

2016 Winter Rankings Leap Year Racing is Back on Track

(November 11, 2015 – March 04, 2016)

Maryland RRCA State Championship Series 50 Plus Club Best of 2016



By [James Moreland](#)

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New for the 2016 Runner Rankings, Mike Mason is sponsoring an extension to the Rankings to include an 85-89 and a 90 and older age groups.

Even with the one monster storm, the weather was exceedingly gentle this year with a 15% increase in numbers of the next highest winter... ever. Since 2012 winter has surpassed summer and is the third highest racing season. Perhaps this is because even with the same amount of races in the longer summer season, those races are generally smaller in size. Of the 24 age groups, men and women, six men and nine women have the highest winter numbers ever. Of course, both of the brand new age groups did as well.

This winter, male qualifiers rebounded to a record 373 and female qualifiers increased to a record 502 to make up again 57% of the qualifiers. In total numbers, the women led with a record 2,826 races, an incredible 27% increase. Men also had a record with 2,108, a 23% increase over last year.

The total races used rose to a record 298, a 9% increase of the record set in 2014 with a record 74 major races (500 or more runners). That trails only the spring of 2013 that had 82. With 4,945 ranked times, it easily becomes the biggest season ever. With a 15% increase to nearly 160,000 times, it was not only the largest winter, but the most competitive as well.

Thirty-eight races had more than 1,000 finishers. Twenty-one had more than 2,000 and ten had more than 3,000. Of the fourteen racers with more than 2,500 finishers, three were five milers, including the number two race, the Alexandria Turley Trot with 4,835. The lone 10K was the massive YMCA Turkey Chase 10K, the fifth largest, with the sixth best percentage of ranked runners among 10Ks. American Family Fitness Half Marathon that started the season was again the largest race with 8,385 finishers and 50% more ranked runners than the number two, Maryland RRCA Challenge 10M, the most competitive major race by far, with nearly a quarter of its finishers ranked. Also the combined weight of the three races in Richmond, the American Family Fitness Half Marathon, the Anthem Richmond Marathon was third with 4,509, and the HCA 8K was eleventh with 2,805, combined to equal 15,699 racers. The rest were all 5Ks, led again by the Jingle All the Way 5K and moved up to 4,834 runners

In sheer numbers, Richmond, with about two of every five of the top fourteen, ranked runners coming from these three races that ranked first, second, and fourth. There were 38 races with 10% or more ranked but only six had more than 250 finishers, and one had more than 400 finishers. Indeed, only seventeen had more than 100 finishers. The six competitive races included a 4M, a 5M, a 10K, a 15K, with two 10Ms but no 5Ks, the most common distance by far.

Thanksgiving as always is the busiest racing day of the year with a huge increase to thirty-eight races. More than 58,000 runners raced this Thanksgiving, nearly fifty percent more than last year. This year, twelve of the twenty-one races with 2,000 finishers but 22 of the top 38 races were held the morning before Turkey dinner.

For five milers, the HCA 8K led the way with 121 ranked for fourth, followed by the Celtic Solstice 5M with 99 for sixth, the Alexandria Turkey Trot 5 Mile with 91 finishers for eighth, and the Surf 'n' Santa with 49 for nineteenth place in *ranked runners*. Three of the 10Ks with more than a 1,000 finishers were on Thanksgiving with the Bethesda YMCA Turkey Chase 10K leading the way with 109 *ranked runners* and 3,709 finishers. The VAB Turkey Trot 10K was next with 54 of its 1,556 finishers ranked, followed by the Richmond Turkey Trot 10K with 47 of its 1,499 finishers ranked.

The 5K was run 192 times. Thirty were run on Thanksgiving, with eighteen having more than 1,000 finishers, led by the Arlington Turkey Trot 5K with 4,387.

For the women, a masters runner was the overall winner thirty-four times; for the men it was twenty-seven times. Pamela Lovett, 53, was the oldest of 17 runners not from the open division (20-34) to qualify for the massive Elite Division that had 69 qualifiers. For the women, Mary Lowe Mayhugh, 59, was the oldest outright winner and she did it twice. For the men, Maurice Pointer, 60, was the oldest outright winner. Seven runners made it into the Elite Division from another division, the oldest being Phillippe Rolly, 43. The division nearly doubled to fifty qualifiers.

Runners who win the race or win their division in a race earn an asterisk beside their name. Open runners only get an asterisk for an overall win. The Speed Alone is the fastest qualifying time run for each division. In **red**, it means the division champion ran it. (MRF) is for the [Moreland Racing Factor](#). Races bolded are major races with either 500 finishers or more than 20% Ranked Runners.

Now let us see who made the top.

Open Men

American Family Fitness Half Marathon 1:03:34, 10K = 28:50

The division nearly doubled in size to fifty runners. Last winter's champion again won at the Fairfax Four Mile but in a significantly slower 20:03, and he plummeted to twentieth place. Much of the scoring occurred in the first weekend. The second day, Andrew Tyler captured fifth place running the US National Road Racing Championships 12K in 36:39 ahead of sixth place Carlos Jamieson's 37:11. Jamieson would return the favor two weeks later, defeating Tyler at the Alexandria Turkey Trot 5M 24:02 to 24:39 to nearly close the gap. Also at the 12K were seventh place Christopher Sloan in 37:37 and thirteenth place Sean Healy with 38:24.

Still, it was the first race of the winter that had the most impact. Eight of the top twenty racers had their best race there. Most impressive was the winter champion Girma Gebre who won it all at the American Family Fitness Half Marathon in 1:03:34. Runner-up Brandon Lord ran 1:04:00 with Tim Young taking third with his 1:04:27. A week later Lord headed further south to win it all at the Blue Moon Harbor Lights HM in 1:06:08. Gebre would wait an extra week before finishing as runner-up at the Alexandria Turkey Trot 5M in 23:48, a mere second faster than in 10K equivalence fourth place Ryan Hagen's HCA 8K in 23:40. Hagen also ran the Blue Moon Harbor Lights HM for second overall in 1:06:40, ahead of ninth place Will Christian who ran 1:08:39.

Three other ranked runners at the American Family Fitness Half Marathon included twelfth ranked Mark Hopely with 1:09:45, seventeenth ranked James Luehrs in 1:10:15, and nineteenth ranked Stephen Harrison in 1:10:30. Brian Flynn takes tenth place breaking the time tie with Richard Morris and winning both of his 5Ks out right, including the SVTC Turkey Trot 5K in 15:05. Morris, known for fast 5Ks, eschewed that distance to blast the fastest marathon at the Anthem Richmond Marathon in 2:26:39 for fourth overall. Later he would win it all at the Sweethearts 8K in a relatively tame 26:23.

Fourteenth place Tripp Southerland went south to run the HCA 8K in 24:56, just ahead of sixteenth David Angell's 24:58. Southerland would add a fine Alexandria Turkey Trot 5M in 25:52 while submasters champion Angell won a 5K in 15:54. Eighteenth place Paul Balmer ran a solid RRCA Challenge 10 Mile in 53:07 but finished behind third overall Dustin Meeker who ran 52:27 to take fifteenth in the division. Meeker would lose to eighth place Andy Weaver who won it all at the Celtic Solstice 5M in 24:55. Meeker ran 26:46. Then at the end of February, Weaver again prevailed winning it all at the RRCA Challenge 10 Mile in 51:52.

Fifty runners qualified for the division with six coming from other divisions.

PL	Name	Age	Hometown	10K=
1	Gebra, Girma*	22	Washington, DC	28:50
2	Lord, Brandon*	23	Charlottesville, VA	29:02
3	Young, Tim	28	Fredericksburg, VA	29:15
4	Hagen, Ryan*	24	Fishersville, VA	30:02
5	Andrews, Tyler	25	Arlington, VA	30:10
6	Jamieson, Carlos*	28	Washington, DC	30:18
7	Sloane, Christopher	32	Gaithersburg, MD	30:58
8	Weaver, Andy**	25	Baltimore, MD	31:12
9	Christian, Will*	32	Norfolk, VA	31:09
10	Flynn, Brian**	32	Harrisonburg, VA	31:28
11	Morris, Richard*	28	Richmond, VA	31:28
12	Hopely, Mark*	27	Fredericksburg, VA	31:39
13	Healy, Sean*	24	Arlington, VA	31:36
14	Southerland, Tripp	30	Washington, DC	31:38
15	Meeker, Dustin	34	Baltimore, MD	31:34

16	Angell, David	39	Blue Ridge, VA	31:41
17	Luehrs, James**	22	Reston, VA	31:52
18	Balmer, Paul	26	Washington, DC	31:58
19	Harrison, Stephen*	27	Fredericksburg, VA	31:59
20	Brodeur, Andrew*	25	Bethesda, MD	32:04
21	Reniiifo, Carlos	33	Futon, MD	32:05
22	Schuler, Eric	22	Laurel, MD	32:12
23	Carroll, Ryan****	33	Portsmouth, VA	32:12
24	McNab, Kevin**	29	Washington, DC	32:19
25	Deters, Matt*	30	Arlington, VA	32:18
26	Otstot, Adam	33	Williamsburg, VA	32:26
27	Pruitt, Christopher	33	Sandy Spring, MD	32:32
28	Long, Scott	20	Hagerstown, MD	32:41
29	Devar, Frank	27	Washington, DC	32:47
30	Foster, Ryan*	33	Virginia Beach, VA	32:48
31	Guevara, Paul	29	Alexandria, VA	32:46
32	Rolly, Philippe*	43	McLean, VA	32:45
33	Muse, Tyler*	22	Bel Air, MD	32:51
34	Woodford, Patrick **	23	Roanoke, VA	32:58
35	Bean, Thomas**	27	College Park, MD	32:59
36	Van Es, Chris	29	Washington, DC	33:06
37	Mercer, Dickson	34	Washington, DC	33:07
38	Ban, Charlie	33	Washington, DC	33:08
39	Crouzier, Nicholas***	30	Gaithersburg, MD	33:08
40	Pace, John*	18	Centreville, VA	33:12
41	Wertz, David*	40	Arlington, VA	33:10
42	Wardian, Michael*	41	Arlington, VA	33:28
43	Bray, Derryn	31	Poquoson, VA	33:25
44	Reed, Nick	23	Fairfax, VA	33:31
45	Dasilva, Jack	30	Arlington, VA	33:34
46	Pfohl, Kyle	20	Fredericksburg, VA	33:41
47	Carrier, Chris*	31	Richmond, VA	33:37
48	Matais, George	24	Chesapeake, VA	33:41
49	Shaw, Christopher	40	Silver Spring, MD	33:52
50	Smith, Randy*	27	Washington, DC	33:54

19 & Younger Men

Blue Moon Harbor Lights HM 1:08:32, 10K = 31:15

Top ranked John Pace would defeat fourth ranked Tyler Lichtenberg twice. On Thanksgiving, Pace would outdo runner-up Jake Kloman's Ashburn Farm 5K in 16:17 with his overall win at the Virginia Run Turkey Trot 5K in 16:04. Lichtenberg would

come in next in 16:56. Third place Joshua Spare won it all at the Santa Claus Shuffle 5K in 16:28 in mid-December. A week later Kloman would add an overall win of his own at the Apple Capital Jingle Bell 5K in 16:57. On New Year's Eve Lichtenberg improved at the Fairfax Four Mile in 21:40 to take his spot. Pace had finished nearly a minute before him in 20:46 to win the division crown.

Prolific Donovan Foley was there as well but had perhaps his worst race of the eight races he would run during the winter. He did run an inspired Freeze Your Gizzard 5K in 17:00 to take fifth place in the division. Sixth place Trey Mastaler was ahead of him by a minute in the four miler, also a tough race for him. He earns his spot at the SOME Thanksgiving Day Trot for Hunger 5K in 16:53. Seventh place Jacob Rickards also had a 16:53; his was at the Solomons Jingle Bell 5K for second overall ahead of ninth place Paul Fagnano, running home in 17:01. Rickards added an overall win in a somewhat slower 17:38 that closed on Mastaler HCA 8K in 28:12 but that was not quite enough. Eighth place Kevin Dannaher ran two major 5Ks with solid times, including an overall win at the Jingle Bell Run for Arthritis 5K in 17:06.

Twenty-seven runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Pace, John**	18	Centreville, VA	33:12
2	Kloman, Jake***	17	Sterling, VA	33:58
3	Spare, Joshua**	16	Virginia Beach, VA	34:21
4	Lichtenberg, Tyler*	19	South Riding, VA	34:39
5	Foley, Donovan*6	16	Vienna, VA	35:03
6	Mastaler, Trey**	19	Fairfax Station, VA	35:13
7	Rickards, Jacob**	17	Port Republic, MD	35:13
8	Dannaher, Kevin**	17	Arlington, VA	35:40
9	Fagnano, Paul**	15	Leonardtown, MD	35:30
10	Sriver, Justin***	15	Bristow, VA	36:01
11	Folio, Brandon**	19	Riva, MD	36:13
12	Brown, Dan**	18	Bedford, VA	36:29
13	Eisert, Daniel	18	Leesburg, VA	36:47
14	Werve, Benjamin***	15	Virginia Beach, VA	36:55
15	Thompson, Kyle*	17	White Plains, MD	37:06
16	Rogerson, Troy*	18	Virginia Beach, VA	37:12
17	Lysher, Luke*	19	Fredericksburg, VA	37:14
18	Hymans, Caleb***	10	Annandale, VA	37:39
19	Park, Andrew*	17	Virginia Beach, VA	37:39
20	O'Gorman, Killian*	16	Fredericksburg, VA	37:37
21	Taylor, Joseph**	13	Charlottesville, VA	37:43
22	Dodsworth, Jack*	15	Port Republic, MD	37:47
23	Brodie, Tyler*	19	Ashburn, VA	38:00
24	Walker, Zach**	12	Reisterstown, MD	38:27
25	Hamacher, Ryan****	15	Gainesville, VA	38:40
26	Zajkowski, Evan***	14	Vienna, VA	38:31
27	Johnstone, Noah*	18	Winchester, VA	38:56

35-39 Men

HCA 8K 24:58, 10K = 31:41

David Angell just got better and pulled even further away. He trimmed a few seconds off his HCA 8K down to 24:58. Then he added a brilliant 15:54 at the Drumstick Dash 5K. Fourth place Matthew Lofton had a tiny lead on Mark Kitz as they both finished second overall on Thanksgiving. Lofton ran the FCPRD 5K in 16:28. Kitz ran the YMCA Bel Air 5K Turkey Trot in 16:29. Lofton added two overall wins. David O'Hara was in the neighborhood with his First Down 5K in 16:34. Seventh place Richard Jennings finished behind him in 16:58 but had a 16:34 of his own at the Fairfax Turkey Trot 5K. Fifth place Marty McCormick recovered nicely from his three-second victory over Kinhiko Hayashi at the YMCA Turkey Chase 10K in 36:01 to earn his spot at the DCRRC JFK 20K in 1:12:08.

February ended with the competitive RRCA Challenge 10 Mile and Mark Kitz takes the runner-up spot in 56:10 with third going to O'Hara for his 56:46. That leaves Lofton in fourth, winning the SVR Jingle Bell 5K in 16:27. Hayashi exploded to a 57:24 and, as he had already turned forty, it was even more impressive beating eight place Jeremy Lynch's 57:58 and ninth place Steve Gabris' 52:29, among others.

PI	Name	Age	Hometown	10K=
1	Angell, David**	39	Blue Ridge, VA	31:41
2	Kitz, Mark**	37	Bel Air, MD	33:48
3	O'Hara, David	39	Alexandria, VA	34:09
4	Lofton, Matthew*****	36	Winchester, VA	34:19
5	McCormick, Marty**	35	Arlington, VA	34:26
6	Hayashi, Kinhiko	39	Rockville, MD	34:32
7	Jennings, Richard*	39	Quantico, VA	34:33
8	Lynch, Jeremy****	35	Springfield, VA	34:53
9	Gabris, Steve***	37	Burke, VA	34:56
10	DeRocco, Vinnie*****	36	Leesburg, VA	35:01
11	Watson, Exavier*	36	Germantown, MD	35:24
12	Pirich, Christopher**	35	Spotsylvania, VA	35:40
13	Loeffler, Mark*	35	Columbia, MD	35:49

40-44 Men

US National Road Racing Championships 12K 39:48, 10K = 32:45

Last winter's top two runners exchanged places at the US National Road Racing Championships 12K and in this year's rankings. Philippe Rolly slowed 34 seconds to win in 39:48. Michael Wardian slowed more than two minutes to 40:40 and fell short of newly minted master David Wertz who had been third overall at the St. Rita's 5K in the same Alexandria the day before in 15:54. Wardian had a tough time in 16:53 which may explain his showing the next day at the 12K. Wertz would pile on for Thanksgiving at the Earlysville Turkey Trot 5K, winning outright in 16:09, while Wardian ran for a third time in Alexandria at the Turkey Trot 5M in a sluggish 28:09, though he won his division.

Rolly would add his own overall win that morning at the Fairfax Turkey Trot 5K in 16:22. In December, Wardian would toy with the field at the cult race Hawks Indoor Marathon, winning by more than two miles in 2:37:59.

Fourth place Christopher Shaw would finish in the top three thrice and add three more age group wins, including the Jingle All the Way 5K in 16:18. Fifth place John Sharp had the top half, running the American Family Fitness Half Marathon in 1:16:15. Sixth place Ignacio Moore would win it all at the smaller Star City Half Marathon in 1:19:22. Still, though it did not have the 8,400 runners of the American Family Fitness, a master winning it all at a race with more than five hundred finishers draws notice. Seventh place Todd Bibb ran a slew of races across the 40-49 divisions. He earns his spot here with his Frosty 5K in 17:22.

Pl	Name	Age	Hometown	10K=
1	Rolly, Philippe**	43	McLean, VA	32:45
2	Wertz, David**	40	Arlington, VA	33:10
3	Wardian, Michael***	41	Arlington, VA	33:28
4	Shaw, Christopher*6	40	Silver Spring, MD	33:52
5	Sharp, John*	41	Richmond, VA	34:36
6	Moore, Ignacio**	44	Blacksburg, VA	36:01
7	Bibb, Todd***	44	Centreville, VA	36:09
8	Brown, Karsten*10	41	Front Royal, VA	36:18
9	Marshall, Douglas**	41	Mathews, VA	36:16
10	Zevgolis, Matt**	40	Midlothian, VA	36:28
11	Szabos, Brian**	42	South Riding, VA	36:31
12	Crumbliss, John	43	Washington, DC	36:44
13	Inman, Chuck****	43	Chesapeake, VA	37:20
14	Wofford, Corey*	43	Chesapeake, VA	37:34
15	Freeburn, Keith**	42	Centreville, VA	37:37

45-49 Men

US National Road Racing Championships 12K 41:21, 10K = 34:02

Doug Mock does not race as much as he used to. He bookended the winter season with his two races. Though he won the RRCA Challenge 10 Mile in 1:01:32, about 12 minutes slower than his PR, that would not get him his crown. Both sixth place Steve Speirs, who was second overall at the Tidewater Striders Tune-up 10M in 59:56, and third place Patrick Bell, who won that race in 58:24, were ahead of him. However, he was golden to start the year in 41:21 at the US National Road Racing Championships 12K to claim the top spot. Runner-up Michael Colaiacovo was tops at the HCA 8K the day before in 27:21. At the same venue, Scott Mersiowsky debuted in the winter with a fine American Family Fitness Half Marathon in 1:19:32. Also that same day in Lexington, fourth place Jeff Harrington won it all at the Buena Vista 10K in 35:08.

Harrington had three races won while Bell raced twice. Bell breaks the tie narrowly with his First Day 5K in 17:24, while Harrington placed second overall at the Star City Half Marathon in 1:20:48. Speirs breaks the tie with Mersiowsky for sixth place, adding a second overall at the Resolution Run 5K in 17:30. Robert Dinterman beat ninth place Jeff Klemmer, 28:46 to 29:14, at the Surf 'n' Santa 5M to take eighth place. Fifth place Todd Bibb was actually faster than earlier in the winter when he made the 40-44 division. His best race here was the For the Love of It 10K in 35:30.

Twenty nine runners made the division.

PI	Name	Age	Hometown	10K=
1	Mock, Doug*	48	Ellicott City, MD	34:02
2	Colaiacono, Michael**	46	Richmond, VA	34:42
3	Bell, Patrick**	46	Richmond, VA	35:08
4	Harrington, Jeff***	45	Lynchburg, VA	35:08
5	Bibb, Todd***	45	Centreville, VA	35:30
6	Speirs, Steve***	49	Virginia Beach, VA	36:04
7	Mersiowsky, Scott**	49	Carson, VA	36:05
8	Dinterman, Robert****	45	Moyock, NC	36:16
9	Klemmer, Jeff**	45	Virginia Beach, VA	36:52
10	Hetherington, Alexander****	48	Vienna, VA	37:04
11	Martin, Stacin***	46	Chesapeake, VA	37:02
12	Naff, Michael**	45	Arlington, VA	37:08
13	Smith, Steven***	47	Hampton, VA	37:15
14	Lovett, Jack*****	45	Yorktown, VA	37:29
15	Sanders, Michael*	45	Hagerstown, MD	37:27
16	Eppolito, Anotnio****	47	Alexandria, VA	37:47
17	Crago, Stephen**	47	Vienna, VA	37:49
18	Price, Terry*	49	Richmond, VA	37:46
19	Boyd, Matt****	45	Fredericksburg, VA	37:47
20	Chasse, Craig**	46	Reston, VA	37:54
21	Thomas, Derik*	49	Alexandria, VA	37:52
22	Bell, Kevin	47	Reston, VA	38:02
23	Murray, Jeffrey**	49	Richmond, VA	38:10
24	Sanches-Ruano, Miguel**	48	Dale City, VA	38:18
25	Billings, Dennis*****	47	Woodbridge, VA	38:27
26	Ware, Steve**	46	Virginia Beach, VA	38:41
27	Coppock, Lee**	48	Charlottesville, VA	38:41
28	Tortorella, Glen*	46	Front Royal, VA	39:10
29	Idler, Jose*	45	Hyattsville, MD	39:34

50-54 Men

US National Road Racing Championships 12K 41:26, 10K = 34:06

Steve Kartalia took the keys and confirmed his ownership of the division. He had two overall wins at low key races in his hometown. His second best race was a season ending win at the RRCA Challenge 10 Mile in 58:02, ahead of runner-up Mark Neff's 1:00:37 and eleventh place Kevin D'Amanda's 1:02:59. However, Kartalia had already hosed the division on the first weekend with an open class 41:26 at the US National Road Racing Championships 12K. That was two minutes faster than Jean Christophe Arcaz had run to win last winter's crown. This year Arcaz would tumble to fourth with a still fine 44:58, while Neff confirmed his runner-up spot with a time of 44:43. Arcaz would only race one more at the YMCA Turkey Chase 10K in 38:06, ahead of seventh place Paul Jacobson who ran in 38:38. Meanwhile, Doug Kuderna split those race dates for a fine Cold Turkey 10K in 37:11 the Sunday before the holiday. Then in December, Kuderna took third by winning at the AS Anniversary 15K in 57:11.

Sixth place Greg Dawson started with a masters win at the Blue Talon Bistro Turkey Trot 5K in 17:59, but that was not quite enough to get him by Jacobson's US National Road Racing Championships 12K in 45:27. In mid-December he stepped it up at the Sentara Sleighbell 5K for third overall at 17:54 to edge past Jacobson. Fifth place Carl Gnewuch eked out a better time by two seconds over twelfth place Ian Clements at the Alexandria Turkey Trot 5M in 30:04. That was on surely tired legs after he earned his spot with a win at the Anthem Richmond Marathon in 2:53:57, just ahead of eighth place William Dinkin, who ran 2:54:35, and ninth place Mario Zuniga's 3:01:40. Zuniga did have six age group wins, including the SVR Prediction 5M in 29:57. Tenth place Peter Tango ran well at the AS Anniversary 15K in 58:07.

Forty-three runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Kartalia, Steve****	50	Westminster, MD	34:06
2	Neff, Mark**	53	Derwood, MD	36:28
3	Kuderna, Doug**	54	Odenton, MD	37:04
4	Arcaz, Jean Christophe*	54	Rockville, MD	37:01
5	Gnewuch, Carl*	51	Springfield, VA	37:20
6	Dawson, Greg*****	50	Williamsburg, VA	37:20
7	Jacobson, Paul	52	Gaithersburg, MD	37:24
8	Dinkin, William*	52	Richmond, VA	37:28
9	Zuniga, Mario*6	51	Front Royal, VA	37:46
10	Tango, Peter*	52	Severna Park, MD	37:40
11	D'Amanda, Kevin*****	54	Bethesda, MD	37:54
12	Clements, Ian*	51	Alexandria, VA	37:57
13	Phipps, David*	53	Severna Park, MD	38:08
14	Parfitt, Warren**	50	Newport News, VA	38:10
15	Campbell, Chris*	51	Louisa, VA	38:16
16	Norrthrup, Chris*	53	Winchester, VA	38:15
17	Rapp, Perry*	50	Lexington Park, MD	38:27
18	Pelletier, Paul*****	50	Williamsburg, VA	38:42

19	Frost, Howard*6	50	Falls Church, VA	38:50
20	Schemm, Dennis**	50	Chantilly, VA	38:46
21	Grossman, Larry	52	Washington, DC	38:50
22	Harfst, Rich*	52	Annandale, VA	38:57
23	Garbini, Hernan*	54	Waynesboro, VA	39:11
24	Firestone, Lee	50	Gaithersburg, MD	39:14
25	Morakinyo, Akintunde*	52	Ellicott City, MD	39:25
26	Poulos, Ted*8	54	McLean, VA	39:16
27	Leiding, Jon****	53	Virginia Beach, VA	39:17
28	Greene, Craig**	51	Manassas, VA	39:25
29	Ortiz, Vincent**	54	Chesapeake, VA	40:03
30	Boyle, Kevin**	52	Potomac, MD	39:57
31	Kammerer, Jack**	53	Washington, DC	40:02
32	Vidunas, Joseph	51	Richmond, VA	40:05
33	Alberg, Kenneth*	54	Suffolk, VA	40:14
34	Leckie, Terry**	52	Front Royal, VA	40:19
35	Bortell, Brian*	52	Midlothian, VA	40:46
36	Oda, Yasuo	54	Columbia, MD	41:02
37	Wills, Stephen**	54	College Park, MD	40:58
38	Way, John**	50	Montgomery Village, MD	41:06
39	O'Brien, Dan	53	Williamsburg, VA	41:14
40	Bohse, Mike*	51	Columbia, MD	41:17
41	Van Tassel, Josh	51	Arlington, VA	41:21
42	Jacobi, Will	53	Kensington, MD	41:40
43	Samley, Chris*	53	Charlottesville, VA	41:32

55-59 Men

SOME Thanksgiving Day Trot for Hunger 5K 17:07, 10K = 35:42

Of the top ten racers, only three had more than one time in the top sixteen times. Pete Gibson started out marvelous on Thanksgiving with his slowest of four times at the VAB Turkey Trot 10K in 37:58. No matter, as Henry Wigglesworth was already home and showered after winning the SOME Thanksgiving Day Trot for Hunger 5K in 17:07. He would add a swift Jingle All the Way 5K in 17:34 to solidify his title. After that, he concentrated on a sub 5:00 mile and getting ready for the weekly free races at the [Fletcher's Cove Park run](#). Gibson added an excellent Surf 'n' Santa 5M in 29:18 and a third overall at the Tidewater Striders Tune-up 10M in 1:01:35 to hold off a determined Jeff Duyn who ran the hilly RRCA Challenge 10 Mile in 1:02:07 at a faster pace than he ran the Country Road Run 5M the week before. Gibson will soon be taking on the next division.

Fourth place Ian Harrison had just two 5Ks. His Waynesboro Turkey Trot 5K in 18:15 far outshone his race the following week in Monticello with a 19:55. Fifth place Brian Daugherty was steady all winter with ten age group wins, including a second overall at the Edgewater Fitness Reindeer Run 5K in 18:49. That was just enough to get him by Marty Stiegman who had just two races, albeit a very nice Frostbite 15K in 1:00:32.

Seventh place H.T. Page was tops at the Martinsville Turkey Day 5K in 19:00. Dave Berardi is back on the warpath taking eighth place by holding off Sean Costello 1:06:00 to 1:06:19 at the RRCA Challenge 10 Mile to end the season. Tenth place Matthew Mace ran the Y Turkey Trot Charity 5K in 19:10.

Thirty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Wigglesworth, Henry**	57	Washington, DC	35:42
2	Gibson, Pete****	59	Murfreesboro, NC	36:57
3	Duyn, Jeff**	55	Garrett Park, MD	37:22
4	Harrison, Ian**	56	Crozet, VA	38:04
5	Daugherty, Brian*10	55	Edgewater, MD	39:15
6	Stiegmann, Marty**	55	Glen Allen, VA	39:14
7	Page, H.T.***	55	Wirtz, VA	39:38
8	Berardi, Dave	55	Gwynn Oak, MD	39:43
9	Costello, Sean*	56	Ellicott City, MD	39:53
10	Mace, Matthew*	55	Arnold, MD	39:59
11	Denlinger, Dwight	57	Charlottesville, VA	40:11
12	Alberg, Ken*	55	Suffolk, VA	40:21
13	Chalke, Steve****	56	Remington, VA	40:28
14	Converse, Mark*	55	Tall Timbers, MD	40:24
15	Ryan, Christopher	56	Washington, DC	40:32
16	Chall, John***	57	Crownsville, MD	40:49
17	Carter, R.B. **	57	Lynchburg, VA	40:57
18	Williams, Robert****	59	Yorktown, VA	40:57
19	Evans, Preston*	59	Madison Heights, VA	40:59
20	Cover, Karl***	56	Montpelier, VA	41:10
21	Rawley, Lloyd	55	Greenbelt, MD	41:17
22	Horan, Marty**	56	Gaithersburg, MD	41:26
23	Mendelowitz, Rich****	56	Arlington, VA	41:29
24	Uzel, Jim	56	Quinton, VA	41:33
25	Halpin, Bruce*	59	Ashburn, VA	41:35
26	Weaver, Ron***	57	Virginia Beach, VA	41:44
27	Breckenridge, Rick**	55	Norfolk, VA	42:00
28	McLaughlin, Terry*	55	Spotsylvania, VA	42:17
39	Gessler, Bobby	59	Ellicott City, MD	42:26
30	Yob, Steve*	58	Glen Allen, VA	42:39
31	Peterson, Jeffrey*	59	Fredericksburg, VA	43:03
32	Keaton, David	55	Rockville, MD	43:07
33	Adams, Mark*	56	Gaithersburg, MD	43:13
34	Meadows, Mike**	58	Martinsburg, WV	43:17
35	Clem, William	56	Bethesda, MD	43:43
36	Landau, Douglas*	55	Oak Hill, VA	43:55

60-64 Men

Jingle Bell Run Walk for Arthritis 5K 18:06, 10K = 37:45

This always huge division was led by two runners who espouse the track work and are still great at the middle distance. Stephen Chantry struck first on Thanksgiving at the Blue Talon Bistro Turkey Trot 5K in 18:16. Two days later, Dan Lawson, a newbie, took third place running the Turkey Burnoff 10 Mile in 1:07:43. Then marvelous Maurice Pointer showed that he could do it all, busting an incredible Northern Central Trail Marathon in 2:59:27. Folks, that is the hardest race to get a great ranked time. Pointer snuck closer to the top two weeks later at the Ugly Sweater 5K in 18:27. Then the following week while Chantry turned in another gem at the Sentara Sleighbell 5K in 18:36, Pointer gunned it home in 18:06 at the Jingle Bell Run Walk for Arthritis 5K to take the crown.

Lawson would add a 30:35 at the challenging MCRRC Jingle Bell Jog 8K to tighten his hold on the bronze. Geoffrey Chege owned fourth place with his season opening HCA 8K in 32:31. Paul Ryan gave his final salute to the division at the Cranberry Crawl 5K in 20:41 for fifth place before taking fourth in the 65-69 division. Sixth place Tom Randolph won everywhere from the 5K to the half with his best effort at the Tidewater Striders Tune-up 10M in 1:11:06. Seventh place Malcom Senior had his best race at one of the three hilly 10 milers he excelled in. His Goodloe Byron, formerly a 15K, was raced up and down to a fine 1:12:48. His other two ten milers were in the elder division where he eased past Ryan for third.

Senior did need his Wattle Waddle 5M in 34:22 to hold off eighth place Andrew Heron who ran the Ashburn Farm 10K in 43:27 that same turkey day morn. Ninth place Tom Dekornfeld ran a fine RRCA Challenge 10 Mile in 1:12:43 to keep it close. He was ahead of Senior's race there but that was apples and oranges as Senior was sixty-five. The next four scrunched together with John Wills taking tenth at the Resolution Run 5K in 21:06. Eleventh place Cliff Anderson had seven age group wins but only two faster than Wills second best race. Anderson ran the Chris Yung Turkey Trot 5K in 21:09. Next comes Dennis Doyle who ran the Alexandria Turkey Trot 5M in 35:04. Roger Koehler is unlucky at thirteenth, two seconds behind at the Peaks of Otter 5K in 21:13.

Fifty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Pointer, Maurice****	60	Baltimore, MD	37:45
2	Chantry, Stephen**	60	Williamsburg, VA	38:06
3	Lawson, Dan**	60	Gaithersburg, MD	40:45
4	Chege, Geoffrey**	60	Richmond, VA	41:16
5	Ryan, Paul*	64	Arlington, VA	42:17
6	Randolph, Tom*6	61	Virginia Beach, VA	42:47
7	Senior, Malcolm***	64	New Market, MD	43:20

8	Heron, Andrew**	60	Reston, VA	43:27
9	DeKornfeld, Tom***	62	Annapolis, MD	43:45
10	Wills, John*	63	Virginia Beach, VA	44:01
11	Anderson, Clifton*7	61	Warrenton, VA	44:07
12	Doyle, Dennis*	60	Alexandria, VA	44:13
13	Koehler, Roger**	61	Lexington, VA	44:15
14	Drain, Bob*****	61	Alexandria, VA	44:28
15	Loomis, Bill	61	Silver Spring, MD	44:25
16	Wyatt, Donnie****	62	Hampton, VA	44:37
17	Eddy, Dan***	64	Alexandria, VA	44:41
18	Murphy, Tom*	62	Virginia Beach, VA	44:48
19	Tegroen, Peter**	61	Henrico, VA	44:53
20	Lerner, Steve****	60	Glen Allen, VA	44:53
21	Rodriguez, Roberto***	60	Arlington, VA	44:58
22	Landau, David*	60	Potomac, MD	45:10
23	Wriston, David*	60	Lynchburg, VA	45:18
24	Kesselring, Bruce**	61	Springfield, VA	45:29
25	Michael, Gary***	61	Churchville, VA	45:24
26	Riemenschneider, Neal*****	61	Winchester, VA	45:31
27	Carter, Lennie	62	Washington, DC	45:31
28	Moreland, James*12	63	Gaithersburg, MD	45:58
29	Lopez, Felix*	62	Lynchburg, VA	45:50
30	Astrop, Bob*	63	Richmond, VA	46:01
31	McLearn, Allan*	64	Harrisonburg, VA	46:23
32	Isaac, Luther	62	Bowie, MD	46:28
33	Riordan, Jim**	62	Fredericksburg, VA	46:29
34	Wentworth, Bruce**	64	Westminster, MD	46:27
35	Siliciano, Robert**	63	Baltimore, MD	47:00
36	Edgerton, Dave*	61	Chesapeake, VA	46:58
37	Washington, Larry***	64	Rockville, MD	47:02
38	Lanham, Kerry	60	Montgomery Village, MD	46:58
39	Bachman, Gene	62	Virginia Beach, VA	47:08
40	Grimsley, Gary	61	Springfield, VA	47:07
41	Godwin, Stephen	62	Bethesda, MD	47:26
42	Blakeburn, Roy***	60	Virginia Beach, VA	47:33
43	Kehne, John	61	Potomac, MD	47:43
44	Deviese, James*	64	Yorktown, VA	47:41
45	Spicer, Frank**	64	Clifton, VA	47:46
46	Bousel, Paul**	62	Alexandria, VA	48:01
47	Gordon, Kirk**	60	Glenn Dale, MD	48:04
48	Patrick, Dennis*	63	Clifton, VA	48:01
49	Lawson, J Mark**	61	Chesapeake, VA	48:20
50	Mott, Joe	63	Roanoke, VA	48:20
51	O'Keefe, Tim	62	Middletown, MD	48:24

52	Murray, Ernest	60	Virginia Beach, VA	48:30
53	Donahue, David*	63	Chevy Chase, MD	48:51
54	Sharpe, Steve*	63	Ellicott City, MD	49:11
55	Conroy, Michael	61	Laytonsville, MD	49:28

65-69 Men

Tidewater Striders Tune-up 15M 1:51:21, 10K = 43:31

Bill Hart took over again with five of the top eleven times. This year he did not have the fastest half marathon, slowing by seven minutes at the Blue Moon Harbor Lights HM to 1:39:05, though well ahead of eighth place Joseph Day. Fourth place Paul Ryan ran 1:39:21 at the Gar Williams race. After that, Hart ran a swift Resolution Run 5K in 21:29, ahead of seventh place Paul Steele's 21:57 to get the year started. Then he got down to work, taking charge in three Tidewater Striders Tune-up races. His best, at 15 miles, was in 1:51:21 and earned him the crown.

Third place Malcolm Senior moved to Westminster and cruised to third overall in his first race in the new division at the Mighty Medford 5K in 22:32. Runner-up Dale Abrahamson was already golden, racing the St. Kateri's Run with the Son 5K in 21:24. After starting the season with the American Family Fitness Half Marathon in 1:37:30, he would be hard to beat. Senior almost made it, finishing the winter at the RRCA Challenge 10 Mile in 1:13:28. Sixth place Joel Leff had a nifty YMCA Bel Air 5K Turkey Trot 5K in 22:14. Two days later Tim Morgan took fifth with a workmanlike Turkey Burnoff 10 Mile in 1:15:30. Nagging injuries never gave him a better event and Leff nearly caught him, racing the Holiday Hustle 5K in 21:50. Joseph Day leapfrogged past three runners to eighth place with his Surf 'n' Santa 5M in 36:31.

A record thirty-two runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Hart, Bill*****	66	Virginia Beach, VA	43:31
2	Abrahamson, Dale*	66	Yorktown, VA	44:14
3	Senior, Malcolm***	65	Westminster, MD	44:12
4	Ryan, Paul**	65	Arlington, VA	45:05
5	Morgan, Timothy**	65	Damascus, MD	45:26
6	Leff, Joel**	65	Havre de Grace, MD	45:33
7	Steele, Paul	68	Virginia Beach, VA	45:47
8	Day, Joseph*	65	Yorktown, VA	46:03
9	Vaughan, Allen*****	65	Stafford, VA	46:21
10	Sanders, Bernie**	65	Bedford, VA	46:21
11	Allen, Walter**	67	Lynchburg, VA	46:56
12	Wong, Ronnie***	69	Catonsville, MD	47:25
13	Boutin, Greg**	65	Burke, VA	47:48
14	Murphy, Vincent**	66	Woodbridge, VA	48:08

15	Trueheart, Wilson***	66	Baltimore, MD	48:09
16	Jones, Larry**	66	Midlothian, VA	48:36
17	Finn, Frank	65	Henrico, VA	48:49
18	Patrick, Dick**	65	Vienna, VA	49:14
19	Eltzroth, John**	66	Dunn Loring, VA	49:13
20	Gregory, John	66	Roanoke, VA	49:16
21	Verdirame, Joseph*7	66	Suffolk, VA	49:41
22	Oehlschlaeger, Fritz*	65	Roanoke, VA	49:55
23	Dominguez, Bert*	67	Gaithersburg, MD	50:23
24	Archibald, Jim*	66	Cockeysville, MD	50:37
25	Pyle, Richard*	66	Stephenson, VA	50:41
26	Ridout, Edwin	66	Stafford, VA	50:41
27	Gilroy, Jim*	65	Falls Church, VA	50:52
28	Attavian, Bruce*	66	Hagerstown, MD	50:59
29	Metcalf, Brad	65	Richmond, VA	50:58
30	Yarchaon, Robert*	65	Bethesda, MD	51:17
31	Irish, Ed***	65	Williamsburg, VA	52:24
32	Anders, Mike	66	Virginia Beach, VA	52:25

70-74 Men

For the Love of It 10K 45:57

Jim Noone had some struggle, starting out slowly (for him) with a 47:35 on a flat Cranberry Crawl 10K course. Joseph Philpott had already set the standard to beat at the HCA 8K in 36:28. Then, on Thanksgiving Noone improved to 22:37 on a fast Turkey Day 5K, while Philpott settled back to the runner-up spot at the Martinsville Turkey Day 5K in 22:59. Three straight weeks Noone steadily improved, pulling away for good in February at the For the Love of It 10K in 45:57. The Richmond based HCA 8K earned third place for former champion Ben Dyer, ahead of fifth place Jim Bell, 37:55 to 38:06

A month later, Dyer pulled away with a solid TRRC Championship 5K in 22:50. Fourth place Jonathan Cannon ran the Freedom Run 5K a week later in 23:08. Then to start the year, he almost lost his spot to Bell at the CTC New Year's 5K. They both ran 23:20 but Cannon photoed ahead. Later that morning, sixth place John Brittain ran the DCRRC New Year's Day Predictions and Resolutions 5K on its new course in Arlington in 23:39. Still, his best race was the huge Alexandria Turkey Trot 5M back at Thanksgiving in 38:28.

PI	Name	Age	Hometown	10K=
1	Noone, Jim*6	71	Fairfax, VA	45:57
2	Philpott, Joseph**	71	Martinsville, VA	46:17
3	Dyer, Ben***	72	Hayes, VA	47:38
4	Cannon, Jonathan***	70	Earlysville, VA	48:15
5	Bell, Jim	70	Charlottesville, VA	48:21
6	Brittain, John**	71	Alexandria, VA	48:30
7	Gregory, Art*****	72	Ijamsville, MD	49:51

8	Churchman, John**	73	Arlington, VA	50:00
9	Ingram, Harold**	72	Henry, VA	51:14
10	Bullock, Jim****	73	Westminster, MD	51:21
11	Arata, Larry*10	71	Williamsburg, VA	51:45
12	Mayhew, Ed*6	70	Winchester, VA	51:38
13	Merrill, Sammy**	74	Fredericksburg, VA	51:48
14	Chaconas, Greg**	70	Washington, DC	52:20
15	Hensel, Donald*	71	Gaithersburg, MD	54:22
16	Kuebrich, David*	72	Fairfax, VA	54:54
17	Shapiro, Lou*	74	Silver Spring, MD	55:18
18	Brown, Walter**	72	Montgomery Village, MD	55:56

75-79 Men

US National Road Racing Championships 12K 1:00:46, 10K = 50:01

John Elliott is back, racing the US National Road Racing Championships 12K in 1:00:46 to take the division. The following month he would add the BRRC Masters 5K in 24:56. Runner-up John Clarke ran the relatively level confines of Baker Park at the Way Station's Thanksgiving Day 5K in 24:21. Later he would take on the hills just outside of town at the Lewis Memorial 10M in 1:33:33. Doug Morris ran four different distances to four victories. He fared best at the mystery distance of 4.16M in 36:10.

Cruising through downtown Bethesda, Malcolm O'Hagan takes fourth, racing the YMCA Turkey Chase 10K in 56:20. Later he would run even faster at the Jingle All the Way 5K in 26:49. Fifth place Maynard Weyers ran the minimum with two solid 5Ks, including the Run with Santa 5K in 27:28. Bill Sollers was right on his shoulder, racing the First Down 5K in 27:33. Last winter's champ, Stan Neumann, comes in seventh, racing in Baltimore at the New Year's Day Resolution Run 5K in 27:40. Ken Quincy commanded the PRR Trophy Series again with race wins such as the Frosty 5K in 28:10 to take eighth place.

A record thirty-two runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Elliott, John**	77	Columbia, MD	50:01
2	Clarke, John**	78	Woodsboro, MD	50:48
3	Morris, Douglas****	77	Delaplane, VA	52:07
4	O'Hagan, Malcolm**	75	Chevy Chase, MD	55:56
5	Weyers, Maynard**	79	Alexandria, VA	57:18
6	Sollers, Bill**	76	Silver Spring, MD	57:28
7	Neumann, Stan*	77	Timonium, MD	57:55
8	Quincy, Ken****	78	Vienna, VA	58:45
9	Pitts, Warren*	77	Baltimore, MD	1:00:59
10	Eldridge, Bob	76	Reston, VA	1:01:28
11	Derr, William*	76	Gambrills, MD	1:02:06

12	Polinski, Joseph***	77	Smithfield, VA	1:02:20
13	Peacock, Dick**	75	N. Chesterfield, VA	1:02:30
14	Fitzgerald, Preston	76	Virginia Beach, VA	1:03:00
15	Sharp, Ed***	76	Fredericksburg, VA	1:03:37
16	Lougee, Duane*	78	Norfolk, VA	1:05:43
17	Terrell, Charles	77	Newport News, VA	1:06:39
18	Rhoads, Richard***	76	Arlington, VA	1:06:53
19	Coates, Chet	75	Silver Spring, MD	1:07:31
20	Bayrer, Ralph**	76	Washington, DC	1:07:02
21	Hager, Philip*	79	Falls Church, VA	1:08:17
22	Moore, Brev	75	Annapolis, MD	1:10:12
23	Borkowski, John	77	Midlothian, VA	1:11:47
24	Brumback, Kenny*	76	Washington, DC	1:12:11
25	Rockhill, Joe****	75	Woodbridge, VA	1:14:34
26	Finney, John	76	Arlington, VA	1:15:12
27	Schwartz, William*	77	Glen Arm, MD	1:19:42
28	Bober, Gerald*	76	Reisterstown, MD	1:19:35
29	Kurisky, John*	77	Forest, VA	1:21:09
30	Durrant, Steve*	76	Virginia Beach, VA	1:22:55
31	Murphey, John	75	Manassas, VA	1:28:35
32	Conn, Harry*	78	Powhattan, VA	1:30:49

80-84

Jingle Bell 5K 26:46, 10K = 55:46

Even with nine runners migrating to the newly created elder divisions of 85-89 and 90 and older, the division stayed large with a dozen competitors. Per usual, eleven had a shot at the runner-up spot. George Yannakakis again hammered the division with easily the top seven times. He had the top race, a 5K, at the Jingle Bell for Arthritis in 26:44. A week later he added the fastest five miler at the Celtic Solstice 5M in 44:46 to outdo his own Zoo Zoom 8K of 45:21. Then he capped the winter, winning the RRCA Challenge 10 Mile in 1:37:11.

Chris Catoe had the next five fastest times, thrice running ten miles or more. His best race was the first Tidewater Striders Tune-up 10M in 1:42:47. Jack McMahon could not resist another age group win at the Cranberry Crawl 5K in 31:55 before waving goodbye and heading for the newly formed 85-89 division. Terry McCarthy came through at the Mystery through History (4.16M) in 46:37 to take fourth place. Larry Dickerson, 84, is making another comeback with a solid Fairfax Turkey Trot 5K in 34:33 to take the fifth spot. Sixth goes to Thomas Humphrey, racing the First Day 5K in 36:43. Ninth place Robert Gurtler had six wins in his division leading thirteen races.

PI	Name	Age	Hometown	10K=
1	Yannakakis, George*7	84	Baltimore, MD	55:46

2	Catoe, Chris*	81	Virginia Beach, VA	1:01:51
3	McMahon, Jack**	84	Silver Spring, MD	1:06:35
4	McCarthy, Terry*	80	Leesburg, VA	1:07:10
5	Dickerson, Larry**	84	Burke, VA	1:12:04
6	Humphrey, Thomas*	80	Midlothian, VA	1:16:35
7	Schillinger, Ernest*	84	Williamsburg, VA	1:18:28
8	Hammond, Bill*	80	Lynchburg, VA	1:20:12
9	Gurtler, Robert*6	81	The Plains, VA	1:22:26
10	Smith, Robert*	81	Dickerson, MD	1:28:12
11	Sanborn, Richard	80	Williamsburg, VA	1:28:35
12	Bianchetta, Mike*	81	Springfield, VA	1:30:47

85-89 Men

Christmas Caper 5K 30:14, 10K = 1:07:29

Jack McMahon, 85, entered the new division, though he probably would have liked to stay back to battle his regular foes. Not to worry, at least four of them will be joining him later in the year. For now, he bolted to a commanding lead, racing the Christmas Caper 5K, short course, at a 1:07:29 10K pace. He also had a solid time at the MCRRC New Year's 5K in 33:07 to start the year.

Fourth place Walter Wilson, 87, ran the Towson YMCA Turkey Trot 5K in 1:03:34. Third place Joseph Sirh, 85, ran the Turkey Day 5K in Reston at 46:36 on a course that was surprisingly fast considering the winding hills on the bike trail through the woods. Our runner-up was Thomas Carini, 87, who ran the Foster Care 5K in 39:34.

PI	Name	Age	Hometown	10K=
1	McMahon, Jack***	85	Silver Spring, MD	1:07:29
2	Carini, Thomas*	87	Virginia Beach, VA	1:22:33
3	Sirh, Joseph	85	Reston, VA	1:37:13
4	Wilson, Walter	87	Timonium, MD	2:12:37

90 & Older Men

St. Kateri's Run With the Son 5K 39:39, 10K = 1:22:43

Robert White, 92, was doing pretty well when it was 80 and older. Now, with 90 and older, he is dominating, racing an incredible 39:39 at the St. Kateri's Run with the Son 5K. He would add a stellar Menchville Winter Chill 5K in 43:31. But long before those races, we were wowed by the Alexandria Turkey Trot 5M that had three racers older than ninety, including the oldest woman and David Dunn, 100, our first three digit runner. Dunn finished in an absolutely amazing 1:21:21, slightly slower than a 16:00 mile pace. Bob Atkins, 90, is next as our most prolific nonagenarian. His best race was his longest, the Mystery through History 4.16M event in 1:13:11.

George Smith, 91, ran the Peaks of Otter 5K in 51:22. Our fifth racer, Dixon Hemphill, is probably our most prolific racer, running many shorter races at track meets and middle distance races at the Tidal Basin. At Hains Point, he had his finest race at the Cranberry Crawl 5K in 53:09, shortly before turning ninety-one.

PI	Name	Age	Hometown	10K=
1	White, Robert	92	Hampton, VA	1:22:43
2	Dunn, David	100	Alexandria, VA	1:45:35
3	Atkins, Bob	90	Winchester, VA	1:45:27
4	Smith, George	91	Bedford	1:47:09
5	Hemphill, Dixon	91	Fairfax Station, VA	1:50:52

Open Women

American Family Fitness Half Marathon 1:12:23, 10K = 32:42

By the time Susanna Sullivan powered her way to an overall win at the Run with Santa 5K in 16:41, ahead of top master Perry Shoemaker (17:37) and eleventh ranked Michelle Capozzi (18:09), she had already spent November creating the top two races, both five miles, and cruising to victory. Her HCA 8K in 25:57, placing fifth against an international class field, was followed by a huge overall win at the Alexandria Turkey Trot 5M in 27:11. At HCA, third place Kathryn Harrison ran 27:31 and seventh place Kathleen Lautzenheiser ran 29:03. Sullivan would add a third win at the Reston New Year's 5K in 16:44 with the redoubtable Shoemaker next to the finish in 17:37.

Shoemaker would win her own race in Sullivan's absence at the Frosty 5K but the race that earned the runner-up position was her magnificent US National Road Racing Championships 12K in 42:04 to start the season. That bolted her past Harrison who also won it all at the Frostbite 15K in 55:41. In addition, she moved past fourth place Bethany Sachtleben who was gorgeous in three overall wins, a 5K, a 10K, and the fastest half, namely the Blue Moon Harbor Lights HM in 1:17:50. Fifth place Julia Roman-Duval could not lose either. First she tapped the Celtic Solstice 5M, not known for fast times, in 28:34. Next she nearly broke an hour at the RRCA Challenge 10 Mile which happens once every couple of decades, in a swift 1:00:43. Eight place Caroline Bauer ran 1:01:38 to finish next, followed by thirteenth place Megan Digregorio in 1:02:35, both times which have won that competitive race in the past.

Emily Potter had two sterling 5K victories, including the Jingle All The way 5K in 17:37 to take sixth place. Twelfth place Michelle Miller was the next in 18:03. To show how deep the competition is, Potter was barely able to hold off fourteenth place Frances Loeb at the Fairfax Four Mile by a second in 23:35. Ninth place Norton Sage squeaked by tenth place Sarah Bishop in a close one at the American Family Fitness Half Marathon, 1:22:03 to 1:22:10, with Teressa Briendal rounding out the top twenty with her 1:23:50. In February, Michelle Miller won the For the Love of It 10K in 37:33.

Former champion Renee High has always been a winner. This winter is no different as she takes fifteenth place with an overall triumph on the challenging Sentara Colonial Half Marathon in 1:23:31. The last five in the top twenty are so close that it is necessary to use all of their races. Teresa Allman had two overall wins and two seconds, including the Surf 'n' Santa 5M in 30:08 to take sixteenth. Masters runner Jackie Gruendel, won it all at the Chris Yung Turkey Trot 5K, a major race, in 18:12. Jeannette Mathieu was glued in right behind with an identical 18:12 for second overall at the Apple Capital Jingle Bell 5K. Nineteenth place Lindsey Graybill started the winter at the HCA 8K in 29:52. Her overall win in December at the Monticello Holiday Classic 5K was a somewhat slower 19:11.

Sixty-nine runners qualified for the third highest winter total ever for any division, including seventeen women from other divisions. Fifty-three-year old Pamela Lovett was the eldest.

PI	Name	Age	Hometown	10K=
1	Sullivan, Susanna***	25	Falls Church , VA	32:57
2	Shoemaker, Perry*	44	Vienna, VA	34:37
3	Harrison, Kathryn*	26	Richmond, VA	34:57
4	Sachtleben, Bethany***	23	Manassas, VA	35:10
5	Roman-Duval, Julia**	33	Columbia, MD	36:01
6	Potter, Emily***	36	Alexandria, VA	36:41
7	Lautzenheiser, Kathleen**	23	Richmond, VA	36:54
8	Bauer, Caroline**	32	Columbia, MD	37:02
9	Norton, Sage*	35	Myersville, MD	37:05
10	Bishop, Sarah	33	Fairfax, VA	37:08
11	Capozzi, Michelle	23	Leesburg , VA	37:06
12	Miller, Michelle**	34	Damascus, MD	37:33
13	Digregorio, Megan*	27	White Marsh, MD	37:37
14	Loeb, Frances*	22	Bethesda, MD	37:47
15	High, Renee****	34	Virginia Beach, VA	37:44
16	Allman, Teresa**	39	Virginia Beach, VA	38:00
17	Gruendel, Jackie*	40	Washington, DC	37:54
18	Mathieu, Jeannette*	25	Winchester, VA	37:54
19	Graybill, Lindsey*	24	Charlottesville, VA	37:56
20	Briendel, Tressa	37	Richmond, VA	37:53
21	Burrell, Teal	30	Washington, DC	38:04
22	Stick, Sherry*	37	Eldersburg, MD	38:09
23	Richardson, Susan**	31	Leonardtown, MD	38:14
24	Conlon, Beth	24	Gaithersburg, MD	38:21
25	Motley, Abigail	25	Virginia Beach, VA	38:25
26	Le Moigne, Laurel***	30	Springfield, VA	38:33
27	Waters, Kara	40	Great Falls, VA	38:31
28	Nelson, Anna	29	Virginia Beach, VA	38:29

29	Henry, Sika**	32	Newport News, VA	38:35
30	Mazur, Ann**	30	Charlottesville, VA	38:43
31	Rhodes, Nici	28	Richmond, VA	38:49
32	Jones, Sarabeth*	24	Richmond, VA	38:55
33	Pollack, Jillian	26	Arlington, VA	39:04
34	Masterson, Erin	32	Alexandria, VA	39:07
35	Sheptock, Tatiana**	39	Chantilly, VA	39:13
36	Hurley, Emily	29	Baltimore, MD	39:10
37	Schrank, Brenda***	43	Winchester, VA	39:20
38	Parks, Rebecca	27	Washington, DC	39:15
39	Hevner, Tiffany	35	Columbia, MD	39:17
40	Lautzenheiser, Leia**	24	Midlothian, VA	39:24
41	Paul, Jennifer	28	Washington, DC	39:21
42	Osborne, Kelsey	28	Newport News, VA	39:23
43	Page, Carly	30	Baltimore, MD	39:24
44	Schandavel, Vicky	30	Glen Allen, VA	39:32
45	Truelove, Megan	25	Alexandria, VA	39:32
46	Ramos, Laura	36	Silver Spring, MD	39:38
47	Fitzgerald, Jenny*	36	Woodbridge, VA	39:48
48	Gipert, Emily	24	Baltimore, MD	39:49
49	Walker, Jennifer**	33	Catonsville, MD	39:55
50	Schubel, Leah	25	Fredericksburg, VA	39:58
51	Heasman, Claire	41	Frederick, MD	39:58
52	Kleitz, Jean**	33	Gainesville, VA	39:57
53	Pearson, Hannah*	28	Fairfax, VA	40:01
54	Cardosi, Calesse	24	Fairfax, VA	39:56
55	Crandell, Courtney	24	White Post, VA	39:56
56	Plews-Ogan, Erin*	24	Charlottesville, VA	39:53
57	Zdeb, Jessica	33	Washington, DC	39:55
58	Godesky, Alyssa	30	Charlottesville, VA	40:05
59	Bowen, Megan	28	Charlottesville, VA	40:10
60	O'Hara, Laura*	35	Alexandria, VA	40:19
61	Yensen, Katie*	22	Falls Church, VA	40:21
62	Tinney, Veronica	28	Washington, DC	40:17
63	Dietz, Jennifer	30	Arlington, VA	40:27
64	Wechsler, Gabi	24	Henrico, VA	40:28
65	Ware, Dolores	45	Virginia Beach, VA	40:35
66	Lovett, Pamela	53	Yorktown, VA	40:38
67	Dickerson, Julie	27	Washington, DC	40:42
68	Harding, Olivia	23	Roanoke, VA	40:59
69	Cermak, Tracy	34	Rockville, MD	41:01

19 & Younger Women

Hagerstown Turkey Trot 5K 17:46, 10K = 36:59

Maura Finn had the fastest overall win to end the year at the Festival of Lights 5K in 20:14. Two weeks later, she had the fastest qualifier at the Celebrate Community 5K in 19:24 for second overall and the division crown. Maeve Stiles was feeling blue after a second overall at the Blue Moon Harbor Lights 5K in 20:31; so five days later she ran the Blue Talon Bistro Turkey Trot 5K in 19:38. Second place Annie Imhof started with an overall win that day at the Wobble Before you Gobble 5K in 20:18 and passed Stiles with a second overall at the Solomons Jingle Bell 5K in 19:39.

Fourth place Khaliah Kolbai had her best race as second overall at the Chris Yung Turkey Trot 5K in 20:05 and added another second overall at the BRATS Frozen 5K in 21:07. Fifth place Hannah Ye bested sixth place Miriam Kolbai at the Run with Santa 5K 20:07 in 20:51. Still, Kolbai made it close with her swift Freeze Your Gizzard 5K in 20:13. Ye would later head back to Reston for the New Year's 5K and race home in 20:34, ahead of ninth place Katya Lebert who ran 20:50.

Seventh place Madison Smith would blunder the Shenandoah Valley with six age group wins, including a second overall at the Berryville Turkey Trot 6 Mile in 41:07. Eighth place Elizabeth Barron ran the Virginia Run Turkey Trot 5K in 20:39. Tenth place Hannah Koepfinger, was second overall to start the year at the YMCA Resolution Run 5K in 20:57.

Fifty-two runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Finn, Maura**	18	Alexandria, VA	40:23
2	Imhof, Annie**	16	Great Mills, MD	40:55
3	Stiles, Maeve**	13	Norfolk, VA	40:53
4	Hamer, Khalliah**	18	Woodbridge, VA	41:49
5	Ye, Hannah**	13	Leesburg, VA	41:53
6	Kolbai, Mariam**	17	Leesburg, VA	42:05
7	Smith, Madison*6	11	Stephenson, VA	42:22
8	Barron, Elizabeth	17	Centreville, VA	43:00
9	Lebert, Katya**	14	Herndon, VA	43:23
10	Koepfinger, Hannah***	15	King George, VA	43:37
11	Romola, Elise*	16	Ashburn, VA	43:43
12	Slater, Elle*	12	Spotsylvania, VA	43:47
13	Van Winckel, Zoe	13	Reston, VA	44:04
14	Cooper, Kylie *	11	Hardy, VA	44:04
15	Tidwell, Rebecca*****	14	King George, VA	44:19
16	Fetteroff, Ricky*	13	Lovettsville, VA	44:13
17	Staats, Anna*	16	Lexington Park, MD	44:31
18	Vickery, Sarah**	18	Bedford, VA	44:25
19	Harpel, Anna**	13	Arlington, VA	44:37
20	Burroughs, Brooke***	16	Woodbridge, VA	44:38
21	Meininger, Faith**	15	Clarksville, MD	44:48

22	Roberts, Alice	13	Hamilton, VA	45:07
23	Merchant, Olivia***	13	Warrenton, VA	45:11
24	Spiotta, Madison	15	Mechanicsville, VA	45:05
25	Simmons, Bekah*	12	Stafford, VA	45:31
26	Doran, Rebecca	15	Burke, VA	45:36
27	Rosas, Brenda*	17	Columbia, MD	45:32
28	Watson, Martina*	15	Williamsburg, VA	45:44
29	Rosas, Adriana**	16	Columbia, MD	45:42
30	Timar-Wilcox, Estelle**	15	Falls Church, VA	45:48
31	Present, Isabel	16	Bethesda, MD	45:50
32	Cavanagh, Mary**	19	Bowie, MD	46:01
33	Robinson, Molly	12	Stephens City, VA	46:01
34	Szabos, Sydney	13	South Riding, VA	46:14
35	Markeiwicz, Teresa**	13	Richmond, VA	46:19
36	Stumvoll, Haley	18	Oakton, VA	46:18
37	Couillard, Olivia*	14	Stephens City, VA	46:25
38	Connor, Paige	15	Stephens City, VA	46:25
39	Laufer, Karena**	13	Bentley Springs, VA	46:26
40	Caggiano, Katherine**	14	Smithfield, VA	46:38
41	Myers, Perrin***	13	Bethesda, MD	46:34
42	Haynes, Ali*	16	Charlottesville, VA	46:47
43	Vu, Megan	14	Centreville, VA	46:47
44	Melanson, Caitlynn*	15	Carrollton, VA	47:00
45	Goldbach, Sarah*	14	Virginia Beach, VA	47:08
46	Vandelac, Grace	15	Burke, VA	47:24
47	Stow, Olivia*	16	Charlottesville, VA	47:28
48	Goldsborough, Rachel	16	Abingdon, MD	47:41
49	Lawson, Hunter	13	Verona, VA	47:48
50	Elhafdi, Micaela	15	Ashburn, VA	47:59
51	Lindberg, Emma	19	Kearneysville, MD	48:06
52	Johnson, Abigail	17	Williamsburg, VA	48:12

35-39 Women

HCA 8K 28:06, 10K = 35:41

Ten runners including last winter's champion, Ann McGranahan, had a sub 40:00 10K equivalent but only one race. Nine more runners had at least two qualifiers to lead the way for the sub master division. Of the top twenty times, these ladies had nine overall wins. Picking Emily Potter was fairly easy. She had three overall wins and one second overall finish. She bested six other qualifiers at the competitive Jingle All the Way 5K in 17:37... from her division as she was the first woman overall, including eighth place Laura Ramos who ran 19:02. In February, she add the First Down 5K in 17:44 to cement her spot.

Runner-up Sage Norton finished the winter with an impressive 1:04:10 at the RRCA Challenge 10 Mile, beating eleven qualifiers of which five made the rankings. Still, her overall win at the even hillier Lewis Memorial 10M prediction race in 1:06:18 may have been even more impressive. Certainly her first week win at the American Family Fitness Half Marathon in 1:22:03 as the third fastest qualifier was her fastest race. That even included seventeen division rivals with a qualifier including second place McGranahan, as well as seven runners who made the rankings, including fourth place Tressa Breindel who ran 1:23:50.

Third place Teresa Allman makes her case with two overall wins as well as the fastest ten mile that she ran in January in 1:03:54. She also added two second overall finishes including the fastest five mile at the Surf 'n' Santa 5M in 30:08. Fifth place Sherry Stick is usually good for about a half dozen overall wins per season. This winter she only raced three times. She did win the Run of the Century 5K in 18:36, a faster 5K than any qualifiers not named Potter. She earned her spot with third overall at the challenging Celtic Solstice 5M in 30:15.

Tatiana Sheptock won it all at the Virginia Run Turkey Trot 5K in 18:55 but she takes sixth place with an even faster For the Love of it 10K in 39:13, good for second overall. Those two races sandwiched in seventh place Tiffany Hevner who ran the Way Station's Thanksgiving Day 5K in 18:52. Jenny Fitzgerald ran the Run for Shelter 10K in 39:48 to take ninth place in the division.

Thirty-four runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Potter, Emily****	36	Alexandria, VA	36:41
2	Norton, Sage***	36	Myersville, MD	37:05
3	Allman, Teresa****	39	Virginia Beach, VA	38:00
4	Breindel, Tressa*	37	Richmond, VA	37:53
5	Stick, Sherry***	37	Eldersburg, MD	38:09
6	Sheptock, Tatiana****	39	South Riding, VA	39:13
7	Hevner, Tiffany**	35	Columbia, MD	39:17
8	Ramos, Laura**	36	Silver Spring, MD	39:38
9	Fitzgerald, Jenny**	36	Woodbridge, VA	39:48
10	Flynn, Sarah***	37	Rockville, MD	40:03
11	Beal, Amanda**	35	Hanover, MD	40:08
12	O'Hara, Laura*	35	Alexandria, VA	40:19
13	Riggs, Jessica*****	38	Williamsburg, VA	40:27
14	Khatcheressian, Anne*	36	Fredericksburg, VA	40:34
15	Diegoli, Toni**	37	Potomac, MD	41:02
16	Miller, Britton*	36	Arlington, VA	41:10
17	Dunn, Carrie*	39	Arlington, VA	41:11
18	Hansen, Megan*****	36	Middletown, MD	41:17
19	Bird, Samantha	37	Burke, VA	41:52
20	Dzibela, Tracy*****	38	Fredericksburg, VA	42:00
21	Matthews, Shannon**	38	Boonsboro, MD	42:02

22	Ellis, Mary*	39	Nellysford, VA	42:11
23	Johnston, Lisa**	35	Reston, VA	42:43
24	Metz, Melinda*	39	Arlington, VA	43:00
25	Anderson, Jennifer**	35	Poquoson, VA	43:02
26	Hollis, Liz	38	Leesburg, VA	43:00
27	Dockiewicz, Jamie**	39	Virginia Beach, VA	43:09
28	Clor, Elizabeth	37	Chantilly, VA	43:05
29	Mills, Dana	35	Stafford, VA	43:24
30	Hemler, Rebecca**	35	Baltimore, MD	43:27
31	Taylor-Yonts, Edith*	35	Fredericksburg, VA	43:49
32	Bordner, Misty*	37	Front Royal, VA	43:53
33	Feinstein, Sarah	38	Henrico, VA	44:02
34	Lynch, Gretchen	37	Fairfax, VA	44:04

40-44 Women

US National Road Racing Championships 12K 42:02, 10K = 34:37

Perry Shoemaker continues to be in a class by herself. Her times in the 5K are in the mid 17s which would qualify her for the 35-39...men. As with last year, she put the division leader question to rest with a victory at the US National Road Racing Championships 12K in 42:04 during the first week of the season. That time was just short of the 41:42 qualifying time for the open ...men. Sixth place Claire Heasman was seventh at that race in 48:55. Heasman improved capping the final week of the season with a victory on the challenging RRCA Challenge 10 Mile in 1:06:30.

Runner-up Jackie Gruendel won it all at the Chris Yung Turkey Trot 5K in 18:12 to hold off Kelly Westlake who was second overall that day at the Laurel Turkey Trot 5K in 18:17. In December, Gruendel was third overall at the Frosty 5K with a fine 19:08; Shoemaker took the gold there in 17:38. Fourth place Kara Waters had a nifty Thanksgiving race for third overall at the Ashburn Farm 5K in 18:32. She started the year with an age group win at the Reston New Year's 5K in 18:30; but again, Shoemaker was there getting second overall honors in 17:37.

Fifth place Brenda Schrank was the overall winner in her best three races that included a mystery distance (4.16M), a Prediction 5M race, and a 5K. All three races easily made it to the open division as qualifiers. In the battle of the Amys, Amy Huerta edges Amy Smith with her American Family Fitness Half Marathon in 1:30:57. Smith was tops at the DCRRRC Gar Williams HM in 1:31:20. That time was one second off the open qualifying time. Smith did have an open qualifier when she coursed over to the 45-49 division. Thus, she qualified for two divisions and just missed qualifying for three, a record.

Twenty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
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1	Shoemaker, Perry***	44	Vienna , VA	34:37
2	Gruendel, Jackie**	40	Washington, DC	37:54
3	Westlake, Kelly**	44	Ellicott City, MD	38:04
4	Waters, Kara**	40	Great Falls, VA	38:31
5	Schrank, Brenda*6	44	Winchester, VA	39:20
6	Heasman, Claire*	41	Frederick, MD	39:58
7	Huerta, Amy***	40	Fredericksburg, VA	41:06
8	Smith, Amy*	44	Fairfax, VA	41:16
9	Burbach, Cristina**	41	Arlington, VA	41:15
10	Reichmann, Lisa	41	Gaithersburg, MD	41:36
11	Ross, Cathy***	43	Burke, VA	42:18
12	Kusakabe, Shinobu*	44	Kensington, MD	42:39
13	Taylor, Julia*	44	Arlington, VA	42:37
14	Dowler, Connie**	40	Arlington, VA	42:53
15	Bibb, Wendy**	44	Centreville, VA	42:59
16	Pierce, Emily****	40	Silver Spring, MD	43:14
17	Messing, Angela**	44	Washington, DC	43:29
18	Sapper, Julie*	43	Rockville, MD	44:08
19	Tribett, Tammy**	43	Manassas , VA	44:02
20	Kays, Danielle**	40	Bel Air, MD	44:21
21	Sample, Jennifer*	40	Chevy Chase, MD	44:24
22	Hicks, Julie**	40	Norfolk, VA	44:44
23	Hagel, Susan****	42	Norfolk, VA	45:27
24	Anzaldi, Tracie*	44	Arlington, VA	45:28
25	Pardue, Suzanne*	41	Winchester, VA	44:36
26	Weaver, Faye*	42	Ellicott City, MD	44:53

45-49 Women

Blue Moon Harbor Lights HM 1:29:49, 10K = 40:35

Of the first twenty races, only Denise Knickman and Miriam Mintzer had three races. They also had the only head to head of those races. Knickman earns sixth place with her 1:10:29 RRCA Challenge 10 Mile win, while Mintzer gets eighth, racing home in 1:10:51. Dolores Ware joined and then took over the division in November. First, she was top master at the Blue Moon Harbor Lights HM in 1:29:49 and four days later celebrated Thanksgiving with a win at the VAB Turkey Trot 10K in 40:49. Runner-up Amy Smith got some help training for her third overall at the DCRRC JFK 20K in 1:28:44 because the week before when she finished the Al Lewis 10M in 1:10:10, it was on a course that was more than a third of a mile long. Third place Deb Taylor ran a fine Laurel Turkey Trot 5K in 19:55 after winning it all at a Turkey Trot 10K in 45:09.

Jeannie Arnold takes the fourth position, racing the Frostbite 15K in 1:04:29. Following her closely, Cheryl McMurray was third overall at the Fairfax Turkey Trot 5K in 20:12 and won her age group at the Reston New Year's 5K in 20:24. Seventh place Paula Pels was strong at the US National Road Racing Championships 12K in 51:44 and followed that with a fine finish at the YMCA Turkey Chase 10K in 42:57. Ninth place Monique

Rico had a fast race to start things off, winning it all at the T.A.P.S.5K in 20:24. Later she ended the season winning the Panther Pride 5K ahead of all the men as well. Catherine Hanson also won it all at the Farmville Jingle Bell 5K in 20:30 to take tenth place. Finally, Daryle Lademan was tops at the Alexandria Turkey Trot 5M in 34:02 for eleventh place.

Forty-eight runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Ware, Dolores**	45	Virginia Beach, VA	40:35
2	Smith, Amy***	45	Fairfax, VA	41:10
3	Taylor, Deb**	49	Hanover, MD	41:28
4	Arnold, Jeannie**	46	Mechanicsville, VA	41:56
5	McMurray, Cheryl**	47	Fairfax, VA	42:03
6	Knickman, Denise***	47	Baltimore, MD	42:12
7	Pels, Paula	48	Bethesda, MD	42:35
8	Mintzer, Miriam***	48	Silver Spring, MD	42:35
9	Rico, Monique***	48	Chantilly, VA	42:28
10	Hanson, Catherine***	45	Farmville, VA	42:41
11	Lademan, Daryle*	45	Arlington, VA	42:55
12	Feldman, Elizabeth	48	Chevy Chase, MD	43:32
13	Smith, Shannon*	49	Washington, DC	43:31
14	McCrary, Claire***	47	Norfolk, VA	43:45
15	Stotler, Tonya****	49	Cross Junction, VA	44:26
16	Goodpasture, Debbie***	46	Midlothian, VA	44:38
17	Liu, Tammy*	49	Ellicott City, MD	44:38
18	Takakusaki, Yuko*	48	Arlington, VA	44:41
19	Greeson, Laura*	46	Alexandria, VA	44:37
20	Chan, Grace	46	Arlington, VA	44:54
21	Isler, Kim*	47	Oakton, VA	45:07
22	Taylor, Kimberly***	46	Virginia Beach, VA	45:15
23	Martin, Cortney**	48	Blacksburg, VA	45:19
24	Borkman, Kelly****	49	Virginia Beach, VA	45:31
25	Bates, Renee***	48	New Market, MD	45:37
26	Muras, Lisa	45	Hampton, VA	45:38
27	Frantz, Simone*	48	Henrico, VA	45:49
28	Cook, Yumiko	48	Fairfax, VA	45:46
29	Kratzer, Jill*	48	Cape Charles, VA	45:52
30	Taylor, Ruth***	48	Frederick, MD	45:55
31	Lowe-Thompson, Carolyn *	45	Roanoke, VA	45:54
32	Beard, Shelli	46	North Potomac, MD	46:03
33	Bozarth, Helena**	49	Fredericksburg, VA	46:16
34	Strauch, Debi	48	Ashburn, VA	46:21
35	Ramirez-Lowe, Suzy***	48	Williamsburg, VA	46:23
36	Coleman, Joan**	46	Bristow, VA	46:28

37	Blakney, Luz*	48	Oak Hill, VA	46:32
38	Tobias, Chris**	45	Westminster, MD	46:51
39	Ransom, Mary*	47	Richmond, VA	46:49
40	Walker, Gillian*	49	Springfield, VA	47:01
41	Young, Karen***	47	Boyd's, MD	46:57
42	Curtin, Bridget	48	Aldie, VA	47:12
43	Keane-Myers, Andrea*	46	Bethesda, MD	47:12
44	Hunter, Kaori	46	Bristow, VA	47:11
45	Kammel, Carole**	47	Rockville, MD	47:16
46	Johnson, Diane*	45	Midlothian, VA	47:28
47	Blend, Mary Beth	48	Richmond, VA	47:55
48	Williams, Louise	46	Bethesda, MD	48:08

50-54 Women

Freedom Run 5K 19:16, 10K = 40:07

The champ, Cindy Conant, has been on injured reserve for most of 2015, right after Cherry Blossom. She is on the way back but for the winter there was not enough time. Pamela Lovett made the first move for the crown with a superb HCA 8K in 32:05. Conant's first race back was a solid Country Road Run 5M in 33:59 during the next to last week of the season. All of Lovett's six races were faster including her best, the YMCA Turkey Trot 5K in 19:31. Kendall Tata was the next one to break the 20 minute barrier that she would do three times. Her first, on Thanksgiving too, at the Earlysville Turkey Trot 5K was in 19:53 as second overall. In early December, Mandana Mortazavi moved up to third past Conant, winning the Run with Santa in 20:08. Then Tata snatched the division with an overall win at the Freedom Run 5K in 19:31. Mortazavi finished 2015 with a second overall at the Ringing in Hope 10K in 41:37. Then on the final Sunday, Conant secured fourth, tying Mortazavi's time with a win at the RRCA Challenge 10 Mile in 1:09:15. Twelfth place Maureen Hall was there in 1:15:05.

Debbie McLaughlin finished sixth with a second overall at the Sentara Sleighbell 5K in 20:28 behind winner Lovett's 20:17. Debbie Hetherington started slow in November. Then, with a wondrous 1:33:32 at the Sentara Colonial Half Marathon the final week, she moved up twenty places to fifth. Seventh place Keary Johnston spent New Year's Eve at the Fairfax Four Mile, racing home in 27:20. Eighth place Anita Freres ran a bunch of really good 5Ks, topped off by the Arlington Turkey Trot 5K in 21:19. Next up, Connie Glueck had a slew of wins, including her third overall at the St. Kateri's Run with the Son 5K in 21:33. Next, in tenth place, Monica Grill had by far her best race at the Alexandria Turkey Trot 5M in 35:31.

The next five runners are basically a mass photo finish. Eleventh goes to Carol David for two special halves, including the Dahlgren Railroad Heritage Trail HM in 1:39:47. Prolific Maureen Hall is next adding overall wins with a couple swift five milers to her 10M. Thirteenth place Kimberly Person was just behind Grillo in Alexandria with 35:52.

She also added a solid US National Road Racing Championships 12K in 55:03. Next in line comes former champion Linda Foley racing the Holiday HM in 1:39:50. That was a huge improvement over her disappointing Alexandria 5M in sixth place. Rounding the top fifteen, Andrea Leber was best at the VAB Turkey Trot 10K in 45:11.

Sixty-one runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Tata, Kendall*****	52	Stanardsville, VA	40:07
2	Lovett, Pamela*6	53	Yorktown, VA	40:38
3	Mortazavi, Mandana**	52	Leesburg , VA	41:37
4	Conant, Cindy**	54	Kensington, MD	41:37
5	Hetherington, Debbie**	50	Henrico, VA	42:16
6	McLaughlin, Debbie***	50	Williamsburg, VA	42:37
7	Johnston, Keary***	50	Frederick, MD	43:46
8	Freres, Anita***	50	Vienna, VA	44:23
9	Glueck, Connie****	51	Williamsburg, VA	44:52
10	Grillo, Monica	51	Arlington, VA	44:47
11	David, Carol***	53	Stafford, VA	45:05
12	Hall, Maureen****	51	Baltimore, MD	45:07
13	Person, Kimberly*	50	Alexandria, VA	45:14
14	Foley, Linda*	53	Oak Hill, VA	45:07
15	Leber, Andrea***	51	Virginia Beach, VA	45:11
16	Havens, Karla***	53	Plainview, VA	45:50
17	Heichelbech, Tracy	51	Potomac, MD	45:51
18	Becouvarakis, Kimberly**	54	Poquoson, VA	46:15
19	Rath, Terri	51	Ashburn, VA	46:32
20	Dugan, Maureen	51	Washington, DC	46:53
21	Richardson, Trish	54	Blacksburg, VA	46:56
22	Lussi, Jeanette*	52	Lutherville, MD	46:55
23	Isbell, Judith***	51	Glen Allen, VA	47:09
24	Jamerson, Charmaine	53	Arlington, VA	47:26
25	Porter, Suzanne*	54	Annandale, VA	47:28
26	Pontarelli, Sally**	50	Culpeper, VA	47:34
27	Krill, Carol*	51	Stafford, VA	47:32
28	Grillo, Jeanne**	54	Potomac, MD	47:45
29	Furr, Suzanne*	54	Harwood, MD	47:47
30	Kopacz, Margaret**	51	Chesapeake, VA	47:55
31	Smith, Dana	52	Severna Park, MD	47:58
32	Shea, Stacey****	52	Sykesville, MD	47:57
33	Bailey, Mary Jo*	54	Williamsburg, VA	47:57
34	Hackman, Christine*	52	Arlington, VA	48:08
35	Moore, Lorraine*	52	Henrico, VA	48:16
36	Cox, Heidi**	51	Stafford, VA	48:20
37	Spitz, Sue*	54	Fairfax, VA	48:24
38	Bowman, Mary Catherine**	50	Silver Spring, MD	48:37
39	Friberg, Jeanne*	53	Ashburn, VA	48:37

40	Kim, Susan	53	Baltimore, MD	48:54
41	Demaree, Marsha*	51	Marriottsville, MD	49:06
42	Thio, Chloe	50	Baltimore, MD	49:06
43	Nielsen, Lisa**	52	Roanoke, VA	49:18
44	Hutchings, Cynthia*	52	McLean, VA	49:29
45	Foy Jones, Valor	52	Newport News, VA	49:25
46	Schaffner, Christine***	52	Yorktown, VA	49:25
47	Mackintosh, Brenda*	50	Springfield, VA	49:26
48	Moeser, Audrey	50	Glen Arm, MD	49:35
49	Roberts, Sue**	52	Hamilton, VA	49:36
50	Elder, Donna	53	Forest, VA	49:36
51	Armistead, Lisa*	50	Virginia Beach, VA	49:39
52	Rome, Julie	54	Oak Hill, VA	49:46
53	Nelson, Fawn	51	Richmond, VA	49:56
54	Cooper, Jacqueline	53	Annapolis, MD	50:11
55	Staats, Charlene*	53	Lexington Park, MD	50:19
56	Quinn, Elizabeth*	54	Stafford, VA	50:24
57	Barrick, Michelle	52	Baltimore, MD	50:27
58	O'Connor, Cricket	52	Richmond, VA	50:27
59	Marvich, Maria	52	Annandale, VA	50:34
60	Laing, Kathryn	51	Severna Park, MD	51:07
61	Durland-Jones, Karen	54	Charlottesville, VA	51:36

55-59 Women

SOME Thanksgiving Day Trot for Hunger 5K 20:50, 10K = 43:23

Julie Hayden used to be known for her middle distance runner. It was not a stretch to see that she would have three of the top 5Ks, including the Run Your Heart Out 5K in 21:55. With five of the top six runners from last winter absent, one solid race could take it all. Hayden stepped up the first week at the US National Road Racing Championships 12K in 54:33 to capture the division. Sixth place Ida Draim was next there in 56:14 before moving on to fillet the 60-64 division.

Runner-up Jill Snyder is making a big time comeback, winning the Cold Turkey 10K in 45:25 to match a fine second place finish at the SOME Thanksgiving Day Trot for Hunger 5K in 21:49 by Mary Lowe Mayhugh. Snyder broke the tie with an excellent AS Anniversary 15K in 1:10:52, ahead of seventh place Carole Rosasco who ran 1:12:10. Mayhugh stayed close with three mid 22-minute 5Ks. Snyder also won the Northern Central Trail Marathon in 3:43:36. Ninth place Robin Steckley had the next best marathon, racing the Anthem Richmond Marathon in 3:45:48.

Pam Sane looked good for fourth place with a 22:06 to end the year at the Festival of Lights 5K, improving on her Frosty 5K in 22:48 behind Hayden's 22:02. Then Win Persina aged up and came out of her semi-retirement. The next to last week she ran a controlled 23:00 at the weekly Fletchers Cove 5K. The next week she returned to win it all in 22:02 and squeeze past Sane for fourth place. Eighth place Nancy Wallace ran the CTC New Year's 5K in 22:35. Tenth place Layne Ferguson won the Star City Half

Marathon early in the season in 1:47:32. In Midlothian at the First Day 5K, Terri Huddleston took eleventh place ahead of Sandra Gray, 23:22 to 23:24. Bolstered by the Anthem Richmond Marathon in 3:49:06, and topping fourteenth place Brenda Norman at the AS Anniversary 15K 1:14:57 to 1:15:07, Jane Meyer moves up to twelfth. Gray would run the Toys for Tots 5K in 23:40 to solidify thirteenth place.

The division expanded 150% to tie for the lead in the divisions with a record sixty-one qualified runners.

PI	Name	Age	Hometown	10K=
1	Hayden, Julie***	56	Ashburn, VA	44:54
2	Snyder, Jill*****	55	Annapolis, MD	45:25
3	Mayhugh, Mary Lowe*7	59	Washington, DC	45:25
4	Persina, Win**	55	Washington, DC	45:52
5	Sane, Pam**	56	McLean, VA	46:01
6	Drain, Ida**	59	Alexandria, VA	46:15
7	Rosasco, Carole****	56	Arnold, MD	46:55
8	Wallace, Nancy**	56	Charlottesville, VA	47:01
9	Steckley, Robin*	57	Forest, VA	48:16
10	Ferguson, Layne****	58	Moneta, VA	48:35
11	Huddleston, Terri***	56	Richmond, VA	48:39
12	Meyer, Jane*	55	Annapolis, MD	48:44
13	Gray, Sandra****	56	Glen Allen, VA	48:43
14	Norman, Brenda*	58	Annapolis, MD	48:50
15	McAdorey, Janet	56	Bel Air, MD	48:59
16	Harrison, Carolyn***	59	Virginia Beach, VA	49:14
17	Chege, Nancy*	55	Richmond, VA	49:09
18	Housaman, Carol*	55	Woodbridge, VA	49:21
19	Spatz, Debra*	56	Saint Leonard, MD	49:19
20	Waldman, Gail*	57	Vienna, VA	49:26
21	Wittig, Lynda	55	Annapolis, MD	49:37
22	Bernardes, Debi*	57	King George, VA	49:41
23	Rigby Kash, Leslie**	59	Fredericksburg, VA	49:37
24	Patrick, Jody**	55	Vienna, VA	49:37
25	Lyons, Barbara	58	Clarksville, MD	49:48
26	Recto, Liza**	59	Lexington Park, MD	49:48
27	Griffing, Sharon	56	Springfield, VA	49:55
28	Touisaant, Kat*	56	Reston, VA	50:02
29	Fite, Wendy*	57	Arlington, VA	50:06
30	Phillips, Norma*****	55	Williamsburg, VA	50:25
31	Donovan, Kathy***	55	Virginia Beach, VA	50:44
32	Poremski, Ruth*	55	Baltimore, MD	50:42
33	Weaver, Terri***	55	Virginia Beach, VA	50:48
34	Perry, Linda**	55	Leesburg, VA	51:01

35	Durland-Jones, Karen	55	Charlottesville, VA	50:58
36	Colon, Victoria	55	Fredericksburg, VA	51:09
37	House, Carol	57	Richmond, VA	51:15
38	Everett, Wendy**	59	Sterling, VA	51:13
39	Fisher, Nina	58	Annapolis, MD	51:36
40	Williams, Elizabeth**	57	Finksburg, MD	51:46
41	Peart, Sandra	56	Richmond, VA	51:51
42	Vanlandingham, Winnie*	56	Richmond, VA	51:54
43	Benson, Barbara**	55	Crozet, VA	52:01
44	Rogers, Yvette	55	Clifton, VA	52:18
45	Remy, Carol**	55	Westminster, MD	52:19
46	Bradshaw, Lynn*	59	Roanoke, VA	52:25
47	Johnson, Debbie	55	Leesburg, VA	52:31
48	Kennedy, Maureen	55	Woodbridge, VA	52:26
49	Smith, Barbara	57	Fairfax, VA	52:36
50	Mange, Joyce	59	Silver Spring, MD	52:43
51	Robelen, Elizabeth*	57	Silver Spring, MD	53:02
52	Reardon, Sue	58	Waterford, VA	52:58
53	Miranda, Carol**	56	Richmond, VA	53:08
54	Bean, Becky**	57	Norfolk, VA	53:11
55	Gaudreau, Ruth	57	Salisbury, MD	53:17
56	Cea, Kathy*	56	Gaithersburg, MD	53:26
57	Polite, Rebecca*	56	Winchester, VA	53:28
58	Utz, Rhonda	55	Forest Hill, VA	53:33
59	Picard, Suzanne	56	Kensington, MD	53:33
60	Landy, Aline	56	Norfolk, VA	53:49
61	Shugart, Jill	55	Richmond, VA	53:55

60-64 Women

Jingle All the Way 5K 22:13, 10K = 46:15

Perennial champion Betty Blank started sharply again with a solid time at the US National Road Racing Championships 12K in 57:46 but she could see the writing on the wall. Ida Draim was already finished in 56:14 and she would lead the way twice more before turning sixty in December. They would meet seven times in Blank's eight races. Draim would prevail in the four races they ran when she was sixty. Her fastest race was the Jingle All the Way 5K in 22:13. Blank ran 23:12. Draim had her next best race at the DCRRRC Al Lewis 10M that was a third of a mile too long. It was one of three ten milers. Third place Cecil Astrop gains her place racing the Tidewater Striders Tune-up 10M in 1:21:12, two seconds ahead of Blank's Turkey Burnoff. Astrop had the only two races in the top sixteen not held by Draim or Blank.

Draim won at the RRCA Challenge 10 Mile in 1:18:36 ahead of fifth place Lydia Johnson who finished in 1:22:53. Fourth place Linda Gulick had the third best five miler, racing the HCA 8K in 38:54, ahead of eleventh place Sharon Wake who finished in 40:22. Sixth place Marcy Foster had a fine Reston New Year's 5K in 24:17. Ninth place Merrilee Seidman would have her third best race there in 24:45, ahead of thirteenth place Carol Hansen-Vessa who ran 24:53. Seidman was best at the Turkey Day trail run in 24:29 ahead of Hansen-Vessa's 24:58. Coming fast and furious, Connie Philot took seventh when she ran the Arlington Turkey Trot 5K in 24:31 just five days after a fine Berryville 6M in 49:06. Carol Talley took eighth by matching Seidman exactly with her own 5K in November at the Colonial Heritage 5K. Twelfth place Harriet McCoy would finish next there in 24:51. Then Talley added the Sentara Sleighbell 5K in 24:32 to edge ahead of Seidman.

Razor thin again, Helen Worthington won the Menchville Winter Chill 5K in 24:38, a tick behind Wake's third place finish at HCA. Worthington added another win at the St. Kateri's Run with the Son 5K in 24:54 to secure the tenth spot.

More than fifty racers broke the hour for 10K equivalent and the division stayed huge to the sixty qualifiers.

PI	Name	Age	Hometown	10K=
1	Draim, Ida*8	60	Alexandria, VA	46:15
2	Blank, Betty****	62	Falls Church, VA	47:33
3	Astrop, Cecil***	61	Richmond, VA	48:48
4	Gullick, Linda**	64	Richmond, VA	49:24
5	Johnson, Lydia	62	Street, MD	49:49
6	Foster, Marcy**	61	Reston, VA	50:36
7	Philpot, Connie***	60	Arlington, VA	50:52
8	Talley, Carol***	61	Toano, VA	50:58
9	Seidman, Merrilee*****	63	Purcellville, VA	50:58
10	Worthington, Helen***	61	Bena, VA	51:17
11	Wake, Sharon*	60	Richmond, VA	51:16
12	McCoy, Harriet*	60	Toano, VA	51:44
13	Hansen-Vessa, Carol*	61	Herndon, VA	51:54
14	Vail, Peggy**	63	Annapolis, MD	52:00
15	McCausland, Lucy	61	Arlington, VA	51:57
16	Snead, Susan*	60	Virginia Beach, VA	52:04
17	Hoag, Patricia	62	Fairfax Station, VA	53:14
18	Langlois, Harriet**	60	Frederick, MD	53:24
19	Lauzon, Jean***	62	Spotsylvania, VA	53:35
20	Shields, Maria*	64	Davidsonville, MD	53:50
21	Crist, Rose	60	Lanexa, VA	53:47
22	Forsha, Anne*	64	Derwood, MD	54:22
23	Newton, Frances**	61	Henrico, VA	54:41

24	Renardy, Yuriko**	61	Blacksburg, VA	54:41
25	Dabney, Dorothy**	63	Charlottesville, VA	55:00
26	Rockhill, Amy***	63	Roanoke, VA	55:43
27	Carroll, Elizabeth***	60	Mechanicsville, VA	55:40
28	Wamsley, Christie*	62	Colonial Heights, VA	55:38
29	Hennes, Kathy***	63	Annapolis, MD	56:00
30	Sutey, Pamela*	61	Burke, VA	56:13
31	Travis, Patricia	64	Williamsburg, VA	56:52
32	Nicholson, Trina**	61	Blue Ridge, VA	57:22
33	Nusbaum, Maria*	63	Reston, VA	57:18
34	Downing, Carol*	60	Monkton, MD	57:24
35	McIntosh, Sabra	61	Berlin, MD	57:26
36	Stern, Ann*	60	Virginia Beach, VA	57:29
37	Anderson, Lynn*	60	Chesapeake, VA	57:34
38	Humphreys, Dottie**	64	Newport News, VA	57:32
39	Klauber, Arlene	63	Springfield, VA	57:45
40	Whittington, Karen**	63	Baltimore, MD	58:09
41	Ahlsted, Jackie***	63	Suffolk, VA	58:06
42	Ross, Saleema**	62	Fort Washington, MD	58:20
43	Broadus, Rebecca*	60	Milford, VA	58:20
44	Row, Elizabeth**	60	Arlington, VA	58:28
45	Moody, Amanda*	62	Chester, VA	58:39
46	Phelan, Jean*	60	Virginia Beach, VA	58:40
47	Sullivan, Bernadette**	62	Purcellville, VA	58:48
48	Rentz, Carol	61	Arlington, VA	59:05
49	Aaronson, Wendy*	61	Rockville, MD	59:19
50	Reese, Chris****	64	Westminster, MD	59:24
51	Eberhard, Dawn*	61	North Chesterfield, VA	59:29
52	Wilson, Cristi	60	Henrico, VA	59:58
53	Lybarger, Michelle*	60	Irvington, VA	1:00:21
54	Stafford, Sandi	61	Reston, VA	1:00:25
55	Moran, Linda*	63	Lexington Park, MD	1:00:35
56	Hallock, Bonnie**	63	Havre De Grace, MD	1:00:46
57	Danielle-Kay, Patricia	64	Reston, VA	1:01:01
58	Rea, Susan*	62	Glen Allen, VA	1:00:57
59	Garfield, Susan	64	Brookeville, MD	1:01:13
60	White, Diane*	62	Annandale, VA	1:01:29

65-69 Women

US National Road Racing Championships 12K 58:44, 10K = 48:20

Alice Franks was dealing with some injuries again this winter, so she got the division captured early at the US National Road Racing Championships 12K in 58:44. Her seven races were a third of the top twenty times but after the 12K only her second race, the

Jingle All the Way 5K in 23:55 was also in the top five. Runner-up Ginny Hughes also had four times in the top ten, finishing well at the Chris Yung Turkey Trot 10K in 49:03. Even as she prepares for the next division, Betty Brothers is still a strong force here with two top ten finishes. She raced the VAB Turkey Trot 10K in 51:07 and her Tidewater Striders Tune-up 10M in 1:25:22 was only a minute behind Franks who had run the Turkey Burnoff 10M.

It is tough to judge on just one fast 5K. Fifth place Marge Rosasco had run the BRRC Masters 5K in 25:10 just behind Nichi Martin's Long Branch Plantation 5K for second age group in 25:08. Still, Rosasco was more consistent, racing the Holiday Hustle 5K in 25:27 for another win. Martin would race the SVR Jingle Bell 5K the day before that in 26:43. Sixth place Karen Rainey ran best at the SOME Thanksgiving Day Trot for Hunger 5K in 25:30, ahead of eighth place Lizzie Sadoff's 26:27. Seventh place Anne Passin ran the Vienna Turkey Trot 10K in 54:26.

Ninth place Ann Rosenthal ran on New Year's in Seneca Park in 26:31. Tenth place Kristine Wilson was just ten seconds slower at the Way Station's Thanksgiving Day 5K. The last two of the top twelve ran the five mile, with Kathryn Martin's 43:50 at the Zoo Zoom 8K edging Barbara Biasi's Surf 'n' Santa 5M in 44:15.

Forty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Franks, Alice*6	67	Rockville, MD	48:20
2	Hughes, Ginny*10	65	Warrenton, VA	49:03
3	Brothers, Betty*6	69	Virginia Beach, VA	51:07
4	Rosasco, Marge**	67	Joppa, MD	52:24
5	Martin, Nichi	65	Edinburg, VA	52:20
6	Rainey, Karen**	65	Arlington, VA	53:15
7	Passin, Anne*	67	Arlington, VA	54:26
8	Sadoff, Elizabeth**	66	Washington, DC	55:04
9	Rosenthal ,Ann*	66	Bethesda, MD	55:12
10	Wilson, Kristine**	65	Leesburg, VA	55:33
11	Richmond, Kathyrn*	66	Timonium, MD	55:40
12	Biasi, Barbara*	68	Yorktown, VA	55:48
13	Kearney, Linda*	69	Leesburg, VA	58:58
14	Schusler, Lu*	66	Leesburg, VA	59:13
15	Kay, Deborah***	65	Glen Allen, VA	59:33
16	Fredlake, Mary*	65	Washington, DC	59:51
17	Brennan, Melanie	65	Alexandria, VA	1:00:21
18	Stanfield, Leslie****	66	Reston, VA	1:00:31
19	Sielen, Virginia****	68	Oakton, VA	1:00:50
20	Norton, Lou**	69	Richmond, VA	1:01:21
21	Kruger-Williams, Jeanne*	68	Norfolk, VA	1:01:26
22	Burton, Sandra*	65	Port Republic, MD	1:02:03
23	Shockey, Paulette*	67	Frederick, MD	1:02:25

24	O'Neill, Betsey	68	Virginia Beach, VA	1:02:45
25	Davis, Virginia*	66	Norfolk, VA	1:02:40
26	Gustafson, Joan*	65	Portsmouth, VA	1:03:18
27	Coopersmith, Georgia*	65	Richmond, VA	1:04:49
28	McGinn, Toby*	68	Gaithersburg, MD	1:05:04
29	Simmons, Patricia**	67	Chesapeake, VA	1:06:19
30	Guthrie, Elizabeth**	66	King George, VA	1:06:16
31	Goodman, Rae Jean	67	Annapolis, MD	1:07:17
32	Paisner, Susan	65	Silver Spring, MD	1:07:45
33	Timmons, Sandra	69	Alexandria, VA	1:08:28
34	Gonyea, Mary Ellen	69	Alexandria, VA	1:08:34
35	Delaney, Marie*	67	Severn, MD	1:08:49
36	Jones, Priscilla	67	Lynchburg, VA	1:09:18
37	Gontasz, Sharon*	65	Sparrows Point, MD	1:10:10
38	Snowman, Adele*	67	Upperco, MD	1:10:45
39	Raber, Susan	65	Richmond, VA	1:10:57
40	Quantrille, Barbara	68	Burke, VA	1:12:13
41	Carter, Lynn	65	Midlothian, VA	1:12:26
42	Walters, Wanda	65	Bethesda, MD	1:13:13
43	Fonner, Maribeth	67	Charlottesville, VA	1:13:44
44	Mitchell, Brenda	65	Williamsburg, VA	1:13:40
45	McClure, Doris	67	Baltimore, MD	1:14:34

70-74 Women

King of the Road 5K 25:54, 10K = 53:55

Dee Nelson owned seven of the top ten races in the division but the division exploded to a record twenty-five runners. Nelson, who has raced sixty or more times a year for decades, had a relatively calm winter with just those seven races. She won the division the first weekend at the King of the Road 5K in 25:54 and slipped a mere second at the Thanksgiving 5K in Baker Park. Four days before that, Marge Burley had ripped off a fine Zoo Zoom 8K in 44:55 that Nelson would barely beat when she did the shortened MCRRC Jingle Bell Jog 8K. Just before Christmas, Burley belted out an incredible 42:53 at the challenging Celtic Solstice 5M, putting her a few short strides away from Nelson's best.

Third place Gretchen Bolton was a minute and half behind Nelson at the 8K, though more than two minutes ahead of eighth place Karen Kautz. Those two would meet again at the MCRRC New Year's 5K and Bolton stormed away with a fine 27:25. Fourth place Linda Tice had her best race the final weekend at the RRCA Challenge 10 Mile, winning in 1:39:00. Fifth place Sally Evans had the fastest 10K among qualifiers, running Star City in 1:00:57. Seventh place Pat Welch improved a minute at the For the Love of It 10K from last year to 1:01:31, but that was not enough to catch sixth place Ann Hirn who ran the Colonial Heritage 5K in 29:22 to start the season.

PI	Name	Age	Hometown	10K=
1	Nelson, Dee*7	72	Gaithersburg, MD	53:55

2	Burley, Marge**	70	Baltimore, MD	54:05
3	Bolton, Gretchen*	70	Bethesda, MD	57:05
4	Tice, Linda***	70	Timonium, MD	59:30
5	Hirn, Ann*8	70	Portsmouth, VA	1:01:08
6	Evans, Sally**	71	Roanoke, VA	1:00:57
7	Welch, Pat**	71	Vienna, VA	1:01:31
8	Kautz, Karen	72	Silver Spring, MD	1:02:14
9	Berglund, Mary Kate***	74	Henrico, VA	1:04:22
10	Jefferson, Kathleen*	70	Williamsburg, VA	1:06:32
11	Snoddy, Bonnie**	72	Locust Grove, VA	1:06:44
12	Timmons, Sandra**	70	Alexandria, VA	1:07:09
13	Berger, Nancy**	70	Hunt Valley, MD	1:07:20
14	Yarr, Linda*	71	Bethesda, MD	1:07:32
15	Glover, Elizabeth	71	Bethesda, MD	1:10:22
16	Jorlett, Robin**	72	Newport News, VA	1:12:31
17	Hanna, Judy**	71	Williamsburg, VA	1:12:42
18	Thomas, Susan*	72	Charlottesville, VA	1:13:01
19	Mayhew, Mary**	70	Winchester, VA	1:15:16
20	Privitera, Barbara	73	Alexandria, VA	1:17:03
21	Trapp, Julie*	71	Silver Spring, MD	1:18:23
22	Novak, Jeanette*10	71	Damascus, MD	1:21:06
23	Smart, Kathy*	73	Boyce, VA	1:21:35
24	Mason, Marilyn	70	Williamsburg, VA	1:25:01
25	Truman, Susan*	72	Montgomery Village, MD	1:26:20

75-79 Women

Spend Yourself 5K 31:08, 10K = 1:04:09

Four of the top runners had a race in the top ten. Ecris Williams tops the division again with the top five times, including the Reston New Year's 5K in 31:59. Three of the top four runners had six age group wins. The always prolific Tami Graf was a mere two seconds behind newcomer Mandy Whalen's best 5K with her best race. However when they met head to head on New Year's Day at the new DCRRC Predictions and Resolutions 5K course, Whalen prevailed 35:10 to 36:53. Ahead of them both, Janet Hughes ran the Mystery through History at a 1:08:08 10K pace and finished the SVR Prediction 5M in 54:53. Fifth place Judy Stewart ran the Toano Icy 8K in 57:54 as the last racer within a mile of the leader.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris*6	77	Reston, VA	1:06:35
2	Hughes, Janet****	78	Winchester, VA	1:08:08
3	Whalen, Mandy*6	75	Falls Church, VA	1:11:50
4	Graf, Tami*6	79	Lusby, MD	1:11:54

5	Stewart, Judy	76	Williamsburg, VA	1:13:32
6	Drewry, Maxine****	75	Roanoke, VA	1:22:33
7	Dicker, Lois***	76	Silver Spring, MD	1:24:28
8	Manciagli, Ann	79	Williamsburg, VA	1:32:58
9	Ely, Pauline*	77	Hampton, VA	1:35:28

80-84 Women

Burk Memorial 5K 41:58, 10K = 1:27:22

The division stayed small as we started two older age groups. Still, Yvonne Aasen led the way again, running the Burk Memorial 5K in 41:58. Zoena Yannakakis joined the division with a nifty Best Buddies 5K in 43:03 for the second fastest race in the division. Aasen ran four different distances including the AS Anniversary 15K but Yannakakis stayed close to her all season. By summer, they will have to contend with Tami Graf. Pat Eden was third, finishing the Colonial Heritage 5K in 49:11.

PI	Name	Age	Hometown	10K=
1	Aasen, Yvonne***	84	Westminster, MD	1:27:22
2	Yannakakis, Zoena*	80	Sparks, MD	1:29:38
3	Eden, Pat*	84	Williamsburg, VA	1:42:24

85-89 Women

SOME Thanksgiving Day Trot for Hunger 5K 40:39, 10K = 1:24:38

Six racers score in the younger of the two new age groups. Addy Burr, 85, led the way at the SOME Thanksgiving Day Trot for Hunger 5K in 40:39, which is a good time for the 70-74 age group. Second place goes to Kathleen Anderson, 87, running the HCA 8K in 1:19:37. Fourth place Lenny Libes, 85, also ran the longer event finishing the hilly Turkey Burnoff 5 Mile in 1:24:40. Number three is Kathryn Mellor, 87, traveling the Towson YMCA Turkey Trot 5K in 50:06. To the northeast, Janet Smith, 87, did the YMCA Bel Air 5K Turkey Trot in 57:32. Nearly everyone raced Thanksgiving weekend and sixth place Jean Lesik, 86, was no exception, racing the Y Turkey Trot Charity 5K in 1:05:30.

PI	Name	Age	Hometown	10K=
1	Burr, Addy	86	Washington, DC	1:24:38
2	Anderson, Kathleen	87	Hanover, MD	1:41:07
3	Mellor, Kathryn	87	Huntley, MD	1:44:19
4	Libes, Lennie	85	Potomac, MD	1:46:46
5	Smith, Janet	87	Bel Air, MD	1:59:48
6	Lesik, Jean	86	Annapolis, MD	2:16:23

90 & Older Women

Alexandria Turkey Trot 5M 1:15:52, 10K = 1:35:40

Three runners score in the newest age group. Perhaps the eldest in area racing, Kaitlin Delenick, 95, finished the Alexandria Turkey Trot 5M in 1:15:52. Edley Updike, 92, ran the Peaks of Otter 5K in 57:06. Lily Clark, 92, ran the SOME Thanksgiving Day Trot for Hunger 5K in 1:01:05.

PI	Name	Age	Hometown	10K=
1	Delenick, Kaitlin*	95	Alexandria, VA	1:35:40
2	Updike, Edley	91	Bedford, VA	1:58:53
3	Clark, Lily	92	Washington, DC	2:07:11

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

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

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

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

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

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

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

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	48:45
35-39	36:40	44:10
40-44	38:20	46:05
45-49	39:45	48:45
50-54	42:00	51:45
55-59	43:55	54:30
60-64	49:45	62:05
65-69	52:50	75:00
70-74	56:20	89:40
75-79	1:32:30	1:39:00
80 & Older	1:45:00	1:50:00

The ranking periods for the 2016 ranking year:

- * 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
- * Best of 2016 (November 11, 2015 through November 11, 2016) - reported February 2017

Event	Location	Date
On Eagles Wings 10K	Falls Church, VA	11-Nov-15
Hampton Christian Academy 5K	Hampton, VA	14-Nov-15
Run Like a Kenyan 10K	Sandy Spring, MD	14-Nov-15
Best Buddies 5K	Baltimore, MD	14-Nov-15
Runway 5K	Virginia Beach, VA	14-Nov-15
Storm Warriors 5K	Ocean City, MD	14-Nov-15
Fort Belvoir Turkey Trot 5K	Fort Belvoir	14-Nov-15
Huff and Puff 5K	Baltimore, MD	14-Nov-15
Zero Prostate Cancer 5K	Norfolk, VA	14-Nov-15
Warrior 8K	Virginia Beach, VA	14-Nov-15
Virginia's Fallen Heroes 5K	Virginia Beach, VA	14-Nov-15
Riverside Run 5K	Roanoke, VA	14-Nov-15
Lexington Buena Vista 10K	Lexington, VA	14-Nov-15
Run in Remembrance 10K	Natural Bridge, VA	14-Nov-15
Miller Coors 5K	Danville, VA	14-Nov-15
Miller Coors 15K	Danville, VA	14-Nov-15
St. Rita's 5K	Alexandria, VA	14-Nov-15
T.A.P.S.5K	Vint Hill, VA	14-Nov-15
Apple a Day 5K	Strasburg, VA	14-Nov-15
Glow Baby Glow 5K	Abingdon, VA	14-Nov-15
Christmas Wish 5K	Virginia Beach, VA	14-Nov-15
Burk Memorial 5K	Westminster, MD	14-Nov-15
VIDA Thrive 5K	Washington, DC	14-Nov-15
Calvert Memorial 5K	Prince Frederick, MD	14-Nov-15
Span Turkey Trot 5K	Millersville, MD	14-Nov-15
Anthem Richmond Marathon	Richmond, VA	14-Nov-15
American Family Fitness Half Marathon	Richmond, VA	14-Nov-15
HCA 8K	Richmond, VA	14-Nov-15
Honoring our Heroes 5K	Charlottesville, VA	14-Nov-15
Viva Vets 5K	Fairfax, VA	15-Nov-15
Honeygo Family 5K	Perry Hall, MD	15-Nov-15
Making a Difference 5K	Ashburn, VA	15-Nov-15
King of the Road 5K	Rockville, MD	15-Nov-15
US National Road Racing Championships 12K	Alexandria, VA	15-Nov-15
Potomac River Run Marathon	Potomac, MD	15-Nov-15
Potomac River Run Half Marathon	Potomac, MD	15-Nov-15
MMRF Race for Research 5K	National Harbor, MD	15-Nov-15
Tidal Basin 5K	Washington, DC	17-Nov-15
Virginia School Board Association 5K	Williamsburg, VA	19-Nov-15
Cranberry Crawl 10K	Washington, DC	21-Nov-15
Cranberry Crawl 5K	Washington, DC	21-Nov-15
Colonial Heritage 5K	Williamsburg, VA	21-Nov-15
Zaching Against Cancer 5K	Ellicott City, MD	21-Nov-15
Zaching Against Cancer 10K	Ellicott City, MD	21-Nov-15
Spend Yourself 5K	Falls Church, VA	21-Nov-15
Berryville Turkey Trot 4 Mile	Berryville, VA	21-Nov-15
Berryville Turkey Trot 6 Mile	Berryville, VA	21-Nov-15
Luray Turkey Trot 10K	Luray, VA	21-Nov-15

Luray Turkey Trot 5K	Luray, VA	21-Nov-15
Run for Kendra 5K	Virginia Beach, VA	21-Nov-15
Dominion Valley Turkey Trot 5K	Gainesville, VA	21-Nov-15
Freeze Your Gizzard 5K	Leesburg, VA	21-Nov-15
Thanksgiving Prediction Run 5K	St. Mary's City, MD	21-Nov-15
Turkey Trot 5K	King William, VA	21-Nov-15
MCRRC Run Under the Lights 5K	Gaithersburg, MD	21-Nov-15
Herndon Turkey Trot 5K	Herndon, VA	21-Nov-15
Run of the Century 5K	Sykesville, MD	21-Nov-15
Woodstock Turkey Trot 5K	Woodstock, VA	21-Nov-15
Woodstock Turkey Trot 10K	Woodstock, VA	21-Nov-15
Wobble Before you Gobble 5K	Solomons, MD	21-Nov-15
Remington Turkey Trot 5K	Remington, VA	21-Nov-15
Run for the Century 5K	Sykesville, MD	21-Nov-15
Star City 10K	Roanoke, VA	21-Nov-15
Star City Half Marathon	Roanoke, VA	21-Nov-15
Blue Moon Harbor Lights 5K	Norfolk, VA	21-Nov-15
TCS Annapolis 10K	Annapolis, MD	21-Nov-15
TCS Annapolis HM	Annapolis, MD	21-Nov-15
MCM Turkey Trot 10K	Quantico, VA	21-Nov-15
Munchkins Popping Donut 5K	Richmond, VA	21-Nov-15
Dematha Music 5K	College Park, MD	21-Nov-15
Blue Moon Harbor Lights HM	Norfolk, VA	22-Nov-15
SVTC Turkey Trot 5K	Bridgewater, VA	22-Nov-15
Mayberry 7M	Mayberry, MD	22-Nov-15
Vienna Turkey Trot 5K	Vienna, VA	22-Nov-15
Vienna Turkey Trot 10K	Vienna, VA	22-Nov-15
Turkey Tumble 10K	Baltimore, MD	22-Nov-15
Turkey Tumble 5K	Baltimore, MD	22-Nov-15
HCS Elkhorn 5K	Columbia, MD	22-Nov-15
Turkey Chase 10K	Columbia, MD	22-Nov-15
Run for Shelter 10K	Alexandria, VA	22-Nov-15
Run for Shelter 5K	Alexandria, VA	22-Nov-15
Cold Turkey 10K	Edgewater, MD	22-Nov-15
Zoo Zoom 8K	Baltimore, MD	22-Nov-15
AACC Turkey Trot Charity 5K	Arnold, MD	25-Nov-15
Fairfax Turkey Trot 4M	Fairfax, VA	26-Nov-15
Fairfax Turkey Trot 5K	Fairfax, VA	26-Nov-15
Turkey Day 5K	Reston, VA	26-Nov-15
Fast Before the Feast 5K	Newport News, VA	26-Nov-15
Way Station's Thanksgiving Day 5K	Frederick, MD	26-Nov-15
SOME Thanksgiving Day Trot for Hunger 5K	Washington, DC	26-Nov-15
YMCA Bel Air 5K Turkey Trot	Bel Air, MD	26-Nov-15
YMCA Ellicott City 5K Turkey Trot	Ellicott City, MD	26-Nov-15
Y of Central Maryland Turkey Trot 5K	Westminster, MD	26-Nov-15
Towson YMCA Turkey Trot 5K	Towson, MD	26-Nov-15
Y Turkey Trot Charity 5K	Arnold, MD	26-Nov-15
YMCA Turkey Trot 5K	Fredericksburg, VA	26-Nov-15
Virginia Run Turkey Trot 5K	Centreville, VA	26-Nov-15
Arlington Turkey Trot 5K	Arlington, VA	26-Nov-15

Boars Head Turkey Trot 5K	Charlottesville, VA	26-Nov-15
Blue Talon Bistro Turkey Trot 5K	Williamsburg, VA	26-Nov-15
Humankind Turkey Trot 5K	Lynchburg, VA	26-Nov-15
Westernport Turkey Trot 5K	Westernport, MD	26-Nov-15
Laurel Turkey Trot 5K	Laurel, MD	26-Nov-15
Bulle Rock Turkey Trot 5K	Havre de Grace, MD	26-Nov-15
Waynesboro Turkey Trot 5K	Waynesboro, VA	26-Nov-15
Ashburn Farm 5K	Ashburn, VA	26-Nov-15
Ashburn Farm 10K	Ashburn, VA	26-Nov-15
YMCA Turkey Chase 10K	Bethesda, MD	26-Nov-15
Richmond Turkey Trot 10K	Richmond, VA	26-Nov-15
VAB Turkey Trot 10K	Virginia Beach, VA	26-Nov-15
Turkey Trot & Animal Food Drive 5M	Irvington, VA	26-Nov-15
Lexington Gobble Wobble 5K	Lexington, VA	26-Nov-15
Baltimore YMCA Turkey Trot 5K	Baltimore, MD	26-Nov-15
Martinsville Turkey Day 5K	Martinsville, VA	26-Nov-15
Drumstick Dash 5K	Roanoke, VA	26-Nov-15
Hagerstown Turkey Trot 5K	Hagerstown, MD	26-Nov-15
FCPRD 5K	Stephen City, VA	26-Nov-15
Earlsville Turkey Trot 5K	Earlsville, VA	26-Nov-15
Strut Stuff 5K	Prince Frederick, MD	26-Nov-15
Wattle Waddle 5M	Emmitsburg, MD	26-Nov-15
Alexandria Turkey Trot 5M	Alexandria, VA	26-Nov-15
Chris Yung Turkey Trot 10K	Manassas, VA	26-Nov-15
Chris Yung Turkey Trot 5K	Manassas, VA	26-Nov-15
Talbot County YMCA Hospice 5K	Easton, MD	27-Nov-15
Turkey Burnoff 10 Mile	Gaithersburg, MD	28-Nov-15
Turkey Burnoff 5 Mile	Gaithersburg, MD	28-Nov-15
Redneck Romp 10M	Wachapreague, VA	28-Nov-15
Tom's 5K Reindeer Run	Laurel, MD	28-Nov-15
Steve Dankos 5K	Columbia, MD	28-Nov-15
Northern Central Trail Marathon	Sparks, MD	28-Nov-15
Run for the Wounded Warriors HM	Triangle, VA	29-Nov-15
Goodloe Byron 10M	Emmitsburg, MD	05-Dec-15
Candy Cane Dash 5K	Frederick, MD	05-Dec-15
St. Kateri's Run With the Son 5K	Tabb, VA	05-Dec-15
Richmond Jingle Bell 5K for Arthritis 5K	Richmond, VA	05-Dec-15
Nutzy's 5K	Richmond, VA	05-Dec-15
VAB Jingle Bell 5K for Arthritis 5K	Virginia Beach, VA	05-Dec-15
Rock Hall Reindeer Stampede 5K	Rock Hall, MD	05-Dec-15
Knock your Socks off 5K	Pasadena, MD	05-Dec-15
Gingerbread 5K	Dundalk, MD	05-Dec-15
Monticello Holiday Classic 5K	Monticello, VA	05-Dec-15
Jingle Bell Run for Arthritis 5K	Arlington, VA	05-Dec-15
Peaks of Otter 5K	Bedford, VA	05-Dec-15
Patterson Park 5K	Baltimore, MD	05-Dec-15
TRRC Championship 7M	Petersburg, VA	05-Dec-15
TRRC Championship 5K	Petersburg, VA	05-Dec-15
Jingle Bell Run for Arthritis 5K	Ellicott City, MD	05-Dec-15
Solomons Jingle Bell 5K	Solomons, MD	05-Dec-15

Edgewater Fitness Reindeer Run 5K	Edgewater, MD	05-Dec-15
DCPF Jingle Bell 5K	Annapolis, MD	05-Dec-15
Reindeer Rally 5K	Virginia Beach, VA	05-Dec-15
Mystery Through History 5K	Winchester, VA	05-Dec-15
Run From the Lion's Den 5K	Eldersburg, MD	05-Dec-15
Girls on the Run 5K	Roanoke, VA	05-Dec-15
Reindeer Run 5K	Berlin, MD	05-Dec-15
Winterfest of Lights Jingle Bell 5K	Ocean City, MD	06-Dec-15
Bruin Dash 5K	Chesapeake, VA	06-Dec-15
DCRRC Bread Run 10K	Glen Echo, MD	06-Dec-15
HCS Jeffers Hill 10K	Columbia, MD	06-Dec-15
Run with Santa 5K	Reston, VA	06-Dec-15
Charlie's Run 5K	Sparks, MD	06-Dec-15
BRRRC Masters 5K	Sparks, MD	06-Dec-15
Jingle All the Way 5K	Washington, DC	06-Dec-15
Blue Gray Half Marathon	Fredericksburg, VA	06-Dec-15
Blue Gray 5K	Fredericksburg, VA	06-Dec-15
Busch Gardens Christmas Town Dash 8K	Williamsburg, VA	06-Dec-15
Ugly Sweater 5K	Towson, MD	06-Dec-15
Jingle Bell Run Walk for Arthritis 5K	Baltimore, MD	12-Dec-15
Roanoke Jingle Bell Run for Arthritis 5K	Roanoke, VA	12-Dec-15
Snowball Strides 5K	Arlington, VA	12-Dec-15
Race Around The Base 10 Miler	Langley AFB, VA	12-Dec-15
Tacky Sweater 5K	Norfolk, VA	12-Dec-15
Snowflake 5K	Kensington, MD	12-Dec-15
Sentara Sleighbell 5K	Williamsburg, VA	12-Dec-15
Holly Jolly 5K	Virginia Beach, VA	12-Dec-15
Farmville Jingle Bell 5K	Farmville, VA	12-Dec-15
Tacky Christmas 5K	Chilhowie, VA	12-Dec-15
Santa Run 5K	Frederick, MD	12-Dec-15
Santa Claus Shuffle 5K	Portsmouth, VA	12-Dec-15
Freedom Run 5K	Crozet, VA	12-Dec-15
Toys for Tots Santa's 5K	Manassas, VA	13-Dec-15
Holiday HM	Fairfax Station, VA	13-Dec-15
DCRRC Gar Williams HM	Alexandria, VA	13-Dec-15
MCRRC Jingle Bell Jog 8K	Rockville, MD	13-Dec-15
Frigid 10K	Leesburg, VA	13-Dec-15
Frigid 5K	Leesburg, VA	13-Dec-15
Frosty 5K	Fairfax, VA	13-Dec-15
AS Anniversary 15K	Annapolis, MD	13-Dec-15
What the Hill 8M	Taneytown, MD	13-Dec-15
Toy for Tots Run 5K	Richmond, VA	13-Dec-15
Tidal Basin Runs 5K	Washington, DC	16-Dec-15
SVR Jingle Bell 5K	Boyce, VA	19-Dec-15
Rudolph Run 5K	Havre de Grace, MD	19-Dec-15
PVTC Christmas Caper 10K	Washington, DC	19-Dec-15
PVTC Christmas Caper 5K	Washington, DC	19-Dec-15
Surf 'n' Santa 5M	Virginia Beach, VA	19-Dec-15
Celtic Solstice 5M	Baltimore, MD	19-Dec-15
Apple Capital Jingle Bell 5K	Winchester, VA	19-Dec-15

Holiday Hustle 5K	Bel Air, MD	20-Dec-15
Toys for Tots 5K	Fredericksburg, VA	20-Dec-15
Nutcracker 4M	Solomons, MD	26-Dec-15
Rudolph 6K	Columbia, MD	27-Dec-15
Hawk Indoor Marathon	Hagerstown, MD	20-Dec-15
Ringin in Hope 10K	Ashburn, VA	31-Dec-15
Ringin in Hope 5K	Ashburn, VA	31-Dec-15
Village Volunteer 5K	Spotsylvania, VA	31-Dec-15
Festival of Lights 5K	Centreville, VA	31-Dec-15
Fairfax Four Mile	Fairfax, VA	31-Dec-15
New Year's Eve Glow Run 5K	Harrisonburg, VA	31-Dec-15
SMCN Resolution 5K	Prince Frederick, MD	01-Jan-16
Reston New Year's 5K	Reston, VA	01-Jan-16
Sentara 5K	Hampton, VA	01-Jan-16
MCRRC New Year's 5K	Gaithersburg, MD	01-Jan-16
DCRRC Predictions and Resolutions 5K	Arlington, VA	01-Jan-16
Chesapeake City 5K	Chesapeake City, MD	01-Jan-16
Resolution Run 5K	Virginia Beach, VA	01-Jan-16
New Year's Day Resolution Run 5K	Baltimore, MD	01-Jan-16
Commitment Day 5K	Columbia, MD	01-Jan-16
First Day 5K	Midlothian, VA	01-Jan-16
Hair of the Dog 5K	Williamsburg, VA	01-Jan-16
BRRRC Father Time Frolic 5M	Phoenix, MD	01-Jan-16
YMCA Resolution Run 5K	Fredericksburg, VA	01-Jan-16
CTC New Year's 5K	Free Union, VA	01-Jan-16
Just Cause Jingle Jog 5K	Warrenton, VA	01-Jan-16
Bethany Hall Resolution Run 5K	Roanoke, VA	02-Jan-16
Long Branch Plantation 5K	Millwood, VA	02-Jan-16
BRATS Frozen 5K	Gainesville, VA	03-Jan-16
Frozen Finger 5M	Baltimore, MD	09-Jan-16
DCRRC Al Lewis 10M	Kensington, MD	09-Jan-16
Tidewater Striders Tune-up 10M	Chesapeake, VA	09-Jan-16
Tidewater Striders Tune-up 6M	Chesapeake, VA	09-Jan-16
Mud In Your Eye XC Series 5K	Chesapeake, VA	09-Jan-16
Frozen Toe 10K	Roanoke, VA	09-Jan-16
Mighty Medford Freeway 5K	Westminster, MD	10-Jan-16
HCS Thunder Hill 10K	Columbia, MD	10-Jan-16
Mud In Your Eye XC Series 6K	Virginia Beach, VA	16-Jan-16
Menchville Winter Chill 5K	Hampton, VA	16-Jan-16
Schock & Shivers 5K	Chesapeake, VA	16-Jan-16
SVR Prediction 5M	Front Royal, VA	16-Jan-16
Chilly Bob 8K	Smithfield, VA	16-Jan-16
Fletchers Cove 5K #2	Washington, DC	16-Jan-16
Celebrate Community 5K	Alexandria, VA	17-Jan-16
Frostbite 15K	Richmond, VA	17-Jan-16
DCRRC MLK 5K	Washington, DC	17-Jan-16
DCRRC JFK 20K	Washington, DC	17-Jan-16
MLK Trail Run 8K	Fairfax, VA	18-Jan-16
MLK Trail 10K	Fairfax, VA	19-Jan-16
Tidal Basin 5K	Washington, DC	20-Jan-16

Tidewater Striders Tune-up 10M	Fort Story, VA	30-Jan-16
Tidewater Striders Tune-up 15M	Fort Story, VA	30-Jan-16
Freezer Burn 5K	Virginia Beach, VA	30-Jan-16
Stickman Tandem 5K	Strasburg, VA	30-Jan-16
HCS Longfellow 10K	Columbia, MD	31-Jan-16
Lewis Memorial 10M	Frederick, MD	06-Feb-16
Toano Icy 8K	Toano, VA	06-Feb-16
Toano Frosty 5K	Toano, VA	06-Feb-16
DCRRC Langley 8K	Langley, VA	06-Feb-16
For the Love of It 10K	Reston, VA	06-Feb-16
Geaux for the Gold 10K	Smithfield, VA	06-Feb-16
Fat Tuesday 5K	Smithfield, VA	06-Feb-16
Polar Plunge 4M	Virginia Beach, VA	06-Feb-16
Fletchers Cove 5K #3	Washington, DC	06-Feb-16
Bear Run 4M	Westminster, MD	07-Feb-16
Sweethearts 4 Ever 4 Mile Run	Fredericksburg, VA	07-Feb-16
First Down 5K	Washington, DC	07-Feb-16
Penguin Pace 5K	Columbia, MD	07-Feb-16
Sweethearts 8K	Midlothian, VA	07-Feb-16
Freeze yours Buns 5K	Arnold, MD	07-Feb-16
Game Day 5K	Newport News, VA	07-Feb-16
Game Day 10K	Newport News, VA	07-Feb-16
Wine Lovers 5K	Afton, VA	13-Feb-16
Fletchers Cove 5K #4	Washington, DC	13-Feb-16
By George 5K	Washington, DC	13-Feb-16
AS Valentine's Day 5K	Severna Park, MD	13-Feb-16
Love the Run You're with 5K	Arlington, VA	14-Feb-16
Run Your Heart Out 5K	Reston, VA	14-Feb-16
GW Birthday Marathon	Greenbelt., MD	14-Feb-16
Tidal Basin 5K	Washington, DC	17-Feb-16
Fletchers Cove 5K #5	Washington, DC	20-Feb-16
Knights of Columbus Ten Miler	Yorktown, VA	20-Feb-16
Dahlgren Railroad Heritage Trail HM	King George, VA	20-Feb-16
Blacksburg 10 Mile	Blacksburg, VA	20-Feb-16
Blacksburg 5K	Blacksburg, VA	20-Feb-16
Tidewater Striders Tune-up 12M	Fort Story, VA	20-Feb-16
Tidewater Striders Tune-up 20M	Fort Story, VA	20-Feb-16
Y Resolve 10K	Rocky Mount, VA	20-Feb-16
Y Resolve 5K	Rocky Mount, VA	20-Feb-16
Country Run 5M	Olney, MD	21-Feb-16
HCS Oakland Mills 5K	Columbia, MD	21-Feb-16
Gloucester 8K	Gloucester, VA	27-Feb-16
Fletchers Cove 5K #6	Washington, DC	27-Feb-16
Panther Pride 5K	Reston, VA	27-Feb-16
Foster Care 5K	Virginia Beach, VA	27-Feb-16
Lose Your Shoes & the Shirt Off Your Back 5K	Front Royal, VA	27-Feb-16
Winterfest 10M	Moneta, VA	27-Feb-16
RRCA Challenge 10 Mile	Columbia, MD	28-Feb-16
Sentara Colonial Half-Marathon	Williamsburg, VA	28-Feb-16
Sentara Colonial 5K	Williamsburg, VA	28-Feb-16

