

Maryland RRCA State Championship Series
50 Plus Club
Best of 2015

2015 Fall Runner Rankings

Racing Holding Steady after Last Year's Drop-off

(September 9, 2015 – November 10, 2015)



By [James Moreland](#)

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Even with weather cancelling some big races this fall quarter, there were 330 with 86 additional races with no qualifiers. Yet there were more than four hundred other races that did not report their results or perhaps did not occur this quarter. The total number of runners jumped to 193,000, the largest total ever except for the big 2012 year. Also some of the dropped races were major as there were only 53, the lowest total since 2011. Ranked times leveled off but it was because of a big increase in women to compensate a drop off by the men

The Across the Bay 10K caught fire as the sixth biggest 10K in the country with 20,991 to add to the Marine Corps Marathon and the Army 10 Mile as the big dogs among the seven races with more than 5,000 finishers. Army was tops at 26,069 but really when you count Marine Corps Marathon with 23,197 and their 10K with 7,777, the Corps comes out on top with 30,0974. Also, the Baltimore Running Festival's three events had 13,694 as three of the top twelve races with more than 2,000 finishers.

This season three races had 100 qualifiers, and ten races had 50 or more ranked runners. Army easily led the field rebounding to a huge 359, 164 more than last year. The Marine Corps Marathon (110) combined with its 10K (36) had 146 times, a small drop-off from 2014. The Across the Bay weighed in with 235 times.

Run on the same course in successive weeks the Veterans Day 10K outpaced the Run for the Parks, 77 to 55. Both mornings were perfect racing weather. Anthem Wicked 10K is in fourth with 53 ahead of Marine Corps and the Pepsi 10K with 36.

The Navy 5 Mile with 2,558 racers had not quite as many racers as the other fourteen combined and finished with 42 ranked times. At forty seven, Down's Park 5M had only an eighth as many total runners Twenty-five races had more than a thousand finishers. Nine of these were 5Ks with the swift Clarendon 5K leading the way with 55 ranked runners, followed closely by the hilly Viva Vets 5K with 49 and one third the total of racers.

The 8K was the most competitive distance with 3.34% ranked of 15 races and 5,254 finishers. Then came the 229 5K races at 2.46% and 58,570 finishers. The 37 10Ks were 1.68% of their 43,521 finishers, and the 10M was 1.6% of their 28,741 finishers. The half marathon closely matched the average of all the races (1.83%) with 1.77% of their 23,278 runners in 20 races and the toughest distance, the marathon with four races had .6%.

Women crushed the men with 1662 to 1024 different finishers who ran at least one qualifying time. Two hundred and sixty-five men and 320 women were ranked. Just 98 runners qualified for the Elite Division this season. The largest age groups are the seniors, women 60-64 with 43 and men 60-64 with 42. In total ranked times, women led easily, pulling away again, 2126 to 1519.

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

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

Now let's see who made the top.

Open Men

Army 10 Mile 48:35, 10K = 29:14

As is often the case, the top twenty times included fifteen different runners. Division champion Andy Weaver made himself known right away, winning it all at the Parks HM in 1:08:17. That time would stand a week before third place Carlos Jamieson topped the field at the Dulles Day 10K on the Runway in 30:51. All of his wins were runaways, including the Perfect 10 10M in 52:15. Next up to end September, Kieran O'Connor was second overall at the runner's favorite Clarendon Day 5K in 14:36, ahead of fifth place James Kostelnik's 14:52. The prolific O'Connor won it all at the double, the Clarendon 10K in 31:42, that matched his runner-up 1:10:20 at the Navy-Air Force Half Marathon held the week before.

Only one runner ran a race in the first week of October as everyone geared up for the Army Ten Miler. Weaver finished eighth overall there in 50:27 to take the open crown. Philip Royer ran 51:36 to slip into sixth place in a virtual tie with Kostelnik who won it all at the Run for the Parks 10K in 31:34, while Royer finished third at the same locale the next week in 31:32. Royer had bested Michael Franklin's 53:14 at Army, but Franklin came roaring back to the return the favor and win at the Veterans Day 10K in 31:08 to take fourth place.

Ninth place Matt Barresi won it all at the Danville HM in 1:08:46 that was just enough to hold off eleventh place Charlie Hurt who improved on his Pepsi 10K in 31:37 ahead of twelfth place Thomas Adam's 32:01, to place third at the season ending Bill Steers Men's 4M in 19:43 and beat Barresi by five seconds. Seventh place Richard Morris started early, winning the High Bridge HM in 1:11:27 and then the next week won again at the Hokie HM in 1:11:06. His best race was the Amazing Raise 5K in 14:24. Even with the race distance in question and rated at 3 miles he still tops the others. Eighth place Brian Flynn was hardest to rate as he beat others in their second best race at the Veterans Day 10K in 31:14. He also had the best marathon, racing Marine Corps in 2:26:54 for third overall,

ahead of fourteenth Jordan Tropf's 2:27:03. Adam would later run the Army Ten Miler in 52:11, just behind tenth place Bryce Livingston's 52:06.

Tim Young won two fast 5Ks, including the FCA 5K in 15:07 to take thirteenth. Fifteenth place Paul Balmer ran Army in 52:32.

Forty-three made the Open Division with just 3 coming from other divisions.

| PL | Name | Age | Hometown | 10K= |
|-----------|---------------------|------------|---------------------|-------------|
| 1 | Weaver, Andy* | 25 | Baltimore, MD | 30:21 |
| 2 | O'Connor, Kieran* | 28 | Arlington, VA | 30:27 |
| 3 | Jamieson, Carlos*** | 28 | Washington, DC | 30:51 |
| 4 | Franklin, Michael* | 24 | Washington, DC | 31:08 |
| 5 | Kostelnik, James* | 25 | Arlington, VA | 31:01 |
| 6 | Royer, Philip | 24 | Columbia, MD | 31:03 |
| 7 | Morris, Richard*** | 27 | Richmond, VA | 31:06 |
| 8 | Flynn, Brian | 32 | Rockingham, VA | 31:14 |
| 9 | Barresi, Matthew* | 32 | Palmyra, VA | 31:12 |
| 10 | Livingston, Bryce* | 28 | Richmond, VA | 31:21 |
| 11 | Hurt, Charlie** | 32 | Richmond, VA | 31:32 |
| 12 | Adam, Thomas | 29 | Charlottesville, VA | 31:24 |
| 13 | Young, Tim** | 28 | Fredericksburg, VA | 31:32 |
| 14 | Tropf, Jordan | 23 | Baltimore, MD | 31:33 |
| 15 | Balmer, Paul | 25 | Washington, DC | 31:37 |
| 16 | Deters, Matt | 30 | Arlington, VA | 32:06 |
| 17 | Berdan, Dave** | 34 | Owings Mills, MD | 32:16 |
| 18 | Schroeder, John | 28 | Washington, DC | 32:10 |
| 19 | Luff, Sam* | 28 | Washington, DC | 32:12 |
| 20 | Woodford, Patrick** | 23 | Roanoke, VA | 32:22 |
| 21 | Kelly, Tom | 26 | Washington, DC | 32:20 |
| 22 | Greenlaw, Jerry | 27 | Arlington, VA | 32:26 |
| 23 | Crouzier, Nicholas* | 30 | Gaithersburg, MD | 32:32 |
| 24 | Miller, Zak** | 29 | Washington, DC | 32:43 |
| 25 | Wagener, Kyle | 22 | Washington, DC | 32:41 |
| 26 | Buschmann, Mark | 31 | Frederick, MD | 32:40 |
| 27 | Carroll, Ryan*6 | 33 | Portsmouth, VA | 32:47 |
| 28 | Hopely, Mark* | 27 | Fredericksburg, VA | 32:47 |
| 29 | Van Es, Chris | 29 | Washington, DC | 32:54 |
| 30 | O'Leary, Sean | 23 | Bethesda, MD | 32:53 |
| 31 | Pope, John* | 23 | Washington, DC | 33:06 |
| 32 | Toland, Hugh | 34 | Bristow, VA | 33:11 |
| 33 | Lofton, Matthew* | 36 | Winchester, VA | 33:25 |
| 34 | Shaw, Chris* | 40 | Silver Spring, MD | 33:42 |

| | | | | |
|----|--------------------|----|----------------|-------|
| 35 | Swiatocha, Gregory | 30 | Sterling, VA | 33:39 |
| 36 | Dasilva, Jack* | 30 | Arlington, VA | 33:43 |
| 37 | Doak, Randy** | 30 | Phoenix, MD | 33:41 |
| 38 | Smith, Randy** | 27 | Washington, DC | 33:44 |
| 39 | Rodina, Luke | 34 | Fort Meade, MD | 33:45 |
| 40 | Caskey, Sean | 24 | Baltimore, MD | 33:48 |
| 41 | Redfern, Jeffrey | 32 | Washington, DC | 33:49 |
| 42 | Neal, David | 33 | Richmond, VA | 34:10 |
| 43 | Zaring, Noah | 44 | Washington, DC | 34:17 |

19 & Younger Men

Galax Autumn Days 5K 16:08, 10K = 33:39

Daniel Horoho finished September by winning the St. Andrew's Dash into the 80s 5K in 16:38, well ahead of runner-up Ryan French who ran 17:22 to finish next there. Two weeks later the two young men from Clifton met at the Army Ten Miler and it was as close as can be with Horoho prevailing for the title in 59:01, with French just a single second behind. Donovan Foley, 15, continues to improve with six of his ten races faster than last summer's best. He finished in the top three in three of his eight age group wins, including his best race the Viva Vets 5K in 17:22. Fourth place Mac Colomb was right with him with two overall wins, including the ZERO Prostate Cancer Challenge Baltimore 5K in 17:26.

| PI | Name | Age | Hometown | 10K= |
|----|-----------------------|-----|--------------------|-------|
| 1 | Horoho, Daniel* | 16 | Clifton, VA | 34:42 |
| 2 | French, Ryan* | 17 | Clifton, VA | 35:31 |
| 3 | Foley, Donovan*8 | 15 | Vienna, VA | 36:14 |
| 4 | Colomb, Mac** | 16 | Pasadena, MD | 36:22 |
| 5 | Shackelford, Joshua** | 14 | Hayes, VA | 37:16 |
| 6 | Hymans, Caleb*** | 10 | Annandale, VA | 37:27 |
| 7 | Gustafson, Sean* | 15 | McLean, VA | 37:45 |
| 8 | Armstrong, Corbin** | 18 | Poquoson, VA | 38:04 |
| 9 | Owings, Elijah* | 14 | Aroda, VA | 38:05 |
| 10 | Owings, Joseph* | 12 | Aroda, VA | 38:06 |
| 11 | Dolby, Mitch** | 14 | Fredericksburg, VA | 38:15 |
| 12 | Zajkowski, Evan** | 14 | Vienna, VA | 39:32 |

35-39 Men

ZERO Prostate Cancer Challenge Baltimore 10K 32:16

David Wertz had a deceptively slow 5K of 17:04 at the Glory Days Open Grill 5K. It was not a hilly cross country or very technical but it was almost certainly long. He waited till the final morning and moved up ten places to the title, running the Veterans Day 10K in 32:43. Runner-up Matthew Lofton had the second best

race, winning the Care 2 Cure 5K in 16:01 on Halloween morning. The following Saturday he had the second fastest half at the Battlefield Half Marathon in 1:15:28. Third place goes to Bill Palmer who ran the Amazing Raise 5K in 15:57. Virtually everyone was a minute faster than last year, making the course certainly short. Then he nudged his way to third with his Bill Steers Men's 4M in 21:04.

Fourth place Richard Jennings finished the Navy-Air Force Half Marathon ahead of sixth place Kunihiro Hayashi, 1:14:11 to 1:17:30. Hayashi also ran well again, winning the Home Run 10K, a hilly course, in 35:12. Fifth place Jeremy Lynch had a solid Clarendon Day 5K in 16:28, yet still was not in the top twenty of that fast event. William Bokus is seventh, racing the Army Ten Miler in 58:11 ahead of ninth place Stephen Gabris who ran 58:35. Eighth place Vinnie DeRocco ran the Run for the Parks 10K in 35:10 to best tenth place Jason Weber's 35:24 there.

| PI | Name | Age | Hometown | 10K= |
|----|-----------------------|-----|---------------------|-------|
| 1 | Wertz, David** | 39 | Arlington, VA | 32:43 |
| 2 | Lofton, Matthew** | 36 | Winchester, VA | 33:25 |
| 3 | Palmer, Bill** | 39 | Charlottesville, VA | 33:41 |
| 4 | Jennings, Richard* | 39 | Quantico, VA | 33:40 |
| 5 | Lynch, Jeremy* | 35 | Springfield, VA | 34:21 |
| 6 | Hayashi, Kunihiro* | 39 | Rockville, MD | 35:10 |
| 7 | Bokus, William | 38 | Washington, DC | 35:00 |
| 8 | DeRocco, Vinnie** | 36 | Leesburg, VA | 35:10 |
| 9 | Gabris, Stephen* | 36 | Burke, VA | 35:15 |
| 10 | Weber, Jason | 39 | Arlington, VA | 35:24 |
| 11 | Stemberger, Gregory** | 38 | South Riding, VA | 35:38 |
| 12 | Burger, Jeff** | 39 | Bel Air, MD | 36:08 |
| 13 | Loeffler, Mark* | 35 | Columbia, MD | 36:20 |

40-44 Men

Navy-Air Force Half Marathon 1:13:25, 10K = 33:19

A number of the big guns including four former champions only ran one event. Fourth place Martin Lanz put in his bid right away, racing the Parks HM in 1:17:14. A week later Douglas Wickert closed, racing the Navy-Air Force Half Marathon in 1:17:32, ahead of ninth place Michael Dhuniyashah (1:20:09). The next week Lanz did the double, racing both the 5K and the 10K at Clarendon. He won the 10K in 35:16 but came up short against sixth place Keith Freeburn (16:54) who was making a case for taking his spot. Todd Bib knifed his way between the two with an overall win at the Perfect 10 10K in 35:12.

Noah Zaring had being hanging tough after starting the season with his masters win at the Run 4 Shelter HM in 1:18:06 but just a day before he would bolt towards the top at Army in 57:01. Christopher Shaw claimed the title winning it all at the Mathew Henson Trail 5K in 16:20. Freeburn finished Army in eleventh place with 59:04 in a deep field, Eighth place Brian Szabos held off Dhuniyashah 59:34 to 59:48. Karsten Brown ran 17:10 at the 911 Heroes Run 5K, but it was

his overall win at the Shenandoah Leaf Peeper HM in 1:20:15 that moved him ahead of these two into seventh place.

Meanwhile, Wickert met Lanz at the Marine Corps Marathon and moved past him to third by winning 2:42:27 to 2:46:42. Zaring had another shot at Shaw at the Veterans Day 10 but came up short in 34:17 as Shaw won the division in 33:42.

Eighteen runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|------------------------|-----|---------------------|-------|
| 1 | Shaw, Chris**** | 40 | Silver Spring, MD | 33:42 |
| 2 | Zaring, Noah* | 44 | Washington, DC | 34:17 |
| 3 | Wickert, Douglas | 42 | Vienna, VA | 34:52 |
| 4 | Lanz, Martin* | 42 | Bethesda, MD | 35:03 |
| 5 | Bibb, Todd**** | 44 | Centreville, VA | 35:12 |
| 6 | Freeburn, Keith**** | 41 | Centreville, VA | 35:15 |
| 7 | Brown, Karsten**** | 41 | Front Royal, VA | 35:49 |
| 8 | Szabos, Brian** | 42 | South Riding, VA | 35:50 |
| 9 | Dhuniyashah, Michael | 43 | Falls Church, VA | 35:59 |
| 10 | Hiott, Jeffrey* | 42 | Washington, DC | 36:29 |
| 11 | McCartney, Jay*** | 40 | Charlottesville, VA | 36:34 |
| 12 | Hicks, Sean* | 42 | Manassas Park, VA | 36:45 |
| 13 | Cahill, Dave | 44 | Arlington, VA | 36:57 |
| 14 | Rohlf, Michael | 40 | University Park, MD | 37:41 |
| 15 | Naff, Michael | 44 | Arlington, VA | 37:54 |
| 16 | Shadrick, Brain*** | 42 | Ellicott City, MD | 37:54 |
| 17 | Koehler, Christopher** | 44 | Locust Grove, VA | 37:55 |
| 18 | Storper, David* | 42 | Bethesda, MD | 38:03 |

45-49 Men

Battlefield Half Marathon 1:15:04, 10K = 34:04

Coming off an overall win at the Kelvy's 5K, Craig Chasse held off Scott Mersiowsky at the 10K Run Through History, 37:06 to 37:07. That would hold up till the final weekend when Mersiowsky returned the favor and avenged last year's FAC 5K loss, running 17:30 to Chasse's 18:07. That gave him fifth place. Working forward, Scott Coon, who had the slowest qualifier in the division, got healthy two weeks later, with an overall win at the Seaside 10M in 1:00:19. Third place Michael Naff beat seventh place Miguel Sanchez-Ruano at the Clarendon 5K 17:39 to 17:46. Naff would move up to his spot with a solid Army Ten Miler in 59:19.

For the top two spots, Jeff Harrington started fine as third overall at the High Bridge HM in 1:18:13 while Alexander Hetherington ran the Parks HM the next day in 1:20:04. Harrington would run a swift Chocolate Chase 5K in 17:12, much

faster than Hetherington's 17:47 overall win at the tough Navy Federal 5K. After Harrington ran the Virginia 10 Mile in 59:11, he was looking good for the title. But Hetherington was not down yet. On October 10, he ran the Glory Days Open Grill 5K on a course most likely a little long in 18:10. The next day he fired off an excellent 58:30 at the Army Ten Miler to snatch the crown for his own. Hetherington then showed his mettle with a nifty Marine Corps Marathon in 2:50:06.

The division has fifteen qualifiers.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------------|-----|------------------|-------|
| 1 | Hetherington, Alexander*** | 48 | Vienna, VA | 35:12 |
| 2 | Harrington, Jeff*** | 45 | Lynchburg, VA | 35:29 |
| 3 | Naff, Michael | 45 | Arlington, VA | 35:41 |
| 4 | Coon, Scott* | 46 | Abingdon, MD | 36:17 |
| 5 | Mersiowsky, Scott** | 49 | Carson, VA | 36:30 |
| 6 | Chasse, Craig*** | 46 | Reston, VA | 37:06 |
| 7 | Sanchez-Ruano, Miguel | 48 | Woodbridge, VA | 37:04 |
| 8 | Horner, Allen* | 45 | Fairfax, VA | 37:41 |
| 9 | Crago, Stephen*** | 47 | Vienna, VA | 38:02 |
| 10 | Lovett, Jack** | 45 | Yorktown, VA | 38:02 |
| 11 | Drake, Anthony* | 45 | Arlington, VA | 37:56 |
| 12 | Wilkins, Jon* | 45 | Chevy Chase, MD | 38:09 |
| 13 | Breslyn, Wayne* | 47 | Rockville, MD | 38:23 |
| 14 | Frost, Howard | 49 | Falls Church, VA | 38:47 |
| 15 | Powell, Charles* | 49 | Bel Air, MD | 39:07 |

50-54 Men

Marine Corps Marathon 2:38:32, 10K = 34:01

Steve Kartalia sets the hilly Tahoma 5M course record in 28:20 to get things started as a grandmaster. Then he carved another fine second overall at the Bachmann Valley Half Marathon in 1:16:43. Two weeks later, on an out and back Frosty Pumpkin 10K that includes the monster hills of the half marathon, he wins it all in 35:44. David Haaga takes the runner-up from a competitive trio. He ran a smart Parks HM in 1:20:40. Then he finished no worse than third overall at two challenging cross country races. Finally, he finished well again at the Rockville 10K with second overall in 36:05. Mark Neff tried out the 600 foot drop at the Great Allegany 15K and finished second overall in 55:25. Times have changed; back in 2001 that would have been 18th place. In the mist of time 1993 race, 51:40 was 25th place. Neff ended the season winning it all at the Candy Cane City 5K in 18:17. Fourth place Hernan Garbini rebounded from a tough Virginia 10 Miler in 1:04:53, on the final weekend at the Bill Steers Men's 4M in 22:30.

Fifth place Greg Dawson ran a down right decent Run for the Hills 10K in 36:39. Colin Munsey ran the Hokie 5K in 18:05 for third overall. Paul Jacobson ran the CBTF Superheroes 5K in 18:02 for second overall. Munsey responded a week later with a Growler Gallop 5K in 18:00 to take sixth place. Jacobson was just short, racing the Veterans Day 10K in 37:48. Very little separated the next three. Sheldon Degenhardt is eighth, racing the St. Paul's Run for Ed 5K in 18:16, Jean-Christophe Arcaz is next at the Sprint for the Cure 5K in 18:18, while tenth place Chris Campbell ran the 10K Run Through History in 38:12.

Thirty-five runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------------|-----|------------------------|-------|
| 1 | Kartalia, Steve*** | 50 | Westminster, MD | 34:48 |
| 2 | Haaga, David**** | 54 | Rockville, MD | 36:05 |
| 3 | Neff, Mark*** | 53 | Derwood, MD | 35:55 |
| 4 | Garbini, Hernan* | 53 | Waynesboro, VA | 35:59 |
| 5 | Dawson, Greg**** | 50 | Williamsburg, VA | 36:39 |
| 6 | Munsey, Colin*** | 50 | Pearisburg, VA | 37:33 |
| 7 | Jacobson, Paul**** | 52 | Gaithersburg, MD | 37:37 |
| 8 | Degenhardt, Sheldon*** | 50 | Marriottsville, MD | 38:06 |
| 9 | Arcaz, Jean Christophe** | 54 | Rockville, MD | 38:10 |
| 10 | Campbell, Chris** | 51 | Louisa, VA | 38:12 |
| 11 | Feinberg, Michael*** | 52 | Bel Air, MD | 38:35 |
| 12 | Bohse, Michael** | 51 | Columbia, MD | 38:31 |
| 13 | Poulos, Ted*7 | 53 | McLean, VA | 38:40 |
| 14 | Griffiths, Richard ** | 50 | Columbia, MD | 38:46 |
| 15 | Frost, Howard** | 50 | Falls Church, VA | 38:47 |
| 16 | Pelletier, Paul** | 50 | Williamsburg, VA | 38:44 |
| 17 | Zuniga, Mario*** | 51 | Front Royal, VA | 38:54 |
| 18 | Rapp, Perry* | 50 | Lexington Park, MD | 39:07 |
| 19 | Boyle, Kevin**** | 52 | Alexandria, VA | 39:19 |
| 20 | Fox, RJ** | 50 | Hyattsville, MD | 39:32 |
| 21 | Samley, Chris* | 53 | Charlottesville, VA | 39:30 |
| 22 | Phipps, David** | 51 | Severna Park, MD | 39:38 |
| 23 | Greene, Craig** | 50 | Manassas, VA | 39:43 |
| 24 | Gilliland, Jeff** | 51 | Clifton, VA | 39:46 |
| 25 | Scott, RJ** | 52 | Bassett, VA | 40:07 |
| 26 | Vasquez, Francisco* | 53 | Hyattsville, MD | 40:16 |
| 27 | Menzies, Steve | 51 | Williamsburg, VA | 40:18 |
| 28 | Alberg, Ken | 54 | Suffolk, VA | 40:18 |
| 29 | Wills, Stephen* | 54 | College Park, MD | 40:41 |
| 30 | Kammerer, Jack** | 53 | Washington, DC | 40:41 |
| 31 | Fiscella, George** | 53 | Newport News, VA | 40:57 |
| 32 | Timpson, Rodney** | 50 | Abingdon, VA | 40:57 |
| 33 | Way, John** | 50 | Montgomery Village, MD | 40:52 |
| 34 | Oda, Yasuo | 53 | Columbia, MD | 41:15 |

55-59 Men

Walk to End HIV 5K 17:33, 10K = 36:37

These guys are fast. Pete Gibson started barely slower than a 6:00 pace at the Neptune Festival 5K in 18:49 for third overall, and it was only the tenth fastest race. Then with an eye on this division and another on the upcoming 60-64 division, he brushed ahead runner-up Craig Fishman's wonderful Army Ten Miler in 1:02:32 with a third overall at the Peroni Crawlin' Crab HM in 1:21:04. Fishman had his own third overall at the Perfect 10 10K in September with 37:54. For Halloween, Gibson dropped a minute at the Anthem Wicked 10K in 36:50 to secure the division.

That same morning Robert Whitaker ran the Governor's Land 5K in 18:23. He would also get a third overall of his own to end the season at the Yorktown Battlefield 10 Miler in 1:05:14. Fourth place H.T. Page had a second overall at the Johnny Casa 5M in 31:29. He took his spot with the Danville HM in 1:24:58 with a Virginia 10 Miler in 1:05:44 sandwiched in between. Fifth place Billy Pearlman was second overall at the Mirko Half Marathon in 1:25:54. Then in October, he went one better, winning it all at the Vinton Fall Festival 5K in 18:37.

Seventh place John Chall had a strong Baltimore Half Marathon in 1:28:30 and saved his best for the final day at the Across the Bay 10K in 39:24. Sixth place Brian Daugherty was everywhere, winning his age group in seven of his eight races. His best was the only time he came in second in ten year age grouping, at the Scarecrow Classic 5K in 18:54.

Twenty-six runners made the division.

| PI | Name | Age | Hometown | |
|----|----------------------|-----|------------------|-------|
| 1 | Gibson, Pete*** | 59 | Murfreesboro, NC | 36:47 |
| 2 | Fishman, Craig** | 55 | Falls Church, VA | 37:38 |
| 3 | Whitaker, Robert** | 57 | Yorktown, VA | 38:21 |
| 4 | Page, H T**** | 55 | Wirtz, VA | 38:33 |
| 5 | Pearlman, Billy** | 56 | Roanoke, VA | 38:50 |
| 6 | Daugherty, Brian*7 | 55 | Edgewater, MD | 39:26 |
| 7 | Chall, John** | 58 | Crownsville, MD | 39:24 |
| 8 | Cutler, Andrew** | 58 | Yorktown, VA | 40:17 |
| 9 | Horan, Marty*** | 56 | Gaithersburg, MD | 40:47 |
| 10 | McLaughlin, Terry*** | 55 | Spotsylvania, VA | 40:51 |
| 11 | Carter, R.B.** | 57 | Lynchburg, VA | 40:51 |
| 12 | Drosky, Mark** | 55 | Alexandria, VA | 41:10 |
| 13 | Redmon, Stephen** | 57 | Woodbridge, VA | 41:06 |

| | | | | |
|----|-------------------|----|---------------------|-------|
| 14 | Tinta, Elias | 57 | Rockville, MD | 41:12 |
| 15 | Evans, Preston* | 59 | Madison Heights, VA | 41:24 |
| 16 | Lovegrove, David | 59 | Fredericksburg, VA | 41:35 |
| 17 | Smith, Mark* | 58 | Catonsville, MD | 41:47 |
| 18 | Weaver, Ron** | 57 | Virginia Beach, VA | 41:44 |
| 19 | Gessler, Bobby** | 58 | Ellicott City, MD | 41:44 |
| 20 | Gitney, Pete* | 59 | Chesapeake City, MD | 41:53 |
| 21 | Mendelowitz, Rich | 56 | Arlington, VA | 42:11 |
| 22 | Mergler, Fran* | 56 | Nottingham, MD | 42:22 |
| 23 | Davis, Mark* | 55 | Washington, DC | 42:37 |
| 24 | Clem, William | 56 | Bethesda, MD | 42:43 |
| 25 | Keaton, David** | 55 | Rockville, MD | 43:09 |
| 26 | Peterson, Jeff* | 59 | Fredericksburg, VA | 43:14 |

60-64 Men

Renie Amoss 5K 17:40, 10K = 36:51

Three new players have entered the fray and they are all top racers, moving resident champion Alan Pemberton down to fourth place. Stephen Chantry started with a solid Hare & Tortoise New Quarter Park 8K in 32:16. The next week he was special, winning it all at the Mulberry Island 5K in 18:36. But Maurice Pointer was not going to be denied his crown. He was second overall at the Race for our Kids 10K in 37:43 and become the second fastest 5K racer in the region over the last decade with a marvelous Renie Amoss 5K in 17:40. Chantry would add a Governor's Land 5K in 18:29 but Pointer was after a year's best time in the marathon, snatching it easily at the Baltimore Marathon in 3:02:37. Already for Winter 2016, Pointer reset his record at the Northern Central Trail Marathon in 2:59:27. By the way, Pete Gibson will be sixty soon.

Dan Lawson gets the lean for third place with his Mathew Henson 5K in 19:12 versus Pemberton's fast Clarendon Day 5K course in 19:11. Lawson added a 20:06 on the Cross Country on the Farm 5K with Pemberton a little slower on another flat, fast course, the Candy Cane City 5K in 20:23. Fifth place goes to David Gearhart for his Superhero 5K in 19:55 even though his second fastest race, top senior award at the Virginia 10 Miler in 1:11:33, was slower than Clyde Rollins who ran the Army Ten Miler in 1:10:17.

Seventh place goes to Tim Randolph who ran two fast 10Ks, including the Heart of Ghent 10K in 42:36. Eighth place Malcolm Senior was even faster this year at the Bachman Valley HM in 1:34:09. David Wild is next racing the Navy-Air Force Half Marathon in 1:35:38 with Donnie Wyatt winding up tenth, running the Smithfield Hog Jog 5K in 21:01.

Forty-three runners made the division.

| PI | Name | Age | Hometown | 10K= |
|-----------|------------------------|------------|--------------------|-------------|
| 1 | Pointer, Maurice*** | 60 | Baltimore, MD | 36:51 |
| 2 | Chantry, Stephen*** | 60 | Williamsburg, VA | 38:33 |
| 3 | Lawson, Dan** | 60 | Gaithersburg, MD | 40:03 |
| 4 | Pemberton, Alan*** | 63 | Silver Spring, MD | 40:01 |
| 5 | Gearhart, David** | 61 | Huddleston, VA | 41:33 |
| 6 | Rollins, Clyde* | 60 | Herndon, VA | 42:17 |
| 7 | Randolph, Tom**** | 60 | Virginia Beach, VA | 42:36 |
| 8 | Senior, Malcolm** | 64 | New Market, MD | 42:43 |
| 9 | Wild, David* | 60 | Washington, DC | 43:23 |
| 10 | Wyatt, Donnie*** | 62 | Hampton, VA | 43:50 |
| 11 | Riemenschneider, Neal* | 61 | Winchester, VA | 44:09 |
| 12 | Ferrans, Larry* | 61 | Barton, MD | 44:13 |
| 13 | Donahue, Joseph* | 60 | Vienna, VA | 44:24 |
| 14 | Grimsley, Gary** | 61 | Springfield, VA | 44:34 |
| 15 | Lerner, Steve** | 60 | Glen Allen, VA | 44:53 |
| 16 | Morgan, Timothy | 64 | Damascus, MD | 44:55 |
| 17 | Presuhn, Gary | 61 | Burke, VA | 45:27 |
| 18 | Umbarger, Ken* | 64 | Gaithersburg, MD | 45:24 |
| 19 | DeKornfeld, Thomas** | 62 | Annapolis, MD | 45:33 |
| 20 | Landau, David* | 60 | Potomac, MD | 45:39 |
| 21 | Burns, Rick* | 61 | Baltimore, MD | 45:45 |
| 22 | Brooks, Maxwell** | 62 | Glen Burnie, MD | 45:51 |
| 23 | Edgerton, David** | 61 | Chesapeake, VA | 45:55 |
| 24 | Stein, Rich** | 63 | Baltimore, MD | 45:58 |
| 25 | Dettmar, Chris*** | 61 | Reston, VA | 45:59 |
| 26 | Moreland, James***** | 63 | Gaithersburg, MD | 46:08 |
| 27 | Barnhart, Tim* | 60 | Linden, VA | 46:08 |
| 28 | Eddy, Dan* | 64 | Alexandria | 46:17 |
| 29 | Rogers, Ron**** | 63 | Riner, VA | 46:35 |
| 30 | Green, Charles** | 63 | Silver Spring, MD | 46:58 |
| 31 | Klenk, Glenn* | 62 | Arlington, VA | 46:54 |
| 32 | Lopez, Felix***** | 62 | Lynchburg, VA | 47:09 |
| 33 | Sinderman, Robert | 61 | Arlington, VA | 47:04 |
| 34 | Kehne, John | 60 | Potomac, MD | 47:21 |
| 35 | Morgans, Gary* | 62 | Arlington, VA | 47:27 |
| 36 | Vaughan, Allen* | 64 | Stafford, VA | 47:35 |
| 37 | Siliciano, Robert** | 63 | Baltimore, MD | 47:46 |
| 38 | Erickson, Kenyon | 61 | Vienna, VA | 47:44 |
| 39 | Weber, Ron* | 63 | Ellicott City, MD | 47:42 |
| 40 | Patrick, Dennis* | 63 | Clifton, VA | 47:58 |
| 41 | Spicer, Frank** | 63 | Clifton, VA | 48:24 |
| 42 | Guzman, Jorge | 60 | Potomac, MD | 48:48 |
| 43 | Menke, Jim* | 61 | Vienna, VA | 49:40 |

65-69 Men

Mathew Henson Trail 5K 19:48, 10K = 41:18

Ronnie Wong secured his best qualifier early at the Run to Remember 11K in 52:02. After that he added the Bachmann Valley HM and two marathons. Third place Michael Campbell was nearly two minutes slower at his Navy-Air Force Half Marathon but when they met at the Marine Corps Marathon, Campbell was first in 3:36:45 to match Wong's 11K and well ahead of Wong's 3:54:20. Wong did have a much faster time two weeks earlier at the Baltimore Marathon.

Meanwhile Morris Morgan started out with a very nice Mulberry Island 5K in 21:37. Then he shocked racing with a brilliant overall win at the Prostate Health Forum 5K in 20:30 for the oldest overall winner of the season. For Halloween, former Champion Bill Hart bolted to the runner-up spot at the Anthem Wicked 10K in 44:28. The final weekend he added a very nice Yorktown Battlefield 10 Miler in 1:15:55. Joseph Day had the fastest half marathon at the Peroni Crawlin' Crab HM in 1:43:36 to edge out Robert Taylor who was third age group at the Army Ten Miler in 1:18:17

The division shrunk to its lowest level with just fourteen runners making the division.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|--------------------|-------|
| 1 | Morgan, Morris** | 65 | Williamsburg, VA | 42:46 |
| 2 | Hart, Bill** | 66 | Virginia Beach, VA | 44:28 |
| 3 | Campbell, Michael* | 65 | Manassas, VA | 46:31 |
| 4 | Wong, Ronnie* | 69 | Catonsville, MD | 46:32 |
| 5 | Day, Joseph* | 65 | Yorktown, VA | 47:00 |
| 6 | Taylor, Robert* | 65 | Alexandria, VA | 47:06 |
| 7 | Gill, Jack** | 66 | Pulaski, VA | 47:18 |
| 8 | Morgan, Timothy** | 65 | Damascus, MD | 48:20 |
| 9 | Trueheart, Wilson** | 66 | Baltimore, MD | 48:36 |
| 10 | Dominguez, Bert* | 67 | Gaithersburg, MD | 48:42 |
| 11 | Raley, George** | 68 | Rising Sun, MD | 48:53 |
| 12 | Fleming, Mike* | 69 | Columbia, MD | 49:43 |
| 13 | D'Agostino, William | 65 | Reston, VA | 50:18 |
| 14 | Verdirame, Joseph* | 66 | Suffolk, VA | 51:24 |

70-74 Men

Run for the Hills 10K = 45:07

The division gets its final reprieve as Jim Noone is healthy again and already has a dominating start to the 2016 Winter Rankings as November begins. Ben Dyer

started the season conservatively at the Hare & Tortoise New Quarter Park 8K in 38:33. Runner-up Jim Bullock had a really tough course at the Tahoma 5M in 41:01 that features a big net downhill. The grinning race director told us to expect a tough time anyway as the hills were brutal. Two weeks later, Bullock would run the fastest 5K of the period at the Downtown Dash in 23:04, even faster than the accommodating Governor's Land 5K that Dyer ran in 23:16 later in October. Dyer had already captured another crown with an excellent Run for the Hills 10K in 45:07.

Fourth place Donald Hensel had the fourth fastest race at the Boo! Run for Life 10K in 48:31 but ended the season a disappointing Candy Cane City 5K in 25:49. Racing the Marine Corps Marathon two weeks earlier may have had something to do with that. Jonathan Cannon started early at the Pepsi 10K in 49:28. On the final day, he was tops at the Bill Steers Men's 4M in 30:15 to take the third spot. The day before Harold Ingram had run the division's fastest ten miler at the Greenway Memory 10M in 1:23:21 to take the fifth position.

Fourteen runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------|-----|------------------------|-------|
| 1 | Dyer, Ben*** | 72 | Hayes, VA | 45:07 |
| 2 | Bullock, Jim*** | 72 | Eldersburg, MD | 48:07 |
| 3 | Cannon, Jonathan** | 70 | Charlottesville, VA | 48:22 |
| 4 | Hensel, Donald** | 71 | Gaithersburg, MD | 48:31 |
| 5 | Ingram, Harold*** | 72 | Henry, VA | 50:05 |
| 6 | Maffei, Merle** | 71 | Annapolis, MD | 50:32 |
| 7 | Mayhew, Ed***** | 70 | Winchester, VA | 50:58 |
| 8 | Arata, Larry** | 71 | Williamsburg, VA | 50:52 |
| 9 | Churchman, John | 72 | Arlington, VA | 52:24 |
| 10 | Hozik, James | 70 | Great Falls, VA | 52:30 |
| 11 | Gregory, Art*** | 71 | Ijamsville, MD | 52:33 |
| 12 | Chaconas, Greg* | 70 | Washington, DC | 52:31 |
| 13 | Brown, Walter* | 71 | Montgomery Village, MD | 54:33 |
| 14 | Shapiro, Lou* | 74 | Silver Spring, MD | 55:55 |

75-79 Men

911 Heroes Run 5K 25:40, 10K = 53:32

William Raue just appeared and took down the division opening day at the 911 Heroes Run 5K in 25:40. He would finish with three of the top five times including a season ending Viva Vets 5K in 25:58. Runner-up Doug Morris had three of the top seven times, including an odd distance Run for the Ribbon 5.9K in 31:26. He also earned his seventh single age record at the Greasy Gooney 10K in 55:09. Third place Malcolm O'Hagan raced the Army Ten Miler in 1:32:14.

Maynard Weyers had his best race at the Wounded Warrior Caregiver 5K in 27:11. Former division champion Stan Neumann earns fifth at the Diane Geppi-Aikens Memorial 5K in 27:24. Bill Sollers had two Chevy Chase races with his fastest being the Somerset Back to School 8K in 45:13 to take six place. Warren Pitts is seventh by running the Kilts & Craic 5K in 27:53. Eighth place Ken Quincy can still crack an hour at the 10K, racing the Perfect 10 in 59:30.

Twenty-two runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------|-----|-------------------|---------|
| 1 | Raue, William*** | 76 | Alexandria, VA | 53:32 |
| 2 | Morris, Doug* | 77 | Delaplane, VA | 53:54 |
| 3 | O'Hagan, Malcolm* | 75 | Chevy Chase, MD | 55:30 |
| 4 | Weyers, Maynard*** | 79 | Alexandria, VA | 56:42 |
| 5 | Neumann, Stan* | 76 | Timonium, MD | 57:09 |
| 6 | Sollers, Bill**** | 76 | Silver Spring, MD | 57:21 |
| 7 | Pitts, Warren** | 77 | Baltimore, MD | 58:10 |
| 8 | Quincy, Ken**** | 78 | Vienna, VA | 59:30 |
| 9 | Eldridge, Bob | 75 | Reston, VA | 1:02:20 |
| 10 | Ratajczak, Stephen | 76 | Portsmouth, VA | 1:02:31 |
| 11 | Finney, John | 76 | Arlington, VA | 1:04:02 |
| 12 | Hager, Philip* | 78 | Falls Church, VA | 1:05:26 |
| 13 | Quecan, Mel | 76 | Columbia, MD | 1:06:56 |
| 14 | Bayrer, Ralph* | 76 | Washington, DC | 1:07:25 |
| 15 | Leonard, Michael** | 77 | Silver Spring, MD | 1:09:05 |
| 16 | Terrell, Charles* | 76 | Newport News, VA | 1:09:22 |
| 17 | Rider, Alan | 79 | Reston, VA | 1:09:26 |
| 18 | Coates, Chet* | 75 | Silver Spring, MD | 1:10:14 |
| 19 | Ford, John | 75 | Clarksburg, MD | 1:20:36 |
| 20 | Garczynski, Louis | 75 | Sterling, VA | 1:24:35 |
| 21 | Vaughn, Robert | 75 | Oakton, VA | 1:25:50 |
| 22 | Slunt, Ed | 78 | Catonsville, MD | 1:29:25 |

80 & Older Men

Run to Remember 11K 1:03:48, 10K = 57:04

George Yannakakis took the division opening day at the Poor Nun Run 5K in 27:33. The next day he won at the Run to Remember 11K in 1:03:48, cementing his dominance. His work was finished and he was not back for the rest of the fall. Runner-up James Fratino ran the Run 4 Shelter 10K in 1:06:50, also opening day. Then he ran the KTS 5K the next week in 30:22. He was done too; but he came out the final day of the season to get a third qualifier at the Across the Bay 10K. Third place Jack McMahon raced all season, though his best race was the opening weekend at the Police Pace 5K in 31:45.

Terry McCarthy ran the Pirate and Princess 5K in 33:07 for fourth place. Gilbert Rosenthal ran the Baltimore United Way 5K in 34:57 for fifth place. In sixth place, with six age group wins, is Robert Gurtler. He appears to have slacked off with just twelve races this season but he likes the shorter races too and racing a dozen of them has completed another 100 plus race year.

Ten runners eighty-five and older ran a race of the forty-two runners in this 80 and older division. Four of the runners were ninety or older. Two of them qualified as George Brown, 90, was just ahead of Dixon Hemphill with a slightly faster 5K, 51:21 to 51:35. The other two had faster times but only the one race. They were Bob Atkins, 90, in 50:43 and Robert White, 92, who would have moved to seventh in the division with a second race. He was blazing at the Governor's Land 5K in 40:18. Twelve years ago he set the Colonial Road Runners eighty and older record there in 25:48 which would have crushed this fall's entire division

Twelve runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|---------------------|---------|
| 1 | Yannakakis, George** | 83 | Sparks, MD | 57:04 |
| 2 | Fratino, James* | 82 | Annapolis, MD | 1:03:21 |
| 3 | McMahon, Jack***** | 84 | Silver Spring, MD | 1:06:14 |
| 4 | McCarthy, Terry* | 80 | Leesburg, VA | 1:09:05 |
| 5 | Rosenthal, Gilbert* | 81 | Arnold, MD | 1:12:04 |
| 6 | Gurtler, Robert*6 | 80 | The Plains, VA | 1:21:17 |
| 7 | Sanborn, Richard** | 81 | Williamsburg, VA | 1:27:17 |
| 8 | Smith, Robert***** | 81 | Dickerson, MD | 1:28:35 |
| 9 | Greear, Fred* | 80 | Bristol, VA | 1:30:30 |
| 10 | Mendola, PJ* | 83 | Newport News, VA | 1:30:44 |
| 11 | Brown, George | 90 | Baltimore, MD | 1:47:07 |
| 12 | Hemphill, Dixon* | 90 | Fairfax Station, VA | 1:47:36 |

Open Women

Veterans Day 10K 34:12

Perry Shoemaker, 44, had five of the top twenty-three times, including four overall wins. Her opening bid was a 59:39 victory at the Perfect 10 10 miler. That was the ninth best race of the season. There would be some November racing in West Potomac Park and she excelled on the first day at the Run for the Parks 10K, coasting to the top in 35:30. Still, the major player in the rankings is the big daddy Army Ten Miler. Twenty-four of the fifty-five ranked women raced there. Shoemaker reset the masters record, finishing second overall in 57:31 and became the first master, and the oldest open champion on record. In 2012, Elena Orlova, 42, led the way with the fastest masters qualifier (34:26) but settled for, a then masters best, third overall in the open division for the whole year. The still

improving Shoemaker was second master and twentieth in the open division that year with a 36:28 qualifier.

Runner-up Stephanie Bryan was third in 57:46 just ahead of third place Alex Wang's 57:55. Wang struggled at the Baltimore Marathon the next week but earlier had excelled at the hilly HCS Metric Marathon in 1:44:18. Fourth place Amy Laskowske ran Army in 59:41, just behind fifth place Hannah Rowe who would run 59:37. Laskowske later finished the Veterans Day 10K in 35:38, behind Bryan's 35:04. Rowe had an off day in 37:07. Sixth place Katie Kieran matched Martha Nelson to the second with her best 5K in Baltimore at 17:20. She would win two other 5Ks. Nelson was the winner at the Navy-Air Force Half Marathon in 1:19:52. She would take seventh as her Ellen's Run 5K overall win in 18:50 was a little more conservative.

Another former champion, Tezata Dengersa, won it all early at the Parks HM in 1:20:14 to earn eighth place. Ninth place Frances Loeb had a slower time in West Potomac Park at the Veterans Day 10K in 37:18 versus Emily Potter's second place finish at the Run for the Parks the week before in 36:40. Still Loeb edged Potter in their best race, the Army Ten Miler 1:00:14 to 1:00:17. For eleventh place, Kristen Lawrence won the Peroni Crawlin' Crab HM in 1:21:07.

The next four were a photo finish with Laurel Le Moigne next, racing the Veterans Day 10K in 36:58, ahead of thirteenth Maura Carroll who ran 37:24. Carroll, who ran Army in 1:01:27, finishing ten seconds ahead of fifteenth place Emily Gispert. Fourteenth place Sherry Stick won all four of her races, including beating all the men in a four mile and topping the submasters champion at the Shoebox Shuffle 5K in 17:47 for her best race.

The division has fifty-five qualifiers, 18 that came from other divisions with Alisa Harvey, eldest at fifty.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|--------------------|-------|
| 1 | Shoemaker, Perry**** | 44 | Vienna, VA | 34:34 |
| 2 | Bryan, Stephanie* | 23 | Frederick, MD | 34:43 |
| 3 | Wang, Alex | 23 | Ellicott City, MD | 34:48 |
| 4 | Laskowske, Amy | 28 | Arlington, VA | 35:38 |
| 5 | Rowe, Hannah | 24 | Washington, DC | 35:50 |
| 6 | Kieran, Katie*** | 35 | Arlington, VA | 36:05 |
| 7 | Nelson, Martha** | 34 | Washington, DC | 36:05 |
| 8 | Dengersa, Tezata* | 35 | Washington, DC | 36:15 |
| 9 | Loeb, Frances | 22 | Bethesda, MD | 36:12 |
| 10 | Potter, Emily* | 36 | Alexandria, VA | 36:14 |
| 11 | Lawrence, Kristen** | 35 | Virginia Beach, VA | 36:39 |
| 12 | Le Moigne, Laurel | 30 | Springfield, VA | 36:58 |
| 13 | Carroll, Maura** | 26 | Washington, DC | 36:56 |

| | | | | |
|----|-----------------------|----|------------------------|-------|
| 14 | Stick, Sherry**** | 37 | Eldersburg, MD | 37:01 |
| 15 | Gispert, Emily | 24 | Baltimore, MD | 37:02 |
| 16 | Capozzi, Michelle*** | 23 | Leesburg, VA | 37:20 |
| 17 | Waters, Kara | 40 | Great Falls, VA | 37:24 |
| 18 | Conlon, Elizabeth* | 23 | Montgomery Village, MD | 37:22 |
| 19 | Mazur, Ann** | 30 | Charlottesville, VA | 37:24 |
| 20 | Hendrick, Susan | 30 | Silver Spring, MD | 37:47 |
| 21 | Brill, Jennifer | 25 | Washington, DC | 37:51 |
| 22 | Tinney, Veronica | 28 | Washington, DC | 37:47 |
| 23 | Bishop, Sarah | 33 | Fairfax, VA | 37:50 |
| 24 | Lemos, Kristin** | 34 | Bethesda, MD | 38:00 |
| 25 | Gruendel, Jacqueline | 40 | Clifton, VA | 38:07 |
| 26 | Allen, Kerry | 27 | Washington, DC | 38:07 |
| 27 | McGuire, Jessica | 35 | Arlington, VA | 38:13 |
| 28 | DiGregorio, Megan*** | 27 | White Marsh, MD | 38:23 |
| 29 | Masterson, Erin | 32 | Alexandria, VA | 38:23 |
| 30 | Neczypor, Hannah | 22 | Washington, DC | 38:27 |
| 31 | Rinehardt, Octavia** | 25 | Virginia Beach, VA | 38:40 |
| 32 | McGranahan, Anne* | 36 | Blacksburg, VA | 38:37 |
| 33 | Klimek, Margaret | 32 | Arlington, VA | 38:33 |
| 34 | Stone, Trish | 40 | Kensington, MD | 38:46 |
| 35 | Troisi, Elizabeth | 24 | Baltimore, MD | 38:49 |
| 36 | Harvey, Alisa* | 50 | Manassas, VA | 38:55 |
| 37 | Harford, Yvette | 31 | Woodbridge, VA | 38:56 |
| 38 | Henry, Sika* | 31 | Newport News, VA | 39:17 |
| 39 | Valdez, Angelica | 29 | Alexandria, VA | 39:23 |
| 40 | Hannon, Elizabeth | 33 | Columbia, MD | 39:19 |
| 41 | Divecchia, Melissa | 24 | Arlington, VA | 39:23 |
| 42 | Sheptock, Tatiana | 39 | South Riding, VA | 39:30 |
| 43 | Schrank, Brenda | 44 | Winchester, VA | 39:36 |
| 44 | Hevner, Tiffany* | 35 | Frederick, MD | 39:40 |
| 45 | Thurman, Sarah | 32 | Virginia Beach, VA | 39:41 |
| 46 | Clash-Drexler, Sara | 41 | Kensington, MD | 39:51 |
| 47 | Baage, Silvia* | 34 | Rockville, MD | 39:46 |
| 48 | Burbach, Cristina | 41 | Arlington, VA | 39:57 |
| 49 | Cardosi, Calesse | 24 | Fairfax, VA | 40:03 |
| 50 | DiGregorio, Justine* | 24 | White Marsh, MD | 40:17 |
| 51 | Van Allan, Alana | 31 | Alexandria, VA | 40:33 |
| 52 | Vess, Melissa* | 36 | Severn, MD | 40:41 |
| 53 | Eckberg, Keely | 24 | Arlington, VA | 40:57 |
| 54 | Khatcheressian, Anne* | 36 | Fredericksburg, VA | 40:54 |
| 55 | Bisbee, Beth | 29 | Fairfax, VA | 40:48 |

19 & Younger Women

Hokie Half Marathon 1:19:39,10K = 36:00

Runner-up Lydia Wilson ran one of the two races in the top 23 times longer than a 5K. Her opening bid was the Navy-Air Force Half Marathon in 1:42:17. The week before Abigail Baumer had her first of two overall wins at the Dominator 5K in 21:01. Two weeks later Brooke Manion ran the other non-5K, finishing second at the Virginia 4 Mile in 26:30. Wilson upped her game, winning the Smithfield Hog Jog 5K in 19:48 to claim the runner-up spot. Then Halloween came into prominence. Manion had the best race winning the I am Woman 5K in 19:38. Baumer eked into third place with an overall win in 20:08 at the Heather Hurd 5K. Madison Smith who had finished third at the Festival of Leaves 5K in 21:31 was next, running the Care2 Cure 5K in second overall with 20:06. Fifth place Ava Larkin won the Falcon & Bruin 5K in 20:32.

Sixteen runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|---------------------|-------|
| 1 | Manion, Brooke** | 16 | Amherst, VA | 40:53 |
| 2 | Wilson, Lydia* | 18 | Smithfield, VA | 41:13 |
| 3 | Baummer, Abigail** | 12 | Churchville, MD | 41:55 |
| 4 | Smith, Madison** | 11 | Stephenson, VA | 41:51 |
| 5 | Larkin, Ava** | 11 | Woodbridge, VA | 42:45 |
| 6 | Barrett, Valerie** | 17 | Danville, VA | 43:58 |
| 7 | Heilbrun, Emme Cate* | 12 | Fairfax Station, VA | 44:02 |
| 8 | Trotter, Lindsey* | 17 | Bristol, VA | 44:10 |
| 9 | Lebert, Katya* | 14 | Herndon, VA | 44:31 |
| 10 | Hasty, Lauren** | 12 | Chesapeake, VA | 44:42 |
| 11 | Thurneyesen, Ellen* | 14 | Herndon, VA | 45:42 |
| 12 | Rosas, Adriana | 16 | Columbia, MD | 45:44 |
| 13 | Trotter, Lauren | 17 | Bristol, VA | 46:01 |
| 14 | Myers, Perrin** | 13 | Bethesda, MD | 46:24 |
| 15 | Comer, Kaitlyn* | 17 | Odenton, MD | 46:42 |
| 16 | Rosas, Brenda | 17 | Columbia, MD | 47:05 |

35-39 Women

Baltimore United Way 5K 17:20, 10K = 36:05

Sherry Stick won all four of her races, including beating everyone, including all the men at the Spook Hill Cider & Wine 4 Mile in 24:10. She even managed an open class time at the seriously challenging Run through the Grapevine 8K Cross Country course in 32:28. At her best race of the season, the Shoebox Shuffle 5K, she bested the eventual division champion Katie Kieran 17:47 to 17:53. Still, Stick ends up being ranked fifth in the division.

After that first week “loss,” Kieran was perfect winning three 5Ks, including the Baltimore United Way 5K in 17:20 ahead of her super-fast course Clarendon Day 5K in 17:22. The day after Stick’s first win, Tezata Dengersa won it all at the Parks HM in 1:20:14 to take the runner-up spot. Less than a week later she ran the Dulles Day 10K on the Runway in 37:27 for second overall. Dengersa, the former champion, also ran the Battlefield Half Marathon for fourth overall in 1:25:31. Third place Emily Potter got started with a 29:48 fourth overall finish at the Navy 5M. The following week, she was victorious at the Clarendon Day 10K in 37:50. Her age group win at the Army Ten Miler in 1:00:17 was a photo finish with Dengersa’s overall win at Parks.

Fourth place Kristen Lawrence won it all at the Feed Annapolis 5M in 29:56, faster than all but one of Stick’s races. Then in mid-October she won it all at the Peroni Crawl’n Crab HM in 1:21:07 to claim her spot. Sixth place Jessica McGuire was second at Army in 1:03:35 with seventh place Anne McGranahan close behind by running the Hokie Half Marathon in 1:25:28.

Twenty runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|-------------------------|-----|--------------------|-------|
| 1 | Kieran, Katie**** | 35 | Towson, MD | 36:05 |
| 2 | Dengersa, Tezata*** | 35 | Washington, DC | 36:15 |
| 3 | Potter, Emily**** | 36 | Alexandria, VA | 36:14 |
| 4 | Lawrence, Kristen** | 35 | Virginia Beach, VA | 36:39 |
| 5 | Stick, Sherry**** | 37 | Eldersburg, MD | 37:01 |
| 6 | McGuire, Jessica* | 35 | Arlington, VA | 38:13 |
| 7 | McGranahan, Anne** | 36 | Blacksburg, VA | 38:37 |
| 8 | Sheptock, Tatiana** | 39 | South Riding, VA | 39:30 |
| 9 | Hevner, Tiffany**** | 35 | Columbia, MD | 39:40 |
| 10 | Palisca, Donna** | 35 | Roanoke, VA | 39:42 |
| 11 | Smith, Margaret | 35 | Baltimore, MD | 40:10 |
| 12 | Vess, Melissa** | 36 | Severn, MD | 40:41 |
| 13 | Khatcheressian, Anne*** | 36 | Fredericksburg, VA | 40:46 |
| 14 | Petersen, Alexandra** | 37 | Herndon, VA | 40:55 |
| 15 | Riggs, Jessica*** | 38 | Williamsburg, VA | 41:00 |
| 16 | Wassner Flynn, Sarah** | 36 | Rockville, MD | 41:22 |
| 17 | Bristow, Courtney* | 36 | Arlington, VA | 41:59 |
| 18 | Harrington, Amanda* | 38 | Alexandria, VA | 42:28 |
| 19 | Matthews, Shannon** | 37 | Boonsboro, MD | 42:51 |
| 20 | Perez, Sara* | 38 | Stafford, VA | 43:44 |

40-44 Women

Army 10 Miler 57:31, 10K = 34:34

Perry Shoemaker is not getting older; she is getting faster. She won outright all four of her Potomac River Running races, crushing the competition. Then on the

biggest stage she was second overall and reset her Army Ten Miler masters record with excellent 57:31. That is a mere 23 seconds away from qualifying for the Open division ... for the men. Sixth place Sara Clash-Drexler won her division just ahead of seventh ranked Cristina Burbach there, 1:06:18 to 1:06:34. Two weeks earlier Shoemaker gave us a preview by besting runner-up Kara Waters 59:39 to 1:02:09 at the Perfect 10 10 Miler as they finished 1-2 in the overall race.

Shoemaker traveled to McLean for the Monster Mash 5K and triumphed in 17:47, holding off the sixth place man at the wire. Waters would go long and raced an excellent Marine Corps Marathon in 2:55:54 a month after her ten miler and matching its 10K equivalent. That is very rare for the marathon. Third place Jaqueline Gruendel finished behind fifth place Brenda Schrank there 3:05:13 to 3:08:13 but she had already earned her spot winning at the Navy-Air Force Half Marathon in 1:24:21. Likewise Trish Stone was fastest at the Parks HM in 1:25:48 to take fourth place. She would also take down Clash-Drexler at the Kensington 8K 30:59 (second overall) to 32:43 in a battle of Kensington residents. The usually prolific former champion Schrank added a fifth overall at the Battlefield HM in 1:30:08 the final weekend for only her second race.

In West Potomac Park at the Run for the Parks 10K Shoemaker was dynamic, winning it all in 35:30. The next week Burbach had her best race at the Veterans Day 10K in 39:57 at the same locale. Both were big races, but this region is home to two of the top six 10K races in the country. Eighth place Christie Blanchard was in Annapolis that morning with nearly twenty-one thousand racers, and she was the first masters to finish the Across the Bay 10K in 41:08.

Twenty-four runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|------------------------|-----|--------------------|-------|
| 1 | Shoemaker, Perry***** | 44 | Vienna, VA | 34:34 |
| 2 | Waters, Kara** | 40 | Great Falls, VA | 37:24 |
| 3 | Gruendel, Jacqueline* | 40 | Clifton, VA | 38:07 |
| 4 | Stone, Trish** | 40 | Kensington, MD | 38:46 |
| 5 | Schrank, Brenda* | 44 | Winchester, VA | 39:36 |
| 6 | Clash-Drexler, Sara*** | 41 | Kensington, MD | 39:51 |
| 7 | Burbach, Cristina | 41 | Arlington, VA | 39:57 |
| 8 | Blanchard, Christie* | 42 | Chevy Chase, MD | 41:08 |
| 9 | Huerta, Amy*** | 40 | Fredericksburg, VA | 41:32 |
| 10 | Phillips, Catherine** | 40 | Lynchburg, VA | 41:38 |
| 11 | Davison, Mary** | 42 | Bristow, VA | 41:42 |
| 12 | Ross, Cathy***** | 44 | Burke, VA | 42:21 |
| 13 | Messing, Angela* | 44 | Washington, DC | 42:45 |
| 14 | Berkoff, Melissa* | 44 | Silver Spring, MD | 42:54 |
| 15 | Volonsevich, Katia* | 41 | Fairfax, VA | 42:51 |
| 16 | Braman, Rebecca* | 41 | Alexandria, VA | 42:53 |

| | | | | |
|----|----------------------|----|-----------------------------|-------|
| 17 | Scott, Rebecca* | 40 | Reston, VA | 42:54 |
| 18 | Bibb, Wendy* | 44 | Centreville, VA | 43:37 |
| 19 | Teyhen, Deydre | 44 | Aberdeen Proving Ground, MD | 43:43 |
| 20 | Chow Dowler, Connie | 40 | Arlington, VA | 43:56 |
| 21 | Gittelman, Alison** | 42 | South Riding, VA | 44:02 |
| 22 | Devan, Teah | 42 | Gaithersburg, MD | 44:08 |
| 23 | Jurata, Linda* | 43 | Poolesville, MD | 44:53 |
| 24 | Campbell, Margaret** | 42 | Rockville, MD | 45:21 |

45-49 Women

Baltimore Marathon 3:06:55, 10K = 39:57

Alisa Harvey finished her 40s decade with a third overall at the Dulles Day 10K on the Runway in 40:28. After turning fifty, she would run two much faster races including the Army 10 Miler (1:04:46) ahead of third place Lane Tingle (1:06:55), fifth place Debra Rudisill (1:07:46), and sixth place Samantha Cole (1:08:23). While her time does not count for the 45-49 division, her head-to-head win moves her past Tingle to the runner-up spot. Another former champion, Denise Knickman, quietly finished third overall at the Race for our Kids 10K in 42:20. She was really gearing up for her favorite distance and at the Baltimore Marathon she was an amazing second overall in 3:06:55 to take the division crown, again.

Fourth place Kellie Redmond nearly matched Lane Tingle's Rocks 5M overall win of 33:51 with her Kensington 8K, with its monster fourth mile hill, in 33:48. At the end of the season, she took her spot on the fast, pancake flat course Veterans Day 10K in 40:32. Seventh place Marci Benda had a marvelous Charm City 20M in 2:27:14, though she would struggle at the Baltimore Marathon in 3:44:00. More often a triathlete, Hilary Cairns is back to road races and comes in eighth with a second overall at the Global Strides 5K in 20:24. Ninth place Tammy Liu won it all at the Discover Downtown 5K in 20:42, just ahead of tenth place Miriam Mintzer who finished the Mathew Henson 5K in 20:43.

Thirty women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|-------------------|-----|-------------------|-------|
| 1 | Knickman, Denise* | 48 | Baltimore, MD | 39:57 |
| 2 | Harvey, Alisa* | 49 | Manassas, VA | 40:28 |
| 3 | Tingle, Lane* | 49 | Woodbridge, VA | 40:13 |
| 4 | Redmond, Kellie* | 46 | Bethesda, MD | 40:32 |
| 5 | Rudisill, Debra* | 46 | Vienna, VA | 40:44 |
| 6 | Cole, Samantha* | 47 | Arlington, VA | 41:06 |
| 7 | Benda, Marci* | 45 | Parkton, MD | 42:19 |
| 8 | Cairns, Hilary** | 45 | Washington, DC | 42:28 |
| 9 | Liu, Tammy* | 48 | Ellicott City, MD | 43:06 |
| 10 | Mintzer, Miriam* | 47 | Silver Spring, MD | 43:08 |

| | | | | |
|----|----------------------|----|--------------------|-------|
| 11 | Greeson, Laura* | 45 | Fairfax, VA | 43:37 |
| 12 | Pels, Paula** | 48 | Bethesda, MD | 43:47 |
| 13 | Rico, Monique*** | 47 | Chantilly, VA | 43:45 |
| 14 | McLaughlin, Debbie** | 49 | Williamsburg, VA | 43:58 |
| 15 | Minney, Sabina*** | 46 | Worton, MD | 44:22 |
| 16 | Berger, Rosemary | 45 | Bethesda, MD | 44:18 |
| 17 | Beard, Shelli* | 46 | North Potomac, MD | 44:55 |
| 18 | Rapp, Crystal** | 49 | Lexington Park, MD | 45:10 |
| 19 | Thurneysen, Shirley | 49 | Herndon, VA | 45:20 |
| 20 | Fuglem, Tove** | 47 | Quantico, VA | 45:48 |
| 21 | Blakney, Luz* | 48 | Oak Hill, VA | 45:50 |
| 22 | Traub, Jean* | 45 | Annapolis, MD | 45:47 |
| 23 | Taylor, Ruth*** | 47 | Frederick, MD | 46:35 |
| 24 | McGee, Heather | 45 | Arlington, VA | 47:06 |
| 25 | Cloyd, Kathryn | 46 | Baltimore, MD | 47:01 |
| 26 | Walter, Rachel* | 46 | Westminster, MD | 47:23 |
| 27 | Chase, Julia* | 45 | Fredericksburg, VA | 47:22 |
| 28 | Hasle, Catharine | 45 | Norfolk, VA | 41:41 |
| 29 | Fox, Lisa* | 45 | Bethesda, MD | 47:55 |
| 30 | Bozarth, Helena | 49 | Fredericksburg, VA | 48:20 |

50-54 Women

Army 10 Mile 1:04:46, 10K = 38:55

Where has the time gone? Masters legend Alisa Harvey has begun carving out a grandmasters legend. The Army Ten Miler is a big part of the legend. Her 1:04:46, an open class time, would have won her the 45-49 division that she had exited in September. This American record setting master miler proved it all again by toasting the entire field at the Fairfax 5K three weeks later in 19:05. That was after a somewhat disappointing third overall at the Goblin Gallop 5K at the popular Fairfax Corner again. Third place Mandana Mortazvi was there at the ten miler in 1:08:11 as was sixth place Anita Freres who ran 1:10:57. Mortazavi added a 19:53 at the Viva Vets 5K at the same location as Harvey's 5K. That was just ahead of fourth place Margarita Brose who boasted an overall win at the Georgetown Run for Homeless 5K in 19:57.

Runner-up Kendall Tata was second overall at the Pepsi 10K in 40:06, ahead of tenth place Kerry Hendrix who ran 45:00. Tata would add an overall win at the Chocolate Chase 5K in 20:07 in mid-October. After finishing second overall at the Eagle Challenge 5K in 21:17, Pamela Lovett, who is no stranger to the overall win, did just that at the Shine 5K in 20:13 to take fifth place.

Another former champion Linda Foley won it all at the Run for it 5K in 21:01. She also ran Army in 1:13:25. Eighth place Carol David was fine at the 10K Run

Through History with 44:27 to top another overall winner, Maureen Hall, at the Executive Stampede 5K in 21:24.

Thirty-seven runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|-----------------------|-----|---------------------|-------|
| 1 | Harvey, Alisa*** | 50 | Manassas, VA | 38:55 |
| 2 | Tata, Kendall*** | 53 | Stanardsville, VA | 40:06 |
| 3 | Mortazavi, Mandana* | 51 | Leesburg, VA | 40:55 |
| 4 | Brose, Margarita** | 53 | Arlington, VA | 41:32 |
| 5 | Lovett, Pamela*** | 53 | Yorktown, VA | 42:05 |
| 6 | Freres, Anita**** | 50 | Vienna, VA | 42:38 |
| 7 | Foley, Linda* | 53 | Oak Hill, VA | 43:45 |
| 8 | David, Carol*** | 53 | Stafford, VA | 44:27 |
| 9 | Hall, Maureen* | 50 | Parkville, MD | 44:33 |
| 10 | Hendrix, Kerry** | 51 | Charlottesville, VA | 45:00 |
| 11 | Glueck, Connie*** | 51 | Williamsburg, VA | 45:19 |
| 12 | Scott, Janeth* | 53 | Columbia, MD | 45:11 |
| 13 | Bartlett, Emily** | 52 | Bethesda, MD | 45:49 |
| 14 | Kearns, Kathleen* | 54 | Woodbridge, VA | 46:26 |
| 15 | Mackintosh, Brenda* | 50 | Springfield, VA | 46:54 |
| 16 | Forsyth, Joanne* | 51 | Fredericksburg, VA | 47:18 |
| 17 | Demaree, Marsha***** | 50 | Marriottsville, MD | 47:32 |
| 18 | Howar, Martha* | 50 | Leesburg, VA | 47:25 |
| 19 | De Cuevas, Margaret | 52 | Baltimore, MD | 47:59 |
| 20 | Brooks, Kimberly | 53 | Bowie, MD | 48:35 |
| 21 | Meyer, Jane* | 54 | Annapolis, MD | 48:39 |
| 22 | Shea, Stacey** | 52 | Eldersburg, MD | 49:10 |
| 23 | Sachs, Amy | 50 | Ellicott City, MD | 49:20 |
| 24 | Friberg, Jeanne* | 53 | Ashburn, VA | 49:36 |
| 25 | Kopacz, Margaret* | 50 | Chesapeake, VA | 49:43 |
| 26 | Robinson, Barbara** | 54 | Aldie, VA | 49:58 |
| 27 | Schaffner, Christine* | 52 | Yorktown, VA | 50:42 |
| 28 | Hart, Ellen* | 54 | Herndon, VA | 50:40 |
| 29 | Barrick, Michelle | 51 | Middle River , MD | 50:44 |
| 30 | Jegen, Celeste* | 50 | Reston, VA | 51:04 |

55-59 Women

Army 10 Mile 1:11:52, 10K = 43:11

Mary Lowe Mayhugh had an overall win at the Fallen Heroes 5K in 22:21 but the week before last summer's champion was brushed aside by Deedee Loughran at the Army Ten Miler 1:11:52 to 1:18:47. Two weeks later Loughran would wrap up the title at the Monster Mash 5K in 21:07. Mayhugh was solid at the Navy 5 mile in 37:33 but she was pushed further back as former division champion Jill Snyder

won the Downs Park 5 Mile in 35:49. Snyder had set the standard in early September, racing the Run 4 Shelter 10K in 44:16 for an overall win. Fifth place Lynda Wittig at the Jogging Joe 5K and ninth place Carolyn Harrison at the Boo-Yah 5K in 23:13 were the other two of the four women to win it all from this division.

Fourth place Mary Anne Williams spooked the competition Halloween Day at the City Point 5K River Run in 22:28. Sixth place Carole Rosasco stayed ahead of eleventh place Jane Meyer at the Downs Park 5M 37:29 to 38:33. Seventh place Cyndy Berryman was next running the multi-turn, part cross country, not quite a full 5K Amazing Raise 5K in 22:15. Eighth place Ellahe Amini used two solid 5K, including the second overall at the St. Paul's Run for Ed 5K in 23:15. It was just enough to overcome a sixth place finish at the Downs Park 5M in 38:48. Lynda Layson takes tenth place at the Baltimore United Way 5K in 23:19.

Thirty-seven runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|------------------------|-----|--------------------|-------|
| 1 | Loughran, Deedee** | 57 | Reston, VA | 43:11 |
| 2 | Snyder, Jill** | 55 | Annapolis, MD | 44:16 |
| 3 | Mayhugh, Mary Lowe**** | 59 | Washington, DC | 46:32 |
| 4 | Williams, Mary Anne** | 55 | Chester, VA | 46:47 |
| 5 | Wittig, Lynda** | 55 | Millersville, MD | 47:07 |
| 6 | Rosasco, Carole* | 56 | Severna Park, MD | 47:16 |
| 7 | Berryman, Cyndy* | 55 | Marshall, VA | 47:58 |
| 8 | Amini, Ellahe** | 57 | Ellicott City, MD | 48:24 |
| 9 | Harrison, Carolyn*6 | 59 | Virginia Beach, VA | 48:20 |
| 10 | Layson, Lynda | 55 | Severn, MD | 48:33 |
| 11 | Meyer, Jane* | 55 | Annapolis, MD | 48:37 |
| 12 | Recto, Liza* | 59 | Lexington Park, MD | 49:03 |
| 13 | McCann, Beth* | 56 | Arlington, VA | 49:16 |
| 14 | Galliani, Paula* | 55 | Gaithersburg, MD | 49:12 |
| 15 | Phillips, Norma | 55 | Williamsburg, VA | 49:20 |
| 16 | McCardle, Beverly* | 57 | Frederick, MD | 50:05 |
| 17 | Touissaint, Kat** | 56 | Reston, VA | 50:13 |
| 18 | Waldman, Gail** | 57 | Vienna, VA | 50:31 |
| 19 | Nichols, Karen | 57 | Baltimore, MD | 50:39 |
| 20 | Spatz, Debra** | 56 | St. Leonard, MD | 50:39 |
| 21 | Cason, Angela* | 59 | Damascus, MD | 50:55 |
| 22 | Laird, Helen | 57 | Annapolis, MD | 50:53 |
| 23 | Gentry, Mary | 56 | Nokesville, VA | 51:17 |
| 24 | Rigby Kash, Leslie**** | 59 | Fredericksburg, VA | 51:36 |
| 25 | MacDonnell, Sandra | 56 | Vienna, VA | 51:34 |
| 26 | Carnes, Lisa** | 55 | New Windsor, MD | 51:53 |
| 27 | Goodwin, Robin* | 57 | Timonium, MD | 51:47 |

| | | | | |
|----|--------------------|----|---------------------|-------|
| 28 | Weaver, Terri* | 55 | Virginia Beach, VA | 52:03 |
| 29 | Bean, Becky* | 57 | Norfolk, VA | 52:14 |
| 30 | Borders, Vicki | 58 | Hampstead, MD | 52:18 |
| 31 | Peck, Julia | 58 | Culpeper, VA | 52:18 |
| 32 | Hirotsune, Mika** | 56 | Herndon, VA | 52:51 |
| 33 | Hendricks, Cheryl* | 59 | Waldorf, MD | 52:59 |
| 34 | Magnuson, Daphne | 55 | Fairfax Station, VA | 53:06 |
| 35 | Schulman, Lori | 56 | Frederick, MD | 53:14 |
| 36 | Dirks, Debbie | 56 | Edgewater, MD | 53:29 |
| 37 | Utz, Rhonda* | 55 | Forest Hill, MD | 53:43 |

60-64 Women

Clarendon Day 5K 22:06, 10K = 46:01

Betty Blank usually has a great showing at the big races. Her Army 10 miler victory was in 1:17:35. She had already run the “Pike’s Peek” of 5Ks at the swift Clarendon 5K in a blazing 22:06 to take regain the title, well ahead of tenth place Connie Philpot who finished second there in 24:43. The next nineteen times represent only eleven different women. Runner-up Linda Gulick knocked nearly a minute off her first 5K to take top master at the City Point 5K River Run in 23:59. Third place Merrilee Seidman was not even in the top fifteen until the final month when she exploded at the Run for the Parks 10K in 50:09. We know that course is fast and not hilly, but still Seidman seems to be getting better every year. Fourth place Harriet McCoy also was sitting outside the top fifteen with her two October 5Ks but she sandwiched in brilliant Run for the Hills 10K in 50:14. Maria Shields does her best going long, winning the Baltimore Marathon in 3:56:59 after her “training run” Charm City 20 Mile in 2:57:03. She still had the legs for a solid Downs Park 5M in 40:36.

Seventh place Claudia Wolfe had the best five miler winning Navy in 40:23. She also had the second fastest marathon of the top ten division runners this season, running Marine Corps in 4:14:36. Carol squeezed in-between them to take sixth place, finishing the Governor's Land 5K in 24:23. Back in Pasadena, Mairead O'Reilly finished the Downs Park 5M in 40:50 to take eighth place. Ninth place Pat McNabb ran a slightly faster at the Iron Girl HM in 1:53:22 but she was three places in back of her when O'Reilly finished third at the Across the Bay 10K in 51:19. Eleventh place Rose Crist was second at two Williamsburg races, Governors Land 5K in 24:49 and the Run for the Hills 10K in 51:42, Helen Worthington completes the dozen with her Poquoson Seafood Festival 5K in 24:53.

Forty-three runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------|-----|------------------|-------|
| 1 | Blank, Betty** | 62 | Falls Church, VA | 46:01 |

| | | | | |
|----|----------------------------|----|---------------------|---------|
| 2 | Gulick, Linda* | 64 | Richmond, VA | 49:56 |
| 3 | Seidman, Merrilee** | 61 | Alexandria, VA | 50:09 |
| 4 | McCoy, Harriet* | 60 | Toano, VA | 50:14 |
| 5 | Shields, Maria** | 64 | Davidsonville, MD | 50:40 |
| 6 | Thornton, Carol | 61 | West River, MD | 50:46 |
| 7 | Wolfe, Claudia* | 63 | Alexandria, VA | 50:55 |
| 8 | O'Reilly, Mairead | 60 | Annapolis, MD | 51:19 |
| 9 | MacNabb, Pat* | 62 | Glenwood, MD | 51:14 |
| 10 | Philpot, Connie* | 60 | Arlington, VA | 51:28 |
| 11 | Crist, Rose | 60 | Lanexa, VA | 51:40 |
| 12 | Worthington, Helen* | 61 | Bena, VA | 51:48 |
| 13 | Foster, Marcy | 61 | Reston, VA | 52:21 |
| 14 | Talley, Carol*** | 61 | Toano, VA | 52:30 |
| 15 | Hansen-Vessa, Carol***** | 61 | Herndon, VA | 52:36 |
| 16 | Evans, Cynthia* | 60 | Randallstown, MD | 53:56 |
| 17 | Forsha, Anne*** | 64 | Derwood, MD | 54:21 |
| 18 | Ross, Amy** | 63 | Bethesda, MD | 54:25 |
| 19 | Lauzon, Jean***** | 62 | Spotsylvania, VA | 54:33 |
| 20 | Davis, Peggy | 63 | Fairfax, VA | 54:56 |
| 21 | Snead, Susan* | 60 | Virginia Beach, VA | 55:00 |
| 22 | Ashlock, Joyce*** | 61 | Nottingham, MD | 55:10 |
| 23 | Williams, Penny* | 64 | Trappe, MD | 55:15 |
| 24 | Travis, Patricia | 64 | Williamsburg, VA | 55:15 |
| 25 | Bone, Jean | 62 | Richmond, VA | 55:19 |
| 26 | Sutey, Pamela | 60 | Burke, VA | 55:23 |
| 27 | Weeks, Sharon* | 61 | Virginia Beach, VA | 55:54 |
| 28 | Hartman, June** | 62 | Virginia Beach, VA | 56:06 |
| 29 | Humphreys, Dottie** | 63 | Newport News, VA | 56:02 |
| 30 | Anderson, Lynn* | 60 | Chesapeake, VA | 56:28 |
| 31 | Nicholson, Trina** | 60 | Blue Ridge, VA | 56:47 |
| 32 | Fouts, Stella* | 64 | Millers, MD | 57:33 |
| 33 | White, Diane** | 62 | Annandale, VA | 58:13 |
| 34 | Ross, Saleema | 62 | Fort Washington, MD | 58:24 |
| 35 | Hennes, Kathy* | 63 | Annapolis, MD | 58:26 |
| 36 | Klauber, Arlene | 63 | Springfield, VA | 58:31 |
| 37 | Nusbaum, Maria | 63 | Reston, VA | 58:40 |
| 38 | Glose, Victoria** | 61 | Idlewyld, VA | 58:47 |
| 39 | Wagner, Adele* | 60 | Bel Air, MD | 59:14 |
| 40 | Bagwell-Robinson, Louise** | 62 | Midlothian, VA | 59:24 |
| 41 | English, Carol | 60 | Germantown, MD | 59:39 |
| 42 | Grover, Debbie | 60 | Columbia, MD | 1:00:36 |
| 43 | Kaufmann, Jeanette | 62 | Hollywood, MD | 1:01:06 |

65-69 Women

Veterans Day 10K = 48:48

Alice Franks again won the Parks HM but this year it was in 1:53:58, though about nine minutes slower than last year. That same September morning Larue Lennon grabbed the lead, running the Iron Girl HM in 1:53:48. Franks did not shy away, taking on three big 10Ks and the Army Ten Miler. At Army, she was first (the race started in waves and by starting in a later wave, she would have a slower gun time than one of the other finishers) in 1:22:30 more than twelve minutes faster than the next best ten miler by a qualifier, eighth place Barbara Biasi. Next up was the big Marine Corps 10K in 50:43, winning by fifteen minutes. On the first of November, she ran a credible 51:01 at the rolling hills Rockville 10K. All that was left to see that she was all the way back was a test at West Potomac Park.

Sixth place Anne Passin upped her game from the Perfect 10 10K in 55:13 to a fine Run for the Parks 10K win in 53:28 in West Potomac Park. The final weekend of the season Franks made her statement there at the Veterans Day 10K in 48:48 to capture the division. Fifth place Ginny Hughes was third there in 52:19. Lennon's half marathon held up ahead of third place Betty Brothers who ran the Peroni Crawl' Crab HM in 1:54:43. Lennon had the best marathon at Marine Corps in 4:18:33. Ellen Rabe won the huge Across the Bay 10K 52:06 for fourth place. That race had surprisingly fast times and about 235 qualifiers, though many were unusable net finish times. Elizabeth Sadoff slipped from last year's runner-up to seventh place but her two races, including the Somerset Back to School 8K in 43:15, were on rolling courses. Ninth place Esther Buchser was just six seconds behind Biasi who ran the Peroni Crawl' Crab HM in 2:04:43, running the Baltimore Half Marathon in 2:04:49 but Biasi added three more races much faster than Buchser's next finish.

Thirty-seven runners made the division.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|--------------------|---------|
| 1 | Franks, Alice**** | 67 | Rockville, MD | 48:48 |
| 2 | Lennon, Larue* | 67 | Westminster, MD | 51:25 |
| 3 | Brothers, Betty** | 68 | Virginia Beach, VA | 51:50 |
| 4 | Rabe, Ellen** | 67 | Columbia, MD | 52:06 |
| 5 | Hughes, Ginny* | 65 | Warrenton, VA | 52:19 |
| 6 | Passin, Anne** | 67 | Falls Church, VA | 53:28 |
| 7 | Sadoff, Elizabeth** | 66 | Washington, DC | 54:54 |
| 8 | Biasi, Barbara | 68 | Yorktown, VA | 56:21 |
| 9 | Buchser, Esther | 67 | Abingdon, MD | 56:24 |
| 10 | Davis, Virginia** | 66 | Norfolk, VA | 58:01 |
| 11 | Rosenthal, Ann | 66 | Bethesda, MD | 58:33 |
| 12 | Fredlake, Mary* | 65 | Washington, DC | 58:57 |
| 13 | Sielen, Virginia*** | 67 | Oakton, VA | 1:01:16 |

| | | | | |
|----|-----------------------|----|--------------------|---------|
| 14 | Marano, Janet | 67 | Reston, VA | 1:01:59 |
| 15 | Brennan, Melanie | 65 | Alexandria, VA | 1:02:23 |
| 16 | Adler, Sally** | 65 | Williamsburg, VA | 1:02:36 |
| 17 | Farmer, Kathy* | 65 | Lynchburg, VA | 1:02:53 |
| 18 | Bolton, Gretchen* | 69 | Bethesda, MD | 1:04:41 |
| 19 | Schuster, Renate* | 66 | Leesburg, VA | 1:04:28 |
| 20 | Burton, Sandra | 67 | Port Republic, MD | 1:04:53 |
| 21 | O'Connell, Diane* | 65 | Westminster, MD | 1:04:47 |
| 22 | Malan, Nancy* | 69 | Washington, DC | 1:05:40 |
| 23 | Summers, Jaine* | 65 | Annandale, VA | 1:06:15 |
| 24 | Boston, Julie | 67 | Marriottsville, MD | 1:06:57 |
| 25 | Shand, Phyllis* | 67 | Sykesville, MD | 1:07:59 |
| 26 | Lawhorne, Candace* | 65 | Lynchburg, VA | 1:08:09 |
| 27 | Smith, Margo | 65 | Frederick, MD | 1:08:57 |
| 28 | Gontasz, Sharon* | 65 | Sparrows Point, MD | 1:09:26 |
| 29 | Simmons, Patricia* | 67 | Chesapeake, VA | 1:10:06 |
| 30 | Delaney, Marie | 67 | Severn, MD | 1:10:10 |
| 31 | Walters, Wanda* | 65 | Bethesda, MD | 1:10:51 |
| 32 | Stewart, Marina* | 69 | Baltimore, MD | 1:11:25 |
| 33 | McClure, Doris | 67 | Baltimore, MD | 1:11:21 |
| 34 | Palinkas, Pat | 65 | Bel Air, MD | 1:12:06 |
| 35 | Daum, Francis* | 67 | Elkridge, MD | 1:12:18 |
| 36 | Snowman, Adele | 67 | Upperco, MD | 1:13:37 |
| 37 | Sitkin-Porzal, Judith | 68 | Silver Spring, MD | 1:13:50 |

70-74 Women

Home Run 5K 26:49, 10K = 55:50

Early in the fall Dee Nelson ran two tough cross country 10K. The second, at Black Hill with its big stream crossing, would have left her in sixth place but a month earlier at the Lake Needwood 10K, with only two major hill climbs, she ran 1:01:20, faster than sixth place Linda Yarr would run at the Veterans Day 10K in West Potomac Park, definitely flat roads. Nelson would add four 5K wins, one cross country and two hilly. Her Home Run 5K in 26:49 was marvelous when compared to the traditionally fast Candy Cane City 5K in 27:14, as she masters her division once again.

Mary Kate Berglund earned the runner-up spot with two solid 5Ks. Her best was the Trick or Trot 5K in 29:37. Third place Karen Kautz did lose to fourth place Pat Welch at the Marine Corps Marathon 5:05:44 to 5:03:37 but Kautz redeemed herself and finished the Candy Cane City 5K in 30:31. Fifth place Barbara Stark had the fastest 8K, running the Chase Foundation 8K in 51:50. Eighteen runners made the division, including the relentless Jeanette Novak, with nine age group wins, who ran her fiftieth 5K of the year to start November.

| PI | Name | Age | Hometown | 10K= |
|----|---------------|-----|------------------|-------|
| 1 | Nelson, Dee*6 | 71 | Gaithersburg, MD | 55:50 |

| | | | | |
|----|-----------------------|----|-------------------|---------|
| 2 | Berglund, Mary Kate* | 74 | Richmond, VA | 1:01:40 |
| 3 | Kautz, Karen* | 72 | Silver Spring, MD | 1:03:32 |
| 4 | Welch, Pat* | 71 | Vienna, VA | 1:04:54 |
| 5 | Stark, Barbara* | 71 | Suffolk, VA | 1:05:45 |
| 6 | Yarr, Linda** | 71 | Bethesda, MD | 1:05:47 |
| 7 | Berger, Nancy** | 70 | Cockeysville | 1:08:36 |
| 8 | Ramsey, Mary Wells** | 70 | Rustburg, VA | 1:12:36 |
| 9 | Hanna, Judy** | 71 | Williamsburg, VA | 1:14:57 |
| 10 | Bennett, Jo* | 72 | Chilhowie, VA | 1:15:33 |
| 11 | Trapp, Julie** | 71 | Silver Spring | 1:16:56 |
| 12 | Novak, Jeanette*9 | 71 | Damascus, MD | 1:19:07 |
| 13 | Kreiser, Jeanette** | 72 | Chevy Chase, MD | 1:20:49 |
| 14 | Hall, Marcia** | 72 | King George, VA | 1:21:20 |
| 15 | Love-Cody, Marilyn | 72 | McLean, VA | 1:22:07 |
| 16 | Kaplan, Linda | 71 | Chevy Chase, MD | 1:22:12 |
| 17 | Matricciani, Roberta* | 71 | Freeland, MD | 1:24:19 |
| 18 | Attardi, Barbara | 72 | Rockville, MD | 1:28:00 |

75-79 Women

Run for the Parks 10K 1:06:10

Ecris Williams slowed about five minutes from last year in her two 10Ks but so did everyone else. She won the Perfect 10 10K in 1:07:42 in September, added three wins in October, and on an ideal race morning won the Run for the Parks 10K in 1:06:10. On Halloween, runner-up Janet Hughes made a challenging statement with her 33:34 Care 2 Cure 5K. She added the Greasy Gooney 10K in 1:11:55. Tami Graf will be eighty next July but she still had the fastest 10 miler, winning the Lower Potomac River 10 Mile in 1:57:13, ahead of Williams who ran Army in 1:57:20. Fourth place Mandy Whalen ran the Boo! Run for Life 10K in 1:14:04, with fifth place Judy Stewart racing the Run for the Hills 5K in 36:00.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|--------------------|---------|
| 1 | Williams, Ecris***** | 76 | Reston, VA | 1:06:10 |
| 2 | Hughes, Janet** | 78 | Winchester, VA | 1:09:53 |
| 3 | Graf, Tami**** | 79 | Lusby, MD | 1:10:27 |
| 4 | Whalen, Mandy***** | 75 | Falls Church, VA | 1:14:04 |
| 5 | Stewart, Judy** | 76 | Williamsburg, VA | 1:14:57 |
| 6 | Pitts, Laura** | 77 | Baltimore, MD | 1:15:40 |
| 7 | Drewry, Maxine** | 75 | Roanoke, VA | 1:31:53 |
| 8 | Wollard, Jamie* | 77 | North Bethesda, MD | 1:33:29 |
| 9 | Manciagli, Ann | 79 | Williamsburg, VA | 1:35:07 |
| 10 | Ely, Pauline** | 77 | Hampton, VA | 1:35:07 |

80 & Older Women

Rhythm and Roots Reunion 5K 40:00, 10K = 1:23:17

Seventeen women had only one race, three on the final weekend of the season. Ruth Ketron led the group with a 40:00 5K. Yvonne Aasen ran a five miler, while Sabine Snavelly ran the Marine Corps 10K and Phoebe Reynolds ran the Across the Bay 10K.

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—3M, 5K, 4-Mile, 6K, 8K, 5M, 10K, 12K, 15K, 10M, 20K, 1/2 Marathon, 25K, 30K, 20M, or Marathon
- * Road race or cross-country
- * Gun Time

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

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

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

The current qualifying standards for the 10K are:

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

The ranking periods for the 2016 ranking year:

* Best of 2015 - reported March 2016

* Winter 2016 - November 11, 2015 – March 4, 2016

* Spring 2016 - March 5, 2016– May 30, 2016

* Summer 2016 – May 31, 2016 – September 5, 2016

* Fall 2016 – September 6, 2016 – November 11, 2016

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

| Event | Location | Date |
|--|-----------------------|-------------|
| Ravens 5K | Baltimore, MD | 09-Sep-15 |
| September 11 Memorial 10M | Washington, DC | 12-Sep-15 |
| Amazing Raise 5K | Richmond, VA | 10-Sep-15 |
| 911 Heroes Run 5K | Alexandria, VA | 12-Sep-15 |
| Abebe Bikila Day International Peace HM | Washington, DC | 12-Sep-15 |
| Abebe Bikila Day International Peace Mar | Washington, DC | 12-Sep-15 |
| High Bridge 5K | Farmville, VA | 12-Sep-15 |
| High Bridge HM | Farmville, VA | 12-Sep-15 |
| Ryan Dixon Memorial 5K | Abingdon, VA | 12-Sep-15 |
| Run for their Lives 10K | Pocohantas State Park | 12-Sep-15 |
| Arlington Police, Fire & Sheriff 9-11 Memorial 5K | Arlington, VA | 12-Sep-15 |
| HSCC'S Pet Day 5K Run | Solomons, MD | 12-Sep-15 |
| ECPI 8K | Newport News, VA | 12-Sep-15 |
| Shoobox Shuffle 5K | Sparks, MD | 12-Sep-15 |
| Poor Nun Run 5K | Baltimore, MD | 12-Sep-15 |
| Greater Excellence in Education Digital 5K | Bel Air, MD | 12-Sep-15 |
| Feed Annapolis 5M | Annapolis, MD | 12-Sep-15 |
| Hare & Tortoise New Quarter Park 8K | Williamsburg, VA | 12-Sep-15 |
| Travis Mannion 5K | Midlothian, VA | 12-Sep-15 |
| Mission Footprint 5K | Richmond, VA | 12-Sep-15 |
| Break Away 5K | Gale City, VA | 12-Sep-15 |
| 911 Heroes Run 5K | Virginia Beach, VA | 12-Sep-15 |
| Hampton Bay Days 10K | Hampton, VA | 12-Sep-15 |
| 9.11 Mile | Chesapeake, VA | 12-Sep-15 |
| 911 5K | Chesapeake, VA | 12-Sep-15 |
| Iron Girl HM | Columbia, MD | 13-Sep-15 |
| Run 4 Shelter 10K | Stevensville, MD | 12-Sep-15 |
| Run 4 Shelter 5K | Stevensville, MD | 12-Sep-15 |
| Run 4 Shelter HM | Stevensville, MD | 12-Sep-15 |
| Rush to the Goal 5K | Virginia Beach, VA | 13-Sep-15 |
| Tahoma 5M | Westminster, MD | 13-Sep-15 |
| Latinas Leading Tomorrow 5K | Arlington, VA | 13-Sep-15 |
| Dominator 5K | Forest Hill, MD | 13-Sep-15 |
| Dominator 10K | Forest Hill, MD | 13-Sep-15 |
| 911 Heroes Run 5K | Annapolis, MD | 13-Sep-15 |
| PVI Runfest 5K | Fairfax, VA | 13-Sep-15 |
| Run to Remember 5K | Baltimore, MD | 13-Sep-15 |
| Run to Remember 11K | Baltimore, MD | 13-Sep-15 |
| Parks HM | Rockville, MD | 13-Sep-15 |
| Police Pace 5K | Columbia, MD | 13-Sep-15 |

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| Heroes Run 5K | Annapolis, MD | 13-Sep-15 |
| Lake Needwood 10K | Derwood, MD | 19-Sep-15 |
| Mulberry Island 5K | Fort Eustis, VA | 19-Sep-15 |
| Mulberry Island Half Marathon | Fort Eustis, VA | 19-Sep-15 |
| Kensington 8K | Kensington, MD | 19-Sep-15 |
| Diane Geppi-Aikens Memorial 5K | Baltimore, MD | 19-Sep-15 |
| Poolesville Day 5K | Poolesville, MD | 19-Sep-15 |
| Dulles Day 5K on the Runway | Dulles, VA | 19-Sep-15 |
| Dulles Day 10K on the Runway | Dulles, VA | 19-Sep-15 |
| Brain Aneurysm Awareness 8K | Reston, VA | 19-Sep-15 |
| ZERO Prostate Cancer Challenge Baltimore 10K | Baltimore, MD | 19-Sep-15 |
| ZERO Prostate Cancer Challenge Baltimore 5K | Baltimore, MD | 19-Sep-15 |
| Sprint for the Cure 5K | Washington, DC | 19-Sep-15 |
| Pepsi 10K | Charlottesville, VA | 19-Sep-15 |
| Rocks 5M | Burke, VA | 19-Sep-15 |
| Mohican 5K | Richmond, VA | 19-Sep-15 |
| Pregnancy Wellness Clinic 5K | Annapolis, MD | 19-Sep-15 |
| Loving Arms 5K | Baltimore, MD | 19-Sep-15 |
| Baron "Deuce" Braswell II Run Against Teen Violence 5K | Spotsylvania, VA | 19-Sep-15 |
| Eagle Strut 5K | Rocky Mount, VA | 19-Sep-15 |
| Eagle Strut 10K | Rocky Mount, VA | 19-Sep-15 |
| Mirko Half Marathon | Roanoke, VA | 19-Sep-15 |
| Bridgewater Community 5K | Bridgewater, VA | 19-Sep-15 |
| Chatham Sartomer 5K | Chatham, VA | 19-Sep-15 |
| Rotary Fit 5K | Rocky Mount, VA | 19-Sep-15 |
| Asha-Jyothi 5K | Fairfax, VA | 20-Sep-15 |
| Eye Run for POB 5K | Bethesda, MD | 20-Sep-15 |
| Get Ready! Get Set! Get Fit! 5K Run | Baltimore, MD | 20-Sep-15 |
| Fort McHenry Tunnel Run 5K | Baltimore, MD | 20-Sep-15 |
| Grace Oughton Memorial 5K | Spotsylvania, VA | 20-Sep-15 |
| Executive Stampede 5K | Hunt Valley, MD | 20-Sep-15 |
| Rhythm and Roots Reunion 5K | Bristol, VA | 20-Sep-15 |
| Race for our Kids 10K | Baltimore, MD | 20-Sep-15 |
| Race for our Kids 5K | Baltimore, MD | 20-Sep-15 |
| Hokie 5K | Blacksburg, VA | 20-Sep-15 |
| Hokie Half Marathon | Blacksburg, VA | 20-Sep-15 |
| HCS Metric Marathon | Columbia, MD | 20-Sep-15 |
| KTS 5K | Annapolis, MD | 20-Sep-15 |
| Navy 5 Mile | Washington, DC | 20-Sep-15 |
| Navy-Air Force Half Marathon | Washington, DC | 20-Sep-15 |
| Arc of the Central Chesapeake Region 5K/NOCC Break the Silence | Annapolis, MD | 20-Sep-15 |
| Love Abilities 5K | Towson, MD | 20-Sep-15 |
| Rick O'Donnell 5.22M | Boonsboro, MD | 20-Sep-15 |
| Downtown Dash 5K | Westminster, MD | 25-Sep-15 |
| GPS Trail Half Marathon | Sparks, MD | 26-Sep-15 |
| Clarendon Day 10K | Arlington, VA | 26-Sep-15 |
| Clarendon Day 5K | Arlington, VA | 26-Sep-15 |
| Freedom CC 5K | Washington, DC | 26-Sep-15 |
| Marian House 5K | Baltimore, MD | 26-Sep-15 |
| Quincy Conner Foundation 5Q 5K | Woodbridge, VA | 26-Sep-15 |

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| GBIA 5K | Glen Burnie, MD | 26-Sep-15 |
| Donate Life Family 5K | Baltimore, MD | 26-Sep-15 |
| St. Andrew's Dash into the 80s 5K | Clifton, VA | 26-Sep-15 |
| Run for the Ribbon 5.9K | Berryville, VA | 26-Sep-15 |
| Neptune Festival 5K | Virginia Beach, VA | 26-Sep-15 |
| Running in Pink 5K | Washington, DC | 26-Sep-15 |
| Ridgeway ES Digital Dash | Severn, MD | 26-Sep-15 |
| Virginia 10 Mile | Lynchburg, VA | 26-Sep-15 |
| Virginia 4 Mile | Lynchburg, VA | 26-Sep-15 |
| Be Brave 5K | Silver Spring, MD | 26-Sep-15 |
| Oktoberfest 5K | Potomac, MD | 26-Sep-15 |
| Parkway Christian Academy 5K | Roanoke, VA | 26-Sep-15 |
| Grand Caverns Signature 5K | Grottoes VA | 26-Sep-15 |
| Bachmann Valley Half Marathon | Westminster, MD | 27-Sep-15 |
| Perfect 10K | Reston, VA | 27-Sep-15 |
| Perfect 10M | Reston, VA | 27-Sep-15 |
| Run Geek Run 5K | Fairfax, VA | 27-Sep-15 |
| Pediatric Specialists of Virginia 5K | Reston, VA | 27-Sep-15 |
| Blazer Dash 5K | Towson, MD | 27-Sep-15 |
| Ellen's Run 5K | Chevy Chase, MD | 27-Sep-15 |
| Charm City 20M | Freeland, MD | 27-Sep-15 |
| Potomac PTA 5K | Dahlgren, VA | 27-Sep-15 |
| Discover Downtown 5K | Columbia, MD | 27-Sep-15 |
| National Capital 20M | Carderock, MD | 27-Sep-15 |
| National Capital 5M | Carderock, MD | 27-Sep-15 |
| Susie's Cause 5K Run | Baltimore, MD | 27-Sep-15 |
| Jogging Joe 5K | Annapolis, MD | 27-Sep-15 |
| Lighthouse Shelter Half Marathon | Annapolis, MD | 27-Sep-15 |
| Teddy Bear 5K | Falls Church, VA | 27-Sep-15 |
| Potomac Point Winery 10K | Triangle, VA | 27-Sep-15 |
| Cody's Crew 5K | Manassas, VA | 27-Sep-15 |
| Zack's 5K | College Park, MD | 27-Sep-15 |
| Jessica Meredith Jacobsen Memorial Charge of the Knights 5K | Towson, MD | 03-Oct-15 |
| Crapolfest 5K | Williamsburg, VA | 03-Oct-15 |
| Great Allegany 5K | Cumberland, MD | 03-Oct-15 |
| Great Allegany 15K | Cumberland, MD | 03-Oct-15 |
| Navy Federal 5K | Vienna, VA | 03-Oct-15 |
| McLean 5K | McLean, VA | 03-Oct-15 |
| Dead Man's 5K | Washington, DC | 03-Oct-15 |
| Glen Mar Family 5K | Ellicott City, MD | 03-Oct-15 |
| Pink Ribbon 5K | Frederick, MD | 03-Oct-15 |
| Leesburg 5K | Leesburg, VA | 04-Oct-15 |
| Boo! Run for Life 10K | Washington, DC | 04-Oct-15 |
| Home Run 10K | Rockville, MD | 04-Oct-15 |
| Home Run 5K | Rockville, MD | 04-Oct-15 |
| Scarecrow Classic 5K | Ellicott City, MD | 04-Oct-15 |
| Kelvy's 5K | The Plains, VA | 10-Oct-15 |
| Glory Days Open Grill 5K | Centreville, VA | 10-Oct-15 |
| Mathew Henson Trail 5K | Silver Spring, MD | 10-Oct-15 |
| Trojan 5K | Gaithersburg, MD | 10-Oct-15 |

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| Ready...Set...Sniff 5K | Baltimore, MD | 10-Oct-15 |
| Smile 5K | Virginia Beach, VA | 10-Oct-15 |
| Best of the Best 5K | Silver Spring, MD | 10-Oct-15 |
| Ride & Run to Remember 5K | Washington, DC | 10-Oct-15 |
| Journey for the Cure 5K | Rock Hall, MD | 10-Oct-15 |
| Children's Hospital of Richmond 4 Miler | Richmond, VA | 10-Oct-15 |
| Susan B Komen Race for the Cure 5K | Virginia Beach, VA | 10-Oct-15 |
| Heart of Ghent 10K | Norfolk, VA | 10-Oct-15 |
| Deputy Dean Ridings 5K | Spotsylvania, VA | 10-Oct-15 |
| Festival of Leaves 5K | Front Royal, VA | 10-Oct-15 |
| Freedoms Run Festival 10K | Shepherdstown, WV | 10-Oct-15 |
| Freedoms Run Festival 5K | Shepherdstown, WV | 10-Oct-15 |
| Freedoms Run Festival HM | Shepherdstown, WV | 10-Oct-15 |
| Freedoms Run Festival Marathon | Shepherdstown, WV | 10-Oct-15 |
| College Park Cares 5K | College Park, MD | 10-Oct-15 |
| Vinton Fall Festival 5K | Vinton, VA | 10-Oct-15 |
| Johnny Casa 5K | Rocky Mount, VA | 10-Oct-15 |
| Johnny Casa 5M | Rocky Mount, VA | 10-Oct-15 |
| NCH Heart-One Cardiac Rehab 5K | Wise, VA | 10-Oct-15 |
| Go for Bo! Sierra Leone Benefit 5K | Stafford, VA | 10-Oct-15 |
| Smithfield Hog Jog 5K | Smithfield, VA | 10-Oct-15 |
| Williamsburg Landing 5K Run for Arc Awareness | Williamsburg, VA | 10-Oct-15 |
| Bill Newman 5K | Towson, MD | 10-Oct-15 |
| Spat Dash 5K | Cambridge, MD | 10-Oct-15 |
| Magnolia Green 5K | Midlothian, VA | 10-Oct-15 |
| St. Paul's Run for Ed 5K | Glen Burnie, MD | 10-Oct-15 |
| Frosty Pumpkin 10K | Westminster, MD | 11-Oct-15 |
| Maryland Millions 5K | Baltimore, MD | 11-Oct-15 |
| Purple Stride 5K | Catonsville, MD | 11-Oct-15 |
| Lower Potomac River 10 Mile | Piney Point, MD | 11-Oct-15 |
| Let's Go Hoco 5K | Columbia, MD | 11-Oct-15 |
| Anthem Great Pumpkin 5K | Reston, VA | 11-Oct-15 |
| Chug Run 5K | Baltimore, MD | 11-Oct-15 |
| HCS Longfellow 15K | Columbia, MD | 11-Oct-15 |
| Shenandoah Leaf Peeper HM | Front Royal, VA | 11-Oct-15 |
| Shenandoah Leaf Peeper 10K | Front Royal, VA | 11-Oct-15 |
| Beach Monster Dash 5K | Virginia Beach, VA | 11-Oct-15 |
| Charlottesville Fall Classic 10K | Charlottesville, VA | 11-Oct-15 |
| Charlottesville Fall Classic HM | Charlottesville, VA | 11-Oct-15 |
| Army 10 Mile | Washington, DC | 11-Oct-15 |
| Renie Amoss Road Race 5K | Towson, MD | 11-Oct-15 |
| Louise Archer Sunshine 5K | Vienna, VA | 17-Oct-15 |
| St Edwards Epiphany School Eagle Challenge 5K | Richmond, VA | 17-Oct-15 |
| Trick or Trot 5K | Richmond, VA | 17-Oct-15 |
| Scamper for a Camper 5K | Goochland, VA | 17-Oct-15 |
| Botetout Shuffle 5K | Gloucester, VA | 17-Oct-15 |
| Ashland Harvest 5K | Ashland, VA | 17-Oct-15 |
| Ashland Harvest 10K | Ashland, VA | 17-Oct-15 |
| Mariners Pirate 5K | Newport News, VA | 17-Oct-15 |
| MCRRC Black Hills 10K Cross Country | Germantown, MD | 17-Oct-15 |

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| Run for the Hills 10K | Williamsburg, VA | 17-Oct-15 |
| Run for the Hills 5K | Williamsburg, VA | 17-Oct-15 |
| Superhero 5K | Roanoke, VA | 17-Oct-15 |
| Holly's Hope 5K | Bel Air, MD | 17-Oct-15 |
| All American Beach Ford 5K | Virginia Beach, VA | 17-Oct-15 |
| Raven's Roost 5K | Rising Sun, MD | 17-Oct-15 |
| Glenrochie 5K Course for the Chorus | Abingdon, VA | 17-Oct-15 |
| Baltimore Half Marathon | Baltimore, MD | 17-Oct-15 |
| Baltimore Marathon | Baltimore, MD | 17-Oct-15 |
| Baltimore United Way 5K | Baltimore, MD | 17-Oct-15 |
| Danville HM | Danville, VA | 17-Oct-15 |
| Peroni Crawl' Crab 5K | Hampton, VA | 17-Oct-15 |
| Stone Ridge 5K Run for Education | Stone Ridge, VA | 17-Oct-15 |
| Chase Foundation 8K | Suffolk, VA | 17-Oct-15 |
| Chocolate Chase 5K | Charlottesville, VA | 17-Oct-15 |
| Georgetown Run for Homeless 5K | Washington, DC | 17-Oct-15 |
| Pirate and Princess 5K | Frederick, MD | 17-Oct-15 |
| Race at the Cape 5K | Virginia Beach, VA | 17-Oct-15 |
| Galax Autumn Days 5K Run | Galax, VA | 17-Oct-15 |
| Bank of Fincastle 10K | Fincastle, VA | 17-Oct-15 |
| Bank of Fincastle 5K | Fincastle, VA | 17-Oct-15 |
| Falcon & Bruin 5K | Manassas, VA | 18-Oct-15 |
| CBTF Superheroes 5K | Chevy Chase, MD | 18-Oct-15 |
| Bobcat Blast 5K | Midlothian, VA | 18-Oct-15 |
| Peroni Crawl' Crab HM | Hampton, VA | 18-Oct-15 |
| Fallen Heroes Half Marathon | Manassas, VA | 18-Oct-15 |
| Fallen Heroes 5K | Manassas, VA | 18-Oct-15 |
| Making Strides Against Breast Cancer 5K | Fredericksburg, VA | 18-Oct-15 |
| 10K Run Through History | Spotsylvania, VA | 18-Oct-15 |
| Key School 10K | Annapolis, MD | 18-Oct-15 |
| Key School 5K | Annapolis, MD | 18-Oct-15 |
| Kinhaven 5K | Arlington, VA | 18-Oct-15 |
| Freedom Hill 5K | Vienna, VA | 18-Oct-15 |
| Zombie Run 5K | La Plata, MD | 18-Oct-15 |
| ASRM Convention Run 5K | Baltimore, MD | 20-Oct-15 |
| Tidal Basin Runs 5K | Washington, DC | 21-Oct-15 |
| Paws2Care 5K | Arlington, VA | 24-Oct-15 |
| GRACE Race 5K | Reston, VA | 24-Oct-15 |
| Wounded Warrior Caregiver 5K | Alexandria, VA | 24-Oct-15 |
| Boo-Yah 5K | Portsmouth, VA | 24-Oct-15 |
| Deep Hollow Trail 5K | Lynchburg, VA | 24-Oct-15 |
| Walk to End HIV 5K | Washington, DC | 24-Oct-15 |
| United Way Halloween 5K | Salisbury, MD | 24-Oct-15 |
| Spook Hill Cider & Wine 4 Mile | Frederick, MD | 24-Oct-15 |
| Greasy Gooney 10K | Browntown, VA | 24-Oct-15 |
| Bark in the Park 5K | Chesapeake, VA | 24-Oct-15 |
| Trinity Trick or Treat 5K | Ellicott City, MD | 24-Oct-15 |
| Making a Difference 5K | Richmond, VA | 24-Oct-15 |
| Wolfsville Wildcat 5K | Smithburg, MD | 24-Oct-15 |
| Prostate Health Forum 5K | Hampton, VA | 24-Oct-15 |

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| Great Pumpkin Race 5K | Glen Allen, VA | 24-Oct-15 |
| Halloween Half Marathon | Petersburg, VA | 24-Oct-15 |
| AFCEA 5K | Aberdeen, MD | 24-Oct-15 |
| Monster Mash 5K | McLean, VA | 25-Oct-15 |
| Goblin Gallop 5K | Fairfax, VA | 25-Oct-15 |
| Sprout 5K | Ashburn, VA | 25-Oct-15 |
| LVFC Zombie XC Run 5K | Leesburg, VA | 25-Oct-15 |
| Cross Country on the Farm 5K | Derwood, MD | 25-Oct-15 |
| Somerset Back to School 8K | Chevy Chase, MD | 25-Oct-15 |
| Walk for the Animals 5K | Virginia Beach, VA | 25-Oct-15 |
| O.U.R. Race to Stop Traffic | Lorton, VA | 25-Oct-15 |
| Queen of Roses 5K | Chestertown, MD | 25-Oct-15 |
| MelaNomore 5K | Sterling, VA | 25-Oct-15 |
| Marine Corps 10K | Washington, DC | 25-Oct-15 |
| Marine Corps Marathon | Washington, DC | 25-Oct-15 |
| Colton's Point Costume Caper 5K | Colton's Point, MD | 25-Oct-15 |
| Health Unlimited Cross Country 5K | Mount Airy, MD | 25-Oct-15 |
| Growler Gallop 5K | Roanoke, VA | 25-Oct-15 |
| Poquoson Seafood Festival 5K | Poquoson, VA | 31-Oct-15 |
| KidsPeace Trick or Treat 5K | Baltimore, MD | 31-Oct-15 |
| ASA Halloween Hustle 5K | Towson, MD | 31-Oct-15 |
| High Hopes for Haiti 5K | Baltimore, MD | 31-Oct-15 |
| Race for Every Child 5K | Washington, DC | 31-Oct-15 |
| One Sparrow 10K | Ashburn, VA | 31-Oct-15 |
| Howlin Haunted Halloween 5K | Charlotte Hall, MD | 31-Oct-15 |
| Fairfax 5K | Fairfax, VA | 31-Oct-15 |
| Race for D.C. Kids 5K | Arlington, VA | 31-Oct-15 |
| I am Woman 5K | Lynchburg, VA | 31-Oct-15 |
| The Shine 5K | Virginia Beach, VA | 31-Oct-15 |
| Anthem Wicked 10K | Virginia Beach, VA | 31-Oct-15 |
| Halloween Hustle 5K | Gaithersburg, MD | 31-Oct-15 |
| Heather Hurd 5K | Churchville, MD | 31-Oct-15 |
| Mustang 5K Stampede | Marriottsville, MD | 31-Oct-15 |
| Spooky Sprint 5K | Roanoke, VA | 31-Oct-15 |
| Seaside 10M | Ocean City, MD | 31-Oct-15 |
| Seaside 5K | Ocean City, MD | 31-Oct-15 |
| Gateway Arts District 5K | Mount Rainier, MD | 31-Oct-15 |
| City Point 5K River Run | Hopewell, VA | 31-Oct-15 |
| Governor's Land 5K | Williamsburg, VA | 31-Oct-15 |
| Care2 Cure 5K | Winchester, VA | 31-Oct-15 |
| Booby Spitler 5K | Gloucester, VA | 31-Oct-15 |
| Cats and Bats 5K | Havre de Grace, MD | 31-Oct-15 |
| Headless Horseman 5K | Frederick, MD | 31-Oct-15 |
| Time Traveler Pi Miller | Roanoke, VA | 01-Nov-15 |
| Run for the Parks 10K | Washington, DC | 01-Nov-15 |
| Rockville 10K | Rockville, MD | 01-Nov-15 |
| Rockville 5K | Rockville, MD | 01-Nov-15 |
| Breakaway 5K | McLean, VA | 01-Nov-15 |
| Run for it 5K | Arlington, VA | 01-Nov-15 |
| Danger! Zombies! Run! 5K | Charlottesville, VA | 01-Nov-15 |

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| GPS 5M | Kingsville, MD | 01-Nov-15 |
| Cub 5K Challenge | Hunt Valley, MD | 01-Nov-15 |
| Run through the Grapevine 8K | Mount Airy, MD | 01-Nov-15 |
| Chester River Challenge 5K | Chestertown, MD | 01-Nov-15 |
| Chester River Challenge Half Marathon | Chestertown, MD | 01-Nov-15 |
| Slack and Field 5K | Ridge, MD | 01-Nov-15 |
| FCA 5K | Spotsylvania, VA | 07-Nov-15 |
| Loudoun County Run 4 the Homeless 5K | Ashburn, VA | 07-Nov-15 |
| Shelter for Help in Emergency 5K | Charlottesville, VA | 07-Nov-15 |
| Lorton Station Veterans 10K | Lorton, VA | 07-Nov-15 |
| Jug Bay 10K | Upper Marlboro, MD | 07-Nov-15 |
| Jug Bay 5K | Upper Marlboro, MD | 07-Nov-15 |
| Yorktown Battlefield 10 Miler | Yorktown, VA | 07-Nov-15 |
| Yorktown Battlefield 5K | Yorktown, VA | 07-Nov-15 |
| Greenway Memory 10M | Roanoke, VA | 07-Nov-15 |
| Greenway Memory 4M | Roanoke, VA | 07-Nov-15 |
| CASA Superhero 5K | Lynchburg, VA | 07-Nov-15 |
| Downs Park 5 Mile | Pasadena, MD | 07-Nov-15 |
| Global Strides 5K | Arlington, VA | 07-Nov-15 |
| Round Robinson 5K | Fairfax, VA | 08-Nov-15 |
| Battlefield Half Marathon | Winchester, VA | 07-Nov-15 |
| Taste of Town Center 5K | Virginia Beach, VA | 07-Nov-15 |
| Race for Breath 5K | Virginia Beach, VA | 07-Nov-15 |
| Coast Guard Day 5K | Portsmouth, VA | 07-Nov-15 |
| Jack T. Farrar 5K | Alexandria, VA | 07-Nov-15 |
| YMCA Pancake 5K | Danville, VA | 07-Nov-15 |
| CAASA 5K | Solomons, MD | 07-Nov-15 |
| Veterans Day 5K | Fairfax, VA | 08-Nov-15 |
| Veterans Day 10K | Washington, DC | 08-Nov-15 |
| Candy Cane City 5K | Chevy Chase, MD | 08-Nov-15 |
| Bill Steers Men's 4M | Charlottesville, VA | 08-Nov-15 |
| National Race to End Women's Cancer 5K | Washington, DC | 08-Nov-15 |
| Across the Bay 10K | Annapolis, MD | 08-Nov-15 |
| Kilts & Craic 5K | Timonium, MD | 08-Nov-15 |
| HCS Thunder Hill 10K | Columbia, MD | 08-Nov-15 |
| Margaret Brent 5K | Stafford, VA | 08-Nov-15 |
| Virginia Running Festival 5K | Newport News, VA | 08-Nov-15 |
| Virginia Running Festival HM | Newport News, VA | 08-Nov-15 |
| Team RWB Veterans Day 5K | Fredericksburg, VA | 08-Nov-15 |
| Dustin Bauer Memorial 5K | Hunt Valley, MD | 08-Nov-15 |