at Carytown in 34:14. Prolific Karsten Brown gets a generous read on his National Police Week 5K in 16:03. He tells us that he thinks the course may have been a tad short. His previous PR being 16:16. Still he added thirteen wins, including a nifty 1:15:45 at the Frederick Half Marathon in May and an overall win at Clyde's 10K in 34:42. Jason Van Horn is next at Police Week with 16:40 to take seventh. His is followed swiftly by Sean Tynan's overall win at the Palio Di Siena 5K in 16:46.

Twenty-five men qualified for the division.

PI	Name	Age	Hometown	10K=
1	Rolly, Philippe**	42	McLean, VA	31:56
2	Wardian, Michael****	40	Arlington, VA	32:18
3	Kuhlmann, Patrick**	44	Washington, DC	32:37
4	Brown, Karsten*13	41	Front Royal, VA	33:29
5	Lanz, Martin**	41	Bethesda, MD	34:08
6	Sharp, John**	40	Richmond, VA	34:14
7	Van Horn, Jason*	41	Bristow, VA	34:46
8	Tynan, Sean**	43	Sterling, VA	34:59
9	Szabos, Brian**	41	South Riding, VA	35:20
10	Tripp, Jason**	42	Ellicott City, MD	35:20
11	Godin, Danny***	41	Alexandria, VA	35:24
12	Freeburn, Keith*****	41	Centreville, VA	35:47
13	Marshall, Douglas***	41	Mathews, VA	36:03

14	Hiott, Jeffrey	41	Washington, DC	36:01
15	Inman, Chuck**	43	Chesapeake, VA	36:09
16	Storper, David	42	Bethesda, MD	36:21
17	Hicks, Sean*	42	Manassas, VA	36:36
18	Moore, Jim*	43	McLean, VA	36:31
19	Makovsky, Eric*	42	Virginia Beach, VA	36:32
20	Bennett, Danny***	44	Dunkirk, MD	37:00
21	Rapine, Richard**	42	Alexandria, VA	36:58
22	Hunter, Robert*	40	Virginia Beach, VA	37:15
23	Bibb, Todd*	44	Centreville, VA	37:18
24	McElvaine, Andy**	40	Alexandria, VA	37:32
25	Weisel, Evan	43	Alexandria, VA	37:35

## 45-49 Men

Remembrance 5K 16:56, 10K = 35:19

This period was a contest between the half marathon and the 5K. That fits with John Piggott's reemergence towards the top in his last spring in the division. Third place Steve Speirs opened the season with a modest Cox Falcon 5K in 17:53. That was just ahead of sixth place John Piggott's Dismal Swamp Stomp HM in 1:22:24. Speirs took over that long race with his 1:19:07. He would need that as fifth place Stephen Crago had run the Anthem Shamrock Festival Half Marathon in 1:20:20 to take fifth on the morning after Speirs had run the TowneBank Shamrock Festival 8K in 29:07. Piggott waited till the end of April to race the second fastest 5K at his hometown Run for the D. O. G. in 17:34.

Meanwhile, the top four runners had an overall win for their second best race. Actually, Speirs ran his fourth best race to win it all at the Don't Sit on Colon Cancer 5K in 17:47. The week before Doug Mock would win the Mind, Body, & Soul 5K in 17:38. Then as March ended Alexander Hetherington won it all at the Runners Half Marathon of Reston in 1:20:58 and Steve Kartalia won the Roberts Mill 10K in 36:09. Hetherington moved first as only two runners in the top twenty raced at the Cherry Blossom 15.1K. Hetherington was first in 55:07 to take the runner-up spot. Kartalia ran the cult race Capital Challenge 3M in 16:37 to tie Speirs in time and fall one place back in fourth. Doug Mock worked on his middle distance all spring and it paid off on Memorial Day as he was third overall at the Remembrance 5K in 16:56 to win the division title.

The next were glued together in time. Craig Chasse is seventh with his best of five wins coming at the GW Birthday Classic 10K in 36:42. Jack Lovett beats Greg Dawson at the Elizabeth River Run that was listed as 5.7M 33:13 to 33:22. Tenth place Peter Vincent runs the National Police Week 5K in 17:36 on a course that changes every year, yet always seem to be a little short.

Thirty-nine racers made the grade.

PI	Name	Age	Hometown	10K=
1	Mock, Doug**	48	Ellicott City, MD	35:19
2	Hetherington, Alexander**	47	Vienna, VA	35:29
3	Speirs, Steve****	48	Virginia Beach, VA	35:54
4	Kartalia, Steve**	49	Westminster, MD	35:54
5	Crago, Stephen*	46	Vienna, VA	36:27
6	Piggott, John**	49	Williamsburg, VA	36:39
7	Chasse, Craig*****	45	Reston, VA	36:42
8	Lovett, Jack*****	45	Yorktown, VA	36:34
9	Dawson, Greg***	49	Williamsburg, VA	36:44
10	Vincent, Peter**	48	Alexandria, VA	36:43
11	Smith, Steven*	46	Hampton, VA	37:16
12	Waugh, Ted**	46	Springfield, AV	37:26
13	Sanchez-Ruano, Miguel**	47	Dale City, VA	37:35
14	Breslyn, Wayne**	47	Rockville, MD	37:25
15	Brockmyre, Andy**	48	Bristow, VA	37:39
16	Eppolito, Antonio*	46	Alexandria, VA	37:49
17	Akmal, Arya**	47	Bethesda, MD	37:48
18	Firestone, Lee*	49	North Potomac, MD	37:41
19	Frost, Howard**	49	Falls Church, VA	37:58
20	Pelletier, Paul	49	Williamsburg, VA	37:57
21	Price, Terry*	48	Richmond, VA	38:14
22	Fowler, Ken**	49	Windsor Mill, MD	38:25
23	Billings, Dennis*	46	Woodbridge, VA	38:38
24	Nesheim, Atle	46	Ashburn, VA	38:38
25	Newlin, Mitchell**	46	Winchester, VA	38:40
26	Armitage, Steven**	45	Norfolk, VA	38:54
27	Daley, Jad	46	Alexandria, VA	38:52
28	Lang, Phil*	47	Columbia, MD	39:00
29	Kidane, Argaw	48	Montgomery Village, MD	39:07
30	Noonan, Timothy	45	Lansdowne, VA	39:36

## 50-54 Men

Anthem Shamrock Festival Half Marathon 1:18:12, 10K = 35:29

Doug Fernandez was well off his times from last year. In fact, he finished second at the Anthem Shamrock Festival Half Marathon in 1:18:30, three minutes slower than last year. Still, as winner Tim Schuler only had that one race, it was still fast enough to get the title. His Ukrops Monument Avenue 10K in 37:00 was only a second faster than sixth place Paul Jacobson ran at Pike's Peek.

On his heels with swift 10Ks were Dale Irons and Mark Neff. Irons gets the nod for runner-up by five seconds over Neff at Pike's Peek. Irons added the fastest



10 mile race at Cherry Pit in 1:01:08. That same morning Neff was battling at the shortened Cherry Blossom 15.1K. He was fourth there in 56:39. Jeff Duyn upped his game to second in the 55-59 as he aged up mid period to finish in 56:54 and head-to-head his way into fifth place. Seventh place Kevin D'Amanda ran 57:20 to top eighth place Thomas Jensen's 57:30. Runners were very close all along as D'Amanda struggled at the MCRRC Memorial Day 4M well behind former champion David Haaga's 23:09 that earned him ninth place.

Chris Northrup wrenches himself into fourth place by a second past Duyn with an overall win at the Winning with Wellness 5K in 17:33. Hernan Garbini is tenth running the Charlottesville 10M in 1:02:08. Thirteenth place Christopher Rotunno is next at Cherry Blossom in 58:26. At Kelly's Shamrock 5K Michael Feinburg takes eleventh place ahead of David Phipps by six seconds with 17:57.

Ted Poulos is fourteenth with another slew of wins (17). On July 4<sup>th</sup> he would run his career 5,000 race to go with more than 1600 overall wins.

Forty-four men qualified for the division.

PI	Name	Age	Hometown	10K=
1	Fernandez, Doug**	54	Richmond, VA	35:37
2	Irons, Dale**	50	Millersville, MD	35:49
3	Neff, Mark***	53	Derwood, MD	35:54
4	Northup, Chris****	52	Winchester, VA	36:37
5	Duyn, Jeff*	54	Garrett Park, MD	36:38
6	Jacobson, Paul**	51	Gaithersburg, MD	37:01
7	D'Amanda, Kevin	53	Bethesda, MD	36:55
8	Jensen, Thomas*	51	Oakton, VA	37:02
9	Haaga, David*	53	Rockville, MD	37:12
10	Garbini, Hernan****	53	Waynesboro, VA	37:23
11	Feinberg, Michael**	51	Bel Air, MD	37:27
12	Phipps, David**	51	Severna Park, MD	37:39
13	Rotunno, Christopher*	52	Washington, DC	37:38
14	Poulos, Ted*17	53	McLean, VA	38:06
15	Zuniga, Mario****	50	Front Royal, VA	38:05
16	Goode, Martin	52	Halethorpe, MD	38:12
17	Calos, Stefan**	53	Richmond, VA	38:17
18	Sinisi, Mike	54	Springfield, VA	38:21
19	Alberg, Ken****	54	Suffolk, VA	38:30
20	Leiding, Jon**	52	Virginia Beach, VA	38:29
21	Morakinyo, Akintunde	51	Ellicott City, MD	38:56
22	Stickley, Mark*	52	Winchester, VA	39:33
23	Greene, Craig**	50	Manassas, VA	39:37
24	Costello, Sean	54	Ellicott City, MD	39:50
25	Gross, Allan**	51	Eldersburg, MD	39:49

26	Drosky, Mark*	54	Alexandria, VA	40:00
27	Griffiths, Richard*	50	Columbia, MD	40:09
28	Mace, Matthew	54	Arnold, MD	40:14
29	Fiscella, George***	53	Newport News, VA	40:13
30	Dickenson, Edward**	51	Roanoke, VA	40:28
31	Bohse, Michael***	51	Columbia, MD	40:24
32	Johnston, Christopher*	51	Fairfax, VA	40:22
33	Williamson, Duane**	51	Warrenton, VA	40:23
34	Boyle, Kevin***	51	Alexandria, VA	40:34
35	Pawlak, Robert*	52	King George, VA	40:40
36	Caponigro, Richard**	51	Chantilly, VA	40:45
37	O'Brien, Dan**	52	Williamsburg, VA	40:43
38	Dobson, Stephan	54	Thurmont, MD	40:56
39	Whitridge, John	53	Rockville, MD	40:49
40	Brinegar, Gregg	54	Alexandria, VA	40:55
41	Wills, Stephen	54	College Park, MD	41:00
42	Chang, Stephen	50	Potomac, MD	41:04
43	Collins, Timothy*	54	Williamsburg, VA	41:14
44	Ortiz, Vincent*	53	Chesapeake, VA	41:19

## 55-59 Men

Elizabeth River Run 5.7M 32:17, 10K = 35:33

Runner-up Maurice Pointer blasted five wins, including a daily double when he finished third overall at the McVets 10K, then topped all the masters at the McVets in 17:52. Still, nothing was getting in the way of Pete Gibson's crown. His fifth and sixth best races were identical 17:41 5Ks, one for an overall win and one for second overall. In March he ran the TowneBank Shamrock Festival 8K in 29:04 and returned the next morning to run the half marathon in 1:20:08. In the final weekend he bolted further away from the field at the Elizabeth River Run 5.7M in 32:17.

Third place Dan Lawson took the easy southern route down Rockville Pike finishing in 37:51, just behind racing legend Jim Hage's only race in 37:33. Ryan Christopher stepped up next winning at the Rock 'n' Roll Half Marathon in 1:26:00. Fifth place Henry Gleisburg ran a fine Bull Island 4M in 24:27 to finish just ahead of sixth place Sean Costello's Cherry Pit 10M in 1:05:20. Costello added a solid Clyde's 10K in 39:23 to help hold off seventh place Brian Daugherty. Daugherty, always prolific, ran two identical races, the John Robbins Organ Donor 8K in 31:01 and the Run for Haiti 5K 18:52 to match Costello's top two races to the second in 10K equivalence. Costello tipped the scale finishing the Germantown 5M in 31:20 for his third race.

Twenty-nine runners qualified for the division.

PI	Name	Age	Hometown	10K=
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1	Gibson, Pete*7	58	Murfreesboro, NC	35:33
2	Pointer, Maurice*****	59	Towson, MD	37:16
3	Lawson, Dan***	59	Gaithersburg, MD	37:51
4	Ryan, Christopher**	56	Washington, DC	39:01
5	Gleisberg, Henry**	58	Yorktown, VA	39:06
6	Costello, Sean****	55	Ellicott City, MD	39:19
7	Daugherty, Brian*8	55	Edgewater, MD	39:21
8	Nealley, Tom*	55	Reston, VA	39:44
9	Hanlon, Mark	55	Fairfax, VA	39:50
10	Cutler, Andrew	58	Yorktown, VA	39:49
11	Morrison, Jack*	55	Fredericksburg, VA	40:17
12	Harrison, Ian*	55	Crozet, VA	40:24
13	Halpin, Bruce**	58	Ashburn, VA	40:36
14	Haederle, John	57	Arlington, VA	40:32
15	Weaver, Ron*	56	Virginia Beach, VA	41:04
16	Sweren, Bennet**	59	Lutherville, MD	41:25
17	Cover, Karl**	55	Montpelier, VA	41:18
18	Chall, John**	57	Crownsville, MD	41:39
19	Meadows, Mike*	58	Martinsburg, WV	41:54
20	Clem, William	55	Bethesda, MD	42:02
21	Arnade, Tim****	58	Arlington, VA	42:16
22	Lovegrove, David**	58	Fredericksburg, VA	42:13
23	Mergler, Fran**	55	Nottingham, MD	42:28
24	Ball, Kenny*	58	Charlottesville, VA	42:26
25	Olmedo, Gustavo	57	McLean, VA	42:36
26	Cannon, Michael	57	Fairfax Station, VA	43:07
27	Brunais, Richard**	56	Stafford, VA	43:17
28	Simler, Ken	56	Takoma Park, MD	43:21
29	Jackson, Clark*	58	Charlottesville, VA	43:40

## 60-64 Men

Run for the D. O. G. 5K 18:37, 10K = 38:50

The division grew again to retain the biggest division status in part because of the return of Stephen Chantry. Alan Pemberton and Bob Burns had a battle at the title making Cherry Blossom 15.1K with Pemberton prevailing 1:01:59 to 1:02:19 but the battle was for the runner-up spot. Fourth place Harrison Grayson was there as well, finishing in 1:05:18. Chantry, a national class middle distance racer, bolted to the title the first week of April with the first of his three sub 19:00 5Ks. He ended the spring with an excellent Run for the D. O. G. 5K in 18:37. By comparison Pemberton won at the Bright Beginnings 5K in 19:31 while Becker had his third best race at the Kelly's Shamrock 5K in 19:53.

Fifth place Malcolm Senior is gunning for another RRCA Championship Series title. His best two races were in the series, winning the Kent Island Half Metric Marathon in 57:42 and the fastest five miler in the division at the Germantown event in 33:57. Sixth place Clyde Rollins was tops in the four mile at the Devotion Mother's Day in 26:47. Seventh place Geoffrey Chege had two solid 10Ks, including the Carytown in 42:56, to squeeze in front of Gary Grimsley's John Robbins Organ Donor 8K in 33:53. Ninth place Paul Ryan got underway in May with three wins, including the Capitol Challenge 3M in 19:56. Tenth place goes to prolific Ken Krehbiel for his Cherry Blossom 15.1K in 1:07:57.

Sixty-four runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Chantry, Stephen***	60	Williamsburg, VA	38:50
2	Pemberton, Alan**	62	Silver Spring, MD	39:55
3	Becker, Bob**	63	Midlothian, VA	40:08
4	Grayson, Harrison	63	Upper Marlboro, MD	42:03
5	Senior, Malcolm****	64	New Market, MD	42:30
6	Rollins, Clyde**	60	Herndon, VA	42:50
7	Chege, Geoffrey**	60	Henrico, VA	42:56
8	Ryan, Paul***	64	Arlington, VA	43:03
9	Grimsley, Gary**	60	Springfield, VA	42:59
10	Krehbiel, Ken***	61	Washington, DC	43:45
11	Murphy, Tom*	62	Virginia Beach, VA	43:58
12	Presuhn, Gary*	60	Burke, VA	43:59
13	Godfrey, Ed*	61	Salisbury, MD	44:09
14	Arey, Chris**	64	Stafford, VA	44:13
15	Riemenschneider, Neal****	60	Winchester, VA	44:13
16	Royle, David**	60	Washington, DC	44:05
17	Loomis, Bill	61	Silver Spring, MD	44:23
18	Wyatt, Donnie**	61	Hampton, VA	44:31
19	Wills, John	62	Virginia Beach, VA	44:46
20	Erickson, Kenyon*	61	Vienna, VA	44:43
21	Morgan, Timothy**	64	Damascus, MD	44:47
22	Daly, Ned	62	Midlothian, VA	44:51
23	Devlin, Dan**	60	Silver Spring, MD	44:57
24	Anderson, Clifton**	61	Warrenton, VA	44:57
25	Michael, Gary***	60	Churchville, MD	45:08
26	Dekornfeld, Tom*	61	Annapolis, MD	45:05
27	Bousel, Paul****	62	Alexandria, VA	45:16
28	Morgan, Richard**	63	Silver Spring, MD	45:21
29	Moreland, James****	62	Gaithersburg, MD	45:15
30	Koehler, Roger**	60	Lexington, VA	45:25
31	Riedler, John*	64	Virginia Beach, VA	45:23

32	Vaughan, Allen**	64	Stafford, VA	45:38
33	Astrop, Rob*	63	Henrico, VA	45:43
34	Duffy, Jim	63	Virginia Beach, VA	45:39
35	Landau, David*	60	Potomac, MD	45:43
36	Brooks, Maxwell*	62	Glen Burnie, MD	45:45
37	Platt, Rick*	64	Williamsburg, VA	45:47
38	Sinderman, Robert	61	Arlington, VA	45:56
39	Day, Joseph*	64	Yorktown, VA	45:55
40	Morgans, Gary*	62	Arlington, VA	46:13
41	Adkins, Gary	64	Salem, VA	46:14
42	Riordan, James*	61	Fredericksburg, VA	46:18
43	Lopez, Felix***	62	Lynchburg, VA	46:31
44	Hens, Peter	63	Parkville, MD	46:38
45	Bahus, Frank*	61	Severn , MD	46:39
46	Hughes, Thomas	60	Stuart Draft, VA	46:46
47	Lonnquest, David*	61	Keswick, VA	46:58
48	Askins, Thomas	60	Vienna, VA	47:08
49	Weber, Ron*	62	Ellicott City, MD	47:18
50	Bateman, Fred	62	Olney, MD	47:17
51	O'Keefe, Tim*	61	Middletown, MD	47:22
52	Gaffney, Mike	60	Charlottesville, VA	47:25
53	Baldino, Mark*	62	Lorton, VA	47:29
54	Kehne, John	60	Potomac, MD	47:33
55	Finn, Frank	64	Richmond, VA	47:32
56	Rogers, Ron**	63	Riner, VA	47:40
57	Dettmar, Chris	61	Reston, VA	47:43
58	Harrison, David**	63	Virginia Beach, VA	47:50
59	O'Grady, Michael*	61	Frederick, MD	48:03
60	Mangold, Werner	64	Virginia Beach, VA	48:14
61	Gaasch, Wade*	60	Ellicott City, MD	48:23
62	Conroy, Michael	60	Gaithersburg, MD	48:23
63	Pierce, Cal	60	Rockville, MD	48:39
64	Stern, Robert	60	Virginia Beach, VA	48:37

## 65-69 Men

**Credit Union Cherry Blossom 15.1K 1:02:28, 10K = 40:13**

Mick Slonaker took over the division on the first day at the Kelly's Shamrock 5K in 19:56. Runner-up Larry Coley would add three 5Ks, all about a minute slower. His best race was the Anthem Shamrock Festival Half Marathon in 1:34:33. In early April, Slonaker lengthened his lead with a marvelous Cherry Blossom 15.1K in 1:02:28. Fourth place Eric Melby (1:11:03) was there as well, just ahead of fifth place Jay Wind with his 1:10:14. At the end of April, Slonaker finished Pike's Peek in 40:30. Wind was next to the finish line in 46:08.

Third place Dale Abrahamson ended March besting fourth place Norbert David at the Ukrops Monument Avenue 10K, 46:19 to 46:46. Both had much faster races. Abrahamson capped his season at the Yorktown Freedom 8K on Memorial Day in 34:38. David would win at the Carytown 10K 45:05. Sixth place Bobby Woodfin ran the Hopewell Optimist 5K in 22:12 with seventh place Vincent Murphy finishing the Virginia Games 5K in 22:22 behind Abrahamson's 21:45.

Twenty-eight men qualified for the division.

PI	Name	Age	Hometown	10K=
1	Slonaker, Mick***	65	Columbia, MD	40:13
2	Coley, Larry****	66	Chesapeake, VA	42:54
3	Abrahamson, Dale***	66	Yorktown, VA	43:56
4	David, Norbert*	66	Mechanicsville, VA	45:05
5	Melby, Eric*	66	Bethesda, MD	45:13
6	Wind, Jay**	65	Arlington, VA	45:45
7	Woodfin, Bobby**	67	Hopewell, VA	46:19
8	Murphy, Vincent	65	Woodbridge, VA	46:39
9	Trueheart, Wilson**	66	Baltimore , MD	46:58
10	Wong, Ronnie***	68	Catonsville, MD	46:57
11	Archibald, Jim*	66	Cockeysville, MD	47:11
12	Jones, Larry**	65	Midlothian, VA	47:29
13	Ratzenberger, Jim**	66	Vienna, VA	47:53
14	Richmond, Lonnie*	67	Lutherville, MD	48:09
15	Dominguez, Bert	67	Gaithersburg, MD	48:17
16	Raley, George*	68	Rising Sun, MD	48:52
17	Fleming, Mike**	69	Columbia, MD	48:57
18	Vislay, William*	69	Bumpass, VA	49:25
19	Mansfield, Philip	65	Frederick, MD	49:40
20	Attavian, Bruce*	65	Hagerstown, MD	49:30
21	Baker, John***	65	Alexandria, VA	49:54
22	Verdirame, Joseph	65	Suffolk, VA	50:23
23	Baxter, John*	68	Fairfax, VA	51:04
24	Hollis, Bob	68	Columbia, MD	51:35
25	Ackley, Samuel***	67	Fairfax, VA	51:52
26	Irish, Ed***	65	Williamsburg, VA	51:52
27	Janowitz, Henry*	68	Richmond, VA	52:03
28	Carrigan, George	66	Williamsburg, VA	52:15

## 70-74 Men

Credit Union Cherry Blossom 15.1K 1:08:29, 10K = 44:06

Jim Noone had some minor injuries to start the period. His first race to start April was the PVTC Easter Classic 10K in 48:36. That was well behind third place Donald Hensel's Pike's Peek 10K in 48:05. Fourth place Art Gregory, best known for track sprinting, ran a 50:20 on the new Pike's Peek course. Fifth place Jim Bullock had taken the early lead racing on the McDaniel Track in March for 3.14M and 24:25. Former champion Ben Dyer brushed that aside later that morning in Virginia Beach, finishing the TowneBank Shamrock Festival 8K in 37:44. He added a very nice Queens Lake 5K in 22:57 on the same day as Noone's race.

A week later Noone returned to Washington, DC for the Cherry Blossom 15.1K and swept his way to the title with an excellent 1:08:29. He needed that race as Ben Dyer ran a solid Elizabeth River 5.7M, another shortened event, in 40:54 for the second fastest time in the division. Hensel's third best race was the MCRRC Memorial 4M in 31:12. Sixth place Robert Wright got his spot at the Bull Island 4M in 31:58. Gregory was a mere second ahead of Bullock in their best races but he ran the Kent Island Half Metric Marathon in 46:52 while Bullock ran the Oldfield HM in 1:58:12. It should be noted that was faster than either of Gregory's two halves.

PI	Name	Age	Hometown	10K=
1	Noone, Jim****	70	Fairfax, VA	44:06
2	Dyer, Ben*****	72	Hayes, VA	45:02
3	Hensel, Donald****	70	Gaithersburg, MD	48:05
4	Gregory, Art*****	71	Ijamsville, MD	50:20
5	Bullock, Jim*	72	Eldersburg, MD	50:21
6	Wright, Robert***	74	Hampton, VA	51:06
7	Churchman, John**	72	Arlington, VA	52:17
8	Schauer Jr, Francis*	70	Alexandria, VA	52:33
9	Anderson, Roger**	70	Manassas, VA	52:30
10	Spencer, Bobby**	72	Roanoke, VA	52:40
11	Arata, Larry*	71	Williamsburg, VA	52:59
12	Brown, Walter	71	Montgomery Village, MD	53:35
13	Gates, Jimmy**	73	Rice, VA	54:00
14	Barry, David*	71	Severna Park, MD	55:09

## 75-79 Men

**Credit Union Cherry Blossom 15.1K 1:19:35, 10K = 51:15**

Last spring's runner-up Stan Neumann was all business winning all six of his races. He got out early with the BRRC White Hall 15K in 1:24:47. Then next week he raced a fine B&A Trail Half Marathon in 1:57:52. Then Malcolm O'Hagan crossed the line. In his new division he felt comfortable with a Cherry Blossom 15.1K in 1:19:35 and two weeks later added the George Washington

Parkway Classic 10 Mile in 1:27:16. His third race winning at the GW Birthday Classic 10K in 51:45 was icing on the cake.

Fourth place Chan Robbins held off Bill Sollers at Cherry Blossom 1:27:50 to 1:28:27. Sollers surprisingly ran best on the rolling Capital for a Day 5K in 27:16 and not at Pike's Peek where he ran 1:00:45. Robbins was nearly everywhere winning his division seven times. Third place Maynard Weyers knows he is doing well when he tops Robbins, often a division champion. Weyers looked for him at the popular Crystal City 5K that he won in 27:45. He took his spot at the Tidal Basin 5K, really the far east end of it at Hains Point these day. His best time there was 26:42.

Nineteen men qualified for the division.

PI	Name	Age	Hometown	10K=
1	O'Hagan, Malcolm***	75	Chevy Chase, MD	51:15
2	Neumann, Stan*6	76	Timonium, MD	53:29
3	Weyers, Maynard**	79	Alexandria, VA	55:42
4	Robbins, Chan*7	77	Arlington, VA	56:33
5	Sollers, Bill*****	75	Silver Spring, MD	56:53
6	Quincy, Ken***	77	Vienna, VA	1:01:05
7	Fitzgerald, Preston	75	Virginia Beach, VA	1:01:41
8	Eldridge, Bob	75	Reston, VA	1:02:25
9	Polinski, Joseph*	77	Smithfield, VA	1:03:54
10	Choates, Chet*	75	Silver Spring, MD	1:04:08
11	Brumback, Kenny**	75	Great Falls, VA	1:04:34
12	Finney, John****	75	Arlington, VA	1:05:03
13	Hager, Philip*	78	Falls Church, VA	1:07:12
14	Terrell, Charles*	76	Newport News, VA	1:07:39
15	Chapman, Henry*	76	Keswick, VA	1:09:36
16	Borkowski, John*	76	Richmond, VA	1:09:49
17	Sexton, Don*	76	Chesterfield, VA	1:10:01
18	Morgan, Dan	77	Chevy Chase, MD	1:10:50
19	Conn, Harry**	77	Powhattan, VA	1:25:34

## 80 & Older Men

**Credit Union Cherry Blossom 15.1K 1:28:52, 10K = 57:13**

George Yannakakis continues to separate himself from the field with the five best races. He ran two half marathons and two 15Ks. The best was the Cherry Blossom 15.1K in 1:28:52. His fourth best race was the Pike's Peek 10K in which he got bumped to second in the regressive 75-99 division that had been 80 and older. Fourth place Jack McMahon ran 1:04:05 there. Runner-up Chris Catoe would go long as well running the Anthem Shamrock Festival Half Marathon, but he takes his spot ending the season with a solid Elizabeth River Run (5.7M) in



53:51. Third place Terry McCarthy seems to be getting better with time racing the third fastest 5K in the division at 30:00 at the Run for the Rock 5K.

Special recognition goes to Bob Gurtler who won 14 of his 22 races and to Dixon Hemphill who turned ninety in January

PI	Name	Age	Hometown	10K=
1	Yannakakis, George*****	83	Sparks, MD	57:13
2	Catoe, Chris**	80	Virginia Beach, VA	59:17
3	McCarthy, Terry***	80	Leesburg, VA	1:02:35
4	McMahon, Jack*****	84	Silver Spring, MD	1:04:05
5	Greenhill, John	80	Falls Church, VA	1:15:14
6	Humphrey, Thomas**	80	Richmond, VA	1:14:52
7	Gurtler, Robert**14	80	The Plains, VA	1:16:58
8	White, Robert*	91	Hampton, VA	1:23:47
9	McGuire, Orville*	83	Virginia Beach, VA	1:25:57
10	Smith, Robert***	81	Dickerson, MD	1:26:51
11	Blinchikoff, Herman**	80	Pikesville, MD	1:26:30
12	Sanborn, Richard*	80	Williamsburg, VA	1:28:22
13	Hemphill, Dixon**	90	Fairfax Station, VA	1:33:07
14	Bianchetta, Mike	80	Springfield, VA	1:33:04
15	Roy, Ashis*	82	Alexandria, VA	1:45:14

## Open Women

**Credit Union Cherry Blossom 15.1K 51:44, 10K = 33:25**

Susanna Sullivan laid down the hammer immediately to defend last year's title on the three biggest stages. First, she won it all at the TowneBank Shamrock Festival 8K in 27:14. The next closest local runner was more than ninety seconds behind her. One week later she finished second overall at the Ukrops Monument Avenue 10K in 33:56. That was a minute ahead of third place there, Maria Elena Calle, 39, who was the top submaster and earns fourth in the division with 34:59. Renee High was fifth in 35:43. Finally, Sullivan again added a faster race at the Credit Union Cherry Blossom 15.1K where she was fifth overall in 51:44. Next in line was runner-up Julia Roman-Duval's 54:53, just ahead of fifth place Renee High (54:59). Roman-Duval won her spot though winning it all at the Pike's Peek 10K in 34:37, well ahead of fifteenth place runner-up Selamawit Mekuria's 36:50. Alemnesh Eshetu takes third with her fourth place at the Apple Blossom 10K in 34:47.

Sixth place Sheree Shea won it all at the George Washington Parkway Classic 10 Mile in 59:39 with Shauneen Werlinger next behind in 1:00:10. Eighth place Emily Potter had by far her best race at the Cherry Blossom in 55:48, ahead of ninth place Megan Haberle (56:13) and tenth place Teal Burrell (56:19). Werlinger bolstered her creds losing a photo finish tie to Eshetu at the Van Metre

5M in 29:22, as well as winning it all at the Capitol Hill Classic 10K in 37:18. Eleventh place Sage Norton bests another sub master Anne McGranahan with her Frederick Half Marathon in 1:20:57, second behind Roman-Duval's 1:18:56.

Fourteenth ranked McGranahan ran the Anthem Shamrock Festival Half Marathon 1:21:11, ahead of 18<sup>th</sup> place Kathryn Neeper (1:21:52) and 19<sup>th</sup> place Ann Mazur (1:22:02). McGranahan also finished Cherry Blossom in 57:20, just behind Norton's 57:00 and just in front of 20<sup>th</sup> place Maura Carroll in 57:27. Katie Ogden won it all at the Naptown Trot 5K in 17:34 to take twelfth place. Sharon Zeller is next in 13<sup>th</sup>, running Ukrops in 36:37. Octavia Rinehard wins it all the shortened Elizabeth River Run (5.7M) in 33:27 for the sixteenth place.

Unlike the men's elite with just six runners from other divisions, the women include twenty-six, including three grand masters. Cindy Conant, 54, was 46<sup>th</sup> place, running the Credit Union Cherry Blossom 15.1K in 59:49. Deedee Loughran continues to improve as well and finished 62<sup>nd</sup>, running the Anthem Shamrock Festival Half Marathon in 1:27:53, as well as 77<sup>th</sup> place Darcy Strouse, racing the Pike's Peek 10K in 39:56. Kara Waters was the top master in 17<sup>th</sup> place at the Cherry Blossom 15.1K in 57:10.

With women in racing at an old time high, this division is destined to be the largest, shrinking a mere five runners to eighty-eight qualified for this largest division.

PI	Name	Age	Hometown	10K=
1	Sullivan, Susanna*	24	Falls Church, VA	33:25
2	Roman-Duval, Julia***	32	Columbia, MD	34:37
3	Eshetu, Alemnesh*	24	Silver Spring, MD	34:47
4	Calle, Maria Elena*	39	Richmond, VA	34:59
5	High, Renee	33	Virginia Beach, VA	35:31
6	Shea, Sheree*	24	Silver Spring, MD	35:51
7	Werlinger, Shauneen**	30	Springfield, VA	36:09
8	Potter, Emily***	36	Alexandria, VA	36:03
9	Haberle, Megan**	35	Washington, DC	36:19
10	Burrell, Teal	29	Washington, DC	36:23
11	Norton, Sage*	35	Myersville , MD	36:35
12	Ogden, Katie**	25	Annapolis, MD	36:34
13	Zeller, Sharon*	25	Richmond, VA	36:37
14	McGranahan, Anne	36	Blacksburg, VA	36:41
15	Mekuria, Selamawit	30	Washington, DC	36:50
16	Rinehardt, Octavia**	25	Virginia Beach, VA	36:50
17	Waters, Kara***	40	Great Falls., VA	36:56
18	Nepper, Kathryn	31	Washington, DC	37:00
19	Mazur, Ann***	29	Charlottesville, VA	37:07
20	Carroll, Maura	26	Washington, DC	37:07
21	Menefee, Anne	21	Richmond, VA	37:10
22	Stick, Sherry**	37	Sykesville, MD	37:18
23	Capozzi, Michelle***	22	Leesburg, VA	37:26

24	Schrank, Brenda*	43	Winchester, VA	37:22
25	Johnson, Kristin	24	Washington, DC	37:25
26	Nelson, Martha**	34	Washington, DC	37:32
27	Kieran, Katie**	34	Alexandria, VA	37:31
28	Sheptock, Tatiana	39	South Riding , VA	37:29
29	Digregorio, Megan***	27	White Marsh, MD	37:40
30	Bryceland, Michele	24	Virginia Beach, VA	37:40
31	Stone, Trish**	40	Kensington, MD	37:41
32	Allman, Teresa*	39	Virginia Beach, VA	37:41
33	Gispert, Emily	23	Baltimore, MD	37:45
34	Grove, Alicia*	26	Richmond, VA	37:49
35	Lemma, Selamawit*	30	Washington, DC	37:47
36	Swain-Taylor, Erin	33	Arlington, VA	37:47
37	Wilson, Nicole*	27	Baltimore, MD	37:58
38	Shoemaker, Perry*	43	Vienna, VA	38:04
39	Pollack, Jillian*	26	Arlington, VA	38:08
40	Maranzano, Jennifer	42	Washington, DC	38:18
41	Berard, Victoria*	24	Baltimore, MD	38:23
42	Ritter, Molly***	28	Arlington, VA	38:29
43	Kollme, Ashley*	32	Washington, DC	38:29
44	Knize, Elizabeth*	32	Midlothian, VA	38:37
45	Lubell, Karina	34	Washington, DC	38:33
46	Conant, Cindy	54	Kensington, MD	38:38
47	Ivy, Jessica	28	Columbia, MD	38:42
48	Gruendel, Jackie**	40	Clifton, VA	38:52
49	Baxter, Carmen	34	Suffolk, VA	38:48
50	Kochel, Karen	33	Richmond, VA	38:49
51	Horst, Amy	35	Baltimore, MD	38:52
52	Bakaltcheva, Boriana	29	Vienna, VA	38:58
53	Greenlaw, Liz	28	Arlington, VA	39:07
54	McTague, Caitlin	28	Arlington, VA	39:10
55	Fulmer, Stephanie	25	Arlington, VA	39:08
56	Baage, Silvia*	34	Rockville, MD	39:27
57	Chen, Judy	39	Washington, DC	39:26
58	Roberts, Megan*	27	Timberville, VA	39:29
59	Kretzer, Natalie*	28	Chesterfield, VA	39:36
60	Lemos, Kristin*	33	Bethesda, MD	39:34
61	Flynn, Sarah	36	Rockville, MD	39:37
62	Loughran, Deedee*	56	Oak Hill, VA	39:43
63	Hicks, Amanda	31	Washington, DC	39:40
64	Troisi, Elizabeth	23	Baltimore, MD	39:43
65	Hevner, Tiffany	34	Columbia, MD	39:45
66	Gotta, Kailey	26	Arlington, VA	39:47
67	Battle, Ann	31	Arlington, VA	39:43
68	Wescott, Kelly*	31	Virginia Beach, VA	39:46
69	Hartman, Angela	28	Hyattsville, MD	39:47
70	Perna, Courtney	37	Bethesda, MD	39:54
71	Strouse, Darcy	51	Frederick, MD	39:56
72	Guzzo, Christina	30	Rockville, MD	40:00
73	Grams, Cathy	42	Annapolis, MD	40:01

74	Burbach, Cristina	40	Arlington, VA	40:02
75	Dusen, Emily*	31	Ashburn, VA	40:03
76	Heasman, Claire	40	Frederick, MD	40:10
77	Digregorio, Justine	24	White Marsh, MD	40:09
78	Burns, Helen	26	Washington, DC	40:11
79	Astudillo, Molly	29	Aldie, VA	40:18
80	Davison, Mary	42	Bristow, VA	40:21
81	Crandell, Courtney	23	White Post, VA	40:24
82	Hannon, Elizabeth	32	Columbia, MD	40:20
83	Reichmann, Lisa	40	Gaithersburg, MD	40:39
84	Henry, Sika*	31	Newport News, VA	40:54
85	McNew, Megan	36	Baltimore, MD	40:58
86	Davis, Pamela	29	Norfolk, VA	40:50
87	McGuire, Jessica	34	Arlington, VA	40:56
88	Wight, Julia	41	Poolesville, MD	40:59

## 19 & Younger Women

Lighten-up Lynchburg 5K 17:31, 10K = 36:28

Jackie Clark improved more than a minute over her first 5K to take the title with her St. Charles 5K overall victory in 19:20. Runner-up Stephanie Burnett won second overall at the Westchester Shamrock 5K in 19:50. Third place Michael Peterson was second overall twice, first at the Run for Haiti 5K in 20:00 and then at Cherry Blossom in 20:14.

Fourth place Lauren Cormier was the first women to finish at the Holy Child Tiger Trot 5K in 20:05. Sixth place Rachel Cryster won it all at the Ashland Railroad 5K in 20:47 and then was second at the Ashcreek 5K in 20:09. Rachael Hughen's best race was a notch behind at the Cherry Pit 10M in 1:09:57. Then she moved into fifth with an overall win at the Ocean City Half Marathon in May at 1:33:33.

Twenty-four women made the rankings.

PI	Name	Age	Hometown	10K=
1	Clark, Jackie*	16	La Plata , MD	40:15
2	Burnett, Stephanie*	16	Midlothian, VA	41:18
3	Peterson, Michaela***	16	Bethesda, MD	41:38
4	Cormier, Lauren**	15	Washington, DC	41:49
5	Hughen, Rachael**	18	Annapolis, MD	42:02
6	Cryster, Rachel**	13	Mechanicsville, VA	41:57
7	Howlett, Logan	15	Virginia Beach, VA	42:56
8	Whimpey, Ashley*	19	Fairfax, VA	43:12
9	Wilson, Lydia**	18	Smithfield, VA	43:20
10	Couillard, Olivia***	14	Stephens City, VA	43:20
11	Stanfield, Clare	18	Stevensville, MD	43:17
12	Rhiel, Sarah**	14	Suffolk, VA	43:20
13	Jacobson, Maya**	16	Gaithersburg, MD	43:27

14	Lovegrove, Harper*	19	Fairfax, VA	44:28
15	Desmond, Ellie**	13	Ashburn, VA	43:27
16	Vickery, Sarah**	17	Bedford, VA	44:46
17	Bavari, Arissa	16	Frederick, MD	44:38
18	Edwards, Katherine*	18	Frederick, MD	44:50
19	Smith, Sade**	13	Bristow, VA	44:58
20	Laveson, Rachel*	19	Annandale, VA	45:17
21	Meininger, Faith**	12	Clarksville, MD	45:32
22	Thurneysen, Ellen**	12	Herndon, VA	46:11
23	Wild, Rosemary**	13	Leonardtown, MD	46:15
24	Seabury, Amelia**	12	Richmond, VA	47:14

## 35-39 Women

### Ukrops Monument Avenue 10K 34:59

Maria Elena Calle is back to top three dozen elite racers by winning the Ukrops Monument Avenue 10K in 34:59. She would add an overall win at the Holton Elementary 5K in May with 17:25 to nail down the title. Meanwhile five of the next eight women would use the Cherry Blossom 15.1K event to take their places. Yes, Emily Potter would win two of three Crystal City 5Ks she ran and never finish worse than third overall at her four races besides Cherry Blossom. Without her wondrous 55:48 she would not have cracked the top eight. Third place Megan Haberle was fine in 56:13 behind her, but her second race, third overall at Van Metre in 30:05, would have left her eighth just ahead of Potter and she never finished worse than third in her other five races.

Sage Norton proved an exception as she finished behind these two in 57:00 but beat all but one woman at the Frederick Half Marathon in 1:20:57 for a better race. Anne McGranahan followed her plan, racing the Anthem Shamrock Festival Half Marathon in 1:21:11, slightly faster than her Cherry Blossom race in 57:20. She also won head-to-heads there with seventh place Tatiana Sheptock (1:22:58) and eight place Teresa Allman (1:23:24). Between these four women, last spring's runner-up Sherry Stick followed her usual plan with overall wins at the 5K and 6K. She was best at the Kelly's Shamrock 5K in 17:55, just two seconds slower than last year. Ninth place Elizabeth Young was seventh at Cherry Blossom in 58:40.

Thirty-six women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Calle, Maria Elena**	39	Richmond, VA	34:59
2	Potter, Emily****	36	Alexandria, VA	36:03
3	Haberle, Megan*****	35	Washington, DC	36:19
4	Norton, Sage**	35	Myersville, MD	36:35
5	McGranahan, Anne	36	Blacksburg, VA	36:41
6	Stick, Sherry***	36	Eldersburg, MD	37:18

7	Sheptock, Tatiana*	39	South Riding, VA	37:29
8	Allman, Teresa**	39	Virginia Beach, VA	37:41
9	Young, Elizabeth	35	Washington, DC	37:54
10	Horst, Amy***	35	Baltimore, MD	38:52
11	Chen, Judy	39	Washington, DC	39:26
12	Flynn, Sarah*	36	Rockville, MD	39:37
13	Perna, Courtney***	37	Bethesda, MD	39:54
14	Simmons, Jaime**	37	Abingdon, VA	40:06
15	Khatcheressian, Anne***	35	Fredericksburg, VA	40:51
16	McNew, Megan	36	Baltimore, MD	40:58
17	Holt, Bridget**	36	Gambrills, MD	41:6
18	Erdel, Amsley	35	Chevy Chase, MD	41:07
19	Riggs, Jessica***	38	Surry, VA	41:21
20	Hofheimer, Jessica*	39	Reston, VA	41:39
21	Spears, Jessica*	37	Richmond, VA	41:41
22	Diegoli, Toni*	36	Gaithersburg, MD	41:45
23	Reinders, Carrie*	38	Ashburn, VA	41:51
24	Stokes, Bridget**	38	Damascus, MD	41:50
25	Kiley, Janel**	38	Arlington, VA	41:56
26	Dzibela, Tracy***	37	Fredericksburg, VA	42:13
27	Ramos, Laura	35	Silver Spring, MD	42:11
28	Scott, Rebecca	39	Reston, VA	42:24
29	Keller, Becky	36	Charlottesville, VA	42:19
30	Lamarind, Florence**	36	Jeffersonton, VA	42:38
31	Pellegrini, Jennifer*	39	Bethesda, MD	42:38
32	Ancalmo, Sarah	36	Gaithersburg, MD	42:57
33	Collins, Rachel**	35	Ellicott City, MD	43:12
34	Huerta, Amy***	39	Fredericksburg, VA	43:18
35	Metz, Melinda*	38	Arlington, VA	43:44
36	Chipkin, Laura	35	Arlington, VA	43:42

## 40-44 Women

Credit Union Cherry Blossom 15.1K 57:10, 10K = 36:56

Steady Brenda Schrank matched her pace for the third year in a row. In 2013 it meant fourth, last year it meant a title, and this year her 57:51 on the shortened course made her runner-up. Kara Waters takes the title with a very nice 57:10. She added an overall win at the Palio Di Siena 5K in 17:52 two weeks later for the second best race of the season. She also was the top runner of either sex in her third race. Eleven top masters had an open class finish for their only race. This helped Trish Stone take third in the division while finishing as fourth master at Pike's Peek in 37:41. She would need that time too as fifth place Jennifer Maranzano would beat her twice earlier in the spring. At the Rock 'n' Roll Half Marathon, Maranzano won 1:24:46 to 1:26:12. At Cherry Blossom, Stone again was behind Maranzano, this time 59:22 to 1:00:11. Stone bolstered her position with two overall wins.

Fourth place Perry Shoemaker is still not yet back to champion form but had two very nice 5Ks, including the Lucky Leprechaun 5K in 18:17 to take fourth place. Jackie Gruendal was the first woman at two 5Ks to take fifth place, including the George Washington Parkway Classic 5K in 18:40. After that came Meg Crook who was third overall at the Charlottesville 10M in 1:05:00. Cathy Grams had an age group win at Pike's Peek in 40:07 that was a tad off of Cristina Burbach's Anthem Shamrock Festival Half Marathon in 1:28:35. Still, the next three places would come from the star maker Cherry Blossom event. Grams ran 1:01:57, Burbach ran 1:02:09, and they were followed by tenth place Claire Heasman in 1:02:16.

Thirty-five women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Waters, Kara***	40	Great Falls, VA	36:56
2	Schrank, Brenda***	43	Winchester, VA	37:22
3	Stone, Trish****	40	Kensington, MD	37:41
4	Shoemaker, Perry**	43	Vienna, VA	38:04
5	Maranzano, Jennifer*	42	Washington, DC	38:18
6	Gruendel, Jackie**	40	Clifton, VA	38:52
7	Crook, Meg **	40	Charlottesville, VA	39:09
8	Grams, Cathy*	42	Annapolis, MD	40:01
9	Burbach, Cristina****	40	Arlington, VA	40:02
10	Heasman, Claire*	40	Frederick, MD	40:10
11	Davison, Mary*	42	Bristow, VA	40:21
12	Ross, Cathy***	43	Burke, VA	40:38
13	Reichmann, Lisa**	40	Gaithersburg, MD	40:39
14	Wight, Julia*	41	Poolesville, MD	40:59
15	Messing, Angela	43	Washington, DC	41:05
16	Newkirk, Nancy	41	Centreville, VA	41:59
17	Wilkey, Sonja**	44	Midlothian, VA	42:13
18	Wendt, Cindy	44	Olney, MD	42:11
19	Sample, Jennifer****	40	Chevy Chase, MD	42:12
20	Browning, Kristi	40	Washington, DC	42:15
21	Benda, Marci*	44	Parkton, MD	42:26
22	Hochrein, Jennifer*	44	Charlottesville, VA	42:37
23	Jasparro, Vicky***	41	Fredericksburg, VA	42:39
24	Dowler, Connie	40	Arlington, VA	43:21
25	Blanchard, Christie	42	Chevy Chase, MD	44:10
26	Smith, Amy	44	Fairfax, VA	44:22
27	Cosner, Cathy	41	Richmond, VA	44:23
28	Miller, Julieanne*	43	Arlington, VA	44:25
29	Whitestone, Yuko*	43	Springfield, VA	44:33
30	Bibb, Wendy**	43	Centreville, VA	44:31
31	Carroll, Colleen*	42	Davidsonville, MD	44:39
32	Morton, Leilani*	40	Chantilly, VA	44:54

33	Taylor, Julia	43	Arlington, VA	45:03
34	Stephenson, Stephanie	43	Frederick, MD	45:19
35	Howes, Heather*	43	Port Royal, VA	45:32

## 45-49 Women

Apple Blossom 10K = 38:26

Nine women had one race with an open class time but only one race. Denise Knickman slowed a tad at Pike's Peek from last year's title and finished second there in 41:02. She already had the third fastest time with third overall at the Cupid's Crush 10K in 41:51. Runner-up Linda-Lou O'Connor finished behind Knickman at the Cherry Blossom 15.1K 1:05:07 to 1:05:43. In fact, fifth place Samantha Cole split the two racing 1:05:34. O'Connor had already garnered her spot at the BRRC White Hall 15K in 1:04:04. She would have a fine B&A Trail Half Marathon in 1:32:43 a week later, while Cole raced the Alexandria Running Festival Half Marathon to end the period in 1:35:03.

Miriam Mintzer was third, finishing exactly a minute behind Knickman at Pike's Peek. Her Memorial Day event was a woodsy 4 Mile in 26:58. Fourth place Debbie McLaughlin would do the Run for the D. O. G. 5K in 20:21, to follow her overall win at the Queens Lake 5K in 20:16. Seventh place Monique Rico had the next fastest overall win 5K at the Freedom 5K in 20:25 that was speedier than Shannon Smith's Capitol Challenge 3M in 19:46. Still Smith gets the nod with her head-to-head win at the Rock 'n' Roll Half Marathon 1:34:43 to 1:35:51.

The division cooled off by a third to just thirty-six women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Knickman, Denise*	46	Baltimore, MD	41:02
2	O'Connor, Linda-Lou**	46	Severna Park, MD	41:39
3	Mintzer, Miriam***	47	Silver Spring, MD	42:02
4	McLaughlin, Debbie*****	49	Williamsburg, VA	42:12
5	Cole, Samantha**	46	Arlington, VA	42:21
6	Smith, Shannon*	49	Washington, DC	42:37
7	Rico, Monique*	47	Chantilly, VA	42:30
8	Lunenfeld, Janice*	45	Rockville, MD	43:27
9	Allen, Sharon**	45	Hagerstown, MD	43:56
10	Pels, Paula**	47	Bethesda, MD	44:06
11	Liu, Tammy****	48	Ellicott City, MD	44:36
12	Waterman, Paige*	47	Silver Spring, MD	44:30
13	Taylor, Ruth***	47	Frederick, MD	44:46
14	McClintick, Karen**	48	Richmond, VA	45:02
15	Blakney, Luz*	47	Herndon, VA	45:09
16	Oakley, Lisa*	48	Washington, DC	45:11



17	Ratcliffe, Kim***	47	Yorktown, VA	45:41
18	Keane-Myers, Andrea***	46	Bethesda, MD	45:50
19	Goodpasture, Debbie**	45	Midlothian, VA	45:53
20	Totten, Lisa**	49	Warrenton, VA	45:56
21	Thurneysen, Shirley*	48	Herndon, VA	46:05
22	Kammel, Carole*	46	Rockville, MD	46:09
23	Geernaert, Pamela*	47	Frederick, MD	46:23
24	Rogy, Catherine	49	Bethesda, MD	46:41
25	Taylor, Kimberly	46	Virginia Beach, VA	46:41
26	Ernst, Carol**	49	Fulton, MD	47:01
27	Young, Karen****	46	Boyds, MD	47:01
28	Haas, Jeanette*	46	Arlington, VA	47:01
29	Strauch, Debi****	48	Ashburn, VA	47:11
30	Aquino, Celeste*	46	Rockville, MD	47:11
31	Scott, Judith	47	Ellicott City, MD	47:11
32	Braunstein, Janet	48	Washington, DC	47:26
33	Westcott, Christine*	45	Chantilly, VA	47:54
34	Roy, Melissa	46	Alexandria, VA	48:03
35	Battaglia, Louise*	46	Virginia Beach, VA	48:03
36	Bozarth, Helena***	48	Fredericksburg, VA	48:06

## 50-54 Women

**Credit Union Cherry Blossom 15.1K 59:49, 10K = 38:38**

Cindy Conant had an impressive March, winning the rolling Piece of Cake 10K in 40:01, third overall. She followed that with second overall at the B&A Trail Half Marathon in 1:28:19. April generally means two big wins for her as well. This year she skipped Pike's Peek which was won by runner-up Darcy Strouse in 39:56, a flicker behind Conant's half. But Conant had already laid down the law at the Cherry Blossom 15.1K that she won in 59:49. That equals 1:04:04 for ten miles. It is also the time fifth place Anita Freres ran her 15.1K. Strouse stayed in the neighborhood, racing the Mission 10 Miler in 1:08:05.

Third and fourth were razor close just ahead of Freres. Tata Kendall had two third overall and a win in the 5K. Her best was the Martha Jefferson 5K in 19:54. Pamela Lovett had two runner-ups and two overall wins in the 5K. Her best race was a win at the Ashcreek 5K in 19:55. Toss a coin with these two and Freres added a third overall at the Ringing Hope 10K to make this trio a photo finish. Sixth place Mandana Mortazavi was not far off at Cherry Blossom in 1:05:02. Karla Havens had an overall win to go with her Elizabeth River 5.7M run in 38:47 to take seventh place. A former champion Linda Foley ran the Charlottesville 10M in 1:11:57 to take eighth, while Pike's Peek in 44:08 earned Catherine Rogy ninth place.

Fifty-five women qualified for the division.

<b>PI</b>	<b>Name</b>	<b>Age</b>	<b>Hometown</b>	<b>10K=</b>
1	Conant, Cindy****	54	Kensington, MD	38:38
2	Strouse, Darcy**	51	Frederick, MD	39:56
3	Tata, Kendall****	52	Standardsville, VA	41:26
4	Lovett, Pamela*****	52	Yorktown, VA	41:28
5	Freres, Anita****	50	Vienna, VA	41:23
6	Mortazavi, Mandana*	51	Leesburg, VA	42:01
7	Havens, Karla*****	53	Plainview, VA	42:42
8	Foley, Linda*	53	Oak Hill, VA	43:14
9	Rogy, Catherine*	50	Bethesda, MD	44:08
10	Glueck, Connie**	50	Williamsburg, VA	44:21
11	Stephens, Yoko**	50	Fairfax, VA	44:44
12	Thienel, Julie*	51	Columbia, MD	44:52
13	Grillo, Monica	50	Arlington, VA	44:58
14	David, Carol***	52	Stafford, VA	45:14
15	Denecke, Gwen**	50	Midlothian, VA	45:18
16	Lussi, Jeannette****	52	Lutherville, MD	45:33
17	Leber, Andrea*	50	Suffolk, VA	45:29
18	Lent, Teresa	53	Arlington, VA	45:24
19	Snyder, Jill*	54	Annapolis, MD	45:47
20	Furr, Suzanne**	54	Harwood, MD	45:55
21	Willingham, Lise*	51	Charlottesville, VA	46:40
22	Hall, Maureen**	50	Parkville, MD	46:47
23	Prins, Jeanne	52	Frederick, MD	46:44
24	Sward, Diane	52	Springfield, VA	46:53
25	Kuhn, Margaret*	53	Riverdale, MD	47:06
26	Gibson, Wendy*	53	Sparks, MD	47:25
27	Brown, Elizabeth	50	Arlington, VA	47:35
28	Grillo, Jeanne**	53	Potomac, MD	47:43
29	Anchor, Leslie	52	Rockville, MD	47:41
30	Bailey, Mary Jo**	54	Williamsburg, VA	48:16
31	Brenner, Linda*	51	Rockville, MD	48:41
32	Lee, Deanna**	50	Roanoke, VA	48:39
33	Miller, Maureen*	51	Gainesville, VA	48:56
34	Meyer, Jane	54	Annapolis, MD	49:11
35	Barrick, Michelle**	51	Middle River, MD	49:06
36	Friberg, Jeanne*	52	Ashburn, VA	49:18
37	Cox, Heidi*	50	Stafford, VA	49:31
38	Laing, Kathryn	50	Severna Park, MD	49:31
39	Demaree, Marsha**	50	Marriottsville, MD	49:27
40	Benante, Hunter*	51	Alexandria, VA	49:32
41	Kopacz, Margaret*	50	Chesapeake, VA	49:35
42	Barron, Suzanne*	54	Washington, DC	50:09
43	Hoyle, Peggy	50	Arlington, VA	49:53
44	Miller, Stacey	51	Leesburg, VA	50:01

45	Boring, Linda	50	Frederick, MD	50:11
46	Sinsabaugh, Sarah*	54	Richmond, VA	50:13
47	Zobler, Marian	51	Bethesda, MD	50:20
48	Sullivan, Lorraine	52	New Market, MD	50:20
49	Foyjones, Valor*	50	Newport News, VA	50:25
50	Nielsen, Lisa**	52	Roanoke, VA	50:38
51	Benson, Barbara	54	Crozet, VA	50:40
52	Freed, Kathy	54	Farmville, VA	50:39
53	Chege, Nancy*	54	Henrico, VA	51:03
54	Schexneider, Katherine	53	Rockville, MD	51:05
55	Clarke, Tammi*	54	Norfolk, VA	51:00

## 55-59 Women

Anthem Shamrock Festival Half Marathon 1:27:53, 10K = 39:43

Deedee Loughran continues to improve. Last year her Devotion Mother's Day 4M was her second best race. This year her 26:24 was third overall and her fourth best race. This year she knocked more than three minutes of her Runners Half Marathon of Reston to 1:30:13 and won it all there. That was faster than Leisa Villani's Anthem Shamrock Festival Half Marathon last year. Her 1:30:58 is still listed as the state record. Loughran, however, has blasted that out of the water with a superb 1:27:53. Runner-up Eleanor Kerr was second overall at the Azalea 5K in 21:36, just a week after her fine Cherry Blossom 15.1K in 1:06:28, ahead of fourth place Dorothy Beckett's 1:09:28.

Third place Hosni Haghigian was tops at the full ten mile in Charlottesville with 1:13:28, a full two minutes faster than last year. Beckett was tops at Pike's Peek in 44:24 ahead of prolific racer Mary Lowe Mayhugh's 45:03. Mayhugh had easily her fastest race at the National Police Week 5K in 21:24 but that course has been notoriously short as most race times seem to indicate. Sixth place Amber Rader won at the Carytown 10K in 46:48, while seventh place Carole Rosasco was the third woman to win it all at a race this spring, winning the Thao's Run to the Light 5K in 22:45.

Thirty-four runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Loughran, Deedee****	56	Oak Hill , VA	39:43
2	Kerr, Eleanor***	55	University Park, MD	42:56
3	Haghigian, Hosni***	56	Charlottesville, VA	44:09
4	Beckett, Dorothy*	57	Columbia, MD	44:24
5	Mayhugh, Mary Lowe*6	59	Washington, DC	44:33
6	Rader, Amber***	55	Moseley, VA	46:48
7	Rosaaco, Carole**	55	Severna Park, MD	47:22
8	Amini, Ellahe**	56	Ellicott City, MD	47:55

9	Galliani, Paula*	55	Gaithersburg, MD	48:12
10	Asao-Ragosta, Kiyoko*	56	Charlottesville, VA	48:22
11	McAdorey, Janet*	56	Bel Air, MD	48:39
12	Rigby Kash, Leslie**	58	Fredericksburg, VA	48:33
13	Gray, Sandra*	55	Glen Allen, VA	48:49
14	McCardle, Beverly**	56	Frederick, MD	48:56
15	Waldman, Gail*	57	Vienna, VA	48:57
16	Mowbray, Peggy**	59	Charlottesville, VA	49:06
17	Gaudreau, Ruth**	56	Salisbury, MD	49:16
18	Harrison, Carolyn****	58	Virginia Beach, VA	49:22
19	Hill, Nancy**	57	Havre de Grace, MD	49:33
20	Fisher, Nina	57	Annapolis, MD	49:29
21	Peck, Leigh	57	Lutherville, MD	49:27
22	Griffing, Sharon***	55	Springfield, VA	49:41
23	Hackett, Maura	55	Springfield, VA	50:11
24	Lyons, Barbara**	57	Clarksville, MD	50:27
25	Cohen, Deborah*	58	Ellicott City, MD	51:12
26	Beaupre, Carol	59	Ashburn, VA	51:20
27	Recto, Liza	59	Lexington Park, MD	51:34
28	Dirks, Debbie	56	Edgewater, MD	51:40
29	Martin, Cynthia*	57	Springfield, VA	52:01
30	Gregoire, Carol Ann	56	Springfield, VA	52:20
31	Nomiyama, Grace*	55	Alexandria, VA	52:34
32	Cea, Kathy	55	Gaithersburg, MD	52:38
33	Gato, Tobin**	59	Alexandria, VA	53:12
34	Kennedy, Myrna	57	Hampstead, MD	53:43

## 60-64 Women

**Chestertown Tea Party 10 Mile 1:17:43, 10K = 46:42**

Betty Blank is used to having her way with the division. This year she started with a very nice Fort Hunt 10K in 47:52 on a course that was about twenty seconds short thanks to an icy driveway at the normal start. Last spring that still would have been enough to nudge past this year's 65-69 champion Barbara Mathewson. Blank was second at the shortened Cherry Blossom 15.1K in 1:13:04, well off the only other local runner in the top five, Claudia Wolfe. Wolfe's 1:16:34 earned her fifth in the division ahead of eighth place Ginny Hughes who ran 1:17:41.

Then while Blank was testing the new course at Pike's Peek in 48:04, new senior racer Donna Lewis was tops at the Women's 5K by The Bay in 23:01, faster than Blank's top 5K at the Easter Classic in 23:35. The final weekend signaled Lewis moving past Blank to the title with a very nice Chestertown Tea Party 10 Mile in

1:17:43. Blank added the fastest half marathon that morning in Alexandria with 1:46:40 to give her four of the top six races. Third place Marcy Foster is next, racing the Anthem Shamrock Festival Half Marathon in 1:47:18 ahead of ninth place Pat MacNabb's 1:51:24.

Fourth place Connie Philpot was tops at the Apple Blossom 10K in 49:20. Sixth place Lydia Johnson ran the Women's 5K by The Bay in 23:50 to overtake seventh place Linda Gulick who had run the SPCA 5K in 23:58. A bunch of women moved on to the new division and only thirty-five runners made this division.

PI	Name	Age	Hometown	10K=
1	Lewis, Donna**	60	Bel Air, MD	46:42
2	Blank, Betty****	62	Falls Church, VA	47:12
3	Foster, Marcy**	61	Reston, VA	48:29
4	Philpot, Connie**	60	Arlington, VA	49:20
5	Wolfe, Claudia*	63	Alexandria, VA	49:37
6	Johnson, Lydia**	61	Street, MD	49:37
7	Gulick, Linda****	63	Richmond, VA	49:54
8	Hughes, Ginny***	64	Warrenton, VA	50:11
9	MacNabb, Pat	61	Glenwood, MD	50:20
10	Shields, Maria***	64	Davidsonville, MD	51:13
11	Cooper, Ellen	64	Rockville, MD	51:09
12	Hansen-Vessa, Carol**	60	Herndon, VA	51:11
13	Forsha, Anne*	64	Derwood, MD	51:52
14	Seidman, Merrilee*7	60	Alexandria, VA	51:52
15	Palluch, Linda	60	Virginia Beach, VA	51:44
16	Worthington, Helen***	60	Bena, VA	52:38
17	Friedland, Marie*	60	Severna Park, MD	52:59
18	Scandore, Linda*	64	Charlottesville, VA	52:53
19	Lauzon, Jean*****	64	Spotsylvania, VA	53:33
20	Nusbaum, Maria*	62	Reston, VA	54:38
21	Weeks, Sharon***	61	Virginia Beach, VA	54:41
22	Rohde, Mary**	62	Davidsonville, MD	55:42
23	Sutey, Pamela**	60	Burke, VA	56:02
24	Travis, Patricia*	64	Williamsburg, VA	56:11
25	Truppi, Carol*	62	Bethesda, MD	56:28
26	Olson, Jean	63	Rockville, MD	56:40
27	McCoy, Harriet*	60	Toano, VA	56:59
28	Wilson, Cristi**	60	Henrico, VA	58:14
29	Hobart, Kathryn*	63	Columbia, MD	58:12
30	Hennes, Kathy*	62	Annapolis, MD	58:39
31	Cowan, Marianne	61	Richmond, VA	58:53
32	Eberhard, Dawn	60	Richmond, VA	59:11

33	Humphreys, Dottie*	63	Newport News, VA	59:12
34	Ross, Saleema**	61	Fort Washington, MD	59:53
35	Riggins, Vicki**	61	Boones Mill, MD	1:01:03

## 65-69 Women

Spring to Life 5K 23:16, 10K = 48:26

Injuries are a part of racing, and last year's champion Alice Franks is no exception. After thirteen years at Cherry Blossom she missed the event this year. She started the spring gamely at Pike's Peek, finishing twelve minutes slower than last year. By the last weekend, she had improved to 54:23 at Jeremy's Run 10K to finish in sixth place in the division, her lowest ranking ever. Barbara Mathewson aged up and took full advantage with the top three times in the division. She was tops at the Anthem Shamrock Festival Half Marathon in 1:47:53 to trump fourth place Freyda Greenburg's 2:00:44. She added the Spring to Life 5K in 23:16. The following day Marge Rosasco ran her second fastest race at the Women's 5K by The Bay in 24:17 to take second place.

Third place Betty Brothers was the fastest of only two to race the marathon. She ran the Yeungling Shamrock Festival Marathon in 4:22:14. She took her placement with a solid time at the shortened Elizabeth River 10K (5.7M) event in 46:03. Greenburg was tops at another major event that was shortened, the Cherry Blossom 15.1K. She ran it in 1:22:41 followed closely by fifth place Elizabeth Sadoff in 1:23:13, seventh place Linda Mills in 1:24:29, and ninth place Esther Buchser in 1:26:40. Buchser had a better race at the Women's 5K by The Bay in 26:27 to match Sadoff's second best race at the Capital for a Day 5K. Anne Passin squeezes into eighth place at the W&OD Trail 5K with 26:20.

Thirty-eight runners made the division.

PI	Name	Age	Hometown	10K=
1	Mathewson, Barbara***	65	Virginia Beach, VA	48:26
2	Rosasco, Marge***	67	Joppa, MD	50:11
3	Brothers, Betty**	68	Virginia Beach, VA	50:42
4	Greenberg, Freyda*	66	Fairfax, VA	53:25
5	Sadoff, Elizabeth**	65	Washington, DC	53:45
6	Franks, Alice*	67	Rockville, MD	54:23
7	Mills, Linda*	65	Salisbury, MD	54:35
8	Passin, Anne**	67	Falls Church, VA	54:50
9	Buchser, Esther***	66	Abingdon, MD	55:04
10	Rabe, Ellen**	66	Columbia, MD	56:09
11	Biasi, Barbara*****	67	Yorktown, VA	56:37
12	Jacobs, Janice	68	Arlington, VA	56:47
13	Stanfield, Leslie*	65	Reston, VA	57:12

14	Vandyke, Sharon***	66	Doran, VA	57:44
15	Tice, Linda**	69	Baltimore, MD	57:43
16	Bolton, Gretchen*	69	Bethesda, MD	58:25
17	St. Clair, Christy*	66	Glen Arm, MD	58:25
18	Clement, Laurel*	66	Warrenton, VA	58:52
19	Marano, Janet*	67	Reston, VA	59:10
20	Firouzfard, Lila	65	Bethesda, MD	1:00:53
21	Bainbridge, Cassandra**	67	Bristol, TN	1:01:52
22	Brennan, Melanie*	65	Alexandria, VA	1:02:05
23	Norton, Lou*	68	Richmond, VA	1:02:09
24	Coffin, Carol	65	Severna Park, MD	1:02:30
25	Johnson, Kathy*	65	Woodbridge, VA	1:02:26
26	Fahy, Loretta*	66	Frederick, MD	1:04:50
27	Fredlake, Mary*	65	Washington, DC	1:04:54
28	O'Neill, Betsey	68	Virginia Beach, VA	1:05:19
29	Dodson, Christina**	68	Henrico, VA	1:05:33
30	Spelman, Nancy	69	Reston, VA	1:06:00
31	Jefferson, Kathleen*	69	Williamsburg, VA	1:06:39
32	Sielen, Virginia***	67	Oakton, VA	1:06:56
33	Imholtz, Clare	68	Beltsville, MD	1:07:48
34	Smith, Margo*	65	Frederick, MD	1:07:59
35	McKenney, Donna	65	Annapolis, MD	1:08:13
36	Simmons, Patricia**	66	Chesapeake, VA	1:08:28
37	Preis, Justine*	65	Baldwin, MD	1:11:00
38	Sitkin-Porzell, Judith	68	Silver Spring, MD	1:11:02

## 70-74 Women

### Pike's Peek 10K 53:34

Dee Nelson conceded two races, winning the top seven of eight races in the division versus the top nine of ten races last spring. Her seventh best race winning the Piece of Cake 10K in 56:44 was five minutes ahead of runner-up Mary Kate Berglund's best 10K at Apple Blossom (1:01:45). To be fair Berglund won all seven of her races and at the bigger races started farther behind with a faster net time. Berglund's best race was the SPCA 5K in 28:36.

Nelson believes in starting near the front of races and has no problem pushing you out of the way if you start too slow. Her best 5K was the Capital for a Day 5K in 26:53 for her fifth best race. Her second race of the season was the slightly more than a 15K Cherry Blossom race that she ran in 1:24:10. That was well ahead of third place Pat Welch who ran 1:32:47 and seventh place Rosemary Schwartzbard (1:49:36). Schwartzbard ran the Komen Global Race for the Cure 5K in 32:37 to close on sixth place Linda Yarr. Yarr was fourth at the Pike's Peek 10K in 1:07:00. Nelson led the way there on the new, slightly harder course in 53:34.

At the 10K in Rockville, fourth place Karen Kautz narrowly bested Welch at the finish 1:00:55 to 1:00:59 but with her net pace even closer to Welch's Cherry Blossom. Odd distance courses make me nervous and though net times do NOT count, head-to-head is very meaningful. Still Welch's Cherry Blossom race, without the net, is still too close to Berglund to not award her third place. Fifth place Nancy Berger ran the BRRC WDF5K in 31:09.

PI	Name	Age	Hometown	10K=
1	Nelson, Dee*8	71	Gaithersburg, MD	53:34
2	Berglund, Mary Kate*7	73	Henrico, VA	59:33
3	Welch, Pat	70	Vienna, VA	59:56
4	Kautz, Karen	71	Silver Spring, MD	1:00:55
5	Berger, Nancy*	70	Hunt Valley, MD	1:04:51
6	Yarr, Linda	71	Bethesda MD	1:07:00
7	Schwartzbard, Rosemary*	73	Arlington, VA	1:07:54
8	Jorlett, Robin***	72	Newport News, VA	1:10:26
9	Hanna, Judy*6	71	Williamsburg, VA	1:11:06
10	Whalen, Mandy*10	74	Falls Church, VA	1:11:23
11	Novak, Jeanette*9	71	Damascus, MD	1:16:22
12	Dinneen, Arleen***	72	Ellicott City, MD	1:21:35
13	Smith, Betty*	74	Rockville MD	1:21:34
14	Trapp, Julie	70	Silver Spring, MD	1:22:23
15	Matricciani, Roberta*	70	Freeland	1:24:00

## 75-79 Women

Rockstar 5K 33:28, 10K = 1:09:41

Ecris Williams had the fastest race at the Rockstar 5K in 33:28 but her next best race at the Run for Haiti 5K in 35:08 earlier in the season was well off the best 5K of Janet Hughes, who ran the Trooper Manion race in 33:46. When Hughes added a win at the Apple Blossom 10K in 1:09:47 she squeezed past Williams for the title. Usually prolific racer Tami Graf ran her last race of three 5Ks at the Ridge Volunteer Rescue Squad 5K in 36:16 to leapfrog past Judy Stewart into third place. Stewart's best effort was the Queens Lake 5K in 36:29. Fifth place Pauline Ely ran the Surf's Up 5K in 42:38, just ahead of soon to be eighty Zoena Yannakakis who ran the BRRC WDF 5K in 42:56.

PI	Name	Age	Hometown	10K=
1	Hughes, Janet**	78	Winchester, VA	1:09:47
2	Williams, Ecris***	76	Reston, VA	1:09:41
3	Graf, Tami***	78	Lusby, MD	1:15:30
4	Stewart, Judy*	75	Williamsburg, VA	1:15:57
5	Ely, Pauline**	76	Hampton, VA	1:28:46



6	Yannakakis, Zoena*	79	Sparks, MD	1:29:23
7	Davis-Imhof, Nancy**	75	Earlsville, VA	1:30:53
8	Tody, Carolyn**	75	Norfolk, VA	1:34:11
9	Manciagli, Ann	79	Williamsburg, VA	1:35:09

## 80 & Older Women

**McDaniel PI Run 38:53, 10K = 1:19:52**

Yvonne Aasen started the period again this year with the slightly longer than a 5K, McDaniel PI Run. That was easily her best race which she followed the next week by her next best at the Roberts Mill 10K in 1:29:09. Mary McGuire was next running the Virginia Senior Games in 1:25:44. Her net time at the Ukrops 10K was just a minute shy of the state record. Martha Trimmer, 86, is still out there cranking out 5Ks.

Last year's runner-up Harriet Locke, 82, passed on May 4, 2015.

PI	Name	Age	Hometown	10K=
1	Aasen, Yvonne*****	83	Westminster, MD	1:19:52
2	McGuire, Mary**	84	Virginia Beach, VA	1:25:44
3	Trimmer, Martha	86	Mount Airy, MD	1:55:39

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

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

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

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.

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, and 80 & older.

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

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

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

The current qualifying standards for the 10K are:

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

*The ranking periods for the 2015 ranking year:*

\* Summer Runner Rankings, May 26, 2015 through September 7, 2015 - reported November-December 2015

\* Fall Runner Rankings, September 8, 2015 through November 10, 2015 - reported January-February 2016

\* Best of 2015 (November 10, 2014 through November 22, 2015) - reported March/April 2016

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

Joe & Sue Moore Memorial Scholarship 5K	Hampton, VA	03/07/15
Bright Beginnings 5K	Washington, DC	03/07/15
Break Away 5K	Frederick, MD	03/07/15
Cox Falcon 5K	Virginia Beach, VA	03/07/15
Thin Mint 5K	Abingdon, VA	03/07/15
5K for K9	Richmond, VA	03/07/15
Winterfest 5K	Moneta, VA	03/07/15
Winterfest 10M	Moneta, VA	03/07/15
For a Wish 5K	Virginia Beach, VA	03/07/15
Big Wish 7K	Virginia Beach, VA	03/07/15
DCRRC Fort Hunt 10K	Alexandria, VA	03/08/15
HCS Northfield 5K	Ellicott City, MD	03/08/15
Cupid's Crush 10K	Baltimore, MD	03/08/15
Lower Potomac River Marathon	Piney Point, MD	03/08/15
Flashback 5K	Baltimore, MD	03/08/15
Shamrock 4 Mile	Abingdon, VA	03/13/15
March of the Lions 5K	Williamsburg, VA	03/14/15
Shamrock 'n' Roll 5K	Bel Air, MD	03/14/15
<b>Lucky Leprechaun 5K</b>	Reston, VA	03/14/15
<b>Four Courts 4M</b>	Arlington, VA	03/14/15
<b>Rock 'n' Roll 5K</b>	Washington, DC	03/14/15
<b>Rock 'n' Roll Half Marathon</b>	Washington, DC	03/14/15
<b>Rock 'n' Roll Marathon</b>	Washington, DC	03/14/15
Break a Leg 5K	Spotsylvania, VA	03/14/15
<b>St. Paddy's Day 5K</b>	Ocean City, MD	03/14/15
Get your Cert on 5K	Virginia Beach, VA	03/14/15
Gunston 8K	Fort Belvoir, VA	03/14/15
Forest of Needwood 5M	Petersville, MD	03/14/15
Sugar Hollow Bridges 5K	White Hall, VA	03/14/15
Sugar Hollow Bridges 10K	White Hall, VA	03/14/15
High Bridge 5K Run for Education	Farmville, VA	03/14/15
Mendota 5K	Mendota, VA	03/14/15
Celtic Canter 5K	Westminster, MD	03/14/15
<b>Westchester Shamrock 5K</b>	Midlothian, VA	03/14/15
Patuxent Pi Mile Trail Run	Lusby, MD	03/14/15
Shamrock Hill 10K	Roanoke, VA	03/14/15
Shamrock Hill 5K	Roanoke, VA	03/14/15
Montvale 10M	Montvale, VA	03/14/15

<b>Kelly's Shamrock 5K</b>	Baltimore, MD	03/15/15
<b>One City Marathon</b>	Newport News, VA	03/15/15
<b>One City 8K</b>	Newport News, VA	03/15/15
John Robbins Organ Donor 8K	Fredericksburg, VA	03/15/15
VAB Susan G Komen Race for the Cure 5K	Virginia Beach, VA	03/15/15
Tidal Basin Runs 5K	Washington, DC	03/18/15
Nottingham Elementary PTA 5K	Arlington, VA	03/21/15
Run for Wakefield 5K	Arlington, VA	03/21/15
Kilmarnock 5K	Kilmarnock, VA	03/21/15
SPCA 5K	Richmond, VA	03/21/15
Spirit Stride 5K	Montpelier, VA	03/21/15
Mind, Body, & Soul 5K	Woodstock, MD	03/21/15
Running with the Gators 5K	Perry Hall, MD	03/21/15
Instant Classic Half Marathon	Chesterfield, VA	03/21/15
Instant Classic Marathon	Chesterfield, VA	03/21/15
Van Metre 5M	Ashburn, VA	03/21/15
<b>Charlottesville 10 Mile</b>	Charlottesville, VA	03/21/15
<b>TowneBank Shamrock Festival 8K</b>	Virginia Beach, VA	03/21/15
McDaniel 5K	Westminster, MD	03/21/15
St. Anne School 5K	Bristol, VA	03/21/15
Spring 5K	Arlington, VA	03/22/15
BG 5K Run/Walk	Bel Air, MD	03/22/15
<b>Scope it Out 5K</b>	Washington, DC	03/22/15
Run for Haiti 5K	Reston, VA	03/22/15
MCRRC Piece of Cake 10K	Gaithersburg, MD	03/22/15
MCRRC Piece of Cake 5K	Gaithersburg, MD	03/22/15
Stafford Airport 5K	Fredericksburg, VA	03/22/15
Herndon Ice Breaker	Herndon, VA	03/22/15
BRRC White Hall 15K	White Hall, MD	03/22/15
HCS Jeffers Hill 15K	Columbia, MD	03/22/15
<b>Anthem Shamrock Festival Half Marathon</b>	Virginia Beach, VA	03/22/15
<b>Yeungling Shamrock Festival Marathon</b>	Virginia Beach, VA	03/22/15
Tenley Tiger 5K	Washington, DC	03/28/15
Wildcat Spirit 5K	Pittsville, MD	03/28/15
Roberts Mill 10K	Taneytown, MD	03/28/15
Jamestown High School Swamp Run 5K	Williamsburg, VA	03/28/15
Don't Sit On Colon Cancer 5K	Virginia Beach, VA	03/28/15
Trooper Manion Memorial 5K	Winchester, VA	03/28/15
Naptown Trot 5K	Annapolis, MD	03/28/15
5K Rescue Run	Appomattox, VA	03/28/15
<b>Ukrops Monument Avenue 10K</b>	Richmond, VA	03/28/15
Anchors Aweigh 5K	North East, MD	03/28/15
Bon Secours 5K for Colon Cancer	Suffolk, VA	03/28/15
Hero for the Arts 5K	Frederick, MD	03/28/15
Cerebral Palsy of Virginia 5K	Virginia Beach, VA	03/28/15
Oldfields Half Marathon	Sparks, MD	03/28/15
Burke Lake 12K	Burke, VA	03/29/15
<b>B&amp;A Trail Half Marathon</b>	Severna Park, MD	03/29/15
B&A Trail Marathon	Severna Park, MD	03/29/15
Runners Marathon of Reston	Reston, VA	03/29/15

Runners Half Marathon of Reston	Reston, VA	03/29/15
<b>Mission 10 Miler Race to Recovery</b>	Frederick, MD	03/29/15
Alum Run 5K	Washington, DC	03/29/15
Alum Run 10K	Washington, DC	03/29/15
Dundalk Challenge 5K	Dundalk, MD	03/29/15
W&OD Trail 5K	Falls Church, VA	03/29/15
Race for Respect 5K	Washington, DC	03/29/15
Molly's Irish Pub Wearin' of the Green 5K	Warrenton, VA	03/29/15
<b>Crystal City Fridays 5K #1</b>	Crystal City, VA	04/03/15
PVTC Easter Classic 10K	Alexandria, VA	04/04/15
PVTC Easter Classic 5K	Alexandria, VA	04/04/15
Rabbit Run 5K	Spotsylvania, VA	04/04/15
Autism Awareness 5K	Virginia Beach, VA	04/04/15
Point of Honor 5K	Lynchburg, VA	04/04/15
Creeper 10M	Abingdon, VA	04/04/15
Queens Lake 5K	Williamsburg, VA	04/04/15
Virginia Blood Services 8K	Charlottesville, VA	04/04/15
<b>Charlottesville Half Marathon</b>	Charlottesville, VA	04/04/15
Charlottesville Marathon	Charlottesville, VA	04/04/15
Easter Bunny Hop 5K	Portsmouth, VA	04/04/15
Easter 5K	Fredericksburg, VA	04/05/15
Winning with Wellness 5K	Winchester, VA	04/05/15
<b>Crystal City Fridays 5K #2</b>	Crystal City, VA	04/10/15
Farlington 5K	Farlington, VA	04/11/15
J Brian's Tap Room 15K	Fredericksburg, VA	04/11/15
St. Charles 10M	Waldorf, MD	04/11/15
St. Charles 5K	Waldorf, MD	04/11/15
Jamestown 4-H 10K Run	Williamsburg, VA	04/11/15
<b>Dismal Swamp Stomp HM</b>	Chesapeake, VA	04/11/15
Nature House Fund Run 5K	Reston, VA	04/11/15
Pineapple Express 5K	Fort Lee, VA	04/11/15
Get Well Tanzania 5K	Abingdon, VA	04/11/15
St. Joseph's School 5K	Kingsville, MD	04/12/15
Iron 5K	Amherst, VA	04/12/15
Kent Island Half Metric Marathon	Stevensville, MD	04/12/15
Kent Island Metric Marathon	Stevensville, MD	04/12/15
<b>Credit Union Cherry Blossom 15.1K</b>	Washington, DC	04/12/15
<b>Credit Union Cherry Blossom 5K</b>	Washington, DC	04/12/15
Cherry Pit 10M	Edgewater, MD	04/12/15
HCS Swansfield 5K	Columbia, MD	04/12/15
Loudoun 8K	Ashburn, VA	04/12/15
<b>Loudoun Half Marathon</b>	Ashburn, VA	04/12/15
Home Matters 8K	Fairfax Station, VA	04/12/15
Run for the Rock 5K	Frederick, MD	04/12/15
Tidal Basin Runs 5K	Washington, DC	04/15/15
Pretty Boy 6M	Parkton, MD	04/12/15
<b>Crystal City Fridays 5K</b>	Crystal City, VA	04/17/15
Joint Base Andrews HM	Andrews AFB, MD	04/18/15
Azalea Classic 5K	University Park, MD	04/18/15
Stafford Hospital 5K	Stafford, VA	04/18/15

<b>Sole for the City 10K</b>	Baltimore, MD	04/18/15
AFCEA Central MD Race for Excellence 5K	Columbia, MD	04/18/15
Lion's Roar 5K	Bethesda, MD	04/18/15
Springburst 8K	Greenbelt, MD	04/18/15
Gates Elementary 5K	Chesterfield, VA	04/18/15
Farafest 5K	Virginia Beach, VA	04/18/15
VA War Memorial 5K Run To Remember	Richmond, VA	04/18/15
Kettle Krush 5K	Norfolk, VA	04/18/15
Ashland Railroad 5K	Ashland, VA	04/18/15
Ashland Railroad 10K	Ashland, VA	04/18/15
Chug for the Jug 5K	Rocky Mount, VA	04/18/15
Autism Awareness 5K	Abingdon, VA	04/18/15
<b>Virginia Institute of Autism 5K</b>	Charlottesville, VA	04/18/15
Purple Stride 5K	Virginia Beach, VA	04/18/15
Surf's Up 5K	Virginia Beach, VA	04/18/15
BRRC Gunpowder 5M	Kingsville, MD	04/19/15
Holy Child Tiger Trot 5K	Potomac, MD	04/19/15
Prison Break 10K	Lorton, VA	04/19/15
<b>Prison Break 5K</b>	Lorton, VA	04/19/15
<b>Clyde's 10K</b>	Columbia, MD	04/19/15
<b>HopeWell Cancer Support Reach Out And Run 5K</b>	Towson, MD	04/19/15
Cupcake 5K	Frederick, MD	04/19/15
<b>Crystal City Fridays 5K</b>	Crystal City, VA	04/24/15
Mount Harmon Earth Day 5K	Earlville, MD	04/25/15
Chuck Pacholkiw Memorial 5K	Bowie, MD	04/25/15
Champions4Children 5K	Winchester, VA	04/25/15
Tabb High School May Day 5K	Tabb, VA	04/25/15
Fodderstack 10K	Flint Hill, VA	04/25/15
Port to Fort 6K	Baltimore, MD	04/25/15
Festival of Feet 10K	Bowling Green, VA	04/25/15
Run me Home 5K	Leesburg, VA	04/25/15
Run me Home 10K	Leesburg, VA	04/25/15
Heroes & Villains 5K	Fort Belvoir, VA	04/25/15
<b>Run for the D. O. G. 5K</b>	Williamsburg, VA	04/25/15
de Chantal Dash 5K	Bethesda, MD	04/25/15
Spring to Life 5K	Portsmouth, VA	04/25/15
Ben's Run to Ben-a-fit the Children's National Medical Center 5K	Silver Spring, MD	04/25/15
Ask 5K	Henrico, VA	04/25/15
Palio Di Siena 5K	Reston, VA	04/25/15
Healthy Strides Community 10K	Fairfax Station, VA	04/25/15
Healthy Strides Community 5K	Fairfax Station, VA	04/25/15
Roanoke Susan G Komen Race for the Cure 5K	Roanoke, VA	04/25/15
Roanoke Susan G Komen Race for the Cure 10K	Roanoke, VA	04/25/15
Park to Park HM	Waynesboro, VA	04/25/15
Draft 5K	Waynesboro, VA	04/25/15
Montalto Challenge 5K	Charlottesville, VA	04/25/15
Champions4Children 5K	Bristol, VA	04/25/15
<b>Pike's Peek 10K</b>	Rockville, MD	04/26/15
Ashburn Village Fiesta 10K	Ashburn, VA	04/26/15
Ashburn Village Fiesta 5K	Ashburn, VA	04/26/15

<b>George Washington Parkway Classic 10 Mile</b>	Alexandria, VA	04/26/15
<b>George Washington Parkway Classic 5K</b>	Alexandria, VA	04/26/15
Iron Girl Columbia Half Marathon	Columbia, MD	04/26/15
Iron Girl Columbia 5K	Columbia, MD	04/26/15
Rockstar 5K	Burke, VA	04/26/15
Moss Free Clinic 5K	Fredericksburg, VA	04/26/15
Roar for Autism 5K	Baltimore, MD	04/26/15
Women's 5K by The Bay	Havre de Grace, MD	04/26/15
CASA SuperHero 5K	Richmond, VA	04/26/14
<b>Carytown 10K</b>	Richmond, VA	04/26/15
Mitzvah Miles 5K	Pikesville, MD	04/26/15
Vienna PTA 5K	Vienna, VA	04/26/15
<b>White Oak Classic 5K</b>	Silver Spring, MD	05/01/15
Great Neck 5K	Virginia Beach, VA	05/01/15
Movin' & Shakin 5K	Richmond, VA	05/02/15
Day of the Dog 5K	Washington, DC	05/02/15
St. John The Jogger 5K	Silver Spring, MD	05/02/15
Frederick Twilight 5K	Frederick, MD	05/02/15
Capital for a Day 5K	Brookeville, MD	05/02/15
Bulldog 5K	Washington, DC	05/02/15
<b>Apple Blossom 10K</b>	Winchester, VA	05/02/15
Riverside Rehab By The Bay 5K	Newport News, VA	05/02/15
<b>Ocean City 5K</b>	Ocean City, MD	05/02/15
<b>Ocean City HM</b>	Ocean City, MD	05/02/15
Sandymount 4 Mile	Westminster, MD	05/02/15
Cougar 5K	Manassas Park, VA	05/02/15
Fairfax CASA 8K	Fairfax, VA	05/02/15
Oak Hill Howlin' and Prowlin' 5K	Oak Hill, VA	05/02/15
Metropolitan Branch Trail 5K	Washington, DC	05/02/15
Herndon Middle School 5K	Herndon, VA	05/02/15
Falcon 5K	Vienna, VA	05/02/15
Run for the Bay 5K	Chesapeake Beach, MD	05/02/15
<b>Draft Day Dash 5K</b>	Landover, MD	05/02/15
Trail Nut Half Marathon	Bedford, VA	05/02/15
Run for Independence 5K	Virginia Beach, VA	05/02/15
Sunshine 5K	Colonial Heights, VA	05/02/15
Martha Jefferson 5K	Charlottesville, VA	05/02/15
Morgan State University 5K	Baltimore, MD	05/02/15
Heart of Virginia 10K	Farmville, VA	05/02/15
Friends of Montessori Education 5K	Arlington, VA	05/03/15
JFS Run, Roll or Stroll 5K	Virginia Beach, VA	05/03/15
JFS Run, Roll or Stroll 8K	Virginia Beach, VA	05/03/15
Sadie's Run 5K	Purcellville, VA	05/03/15
<b>Race for Hope 5K</b>	Washington, DC	05/03/15
Mother's Day for Mental Health 5K	Great Falls, VA	05/03/15
Hopecam 5K	Reston, VA	05/03/15
Aol Spring into Summer 5K	Dulles, VA	05/03/15
Potomac River Run Marathon	Caderock, MD	05/03/15
Potomac River Run Half Marathon	Caderock, MD	05/03/15
Stand Up for our Warriors 5K	Fairfax, VA	05/03/15

Frederick Half Marathon	Frederick, MD	05/03/15
Cinco de Mayo 5M	Baltimore, MD	05/03/15
Billy Korrow Memorial 5K	Towson, MD	05/03/15
GW Birthday Classic 10K	Alexandria, VA	05/03/15
Thao's Run to the Light 5K	Sparks, MD	05/03/15
Glow For Hope 5K	Salem, VA	05/08/15
Rocket Run 5K	Rockville, MD	05/09/15
Wine in the Woods 5K	Ellicott City, MD	05/09/15
Wood Acres Jogfest 5K	Bethesda, MD	05/09/15
Freedom 5K	South Riding, VA	05/09/15
Adam's Angels 5K	Fairfax, VA	05/09/15
Thundering Hooves 5K	Mount Airy, MD	05/09/15
Run in the Valley 5K	Reisterstown, MD	05/09/15
<b>National Police Week 5K</b>	Washington, DC	05/09/15
Bull Island 4M	Poquoson, VA	05/09/15
Maryland 5K	Fulton, MD	05/09/15
<b>Maryland Half Marathon</b>	Fulton, MD	05/09/15
Mercy Clinic 5K Health Run	Washington, DC	05/09/15
<b>Komen Global Race for the Cure 5K</b>	Washington, DC	05/09/15
Gallop 4 Greenways 5K	Roanoke, VA	05/09/15
Gallop 4 Greenways 4M	Roanoke, VA	05/09/15
Knight's Dash 5K	Hagerstown, MD	05/09/15
Lee's Walk on the Wild Side 5K	Norfolk, VA	05/09/15
Get Smart 5K	Leesburg, VA	05/09/15
Raccoon Run 5K	Fairfax, VA	05/09/15
Run to Remember 5K	Charlottesville, VA	05/09/15
Richmond Race for the Cure 5K	Richmond, VA	05/09/15
Grundy Kiwanis 5K	Grundy, VA	05/09/15
Equi-Kids 5K	Virginia Beach, VA	05/09/15
Atoms 5K Run	Annandale, VA	05/10/15
HCS Hammond 5K	Columbia, MD	05/10/15
MCRRC Run Aware 5K	Potomac, MD	05/10/15
Hope for Henry 5K	Bethesda, MD	05/10/15
Angel Kisses 5K	Chantilly, VA	05/10/15
<b>Devotion Mother's Day 4M</b>	Reston, VA	05/10/15
Public Service 5K	Washington, DC	05/10/15
Virginia Senior Games 5K	Newport News, VA	05/14/15
Virginia Senior Games 10K	Newport News, VA	05/15/15
Cascades Firechase 10K	Sterling, VA	05/16/15
Cascades Firechase 5K	Sterling, VA	05/16/15
Carter's Run 5K	Ashburn, VA	05/16/15
Germantown 5 Miler	Germantown, MD	05/16/15
Clifton Caboose 5K	Clifton, VA	05/16/15
Leesylvania 5K	Woodbridge, VA	05/16/15
ROMG 5K Cross Country	Reisterstown, MD	05/16/15
Race to Victory 5K	Bristow, VA	05/16/15
Wittondale 5K	Towson, MD	05/16/15
Turtle Trot 5K	Arlington, VA	05/16/15
<b>Semper Fi 5K</b>	Washington, DC	05/16/15
Red, White, and Blue 5K	Williamsburg, VA	05/16/15



Paige Saucedo 5K	Herndon, VA	05/16/15
Kiwanis 5K	Front Royal, VA	05/16/15
Ridge Volunteer Rescue Squad 5K	Scotland, MD	05/16/15
Ashcreek 5K	Hanover, VA	05/16/15
Holton Elementary 5K	Richmond, VA	05/16/15
Batesville 10K	Batesville, VA	05/16/15
Thunder Hill 5K	Columbia, MD	05/16/15
Mimi's 5K	Charlottesville, VA	05/16/15
Justin Foundation 5K	Damascus, VA	05/16/15
Joe Cassella 5K	Great Falls, VA	05/17/15
BRRC WDF 5K	Baltimore, MD	05/17/15
Miles for Melanoma 5K	Washington, DC	05/17/15
Run for the Animals 5K	Wheaton, MD	05/17/15
Bodies in Motion 10K	Warrenton, VA	05/17/15
HCS Burleigh Manor 5M	Columbia, MD	05/17/15
Bodies in Motion 5K	Warrenton, VA	05/17/15
Valor Run 10M	Virginia Beach, VA	05/17/15
<b>Capitol Hill Classic 10K</b>	Washington, DC	05/17/15
Break the Silence 5K	Fairfax, VA	05/17/15
Logan's 5K	Silver Spring, MD	05/16/15
Run the Crater 5K	Fort Lee, VA	05/16/15
Run the Crater 8M	Fort Lee, VA	05/16/15
Lighten-up Lynchburg 5K	Lynchburg, VA	05/16/15
Ethio-American 5K	Carderock, MD	05/16/15
St. John the Apostle 5K	Virginia Beach, VA	05/16/15
Beacon of Hope 5K	Virginia Beach, VA	05/17/15
<b>Marine Corps Historic Half Marathon</b>	Fredericksburg, VA	05/17/15
<b>Marine Corps Historic10K</b>	Fredericksburg, VA	05/17/15
<b>Semper Fred 5K</b>	Fredericksburg, VA	05/17/15
Point Pride 5K	Baltimore, MD	05/17/15
Tidal Basin Runs 5K	Washington, DC	05/20/15
<b>Capital Challenge 3M</b>	Washington, DC	05/20/15
Hopewell Optimist 5K	Hopewell, VA	05/23/15
5K Run/Walk for Autism	Henrico, VA	05/23/15
Field of Honor 5K	Catonsville, MD	05/22/15
Fair Oaks Volunteer Fire & Rescue Ambulance Chase 5K	Fairfax, VA	05/23/15
<b>Elizabeth River Run</b>	Portsmouth, VA	05/23/15
Stoneleigh Stampede Run 5K	Towson, MD	05/23/15
<b>Chick-fil-A 5K</b>	Newport News, VA	05/23/15
Chick-fil-A 10K	Newport News, VA	05/23/15
Alexandria Running Festival 5K	Alexandria, VA	05/24/15
<b>Alexandria Running Festival Half Marathon</b>	Alexandria, VA	05/24/15
MCVets 10K	Baltimore, MD	05/24/15
MCVets 5K	Baltimore, MD	05/24/15
Chestertown Tea Party 10 Mile	Chestertown, MD	05/24/14
Chestertown Tea Party 5K	Chestertown, MD	05/24/14
Stratford Hills 10K	Richmond, VA	05/24/15
Civitan's 10K	Fredericksburg, VA	05/25/15
Civitan's 5K	Fredericksburg, VA	05/25/15
Yorktown Freedom 8K	Yorktown, VA	05/25/15

Ringing Hope 10K	Ashburn, VA	05/25/15
<b>Ringing Hope 5K</b>	Ashburn, VA	05/25/15
Remembrance 5K	Columbia, MD	05/25/15
Jeremy's Run 10K	Olney, MD	05/25/15
Jeremy's Run 5K	Olney, MD	05/25/15
MCRRC Memorial 4M	Rockville, MD	05/25/15
Virginia Memorial Day 5K	Richmond, VA	05/25/15
Virginia Memorial Day 12K	Richmond, VA	05/25/15