

2016 Summer Rankings

(May 31, 2016 – September 5, 2016)

Maryland RRCA State Championship Series 50 Plus Club Best of 2016



By [James Moreland](#)

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This summer was a beast with higher than ever temperatures only part of the story. With energy sapping humidity, the heat index shot through the roof, and weather related cancellations were up. The total number of racers dropped for the fifth year, by nearly 14%. Amazingly, the percentage of ranked runners soared to the highest levels since 2008 at 3.6%. Perhaps only the hardest of racers were prepared for the weather.

Major races (500 or more finishers) were at thirty-seven. The Rock 'n' Roll Half Marathon led the way but dropped more than a third in attendance to just more than six thousand finishers. They did have more than 1,500 racers at their accompanying "fun run" 5K. The Baltimore 10M was second of the six races with more than 2,000 finishers, holding steady at 4,199. The Annapolis Ten Miler dropped about 20% to 2,849. Coming in seven and eighth overall was the Lawyers Have Heart event, with the traditional 10K at 1,734, leading the 5K by about two hundred racers. Only fourteen had more than 1,000 finishers.

Ten races had more than forty ranked runners racing in them, with a low of six races with more than fifty. Annapolis retained the title as most competitive with 113. The Crystal City Twilight 5K stayed strong, staying at eighty-three for third place. The big story was the Charlottesville 4 Miler moving up to runner-up with

the century mark. The Rockville Rotary Twilight 8K converted to a 5K and dropped off the charts completely. The Baltimore 10M inched up to fourth with seventy-eight passing by the Reston Firecracker 5K that steadied at seventy-five. The Lawyers have Heart 10K had more than four times as many runners as the Dawson's 10K but was again edged forty-eight to forty-six as the top most competitive 10K. The Kentlands 5K was third 5K with forty-nine this year. At the longer distance, the Rock 'n' Roll Half Marathon led with fifty-seven, while the Charles Street 12M closed on them with forty-eight.

Forty-five races had more than 10% of the runners with ranked times, though only four had more than 200 finishers. The FAB 5K was the strongest with thirty-seven ranked, or 15.5% of its racers. The Dawson's 10K was the largest/biggest with nearly 12%, forty-eight of 401. This summer the numbers fell somewhat; 1,466 different men and 1,501 different women ran at least one qualifying time. Two hundred and seventy-two men and 330 women were ranked.

Washington, DC again had four major races, but with the new Park Run events going on weekly, it had more than thirty races. Maryland had 115 races with the largest groups being in Baltimore (11) and Annapolis (8). The larger state of Virginia had 155 races, with the largest groups being in Virginia Beach (22), Roanoke (9), Fredericksburg, (9), and Arlington (8). There were 119 different cities that hosted a race.

This time the open divisions shrunk again to forty-three women and thirty men. 'Open,' of course, includes runners of any age able to meet the open 10K equivalent standard twice: men 34:20 & women 41:15. Five men and just six women made it in from another division, off of last summer's eighteen. Christopher Shaw was the oldest man at forty-one and Perry Shoemaker was the oldest female at forty-five.

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

Now let us see who made the top.

Open Men

Reston Firecracker 5K 14:41, 10K = 30:38

Girma Gebre won the Virginia Wine Country Half Marathon early on in 1:09:56 and that alone might have been enough to take the title in one of the smallest fields ever. Gebre would add a win at the diminished Rockville Rotary race, no longer an 8K but a smallish 5K in 15:34. He took the crown for good two weeks before and nearly a minute faster by besting third place Kevin McNab 14:41 to

15:14 with his overall win at the Reston Firecracker 5K. Runner-up Tommy Curtin had three overall wins in August, including his slowest, the Southlakes 10K in 31:51. His best race had him winning the head-to-head match with McNab at the Friends of W&OD 10K, 31:45 to 32:01.

Fourth place Andrew Brodeur had two wins of his own. Besides the Battling Cancer 5K in 15:31, he ran ahead of the field at the Lawyers Have Heart 10K in 32:01. Thirteenth place Matt Deters was next in line at that race with 32:57. Fifth place Wade Miller had a victory at the five mile but clearly his best race was the Donut Alley Rally 5K in 15:20. Sixth place Eric Schuler started the season winning the tough Baltimore 10 miler in 53:36, ahead of eleventh place Dave Berdan's 54:35. A former event winner, Berdan settled for second this year.

Seventh place Thomas Bean won all four of his races by huge margins even as those events were smallish races. His best was the Potomac Valley Games 5K in 15:31. Eighth place Tyler Muse made it look easy, winning the Bel Air town Run 5K in 15:32. Peter Smith got the lean against David Angell for ninth place with two overall wins, including the Surfer's Healing 5K in 15:38. Angell won the Friendship Health 10K in 32:36 and was second place in his other race. Twelfth place Ryan Carroll's Eggleston OK 5K in 15:46 was one of three overall wins. That course runs fast but so did the Colleen's BA 5K that John Schroeder won in 15:47 to take fourteenth place. Deters had beaten Schroeder's Lawyer Have Heat 10K of 33:37 and added an overall win at the Suds and Soles 5K in 15:56.

The division has twenty-five qualifiers in the Elite rankings with four coming from other divisions.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|---------------------|-------|
| 1 | Gebre, Girma*** | 24 | Washington, DC | 30:38 |
| 2 | Curtin, Tommy*** | 23 | Leesburg, VA | 31:45 |
| 3 | McNab, Kevin | 30 | Washington, DC | 31:47 |
| 4 | Brodeur, Andrew** | 26 | Bethesda, MD | 32:01 |
| 5 | Miller, Wade * | 25 | Hagerstown, MD | 31:59 |
| 6 | Schuler, Eric* | 23 | Laurel, MD | 32:15 |
| 7 | Bean, Thomas**** | 28 | College Park, MD | 32:22 |
| 8 | Muse, Tyler** | 22 | Bel Air, MD | 32:32 |
| 9 | Smith, Peter** | 16 | Chesapeake, VA | 32:37 |
| 10 | Angell, David* | 39 | Blue Ridge, VA | 32:36 |
| 11 | Berdan, Dave*** | 35 | Owings Mill, MD | 32:51 |
| 12 | Carroll, Ryan*** | 33 | Portsmouth, VA | 32:53 |
| 13 | Deters, Matt* | 31 | Arlington, VA | 32:57 |
| 14 | Schroeder, John* | 28 | Washington, DC | 32:55 |
| 15 | Reed, Nick | 24 | Fairfax, VA | 33:13 |
| 16 | Belay, Daniel* | 20 | Gaithersburg, MD | 33:08 |
| 17 | McManus, Billy* | 24 | Frederick, MD | 33:14 |
| 18 | Harrison, Stephen** | 27 | Fredericksburg, VA | 33:14 |
| 19 | Reich, Stewart* | 24 | Frederick, MD | 33:23 |
| 20 | Daughtridge, Omari | 30 | Fort Washington, MD | 33:23 |

| | | | | |
|----|--------------------|----|--------------------|-------|
| 21 | Shaw, Christopher | 41 | Silver Spring, MD | 33:35 |
| 22 | Jones, William | 17 | Hagerstown, MD | 33:31 |
| 23 | Luehrs, James* | 23 | Reston, VA | 33:46 |
| 24 | Rammelkamp, Thomas | 26 | Alexandria, VA | 33:54 |
| 25 | Hopely, Mark | 27 | Fredericksburg, VA | 34:07 |

19 & Younger Men

Donut Alley Rally 5K 15:16, 10K = 31:51

Peter Smith is a runner's name big time this summer. Fourth place Smith from Roanoke ran a fine Four on the Fourth 4M in 22:20 for third overall. Then on the 20th of August, he ran a better 16:31 at the FAB 5K. That same morning, Peter Smith of Chesapeake won it all, race and crown, at the Surfer's Healing 5K in 15:38. The following week he would also win it all at the East Coast Surfing Championship 5K in 16:17. Third place William Jones finished third overall at the Shawsville 5K in 16:41 behind fifth place Tyler Kuchan's 16:35. But he would rally to win the FAB 5K outright in 16:10. Runner-up William Jones would have the fastest of the three non-5Ks among the top ten placers, as runner-up at the Gary Brown Memorial C&O Canal 5 Miler with 26:47. He later raced the fiercely competitive Donut Alley Rally 5K in 16:04 and finished second age group, though his race was the second best qualifier for the summer.

The next three racers had nearly identical best races in the 5K. Zack Witt earns sixth place as his Pony Pasture 5K in 16:50 was the fastest and his next two wins at races were much faster than the other two's second best. William Oudekerk takes seventh at the Fox Hill Community 5K with an overall win in 16:55 with Kevin Dannaher's second place age group at the Crystal City Twilight 5K in 16:57 coming next. The next three also intertwined as well. Joshua Spare gets ninth place by winning it all and finishing third in his two best races. He won the Rock 'n' Roll 5K in 17:08. Tenth place Bill Kirk was the third at the major race Suds & Soles 5K in 17:07. Later, he would win it all at the Eastern County 8K in 28:28. Eleventh place Donovan Foley was right there with them with a slightly faster 17:05 at the Run with Dad 5K for third overall. Then he was third in his age group at the major race Reston Firecracker 5K with 17:18.

Thirty-three runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------|-----|--------------------|-------|
| 1 | Smith, Peter** | 16 | Chesapeake, VA | 32:37 |
| 2 | Jones, William ** | 17 | Hagerstown, MD | 33:31 |
| 3 | Weitzel, Jason** | 19 | Shawsville, VA | 33:43 |
| 4 | Smith, Peter*** | 16 | Roanoke, VA | 34:27 |
| 5 | Kuchan, Tyler** | 17 | Christiansburg, VA | 34:36 |
| 6 | Witt, Zack*** | 18 | Glen Allen, VA | 35:07 |
| 7 | Oudekerk, William* | 15 | Chesapeake, VA | 35:17 |
| 8 | Dannaher, Kevin** | 18 | Arlington, VA | 35:21 |

| | | | | |
|----|------------------------|----|--------------------|-------|
| 9 | Spare, Joshua*** | 17 | Virginia Beach, VA | 35:44 |
| 10 | Kirk, Billy** | 19 | Rockville, MD | 35:42 |
| 11 | Foley, Donovan*** | 16 | Vienna, VA | 35:38 |
| 12 | Wojcieszak, Cameron*** | 19 | Williamsburg, VA | 35:59 |
| 13 | Neil, Lorenzo** | 19 | Laurel, MD | 36:07 |
| 14 | Sikorsky, Peter*** | 19 | Arlington, VA | 36:14 |
| 15 | O'Brien, Daniel** | 15 | Lynchburg, VA | 36:24 |
| 16 | Davies, Luke*** | 17 | Annapolis, MD | 36:32 |
| 17 | Connelly, Ethan | 18 | Hagerstown, MD | 36:49 |
| 18 | Torres, Alfonso | 17 | Woodbridge, VA | 36:51 |
| 19 | Nixon, Andrew** | 15 | Chesapeake, VA | 37:08 |
| 20 | Keenan, Tom | 17 | Myersville, MD | 37:14 |
| 21 | Witmer, Timmy | 17 | Hagerstown, MD | 37:22 |
| 22 | Jecelin, Nathan** | 17 | Bel Air, MD | 37:44 |
| 23 | O'Brien, Matt** | 18 | Annapolis, MD | 37:52 |
| 24 | Scalzi, Chris* | 16 | Westminster, MD | 37:54 |
| 25 | Belay, Michael* | 18 | Gaithersburg, MD | 38:06 |
| 26 | Gault, Clint** | 16 | Poquoson, VA | 38:10 |
| 27 | Mills, Ethan** | 15 | Shawsville, VA | 38:17 |
| 28 | Shackelford, Joshua* | 15 | Hayes, VA | 38:20 |
| 29 | Eisner, Will*** | 17 | Pikesville, MD | 38:29 |
| 30 | Sussman, Jonathan* | 16 | Ellicott City, MD | 38:31 |
| 31 | Frock, Justin | 18 | Westminster, MD | 38:58 |
| 32 | Leech, Jackson* | 15 | Fairfax, VA | 39:34 |
| 33 | Johnson, J'Aun | 16 | Clarksville, MD | 39:28 |

35-39 Men

Friendship Health 10K 32:36

The division nears extinction with just six qualifiers, making it about the same as the two eldest divisions. Are there really as many octogenarians and nonagenarians as submasters? There will be soon as our champion David Angell will soon be a full master. Dave Berdan joined the group and finished second overall at the Baltimore 10M in 54:35. It was his best of four races though he did win all of the others. In July, he ran the Arbutus Firecracker 10K in 32:55 but Angell had already won the title, winning the Friendship Health 10K in 32:36. Angell would add 34:06 at the Health Focus of SW Virginia Salem 10K to get his second qualifier.

Third place Matthew Lofton slowed a mere ten seconds to 21:40 at the season ending Chick-fil-A Dash for Diabetes 4M but his Reston Firecracker 5K in 16:13 was what powered him to his place. Ryan Wheeler was next, racing the Lynchburg Track 5K in a 16:26 overall victory. He also waited until the final week to get a second race, the Rock 'n' Roll Half Marathon in 1:17:41. Fifth place Jeremy Lynch had an overall win and an even faster Suds & Soles 5K in 17:11. Vinnie Derocco had two overall finishes. His best race, an amazing 22:29 at the

PRR Twilight Festival 4 Miler, was on arguably the worst racing weather day of a particularly hot and humid summer.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------|-----|------------------|-------|
| 1 | Angell, David** | 39 | Blue Ridge, VA | 32:36 |
| 2 | Berdan, Dave**** | 35 | Owings Mills, MD | 32:51 |
| 3 | Lofton, Matthew** | 37 | Winchester, VA | 33:50 |
| 4 | Wheeler, Ryan** | 38 | Lynchburg, VA | 34:17 |
| 5 | Lynch, Jeremy*** | 36 | Springfield, VA | 34:56 |
| 6 | DeRocco, Vinnie*** | 36 | Leesburg, VA | 35:05 |

40-44 Men

Kentlands/Lakelands 5K 16:06, 10K = 33:35

Christopher Shaw is running open class times. His two races bookended the summer as the best times for the division. At the Bel Air Town Run 5K, he was second in 16:10. In the final weekend, he was again second overall at the Kentlands/Lakelands 5K in 16:06. Both of these courses are fast, yet both courses have pace changing hills as well. Runner-up Michael Wardian also still expects open class finishes. He was third overall at all of his races, including the Gary Brown Memorial C&O Canal 5 Miler in 27:05. He ran the Hartwood 10M in 57:31 just a few notches ahead of Kunihiro Hayashi's Baltimore 10 Miler with 57:44. Fifth place Karsten Brown would have ten age group wins, four times finishing in the top two but not at Baltimore where he ran a surprising 1:03:33. Though he also lost to sixth place Noah Zaring (59:13) and eighth place Jason Tripp (1:00:30), he earned the spot with his overall win at the Damien's Run for Recovery 5K in 17:00. Zaring moved on to the next division, running the very challenging Larry Noel HM in 1:21:50. That matched Tripp's second race, the Arbutus Firecracker 10K in 37:87 exactly.

Fourth place Jason Dowdy knifed ahead of the trio with a solid Pony Pasture 5K in 16:54 and the first of the three RRRC Cul De Sac Series 5K races in 16:56. Joel Bell squeezed past Tripp by winning it all at the CXB Low Rent 5K in 17:25. In ninth place, Keith Freeburn won his age group in 1:18:14 at the Leesburg 20K, well ahead of Brown's 1:22:08, as Brown suffered through a tough August. Freeburn got even faster in September winning at the Rock 'n' Roll Half Marathon in 1:20:41.

Eighteen runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|-------------------|-------|
| 1 | Shaw, Christopher*** | 41 | Silver Spring, MD | 33:35 |
| 2 | Wardian, Michael*** | 42 | Arlington, VA | 34:36 |
| 3 | Hayashi, Kunihiro** | 40 | Rockville, MD | 34:44 |
| 4 | Dowdy, Jason**** | 40 | Henrico, VA | 35:15 |

| | | | | |
|----|--------------------|----|--------------------|-------|
| 5 | Brown, Karsten*10 | 42 | Front Royal, VA | 35:28 |
| 6 | Zaring, Noah | 44 | Washington, DC | 35:38 |
| 7 | Bell, Joel* | 41 | Virginia Beach, VA | 36:20 |
| 8 | Tripp, Jason | 43 | Columbia, MD | 36:24 |
| 9 | Freeburn, Keith** | 42 | Centreville, VA | 36:36 |
| 10 | Burger, Jeff* | 40 | Bel Air, MD | 36:48 |
| 11 | Hunter, Robert**** | 41 | Virginia Beach, VA | 36:47 |
| 12 | Hicks, Sean*** | 43 | Manassas Park, VA | 36:45 |
| 13 | Anderson, Scott** | 42 | Washington, DC | 36:57 |
| 14 | Stolzberg, Adam* | 40 | Arlington, VA | 37:14 |
| 15 | Gregory, Jim* | 43 | Wheaton, MD | 37:31 |
| 16 | Howes, Nate* | 43 | Stafford, VA | 37:37 |
| 17 | Swick, William* | 42 | Annapolis, MD | 37:35 |
| 18 | Szabos, Brian* | 42 | South Riding, VA | 37:43 |

45-49 Men

Eggleston OK 5K 16:53, 10K = 35:13

The division was a very select few this summer and most preferred the 5K. In the top five races, all qualifiers finished in the top two or better overall. The two fastest racers have since turned fifty. Steve Speirs gunned to the lead at the Eggleston OK 5K in 16:53 for second overall. A month later, he subsided to 17:46 at the YMCA Independence Day 5K. Runner-up Doug Mock took a similar route with second overall at the Damien's Run for Recovery 5K. The following week he won it all at the Oakland Mills cross country 5K in 17:42. Last summer's champ Jeff Harrington barely slowed to take third at the Commonwealth Games 5K in 17:11. Fourth place Antonio Eppolito ran the Bluemont course twice. In June at the After the Women 5K, he was second overall in 17:32. In the heat of July, he slowed slightly to 17:48.

Fifth place Matt Boyd had his own runner-up race at the Knights of Columbus 10K in 37:57 but was fastest at the SPCA Run for Shelter 5K in 17:44. Mark Landree places next, racing the Arbutus Firecracker 10K in 37:38. Eighth place Danny Bennett had the fast track on his spot at the Annapolis Track Meet #3, running the 5K in 18:10. Dennis Billings was out on the roads winning it all at the Henderson Husky 5K in 18:13 on the first week of the period to take seventh place.

Fourteen runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|------------------|-----|--------------------|-------|
| 1 | Speirs, Steve*** | 49 | Virginia Beach, VA | 35:13 |
| 2 | Mock, Doug*** | 49 | Ellicott City, MD | 35:32 |

| | | | | |
|----|---------------------------|----|-------------------|-------|
| 3 | Harrington, Jeff*** | 46 | Lynchburg, VA | 35:51 |
| 4 | Eppolito, Antonio**** | 48 | Alexandria, VA | 36:34 |
| 5 | Boyd, Matt*6 | 46 | Port Royal, VA | 37:00 |
| 6 | Landree, Mark* | 46 | Catonsville, MD | 37:38 |
| 7 | Billings, Dennis* | 47 | Woodbridge, VA | 38:00 |
| 8 | Bennett, Danny** | 45 | Dunkirk, MD | 37:54 |
| 9 | Bell, Kevin* | 47 | Reston, VA | 38:06 |
| 10 | Naff, Michael** | 45 | Arlington, VA | 38:10 |
| 11 | Hetherington, Alexander** | 49 | Vienna, VA | 38:34 |
| 12 | Fernandes, Conrad* | 48 | Silver Spring, MD | 38:48 |
| 13 | Stevenson, Michael** | 49 | Danville, VA | 38:53 |
| 14 | Brooks, Benjamin** | 45 | Alexandria, VA | 39:17 |

50-54 Men

WRC Run with the Knights 5K 17:22, 10K = 36:14

Hernan Garbini had a trio of modest 5K wins at about a 6:00 minute per mile pace. Then came July and he ran the Kiwanis Club Independence Day 5K in 17:24 to narrowly snatch the crown from Mark Neff. Neff matched his Fletcher's Cove Park Run 5K overall win exactly at the Kentlands/Lakelands 5K with 17:34. Fifth place David Haaga was next there in 18:05. Colin Munsey was looking at sixth place with his Four on the Fourth 4M in 23:36. Then on the final day, he won it all at the Labor of Love 5K in 17:48 and scooted up three places. John Piggott had his shortest long race of any ranking period, racing the Yorktown Independence Day 8K in 29:28.

Sixth place Dennis Schemm had five age group wins. By far his best was the Reston Firecracker 5K in 18:08. Seventh place Akintunde Morakinyo was fast at the always lightning quick Park Heights Community Health Alliance 5K in 19:56. After that, there was a lot of competition at the Annapolis and Baltimore 10 milers. At Annapolis, Morakinyo was the top grandmaster. Twelfth place David Phipps was second with 1:04:07, ahead of eighth place Peter Tango's 1:04:15. Phipps could not overcome Tango's AS Dawson's 10K in 38:08. Fifteenth place Ed Wilson was next there ahead of Kevin D'Amanda's 1:08:52. Wilson also beat D'Amanda at Baltimore, 1:04:47 to 1:05:57. Alas for Wilson, D'Amanda had raced the Lawyers Have Heart 10K in 38:25 to take thirteenth place behind Phipps.

Charles Powell secures ninth place at the Bel Air Town Run 5K with 38:06, ahead of fourteenth place Jerry Henderson who ran 18:36. Tenth place Daniel List had six age group wins, including all three RRRC Cul De Sac Series 5Ks, with his best being the first one in 18:19. Mario Zuniga had the second fastest half, running the Virginia Wine Country Half Marathon in 1:24:44. A week later,

he was the overall winner at the Woodstock 5 Mile in 30:43 and earns eleventh place.

Twenty-nine runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|-------------------------|-----|--------------------|-------|
| 1 | Garbini, Hernan**** | 54 | Waynesboro, VA | 36:18 |
| 2 | Neff, Mark***** | 54 | Derwood, MD | 36:39 |
| 3 | Munsey, Colin** | 50 | Pearisburg, VA | 37:08 |
| 4 | Piggott, John*** | 51 | Williamsburg, VA | 37:23 |
| 5 | Haaga, David | 54 | Rockville, MD | 37:43 |
| 6 | Schemm, Dennis**** | 50 | Chantilly, VA | 37:50 |
| 7 | Morakinyo, Akintunde*** | 52 | Ellicott City, MD | 37:56 |
| 8 | Tango, Peter*** | 52 | Deale, MD | 38:08 |
| 9 | Powell, Charles*** | 50 | Baltimore, MD | 38:06 |
| 10 | List, Daniel*6 | 50 | Powhatan, VA | 38:13 |
| 11 | Zuniga, Mario*** | 52 | Front Royal, VA | 38:27 |
| 12 | Phipps, David*** | 52 | Severna Park, MD | 38:32 |
| 13 | D'Amanda, Kevin** | 54 | Bethesda, MD | 38:25 |
| 14 | Henderson, Jerry** | 51 | Bel Air, MD | 38:48 |
| 15 | Wilson, Ed** | 54 | Ellicott City, MD | 38:54 |
| 16 | Dawson, Greg*** | 50 | Williamsburg, DC | 39:09 |
| 17 | Pawlak, Robert*** | 53 | King George, VA | 39:15 |
| 18 | Harfst, Rich** | 52 | Annandale, VA | 39:16 |
| 19 | Frost, Howard*8 | 50 | Falls Church, VA | 39:21 |
| 20 | Cutright, Mike** | 50 | King George, VA | 39:30 |
| 21 | Bohse, Michael | 52 | Columbia, MD | 40:22 |
| 22 | Feinberg, Mike* | 52 | Bel Air, MD | 40:24 |
| 23 | Rapp, Perry** | 51 | Lexington Park, MD | 40:16 |
| 24 | Williamson, Duane** | 52 | Warrenton, VA | 40:47 |
| 25 | Pelletier, Paul* | 51 | Williamsburg, VA | 41:01 |
| 26 | Johnston, Chris** | 52 | Fairfax, VA | 40:59 |
| 27 | Anderson, Matt* | 50 | Fairfax, VA | 41:06 |
| 28 | Rippey, Brad** | 50 | Fredericksburg, VA | 41:20 |
| 29 | Myers, Rick | 54 | Woodville, VA | 41:33 |

55-59 Men

Kentlands/Lakelands 5K 18:05, 10K = 37:43

Jean Christophe Arcaz charged into the division with an excellent Reston Firecracker 5K in 18:09. He later bolstered that with a win at the Leesburg 5K in 18:36. Doug Fernandez is usually golden at the half marathon, but he lost to fourth place Marty Stiegman at the RRRC Cul De Sac Series 5K #3, 19:06 to

19:19. However, he came back to win the rematch at the Moonlight 4M 24:56 to 25:06. Still, Stiegman's RRRC Cul De Sac Series 5K #1 was much faster than both in 18:32. Fernandez was a far cry off of last year's 1:17:14 at the Patrick Henry HM with 1:24:45. It earned him third place as Jeff Duyn came out of nowhere to capture the runner-up spot, running the hilly Riley's Rumble HM in 1:24:38.

Fifth place Robert Whitaker narrowly passes James Landis, racing the Yorktown Independence Day 8K in 31:15. Landis would race the Loyola River 5K for second overall in 18:59. Seventh place Marty Horan came on strong, first beating Duyn at the Eastern County 8K, 31:48 to 32:21. Then, he was second in the age group at the Kentlands/Lakelands 5K in a 19:03 run in his "backyard." Thomas Benoit is eighth racing the Railroad Days 5K in 19:38. Look out for Bruce Halpin who crosses into old man's land midway in the period and bested prolific Brian Daugherty's Southlakes 10K 41:11 to 42:01. Daugherty finishes just ahead of Mike Meadows by virtue of his nine age group wins. He was best at Crofton Kiwanis - Team Surlis 10K Challenge in 41:09. Meadows ran the Donut Alley Rally 5K In 19:48 for his best of three 5K wins.

Twenty runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------------|-----|---------------------|-------|
| 1 | Arcaz, Jean-Christophe** | 55 | Rockville, MD | 37:52 |
| 2 | Duyn, Jeff* | 56 | Garrett Park, MD | 38:24 |
| 3 | Fernandez, Doug** | 56 | Richmond, VA | 38:27 |
| 4 | Stiegman, Marty*** | 55 | Glen Allen, VA | 38:40 |
| 5 | Whitaker, Robert*** | 57 | Yorktown, VA | 39:26 |
| 6 | Landis, James*** | 55 | La Plata , MD | 39:36 |
| 7 | Horan, Marty** | 56 | Gaithersburg, MD | 39:44 |
| 8 | Benoit, Thomas** | 59 | Big Stone Gap, VA | 40:57 |
| 9 | Halpin, Bruce | 59 | Ashburn, VA | 41:11 |
| 10 | Daugherty, Brian*9 | 56 | Edgewater, MD | 41:09 |
| 11 | Meadows, Mike *** | 59 | Martinsburg, WV | 41:10 |
| 12 | Mace, Matthew** | 56 | Arnold, MD | 41:16 |
| 13 | Chall, John** | 59 | Crownsville, MD | 41:08 |
| 14 | Shroyer, Kevin** | 55 | Forest, VA | 41:20 |
| 15 | Coleman, Dennis*** | 58 | Gaithersburg, MD | 41:27 |
| 16 | Mergler, Fran* | 56 | Baltimore, MD | 41:29 |
| 17 | Evans, Preston*** | 59 | Madison Heights, VA | 41:37 |
| 18 | Redmon, Stephen**** | 58 | Woodbridge, VA | 42:02 |
| 19 | Cover, Karl | 56 | Montpelier, VA | 42:52 |
| 20 | Schuler, Greg | 55 | Laurel, MD | 43:07 |

60-64 Men

Too Hot to Trot 10K 38:03

Maurice Pointer trains hard on the track honing his craft. His first race, the Arbutus Firecracker 10K in 39:13 would have won last summer and did win this summer as well. He got even faster, finishing second overall at the Too Hot to Trot 10K in 38:03 a week before winning at the Annapolis Ten Miler in 1:05:25. Preston Evans had only the 72nd best race at the Lynchburg HM in 1:42:42, albeit the second fastest half, but he was a bullet at the Commonwealth Games 5K in 19:24 to take the two spot. Elmer McPhail comes out once in a blue moon, and when he does, he wins. He made technically challenging AS Dog Days 8K look like a track, racing home in 32:10 to take third place. Dan Lawson ran a very nice Eastern County 8K in 32:44 for fourth place. Most runners who ran both 8Ks found the cross country race one to two minutes slower. Lawson added the Montgomery Village 5K in 19:48.

Robert Dudley's best race was much faster than his other. At the TCRR Race for the Cause 5K, he ran 19:50 to gain fifth place. Sixth place Robert Williams won five times and cruised to victory best at the Super Hero 5K at The Vineyards in 19:58. Seventh place John Wills won two 5Ks, including the swift Eggleston OK 5K course in 20:14. Will Murray ran the Virginia Regional Ballet 5K in 20:23 and his next three times were faster than Jerry Dresner's second fastest time. Dresner falls to ninth, running the Pikesville 5K in 20:22. Clyde Rollins cracks the top ten, racing the Reston Firecracker 5K in 20:23. Eleventh place Steve Sakry exchanged wins with twelfth place Jeff Peterson. Peterson had the fastest race at the SPCA Run for Shelter 5K in 20:36 to 20:42. Later in July, Sakry had his comeback at the FARC Heritage Festival 5 Mile with 34:08 to 34:56.

Normally the biggest division, the 60-64 Men, reached an all-time low of just 41 qualifiers.

| PI | Name | Age | Hometown | 10K= |
|----|-----------------------|-----|---------------------|-------|
| 1 | Pointer, Maurice**** | 60 | Baltimore MD | 38:03 |
| 2 | Evans, Preston** | 60 | Madison Heights, VA | 40:28 |
| 3 | McPhail, Elmer** | 60 | Annapolis, MD | 40:48 |
| 4 | Lawson, Dan** | 60 | Gaithersburg, MD | 41:18 |
| 5 | Dudley, Robert** | 60 | Petersburg, VA | 41:22 |
| 6 | Williams, Robert***** | 60 | Yorktown, VA | 41:39 |
| 7 | Wills, John**** | 64 | Virginia Beach, VA | 42:12 |
| 8 | Murray, Will** | 60 | Williamsburg, VA | 42:31 |
| 9 | Dresner, Jerry** | 61 | Baltimore, MD | 42:29 |
| 10 | Rollins, Clyde* | 61 | Herndon, VA | 42:44 |
| 11 | Sakry, Steve** | 64 | Stafford, VA | 43:03 |
| 12 | Peterson, Jeff* | 60 | Fredericksburg, VA | 42:58 |
| 13 | Loomis, Bill**** | 62 | Silver Spring, MD | 43:36 |
| 14 | Koehler, Roger**** | 62 | Lexington, VA | 43:32 |

| | | | | |
|----|---------------------------|----|--------------------|-------|
| 15 | Dekornfeld, Thomas** | 63 | Elkridge, MD | 44:01 |
| 16 | Draim, Bob*** | 62 | Alexandria, VA | 44:20 |
| 17 | Anderson, Wilhelm | 60 | Annapolis, MD | 44:45 |
| 18 | Gordon, Kirk*20 | 60 | Glenn Dale, MD | 44:52 |
| 19 | Riemenschneider, Neal**** | 61 | Winchester, VA | 45:12 |
| 20 | Barnhart, Tim*6 | 61 | Linden, VA | 45:26 |
| 21 | Ferrens, Larry*** | 62 | Barton, MD | 45:43 |
| 22 | Siliciano, Robert* | 64 | Towson, MD | 45:51 |
| 23 | Cutchins, Wyatt* | 60 | Newport News, VA | 45:53 |
| 24 | Michael, Gary** | 61 | Churchville, VA | 46:09 |
| 25 | Grimsley, Gary*** | 62 | Springfield, VA | 46:04 |
| 26 | Rogers, Ron | 64 | Riner, VA | 46:08 |
| 27 | Lopez, Felix*** | 63 | Lynchburg, VA | 46:52 |
| 28 | Moreland, James*** | 64 | Gaithersburg, MD | 47:00 |
| 29 | Barbour, John | 60 | Riviera Beach, MD | 47:35 |
| 30 | Morgans, Gary | 63 | Washington, DC | 47:40 |
| 31 | Trump, David** | 64 | Midlothian, VA | 47:46 |
| 32 | Burns, Rick** | 62 | Baltimore, MD | 47:55 |
| 33 | Royle, David* | 61 | Washington, DC | 47:59 |
| 34 | Umbarger, Ken* | 64 | Gaithersburg, MD | 48:11 |
| 35 | Brooks, Maxwell* | 63 | Reisterstown, MD | 48:13 |
| 36 | O'Keefe, Tim | 63 | Middletown, MD | 48:32 |
| 37 | Mason, Michael* | 60 | Spencerville, MD | 48:45 |
| 38 | Alvarez, Manuel* | 62 | Sandy Hook, VA | 48:55 |
| 39 | Dreizen, Howard* | 62 | Baltimore, MD | 48:57 |
| 40 | Bachmann, Gene | 63 | Virginia Beach, VA | 48:56 |
| 41 | Howard, Michael | 60 | Severna Park, MD | 49:40 |

65-69 Men

Interfaith 5K 20:53, 10K = 43:34

Everybody in Montgomery County knew Ken Umbarger was fast. He just does not race very much. Usually he wins at the MCRRC cross country series where times mean little. Last year he pulled past one age group competitor late in the race, saying sheepishly he really had expected to win the race. This year at that Comus 5K race, they nearly cancelled the race because of the heat index and though he won easily, his time did not crack the top 60 times. On the last day of the summer, he found a time raceable course and blistered a 20:53 at the Interfaith 5K to earn his first crown in the new division. The Bastille Day 4M ended up short for the second time in the last few years so Paul Ryan relied on DCRRRC Bluemont 5K in 21:41 to take the runner-up spot.

Larry Coley had a sizzling summer with three of the top six times, including his Run for the Bacon 5K in 21:47. Fourth place Malcolm Senior cruised to the title for his new home Westminster Summer Series with his best race at the Run with the Knights 5K in 21:52. This course is rolling without a single flat point on the whole course. It matched exactly Coley's next best race, the Super Hero 5K at The Vineyards. Rick Platt, who has been off stage for a while, finished that race also, with 22:45. He did have five age group wins of his own with tops at the Virginia Regional Ballet 5K in 22:18. Last year, Tim Morgan and Senior went head-to-head all summer at the Frederick Decathlon Series. Senior moved and Morgan moved up, nearly taking that overall title. They did meet at the Summer Solstice Twilight 8K with Senior prevailing 36:03 to 37:11. Morgan added the Eastern County 8K in home club Montgomery County in 37:21 to cement sixth place.

Former champion Bill Hart ran best at the VAB Summer Series 5K in 22:38. There were seven races in that series. In the eighth slot, Walter Allen ran the Percival's Island 5M in 37:29. Coming in ninth place, Allen Vaughan had a solid five miler of his own at the FARC Heritage Festival in 37:47. Just before turning 70, marathon expert Ronnie Wong won at the Too Hot to Trot 10K in 47:48 to take the tenth spot.

Twenty-four men qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|------------------------|-------|
| 1 | Umbarger, Ken** | 65 | Montgomery Village, MD | 43:34 |
| 2 | Ryan, Paul | 65 | Arlington, VA | 45:14 |
| 3 | Coley, Larry**** | 67 | Chesapeake, VA | 45:26 |
| 4 | Senior, Malcolm*6 | 65 | Westminster, MD | 45:37 |
| 5 | Platt, Rick***** | 66 | Williamsburg, VA | 46:31 |
| 6 | Morgan, Timothy*** | 65 | Damascus, MD | 47:10 |
| 7 | Hart, Bill* | 67 | Virginia Beach, VA | 47:13 |
| 8 | Allen, Walter**** | 68 | Lynchburg, VA | 47:16 |
| 9 | Vaughan, Allen*** | 65 | Stafford , VA | 47:39 |
| 10 | Wong, Ronnie**** | 69 | Catonsville, MD | 47:48 |
| 11 | Woodfin, Bobby** | 69 | Catonsville, MD | 48:26 |
| 12 | Preston, Doug | 66 | Baltimore, MD | 48:32 |
| 13 | Westbrook, Reeves | 67 | Great Falls, VA | 48:50 |
| 14 | Murphy, Vincent | 66 | Woodbridge, VA | 48:48 |
| 15 | Day, Joseph** | 65 | Yorktown, VA | 49:05 |
| 16 | Raley, George*** | 69 | Rising Sun, MD | 49:12 |
| 17 | Jones, Larry*** | 66 | Midlothian, VA | 49:24 |
| 18 | Boutin, Greg*** | 65 | Burke, VA | 49:45 |
| 19 | Ratzenberger, Jim** | 67 | Vienna, VA | 49:55 |
| 20 | Domiguez, Bert* | 68 | Gaithersburg, MD | 51:02 |
| 21 | Verdirame, Joseph | 66 | Suffolk, VA | 51:04 |

| | | | | |
|----|---------------------|----|----------------|-------|
| 22 | Trueheart, Wilson** | 67 | Baltimore, MD | 51:22 |
| 23 | Attavian, Bruce | 66 | Hagerstown, MD | 51:31 |
| 24 | Roberts, James* | 65 | Bowie, MD | 52:23 |

70-74 Men

Super Hero 5K at the Vineyards 21:44, 10K = 45:20

The division was dominated by Ben Dyer and Jim Noone who combined for the top eighteen times in the division. Noone expanded past the 5K four times, including a fine Annapolis 10M in 1:19:09. In the heat of summer, any course with the slightest rise can bury fast times. These guys torch the 5K. Dyer takes the crown with the four fastest races and a best at the Super Hero 5K at The Vineyards in 21:44. Noone owned the DCRRRC Bunion Derby as well as the Potomac River Running Trophy Series. PRR= has courses in Reston and Fairfax for many of their races. Noone was slightly faster in Reston for the Run with Dad 5K in 22:13 than he was in his Fairfax race, the Great American Labor Day 5K, in 22:19.

Jason Page is coming back after some time off and already brought his time down to 23:26 at the Potomac Valley Games 5K to take the third spot. Next in line, Ray Michael just missed breaking 24 minutes in two 5Ks, including the Jack Barr Memorial Run for Freedom in 24:04. Fifth place Mike Fleming is used to the hills of Columbia. On the flat AS Dawson's 10K, he closed fast with a very nifty 50:19. Dennis Lamountain aged up and grabs the sixth spot racing the TCRR Race for the Cause 5K in 24:23. Seventh place Art Gregory spent most of the summer winning the age graded, ten event track series overall. On one of his off days, he went up to race the Bel Air Town Run 5K in 24:31 to take his spot as well as clinch the division title for the Maryland RRC Championship Series.

Sixteen runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|------------------|-------|
| 1 | Dyer, Ben*8 | 73 | Hayes, VA | 45:20 |
| 2 | Noone, Jim*11 | 72 | Fairfax, VA | 46:21 |
| 3 | Page, Jason**** | 72 | Hamilton, VA | 48:53 |
| 4 | Michael, Ray** | 72 | Boonsboro, MD | 50:12 |
| 5 | Fleming, Mike** | 70 | Columbia, MD | 50:19 |
| 6 | Lamountain, Dennis* | 70 | Richmond, VA | 50:52 |
| 7 | Gregory, Art*** | 72 | Ijamsville, MD | 51:09 |
| 8 | Chase, Bob* | 70 | Falls Church, VA | 52:42 |
| 9 | Churchman, John** | 73 | Arlington, VA | 52:46 |
| 10 | Knipling, Gary* | 72 | Mason Neck, VA | 53:02 |
| 11 | Mayhew, Ed** | 71 | Winchester, VA | 53:26 |
| 12 | Justice, John** | 71 | Lynchburg, VA | 53:54 |

| | | | | |
|----|----------------------|----|------------------|-------|
| 13 | Jefferson, Richard** | 70 | Germantown, MD | 54:02 |
| 14 | Chaconas, Greg* | 70 | Washington, DC | 54:10 |
| 15 | Arata, Larry** | 71 | Williamsburg, VA | 55:04 |
| 16 | Moore, William* | 70 | Williamsburg, VA | 54:20 |

75-79 Men

BRRRC GPS 5K 26:21, 10K = 54:58

Robert Wright started right off the first week with the fastest qualifier at the Fox Hill Community 5K in 26:41 to put everyone in his rear view mirror. For champion Stan Neumann, first strike was a week later at the Damien's Run for Recovery 5K in 28:07. It was his fifth best race and he also added seven age group wins. His times were all over the place as he never found a race he did not like, including the Dread Druid Hills 10K, the Annapolis Ten Miler, and a mere week later, the Rock N Roll Half Marathon. He topped out at the River Valley Ranch Trail Run 5K in 27:07 but fell just short of the title. Imagine what he could do if he had raced a bit less than those 60 plus race miles of this summer?

Third place Bernie Gallagher aged up and is making yet another comeback. His 28:20 at the NOVA Coaches 5K marks him as one of the top challengers. Throw out fourth place John Clarke's Run for the Pie 10K. That race is always hot and makes the Dreaded Druid Hills seem like a ski slope. At the Summer Solstice Twilight 8K, he showed he has the goods, racing home in 46:48. Ken Quincy can be seen at all of the Potomac River Running races as he steamrolls his division in their trophy series. As the weather cooled, his times came down and he ran his best at the Great American Labor Day 5K in 28:57. Sixth place Bill Sollers had his two fastest races on two notoriously fast courses. His best at the Purple Strides 5K was in 29:08. Tommy Harris again takes seventh place, like last summer with two age group wins. Eighth place Mel Miller improved greatly from last year with a fine Damien's Run for Recovery 5K in 30:54.

Twenty-four runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|-------------------|---------|
| 1 | Wright, Robert** | 75 | Hampton, VA | 55:40 |
| 2 | Neumann, Stan*7 | 77 | Timonium, MD | 56:34 |
| 3 | Gallagher, Bernie** | 75 | Fairfax, VA | 59:06 |
| 4 | Clarke, John | 78 | Woodsboro, MD | 59:22 |
| 5 | Quincy, Ken***** | 79 | Vienna, VA | 1:00:23 |
| 6 | Sollers, Bill*** | 77 | Silver Spring, MD | 1:00:46 |
| 7 | Harris, Tommy** | 77 | Lynchburg, VA | 1:04:32 |
| 8 | Miller, Mel** | 77 | Mount Airy, MD | 1:04:27 |
| 9 | Polinski, Joseph** | 78 | Smithfield, VA | 1:04:50 |
| 10 | Garczynski, Louis | 76 | Sterling, VA | 1:04:59 |
| 11 | Skelton, Lowell* | 76 | Moneta, VA | 1:05:34 |

| | | | | |
|----|---------------------|----|------------------------|---------|
| 12 | Coates, Chet** | 76 | Silver Spring, MD | 1:07:00 |
| 13 | McKee, Michael** | 78 | Charlottesville, VA | 1:07:41 |
| 14 | Rhoads, Richard* | 76 | Arlington, VA | 1:10:10 |
| 15 | Terrell, Charles* | 77 | Newport News, VA | 1:11:14 |
| 16 | Long, Tim | 75 | Reston, VA | 1:12:23 |
| 17 | Degen, Allan** | 75 | Montgomery Village, MD | 1:13:23 |
| 18 | Munday, John | 76 | Chesapeake, VA | 1:14:43 |
| 19 | Hager, Philip* | 81 | The Plains, VA | 1:15:02 |
| 20 | Pitts, Warren | 78 | Baltimore, MD | 1:17:14 |
| 21 | Kurisky, John** | 77 | Forest, VA | 1:19:49 |
| 22 | Durrant, Steve | 77 | Virginia Beach, VA | 1:26:49 |
| 23 | St. Clair, Bailey** | 77 | Glen Arm, MD | 1:28:42 |
| 24 | Conn, Harry*** | 78 | Powhatan, VA | 1:31:20 |

80 & Older Men

Colleen's BA 5K 26:39, 10K = 55:36

In his last year as the reigning king of the 80-84 division, George Yannakakis for once did not have the fastest time. Skip Grant made a rare appearance and won at the Colleen's BA 5K in 26:39 for his only race. Yannakakis had four wins and three races 10K or longer. His best was the Too Hot to Trot 10K in 57:59. A week after he won at the Annapolis 10M in 1:47:18, he was racing the Charles Street 12M in 1:58:21. Those two races were more miles than all six 5Ks won by runner-up Maynard Weyers. Weyers saved his best effort for the last day of the period, winning at the Great American Labor Day 5K in 28:23. Do these guys know about the 5K? Chris Catoe also did the punishing 10K, 10M, and HM trio. Third place Catoe at least waited three weeks after his fine Dismal 10M in 2:06:28 before he ran the Rock 'n' Roll Half Marathon in 2:46:02. He earned his placement at the Chesty Puller Memorial Twin Bridge 10K in 1:05:55 in June.

Alan Rider had the best 8K of the summer by nearly ten minutes, racing the PVTG Go Fourth in 55:38 to go to fourth place. Fifth place Don Simroth raced the 4 the Wounded 5K in 34:39. Sixth place Terry McCarthy met up with Rider at the Losing to Live 5K finishing a short way behind 35:20 to 35:51. Bendy Viragh did well in a couple of the many PRR= races. His best was the Run with Dad in 36:05. Indefatigable Robert Gurtler was omnipresent, with 25 qualifiers among his 14 age group wins.

| PI | Name | Age | Hometown | 10K= |
|----|------------------------|-----|---------------------|---------|
| 1 | Yannakakis, George**** | 84 | Sparks, MD | 57:59 |
| 2 | Weyers, Maynard*6 | 80 | Alexandria, VA | 59:12 |
| 3 | Catoe, Chris* | 80 | Virginia Beach, VA | 1:05:55 |
| 4 | Rider, Alan** | 80 | Reston, VA | 1:10:34 |
| 5 | Simroth, Don** | 83 | Charlottesville, VA | 1:12:17 |

| | | | | |
|----|----------------------|----|------------------|---------|
| 6 | McCarthy, Terry | 81 | Leesburg, VA | 1:14:47 |
| 7 | Viragh, Bendy* | 81 | McLean, VA | 1:15:16 |
| 8 | Schillinger, Ernest* | 84 | Williamsburg, VA | 1:20:25 |
| 9 | Fleck, William | 82 | Baltimore, MD | 1:22:30 |
| 10 | Smith, Robert**** | 82 | Comus, MD | 1:27:51 |
| 11 | Gurtler, Robert*14 | 81 | The Plains, VA | 1:31:14 |
| 12 | Morris, Clair** | 80 | Annapolis, MD | 1:38:09 |
| 13 | Greear, Fred** | 80 | Bristol, VA | 1:43:07 |

85-89 Men

Damien's Run for Recovery 5K 31:51, 10K 1:10:37

The divisions shrank from eleven runners to eleven races run with more than a third in September. Most of these guys know to stay out of the extreme heat. Not Jack McMahon who had the top four races, one in each month. His best effort was before it was technically summer at the Damien's Run for Recovery 5K in mid-June with 33:51. He also had one of the only two non 5K races, running the Eastern County 8K in 1:01:33, mostly in the shade of the park. Oliver Bragg was eighth in the spring, but six of the runners in front of him did not return. He waited till the final weekend to run easily the longest distance of the group at the Rock 'n' Roll Half Marathon in 3:40:30 to take the runner-up spot.

Third place Bruce Roth also ran four races with his fastest being the Freedom 5K in 52:17. Fourth place Zavan Ayanian ran 53:32 at the Autism Speaks 5K in 53:32 but finished behind Jack McMahon. Alan Levin had the tough luck of facing McMahon at the Kentlands/Lakelands 5K, running 57:11 to take fifth place.

| PI | Name | Age | Hometown | 10K= |
|----|------------------|-----|-------------------|---------|
| 1 | McMahon, Jack*** | 85 | Silver Spring, MD | 1:10:37 |
| 2 | Bragg, Oliver | 88 | Ashburn, VA | 1:40:03 |
| 3 | Roth, Bruce** | 85 | Woodbridge, VA | 1:49:04 |
| 4 | Ayanian, Zavan | 86 | Rockville, MD | 1:51:40 |
| 5 | Levin, Alan | 85 | Gaithersburg, MD | 1:59:17 |

90 & Older Men

Kentlands/Lakelands 5K 44:46, 10K = 1:33:23

Louis Storm made his debut into the division appropriately at the Brightviews Age Is Just a Number 5K to take fourth place. On July 4th, Robert White had the longest run at the Yorktown Independence Day 8K in 1:24:29. Further north that same morning, Bob Atkins ran the Liberty 5K in 54:10. In mid-August, White ran the Smarts Smiles 5K in 46:46 to relegate Atkins to third place. Atkins ended the summer at the Chick-fil-A Dash for Diabetes 4M in 1:08:30. The last Saturday of

the season, Roy Englert won at the Kentlands/Lakelands 5K in 44:46 to take the crown.

| PI | Name | Age | Hometown | 10K= |
|----|---------------|-----|-----------------|---------|
| 1 | Englert, Roy* | 93 | Springfield, VA | 1:33:23 |
| 2 | White, Robert | 92 | Hampton, VA | 1:37:54 |
| 3 | Atkins, Bob | 91 | Winchester, VA | 1:49:32 |
| 4 | Storm, Louis | 90 | Bel Air, MD | 2:19:12 |

Open Women

Reston Firecracker 5K 16:46, 10K = 34:59

Susanna Sullivan is the favorite in these parts. She started with the second fastest race in early June at the PRR Twilight Festival 4 Miler in 22:18 but that day was brutal and all times were a bit off. Bethany Sachtleban was second in 23:18. The next week was a bit better and Sachtleban won the Run with Dad 5K 17:09, ahead of masters best Perry Shoemaker's 17:58. Towards the end of July, she added another hot evening race for second overall at the Crystal City Twilight 5K in 17:11, ahead of fourth place Amy Laskowske's 17:28. Ninth place Stephanie Reich (18:09) and twelfth place Sarah Bishop (18:22) were there also.

Before that all happened on the summer's busiest racing day, Sullivan laid down the hammer at the Reston Firecracker 5K in 16:46 to earn her crown. Third place Shoemaker was there in 17:46 as top master, and it was her third best effort. Eighth place Sarah Loerch was there in 17:53, though her best race matched Shoemaker when Loerch won the Rockville Rotary Twilight 5K in 17:46. Reich had two overall wins, including the Summer Solstice Twilight 8K in 29:13 to make it very close. Bishop edged thirteenth place Michelle Capozzi, 18:09 to 18:15. Capozzi did win three of her races this summer.

As August waned, Shoemaker got stronger, finishing on top behind just three men at the Leesburg 20K in 1:15:24. That matched Sullivan's last and slowest race the following week at the Southlakes 10K with 35:55 exactly, tying for the fifth fastest race. Shoemaker was runner-up in the 10K with 36:48. Nearly a 20K, nearly unique, the Charles Street 12M was Maura Linde's event as she won in 1:13:44 to take sixth place. Cassandra Dooley finished next in 1:17:17 to take seventeenth place in the division. Caroline Bauer won it all at the big time Annapolis 10 Miler in 1:00:48, a race where a woman has cracked an hour only once in the last twenty years. The next week she went south for a fine Charlottesville 4 Miler in 23:17 and earns fifth place.

Sherry Stick wins wherever she races, and over the years, she has beaten all the men as well. This summer she was six for six in overall wins, running best at the Donut Alley Rally 5K in 17:42 and Damien's Run for Recovery 5K in 17:54. Seventh position belongs to her. Tenth place Kristin Lawrence ousted eleventh

place Renee High at the CXB Low Rent 5K, 17:50 to 18:02. Fourteenth place Megan DiGregorio breaks the tie with Stephanie Place. They both won 5Ks in 18:20 -- DiGregorio at the Belair Town Run and Place at the Ryan Dixon Memorial 5K. DiGregorio added six more overall wins. Laurel Le Moigne slides into sixteenth place with her best of three wins, the Suds & Soles 5K in 18:23.

Thirty-six women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|---------------------|-------|
| 1 | Sullivan, Susanna** | 26 | Falls Church, VA | 34:59 |
| 2 | Sachtleben, Bethany* | 24 | Manassas, VA | 35:42 |
| 3 | Shoemaker, Perry*** | 45 | Vienna, VA | 35:55 |
| 4 | Laskowske, Amy* | 28 | Arlington, VA | 36:22 |
| 5 | Bauer, Caroline* | 33 | Columbia, MD | 36:32 |
| 6 | Linde, Maura* | 23 | Sykesville, MD | 36:27 |
| 7 | Stick, Sherry*6 | 38 | Eldersburg, MD | 36:51 |
| 8 | Loerch, Sarah** | 31 | Ashburn, VA | 37:04 |
| 9 | Reich, Stephanie** | 24 | Frederick, MD | 37:05 |
| 10 | Lawrence, Kristin** | 36 | Virginia Beach, VA | 37:08 |
| 11 | High, Renee**** | 34 | Virginia Beach, VA | 37:33 |
| 12 | Bishop, Sarah* | 34 | Fairfax, VA | 37:52 |
| 13 | Capozzi, Michelle*** | 24 | Leesburg, VA | 38:03 |
| 14 | DiGregorio, Megan*7 | 28 | Baltimore, MD | 38:10 |
| 15 | Place, Stephanie** | 29 | Bristol, VA | 38:10 |
| 16 | Le Moigne, Laurel*** | 30 | Springfield, VA | 38:16 |
| 17 | Dooley, Cassandra | 21 | Annapolis, MD | 38:12 |
| 18 | Taylor, Erin* | 34 | Arlington, VA | 38:23 |
| 19 | Pollack, Jillian* | 27 | Arlington, VA | 38:19 |
| 20 | Kulesz, Melanie* | 25 | Richmond, VA | 38:37 |
| 21 | McGuire, Jessica* | 36 | Arlington, VA | 38:54 |
| 22 | Paul, Jennifer | 28 | Washington, DC | 38:58 |
| 23 | Moynihan, Kaitlan | 21 | Bel Air, MD | 39:03 |
| 24 | DeLong, Candace | 26 | Winchester, VA | 39:11 |
| 25 | Clattenburg, Rachel | 32 | Washington, DC | 39:10 |
| 26 | Lasker, Sara*** | 26 | Fredericksburg, VA | 39:15 |
| 27 | Sicher, Erin | 34 | Washington, DC | 39:13 |
| 28 | Lautzenheiser, Leia* | 24 | Midlothian, VA | 39:25 |
| 29 | Hannon, Elizabeth | 33 | Columbia, MD | 39:24 |
| 30 | Hainstock, Lisa | 40 | Charlottesville, VA | 39:50 |
| 31 | Riggs, Jessica** | 39 | Williamsburg, VA | 40:21 |
| 32 | Masterson, Erin | 33 | Alexandria, VA | 40:19 |
| 33 | Fortner, Katie* | 20 | Roanoke, VA | 40:21 |
| 34 | Fitzgerald, Jenny | 36 | Woodbridge, VA | 40:28 |
| 35 | Hartman, Angela | 30 | Hyattsville, MD | 40:39 |
| 36 | Hopper, Lauren* | 24 | Midlothian, VA | 40:59 |

19 & Younger Women

Dash 10K 36:47

Brit Lang did her dad Coach Phil proud by winning all three of the cross country 5K races she ran. Third place Samantha Facius won the fourth at Oakland Mills, equal to Lang's third best. They met at the third race in Clarksville and Lang prevailed in a close one, 19:35 to 19:38. Lang punctuated her title with a 19:24 at the Howard High 5K the following week. The runner-up spot went to Chloe Tran who was runner-up at the Star Kid 5K in 19:51 to start the season. Then she won it all at the Georgetown 5K in 19:40.

Fourth place Valerie Barret had the one-two punch as well, racing the Run for Justice 10K in 41:41. She capped her season at the River City 5K in September, finishing second overall in 20:14. Fifth place Karleigh Thompson makes her case with two overall wins. First, she took down the title at the FAB 5K in 20:06. Next, she handled everyone at the Jackson River Trail 10K in 42:08. Reese Dalton was just nine when she raced the Kiwanis Club Independence Day 5K in 21:40. By September, she was an all grown up ten and raced a fine Charlottesville 4 Miler in 26:43. Sophia Jantomoso matched her exactly, racing the Lynchburg Track 5K in 20:30 to take seventh. Later she would take on the half marathon and add the fastest time among qualifiers.

Eighth place Cady Hyde won it all at the challenging Autism Speaks 5K in 20:46. The next two had to be decided by the **Moreland Racing Factor**. Jessica Rogers was second age group at the Major race Bel Air Town Run 5K. Carly Wilks won it all at the Labor of Love 5K. They both ran 20:49. Wilks ran a solid 22:04 at the Shawsville 5K but was fourth age group in a competitive field. Rogers was runner-up at the Brightviews Age Is Just a Number 5K in 22:25. Rogers takes the ninth place leading the MRF 18 to 13.

Thirty women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|---------------------|-------|
| 1 | Lang, Brit*** | 18 | Columbia, MD | 40:23 |
| 2 | Tran, Chloe** | 15 | Fairfax, VA | 40:57 |
| 3 | Facius, Samantha** | 15 | Clarksville, MD | 40:53 |
| 4 | Barrett, Valerie**** | 16 | Clarksville, MD | 41:41 |
| 5 | Thompson, Karleigh** | 19 | Eagle Rock, VA | 41:51 |
| 6 | Dalton, Reese** | 10 | Charlottesville, VA | 42:46 |
| 7 | Jantomoso, Sophia* | 15 | Forest, VA | 42:46 |
| 8 | Hyde, Cady* | 14 | Bethesda, MD | 43:14 |
| 9 | Rogers, Jessica* | 16 | Bel Air, MD | 43:20 |
| 10 | Wilkes, Carly* | 15 | Roanoke, VA | 43:20 |
| 11 | Prior, Morgan* | 18 | Stanardsville, VA | 43:56 |
| 12 | Sheehey, Maeve** | 17 | Lutherville, MD | 43:55 |
| 13 | Lavin, Cassie * | 16 | Fairplay, MD | 43:50 |
| 14 | Green, Kallie*** | 10 | Williamsport, MD | 44:12 |
| 15 | Farley, Jamie** | 18 | Severna Park, MD | 44:15 |
| 16 | Gangadharan, Priya** | 11 | Fairfax, VA | 44:13 |
| 17 | Knowles, Kenna* | 19 | Shawsville, VA | 44:19 |

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|----|--------------------|----|--------------------|-------|
| 18 | Millirons, Rachel* | 15 | Salem, VA | 44:21 |
| 19 | Ris, Jacquelyn** | 16 | Front Royal, VA | 44:25 |
| 20 | Fleenor, Eleanor** | 15 | Alexandria, VA | 44:37 |
| 21 | Wayson, Emily** | 15 | Cockeysville, MD | 44:48 |
| 22 | O'Brien, Kathrin** | 16 | Lynchburg, VA | 45:07 |
| 23 | McKendry, Lija** | 14 | Virginia Beach, VA | 45:09 |
| 24 | Romola, Elise** | 17 | Ashburn, VA | 45:42 |
| 25 | Schilling, Jenny* | 13 | Leesburg, VA | 46:05 |
| 26 | Doran, Rebecca | 16 | Burke, VA | 46:03 |
| 27 | Pickering, Hannah* | 18 | Williamsburg, VA | 47:01 |
| 28 | Payne, Devi | 17 | Bethesda, MD | 47:10 |
| 29 | Sabal, Sarah** | 16 | Stafford, VA | 47:30 |
| 30 | Szukalski, Sarah | 17 | Frederick, MD | 47:37 |

35-39 Women

Crofton Kiwanis - Team Surlis 10K Challenge 35:34

Usually when someone wins all six of her races as Sherry Stick did this summer, it is a slam dunk. Even the Dreaded Druid Hills 10K was raced superbly in 40:02. All across the state she was bringing up aces. Her best race was the Donut Alley Rally 5K in 17:42. She also ran the Damien's Run for Recovery 5K two months before that in 17:54. Runner-up Kristin Lawrence was not too shabby either. She won two of her three races, including the CXB Low Rent 5K in 17:50 that, a day before Stick ran Damien's, had put her in the lead. Her last chance to catch Stick fell short at the Rock 'n' Roll Half Marathon in 1:24:48 for second overall.

Third place Jessica McGuire did it all the hard way. She raced in six major races taking on the best. She won her age group each time finishing third overall at the Virginia Wine Country Half Marathon and Leesburg 20K. The final weekend she got her only overall win at the Kentlands/Lakelands 5K in 18:41. Jessica Riggs takes fourth, racing the Yorktown Independence Day 8K in 31:47 for an overall win of her own. Fifth place Jenny Fitzgerald was runner-up at the PRR Birthday Bash 5K in 19:35. Ann Stylianski snakes past Jennifer Lully for sixth place by winning it all at the BRRC GPS 5K in 19:54 and finishing second overall at the Too Hot to Trot 10K in 42:21. Lully was second overall at the Commonwealth Games 5K in 19:53 with an added age group win at the Percival's Island Five Miler in 33:47.

Fourteen women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|--------------------|-------|
| 1 | Stick, Sherry*6 | 38 | Eldersburg, MD | 36:51 |
| 2 | Lawrence, Kristin*** | 36 | Virginia Beach, VA | 37:08 |
| 3 | McGuire, Jessica*6 | 36 | Arlington, VA | 38:54 |
| 4 | Riggs, Jessica**** | 39 | Williamsburg, VA | 40:21 |
| 5 | Fitzgerald, Jenny** | 36 | Woodbridge, VA | 40:28 |
| 6 | Stylianski, Ann** | 37 | Baltimore, MD | 41:26 |

| | | | | |
|----|---------------------|----|--------------------|-------|
| 7 | Lully, Jennifer*** | 38 | Lynchburg, VA | 41:24 |
| 8 | McNew, Megan*** | 37 | Baltimore, MD | 41:38 |
| 9 | Ramos, Laura** | 37 | Silver Spring, MD | 41:49 |
| 10 | Anderson, Jennifer* | 35 | Poquoson, VA | 42:12 |
| 11 | Hemler, Rebecca** | 36 | Nottingham, MD | 42:12 |
| 12 | Diegoli, Toni* | 37 | Potomac, MD | 42:26 |
| 13 | Dzibela, Tracy**** | 38 | Fredericksburg, VA | 42:41 |
| 14 | Rhodes, Becky** | 36 | Westminster, MD | 42:41 |

40-44 Women

Kiwanis Club Independence Day 5K 19:08, 10K = 39:50

With a sigh of relief, runners waved Perry Shoemaker goodbye from the division. Former champion Brenda Schrank stepped quickly in line, winning it all at the Liberty 5K in 19:28 but she was 20 seconds too late that morning as Lisa Hainstock crossed the finish at the Kiwanis Club Independence Day 5K in 19:08 for second overall. Come September Schrank raced the Chick-fil-A Dash for Diabetes 4M in 26:11 for an overall win, but two days earlier Hainstock bolstered her title claim at the Charlottesville 4 Miler in 25:02. Frederick's Claire Heasman is third as top master at the WDF 5K there in 19:46. Fourth place Trish Stone was second master at Annapolis in 1:09:03, ahead of Lisa Reichman's 1:10:54. Fifth place Amy Huerta was tops at the Baltimore 10M in 1:09:47.

Sixth place Dani Mason rules the west, winning it all at the Volvo Powertrain 5K in 20:15. Earlier she was even faster at another Hagerstown race, the Nick Adenhardt 5K in 20:11. Julie Sapper and Lisa Reichmann were in quite a duel for seventh place. Both ran three major races. Sapper won it all at her fourth race, the Eye Run for POB 5K in 20:18, while Reichmann had an excellent Leesburg 20K in 1:28:48. Using the **Moreland Racing Factor**, Sapper gets the win, 45 to 27. Ninth place Cristina Burbach is next for winning it all at the Anchor Run 5K in 20:22.

Sixteen women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|---------------------|-------|
| 1 | Hainstock, Lisa* | 40 | Charlottesville, VA | 39:50 |
| 2 | Schrank, Brenda** | 44 | Winchester, VA | 40:32 |
| 3 | Heasman, Claire** | 42 | Frederick, MD | 41:09 |
| 4 | Stone, Trish** | 41 | Kensington, MD | 41:30 |
| 5 | Huerta, Amy**** | 41 | Fredericksburg, VA | 41:56 |
| 6 | Mason, Dani** | 43 | Hagerstown, MD | 42:01 |
| 7 | Sapper, Julie**** | 43 | Rockville, MD | 42:16 |
| 8 | Reichmann, Lisa** | 42 | Gaithersburg, MD | 42:18 |
| 9 | Burbach, Cristina** | 42 | Arlington, VA | 42:29 |
| 10 | Sample, Jennifer* | 41 | Chevy Chase, MD | 44:02 |

| | | | | |
|----|------------------|----|--------------------|-------|
| 11 | Cook, Kristjana* | 42 | Severna Park, MD | 44:17 |
| 12 | Pierce, Emily** | 41 | Silver Spring, MD | 44:23 |
| 13 | Ross, Cathy*** | 44 | Burke, VA | 44:42 |
| 14 | Taylor, Julia | 44 | Arlington, VA | 45:01 |
| 15 | Sober, Jen** | 43 | McHenry, MD | 45:10 |
| 16 | Galler, Ashley* | 41 | Virginia Beach, VA | 45:37 |

45-49 Women

Leesburg 20K 1:15:24, 10K = 35:55

Ignore her age -- Perry Shoemaker is really an open class racer. When she lined up for her six races this summer, she was a lock favorite for four of them. She penciled herself in as runner-up at the Southlakes 10K because the top ranked racer in the area, Susanna Sullivan, was there. They finished 1-2 with 35:55 and 36:48. At the Run for Dad 5K, she succumbed to the second ranked runner Bethany Sachtleben, 17:08 to 17:58. At the Reston Firecracker 5K, she sunk to a lowly fourth overall as Sullivan and two out of town gunslingers broke the coveted 17:00 mark. Her other three races were frolics. Was she tired at Southlakes because the week before she had finished fourth overall, being out lasted by the third place man 1:15:15 to 1:15:22 at the Leesburg 20K? That time would match Sullivan's win at Southlakes exactly.

Last summer's champion Denise Knickman ran very well at the Park Heights Community Health Alliance 5K in 20:07, though her time was slightly slower than before. It would have placed her behind eight runners in the competitive spring, including her own fourth place finish. She supported her place with a third overall at the Arbutus Firecracker 10K in 42:51. Third place Dolores Ware was slightly faster than Knickman's third best race, the Too Hot to Trot 10K in 43:48, with her own second overall placement at the Tropical Smoothie Cafe 5K in 20:39. Fourth place Marci Benda was top master at the huge Baltimore Women's Classic 5K in 21:07. She had the fastest 10 mile of the period at the challenging Baltimore 10M in 1:13:12.

Sabina Minney squeezes into fifth place with her overall win at the Pirates and Wenches 5K in 21:09. Right behind her, prolific racer Cathy Ross joined the new division with alacrity with a solid Southlakes 10K in 44:05, ahead of eighth place Kim Isler who ran 45:09. Ross would be finishing up at the Great American Labor Day 5K in 21:13. Also racing on the final weekend was Zenovia Mackenzie at the super competitive Charlottesville 4 Miler. She ran 27:59. During the first week of the summer, Isler was racing the Virginia Wine Country Half Marathon in 1:39:26. Ninth place Cheri Prior won all three of the Cul de Sac 5K races. Her best was the first in 21:34 that exactly matched Minney's second race, the Casey Cares 5K.

Twenty-seven women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|---------------------|-------|
| 1 | Shoemaker, Perry*6 | 45 | Vienna, VA | 35:55 |
| 2 | Knickman, Denise**** | 48 | Baltimore, MD | 41:53 |
| 3 | Ware, Dolores** | 46 | Virginia Beach, VA | 43:00 |
| 4 | Benda, Marci** | 45 | Parkton, MD | 43:58 |
| 5 | Minney, Sabina** | 46 | Worton, MD | 44:02 |
| 6 | Ross, Cathy** | 45 | Burke, VA | 44:05 |
| 7 | Mackenzie, Zenovia | 49 | Earlsville, VA | 44:48 |
| 8 | Isler, Kim | 48 | Oakton, VA | 44:56 |
| 9 | Prior, Cheri*** | 49 | Glen Allen, VA | 44:54 |
| 10 | Balfour, Fiona | 45 | Alexandria, VA | 45:27 |
| 11 | O'Connor, Linda-Lou* | 47 | Severna Park, MD | 45:22 |
| 12 | Taylor, Ruth*** | 48 | Frederick , MD | 46:06 |
| 13 | Digirolamo, Janice* | 45 | Charlottesville, VA | 46:00 |
| 14 | Ratcliffe, Kim* | 48 | Yorktown, VA | 46:14 |
| 15 | Greeson, Laura* | 46 | Fairfax, VA | 46:13 |
| 16 | Claypoole, Kathy** | 48 | New Windsor, MD | 46:19 |
| 17 | Roy, Melissa* | 47 | Arlington, VA | 46:34 |
| 18 | Takakusaki, Yuko**** | 48 | Arlington, VA | 46:42 |
| 19 | McClintick, Karen | 49 | Midlothian, VA | 46:40 |
| 20 | Chase, Julia** | 45 | Fredericksburg, VA | 46:44 |
| 21 | Blakney, Luz** | 48 | Oak Hill, VA | 46:48 |
| 22 | Young, Cheryl* | 46 | Reston, VA | 46:53 |
| 23 | Arbaugh, Tonna*** | 48 | Westminster, MD | 47:03 |
| 24 | Greer, Eliza | 46 | Baltimore, MD | 46:58 |
| 25 | Welsh, Teri* | 48 | Timonium, MD | 47:30 |
| 26 | Kileen, Karen** | 48 | Richmond, VA | 47:57 |
| 27 | Strauch, Debi** | 49 | Ashburn, VA | 47:59 |

50-54 Women

Kiwanis Club Independence Day 5K 19:00, 10K = 39:33

In one of the few divisions that was bigger than last summer, Kendall Tata got off to a slow start at the Mimi's 5K in 21:54, a time that would have had her out of the top dozen qualifiers, albeit an overall win. Her third race winning the Fairview 5K in 20:27 was solid but she would need more to take the crown. Mandana Mortazavi, who had survived the hot, humid death march at the PRR Twilight Festival 4 Miler in 27:29, launched a brilliant Leesburg 20K in 1:27:42 for the second fastest time in the division and earned the runner-up spot. Tata's best of her four overall wins was the Kiwanis Club Independence Day 5K in 19:00.

Third place Mary Bowman is turning heads, winning six of eight races, including two second overalls. Her best 5K was the Summer Strides in 21:05. She had the division's fastest 8K, winning the PVTC Go Fourth in 34:19. Fourth place Julie Thienel had a forgettable time at the Dreaded Druid Hills 10K or unforgettable if you are the kind of sadist that likes punishment. She recovered nicely with a very fine Charles Street 12M in 1:28:26, ahead of eighth place Keary Johnston who ran 1:29:43. Fifth place Cornelia Pritchard is a new face with a sweet time as top grandmaster at the FSC WDF 5K in 21:05. Nut Hall times the races. Maureen Hall excels racing in them. She won nine times, including the BRRC GPS 5K in 21:13 that gave her just enough pop to hold off Anita Freres, who had easily her best race of the summer, winning it all at the Zooma 10K in 44:15.

Ninth place Patty Andrews was little more than a lunge away from the last three places, running the AS Dawson's 10K in 44:31. Tenth place Debbie McLaughlin won it all at the Run for the Bacon 5K in 21:30. Then a month later, she sped up by one second, finishing second overall at the Virginia Regional Ballet 5K. Amazingly, eleventh place Carol Krill's best race fit in between those two races in time and date, racing the FARC Heritage Festival 5 Mile Run in 35:29. Talk about the need to press all the way through the finish line for an extra second.

Thirty-seven women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|-----------------------|-----|--------------------|-------|
| 1 | Tata, Kendall**** | 53 | Stanardsville, VA | 39:33 |
| 2 | Mortazavi, Mandana** | 52 | Leesburg, VA | 41:47 |
| 3 | Bowman, Mary*6 | 51 | Silver Spring, MD | 43:34 |
| 4 | Thienel, Julie* | 52 | Columbia, MD | 43:43 |
| 5 | Pritchard, Cornelia** | 50 | Frederick, MD | 43:54 |
| 6 | Hall, Maureen*9 | 51 | Parkville, MD | 44:10 |
| 7 | Freres, Anita*** | 51 | Vienna, VA | 44:15 |
| 8 | Johnston, Keary** | 51 | Frederick, MD | 44:21 |
| 9 | Andrews, Patty** | 52 | Stevensville, MD | 44:25 |
| 10 | McLaughlin, Debbie | 50 | Williamsburg, VA | 44:44 |
| 11 | Krill, Carol** | 52 | Stafford, VA | 44:45 |
| 12 | Fichman, Lisa | 54 | Columbia, MD | 45:17 |
| 13 | Scott, Janeth*** | 54 | Columbia, MD | 46:01 |
| 14 | Fortner, Shawn** | 52 | Roanoke, VA | 46:38 |
| 15 | Forsyth, Joanne* | 52 | Fredericksburg, VA | 46:38 |
| 16 | David, Carol* | 53 | Stafford, VA | 46:53 |
| 17 | Smith, Dana | 52 | Annapolis, MD | 47:01 |
| 18 | Kopacz, Margaret**** | 51 | Chesapeake, VA | 47:43 |
| 19 | Lussi, Jeanette* | 53 | Lutherville, MD | 47:37 |
| 20 | Havens, Karla*** | 54 | Plainview, VA | 47:55 |
| 21 | Barrick, Michelle** | 52 | Middle River, MD | 47:56 |
| 22 | Foyjones, Valor* | 53 | Newport News, VA | 48:08 |

| | | | | |
|----|-----------------------|----|--------------------|-------|
| 23 | Sheets, Susan*** | 54 | Virginia Beach, VA | 48:31 |
| 24 | Zamostny, Lisa* | 50 | Pasadena, MD | 48:39 |
| 25 | Mundt, Vicky | 53 | Annapolis, MD | 49:00 |
| 26 | Quinn, Elizabeth | 54 | Stafford, VA | 49:21 |
| 27 | Gibson, Wendy | 54 | Sparks, MD | 49:29 |
| 28 | Lerner, Robin | 53 | Bethesda, MD | 49:40 |
| 29 | MacKintosh, Brenda*** | 51 | Springfield, VA | 49:39 |
| 30 | Lekand, Donna** | 52 | Arlington, VA | 49:52 |
| 31 | Grillo, Jeanne | 54 | Potomac, MD | 49:48 |
| 32 | Morgan, Mary* | 52 | Annapolis, MD | 49:55 |
| 33 | Esquibel, Pearl | 53 | Fredericksburg, VA | 50:14 |
| 34 | Sachs, Amy | 51 | Ellicott City, MD | 50:19 |
| 35 | Pontarelli, Sally*** | 50 | Culpeper, VA | 50:36 |
| 36 | Cuff, Patricia | 51 | Alexandria, VA | 50:41 |
| 37 | Braunstein, Janet*** | 50 | Washington, DC | 50:58 |

55-59 Women

Eastern County 8K 32:46, 10K = 41:36

DeeDee Loughran loves the Leesburg 20K and added another win to make a four year streak. What's not to like? The course is a mild uphill for most of the first half and they redid the trail by the highway. Then, when fatigue might be setting in, the last 4.5 miles is all downhill. She raced home in 1:30:31 for her third fastest race. She added a second overall at the Freedom Fighters HM and was the oldest overall winner, running the Reston WDF in 20:58. She owned the five fastest times, including the Reston Firecracker 5K in 20:20. Jill Snyder is coming alive with a solid 22:04 at the Walk for the Animals 5K. Then she took the title at the prestigious Annapolis 10 Miler in 1:17:59.

Speaking of this summer, Carole Rosasco takes fourth place, looking real good at the Too Hot to Trot 10K in 46:56. Third place Debbie Crum matched her exactly with a Charlottesville 4 Miler in 29:19 to close the summer. Ninth place Kiyoko Asao-Ragosta was next there in 30:34. Crum had run an overall win at the Summer Extravaganza 5K while Rosasco ran the Angel Park 5K in 23:30. Robin Steckley commandeers fifth place with her Commonwealth Games 5K in 22:38. Sixth place Win Persina is enjoying the weekly Fletcher's Cove Park Run 5K, winning it all there in 22:47. Seventh place Amber Rader won the first of the three RRRRC Cul De Sac Series 5Ks, 22:53 to 23:21, ahead of eighth place Sandra Gray. Gray would add three more wins, including the last two Cul de Sac races. Tenth place Elizabeth Collard was second overall at the Pirate Fest 5K in 23:28. Next up, Suzanne Furr topped her age group at the AS Dawson's 10K in 48:58. Twenty-one women had at least one qualifying time for the 50-54 division, eight more for the 45-49, and two in the 40-44.

Twenty-nine women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|------------------------|-----|------------------------|-------|
| 1 | Loughran, Deedee**** | 58 | Reston, VA | 42:25 |
| 2 | Snyder, Jill*** | 56 | Annapolis, MD | 45:57 |
| 3 | Crum, Debbie* | 57 | Fishersville, VA | 46:56 |
| 4 | Rosasco, Carole** | 57 | Severna Park, MD | 46:56 |
| 5 | Steckley, Robin** | 58 | Forest, VA | 47:07 |
| 6 | Persina, Win** | 55 | Washington, DC | 47:26 |
| 7 | Rader, Amber*** | 57 | Moseley, VA | 47:39 |
| 8 | Gray, Sandra**** | 57 | Glen Allen, VA | 48:37 |
| 9 | Asao-Ragosta, Kiyoko* | 58 | Charlottesville, VA | 48:54 |
| 10 | Collard, Elizabeth* | 55 | Darlington, MD | 48:51 |
| 11 | Furr, Suzanne* | 55 | Harwood, MD | 48:58 |
| 12 | Porter, Suzanne** | 55 | Annandale, VA | 49:13 |
| 13 | Wittig, Lynda* | 55 | Millersville, MD | 49:22 |
| 14 | Harrison, Carolyn**** | 59 | Virginia Beach, VA | 49:27 |
| 15 | Toussaint, Kat** | 57 | Reston, VA | 49:31 |
| 16 | Miner, Sue** | 56 | Ellicott City, MD | 49:39 |
| 17 | Huddleston, Terri | 57 | North Chesterfield, VA | 49:39 |
| 18 | Galliani, Paula** | 56 | Gaithersburg, MD | 50:06 |
| 19 | Norman, Brenda | 59 | Annapolis, MD | 50:27 |
| 20 | Meyer, Jane* | 55 | Annapolis, MD | 51:07 |
| 21 | Cea, Kathy* | 56 | Gaithersburg, MD | 51:17 |
| 22 | Poremski, Ruth | 55 | Parkville, MD | 51:49 |
| 23 | Lather, Rosemary | 59 | Columbia, MD | 51:55 |
| 24 | Rigby Kash, Leslie* | 59 | Fredericksburg, VA | 51:58 |
| 25 | Mendelowitz, Victoria* | 55 | Arlington, VA | 52:26 |
| 26 | Kim, Jeong | 55 | Centreville, VA | 52:25 |
| 27 | Phillips, Norma*6 | 55 | Williamsburg, VA | 52:49 |
| 28 | Yao, Pamela**** | 56 | Elkridge, MD | 52:51 |
| 29 | Robinson, Barbara | 55 | Aldie, VA | 53:41 |

60-64 Women

Charlottesville 4 Miler 29:33, 10K = 47:19

This largest division contained 50 racers but only three were ever in serious contention for the title. One prolific racer noted that she just had no chance in a DCRRC event where these racers abounded. Indeed, these three ran a combined fifteen DCRRC races. Third place Mary Lowe Mayhugh had seven age groups victories, including the Colleen's BA 5K in 23:42 that left her on the fringe. The self-proclaimed *Dynamic Duo* of Ida Draim and Betty Blank were everywhere, racing in tandem. Over the years, Blank has usually been the favorite. Since Draim appeared on the scene, Blank seems to have acquiesced

her title and has used Draim's quick starts to motivate each other to faster times. Draim won eight of her nine events, besting Blank five times while only stepping outside of DCRRC races once. Her best races were at Bluemont Park with its gradual up start. If you start fast and crest the final hill just past the turnaround of this course before fatigue catches up to you, it can be very fast. Draim ran the WDF 5K there in 23:09 ahead of Blank's 23:32. Then in July, they raced there again, Draim leading the way, 22:58 to 23:22. Separation usually comes late in their races.

On the final weekend Blank proclaimed she would be ready for the Larry Noel race, preferring the longer runs. It was a longer run, as the event in its 57th year had all but twice been a 15K. Nearly all the runners who were asked are hoping they change back to the 15K, as this year's half marathon was very challenging. It had a repeat of a hilly four mile section to make up the distance and there was darkness for many of the finishers. The event features a mile two that is screaming downhill. The *Dynamic Duo* were side by side until about the 5K mark when Blank decided to go for it. Draim appeared at first to just be bidding her time but she could never make up the gap and Blank prevailed 1:48:10 to 1:48:27. It was Blank's second best race and Draim's fifth best.

Fourth place Peggy Vail was no slouch, winning the AS Dawson's 10K in 50:17. That race is largely flat but mostly out in the sun and it got very warm this summer. Fifth place Susan Anderson had a fine Commonwealth Games 5K in 50:42. Next in line, Lydia Johnson came off a solid Bel Air Town Run 5K in 24:55 in June to bust an excellent Charles Street 12M the final weekend in 1:43:05. Carolyn Harrison was the most prolific racer with fourteen races across two divisions. She ran the best of her ten wins at the East Coast Surfing Championship 5K in 24:30. Eighth place Helen Worthington raced the Yorktown Independence Day 8K in 40:23. Last summer's third ranked runner Marcy Foster slowed just a little and that is all it takes in this competitive division. She raced the Reston Firecracker 5K in 25:01 to take ninth woman. Tenth place Susan Aaronson got to watch the *Dynamic Duo* run twice at Bluemont Park, where she finished third twice. Her best was the DCRRC WDF 5K in 25:11. Eleventh place Harriet McCoy had six age groups wins, none faster than her Virginia Regional Ballet 5K In 25:22. Nineteen women had at least one qualifying time for the 55-59 division, eight more for the 50-54, and the *Dynamic Duo* in the 45-49.

Easily the largest, fifty women qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|----------------------|-----|------------------|-------|
| 1 | Draim, Ida*8 | 60 | Alexandria, VA | 47:49 |
| 2 | Blank, Betty* | 63 | Falls Church, VA | 48:39 |
| 3 | Mayhugh, Mary Lowe*7 | 60 | Washington, DC | 49:21 |
| 4 | Vail, Peggy** | 63 | Annapolis, MD | 50:17 |
| 5 | Anderson, Susan | 60 | Forest, VA | 50:42 |
| 6 | Johnson, Lydia* | 62 | Street, MD | 50:57 |

| | | | | |
|----|-----------------------|----|---------------------|---------|
| 7 | Harrison, Carolyn*10 | 60 | Virginia Beach, VA | 51:06 |
| 8 | Worthington, Helen*** | 62 | Bena, VA | 51:16 |
| 9 | Foster, Marcy** | 62 | Reston, VA | 52:11 |
| 10 | Aaronson, Susan | 62 | Arlington, VA | 52:26 |
| 11 | McCoy, Harriet*6 | 61 | Toano, VA | 52:49 |
| 12 | Wolfe, Claudia* | 64 | Alexandria, VA | 53:08 |
| 13 | Seidman, Merrilee*8 | 61 | Alexandria, VA | 53:18 |
| 14 | Crist, Rose | 61 | Lanexa, VA | 53:16 |
| 15 | Ball, Nancy* | 60 | Fredericksburg, VA | 53:47 |
| 16 | Langlois, Harriet** | 60 | Frederick, MD | 54:06 |
| 17 | Phillips, Hannah | 64 | Alexandria, VA | 54:18 |
| 18 | Snead, Susan* | 61 | Virginia Beach, VA | 54:16 |
| 19 | Lauzon, Jean** | 63 | Spotsylvania, VA | 54:27 |
| 20 | Newton, Frances** | 62 | Richmond, VA | 54:39 |
| 21 | Robison, Debi* | 61 | Troutville, VA | 54:36 |
| 22 | Romine, Terry* | 62 | Baltimore, MD | 55:11 |
| 23 | Wake, Sharon* | 61 | Richmond, VA | 55:10 |
| 24 | Beaupre, Carol | 60 | Ashburn, VA | 55:48 |
| 25 | Heeschen, Eleni** | 61 | Charlottesville, VA | 55:44 |
| 26 | Brashares, Edith* | 60 | Arlington, VA | 55:52 |
| 27 | Evans, Cynthia** | 61 | Randallstown, MD | 56:02 |
| 28 | Nusbaum, Maria | 64 | Reston, VA | 56:04 |
| 29 | Freeman, B.J.** | 63 | Kensington, MD | 56:15 |
| 30 | Renardy, Yuriko** | 61 | Blacksburg, VA | 56:32 |
| 31 | Rockhill, Amy** | 64 | Roanoke, VA | 56:23 |
| 32 | Seigfried, Marilee | 64 | Purcellville, VA | 56:34 |
| 33 | Von Bargaen, Lynda** | 60 | Brookeville, MD | 56:36 |
| 34 | Johnson, Mary* | 62 | Bel Air, MD | 56:54 |
| 35 | Hallock, Bonnie* | 63 | Havre De Grace, MD | 56:59 |
| 36 | Wilson, Cristi* | 61 | Richmond, VA | 57:07 |
| 37 | Wiggins, Evangeline** | 62 | Pikesville, MD | 57:32 |
| 38 | Whittington, Karen* | 64 | Baltimore, MD | 57:25 |
| 39 | Kuhlman, Vickie* | 62 | Roanoke, VA | 57:33 |
| 40 | Hennes, Kathy** | 64 | Annapolis, MD | 57:43 |
| 41 | Johnson, Julianne* | 62 | Baldwin, MD | 57:41 |
| 42 | Dabney, Dorothy* | 62 | Charlottesville, VA | 57:41 |
| 43 | Weeks, Sharon* | 62 | Virginia Beach, VA | 58:53 |
| 44 | Davis, Peggy | 64 | Fairfax, VA | 59:45 |
| 45 | Ronning, Cathy* | 60 | Brookeville, MD | 1:00:00 |
| 46 | Hansen-Vessa, Carol | 62 | Reston, VA | 1:00:02 |
| 47 | Row, Elizabeth** | 61 | Arlington, VA | 1:00:10 |
| 48 | Fitzgerald, Sue | 61 | Virginia Beach, VA | 1:01:02 |
| 49 | Willis, Nancy** | 60 | Westminster, MD | 1:01:14 |

65-69 Women

Annapolis 10 Miler 1:22:22, 10K = 49:30

Some 5K races are just blazing fast and always produce fast times. Some are net downhill, some are short. Sometimes the weather is ideal. Sometimes the competition makes the speed. Alice Franks is returning to form and had nine age group wins, including eight of the top ten times. Early on, Betty Brothers was the clear leader at the swift Eggleston OK 5K in 24:06. The day after that, Franks ran the Herndon Festival 10K in 51:11, to close within a minute in her second fastest event. Ninth place Linda Kearney was next there in 58:09. The following week, Franks returned to the Purple Strides 5K, known for fast times, and settled for 24:37. That did easily best fifth place Elizabeth Sadoff (26:41) and tenth place Ann Rosenthal (28:05). Franks would have a tough time at the hot and hilly Autism Speaks 5K in 25:15, ahead of Sadoff's 27:06, but as July came to a close, she raced a fine Riley's Rumble HM in 1:54:53. That was faster than Brothers ran at the Rock 'n' Roll Half Marathon (1:55:27) to close the season. Franks had two solid 5Ks on Labor Day weekend on fast courses, both closing with a solid downhill.

Franks saved all her energy for the biggest race of the summer and rushed past Brothers to the title, winning the Annapolis 10 miler in 1:22:22. Fourth ranked Maria Shields was just passing mile eight when Franks finished. Shields won at the Baltimore Women's Classic 5K in 25:26. Then, she for emphasis she confirmed her spot dealing with the Independence Day heat winning the Arbutus Firecracker 10K in 55:40. Third place Ginny Hughes eschewed the A Ten and raced the Southlakes 10K in 52:38. She closed the season at the Chick-fil-A Dash for Diabetes 4M in 33:00, and now with her feet wet in the new division, is on the rise. Everybody races on July 4th and sixth place Barbara Biasi is no exception, winning the Yorktown Independence Day 8K in 45:06. She finished well ahead of seventh ranked Patricia Travis who also had three faster races, including the Virginia Regional Ballet 5K in 27:43 to close on her. The Bel Air Town Run goes screaming downhill for most of the first mile and even with the heat and hills on the way back usually produces solid times. Eighth place Esther Buchser ran 27:53 there to earn first place points in this RRCA championship event. Fourteen of these ladies would have qualified for the 60-64 division as well.

Thirty-five runners qualified for the division.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|--------------------|-------|
| 1 | Franks, Alice*9 | 68 | Rockville, MD | 49:30 |
| 2 | Brothers, Betty**** | 69 | Virginia Beach, VA | 50:11 |
| 3 | Hughes, Ginny**** | 65 | Warrenton, VA | 52:38 |

| | | | | |
|----|------------------------|----|-------------------|---------|
| 4 | Shields, Maria** | 65 | Davidsonville, MD | 52:57 |
| 5 | Sadoff, Elizabeth* | 66 | Washington, DC | 55:33 |
| 6 | Biasi, Barbara** | 68 | Yorktown, VA | 57:15 |
| 7 | Travis, Patricia***** | 65 | Williamsburg, VA | 57:42 |
| 8 | Buchser, Esther | 67 | Abingdon, MD | 58:03 |
| 9 | Kearney, Linda* | 69 | Leesburg, VA | 58:09 |
| 10 | Rosenthal, Ann | 67 | Bethesda, MD | 58:28 |
| 11 | McFaden, Lynn** | 65 | Evington, VA | 58:53 |
| 12 | Forsha, Anne** | 65 | Derwood, MD | 59:44 |
| 13 | Sielen, Virginia** | 68 | Oakton, VA | 59:35 |
| 14 | Terwillger, Susan* | 65 | Blacksburg, VA | 1:01:27 |
| 15 | O'Connell, Diane | 67 | Westminster, MD | 1:02:32 |
| 16 | Dowling, Donna** | 66 | Weems, VA | 1:02:43 |
| 17 | Allen, Deborah** | 66 | Lynchburg, VA | 1:03:07 |
| 18 | Stanfield, Leslie | 67 | Reston, VA | 1:03:31 |
| 19 | Reese, Chris** | 65 | Westminster, MD | 1:03:45 |
| 20 | Fisher, Laurie* | 65 | Hyattsville, MD | 1:03:45 |
| 21 | Norton, Lou***** | 69 | Richmond, VA | 1:04:04 |
| 22 | Scott, Judith | 65 | Gaithersburg, MD | 1:05:43 |
| 23 | Schuster, Lu | 67 | Leesburg, VA | 1:06:20 |
| 24 | Underwood, Gloria***** | 65 | Floyd, VA | 1:06:56 |
| 25 | St. Clair, Christy** | 67 | Glen Arm, MD | 1:07:11 |
| 26 | Kemper, Catherine* | 65 | Nellysford, VA | 1:07:51 |
| 27 | McKenney, Donna** | 66 | Annapolis, MD | 1:08:59 |
| 28 | Reid, Marie** | 66 | Great Falls, VA | 1:09:53 |
| 29 | Quantrille, Barbara | 68 | Burke, VA | 1:10:31 |
| 30 | Jordan, Wendy | 69 | Washington, DC | 1:11:02 |
| 31 | Teal, Hazel | 65 | Baltimore, MD | 1:11:08 |
| 32 | Fahy, Loretta | 67 | Frederick, MD | 1:11:30 |
| 33 | Clerkin, Mary | 67 | North East, MD | 1:11:34 |
| 34 | Goodman, Rae Jean | 68 | Annapolis, MD | 1:12:04 |
| 35 | Robinson, Lena* | 67 | Nellysford, VA | 1:13:32 |

70-74 Women

AS Dawson's 10K 56:16

Linda Tice had a solid Four on the Fourth 4M in 39:22. Dee Nelson had already finished more than ten minutes earlier running the Montgomery Village 5K in 28:26 for her third fastest race. Five days later the two runners met at the Annapolis Striders WDF 5K and Nelson prevailed 27:30 to 28:19 for her fastest time of the season. Still, Tice was not done yet. She improved greatly, blasting the Too Hot to Trot 10K in mid-August in 56:34 to take the division crown. These two runners each had five of the top ten races. Fourth place Gretchen Bolton ran

the hot and hilly River Rumble in 2:21:54 for her rank. Her other race was Little Bennett 10K that made the Rumble seem like a flat course though the run through the stream may have helped to cool one off.

Many of the races this summer were so hot and humid that times wilted greatly. The next three racers competed at the tough Annapolis ten mile course. Race winner Karen Kautz did so well that she moved past Bolton into third place with her 1:45:03. She also ran the Eastern County 8K in 51:24 for her second best effort. Fifth place Pat Welch beat sixth ranked Molly Sherwood on her home ground, 1:48:49 to 1:50:18. Welch, a glutton for punishment, went to Virginia Beach the next week for the Rock 'n' Roll HM, though her best race in all was the Reston Firecracker 5K in 31:02. Sherwood followed her A Ten race with the Kentlands/Lakelands 5K in 34:12 to match seventh place Connie Friend's second best race, the Summer Extravaganza 5K, exactly. Friend took her spot at the Charlottesville 4 Miler in 43:56.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------|-----|---------------------|---------|
| 1 | Tice, Linda*** | 70 | Timonium, MD | 56:34 |
| 2 | Nelson, Dee*6 | 72 | Gaithersburg, MD | 57:15 |
| 3 | Kautz, Karen** | 72 | Silver Spring, MD | 1:03:08 |
| 4 | Bolton, Gretchen* | 70 | Bethesda, MD | 1:04:07 |
| 5 | Welch, Pat**** | 71 | Vienna, VA | 1:04:44 |
| 6 | Sherwood, Molly* | 74 | Annapolis, MD | 1:06:17 |
| 7 | Friend, Connie** | 70 | Charlottesville, VA | 1:09:00 |
| 8 | Thomas, Susan*** | 73 | Charlottesville, VA | 1:12:11 |
| 9 | Wiggs, Frances** | 72 | Virginia Beach, VA | 1:12:17 |
| 10 | Zehnacker, Carol* | 71 | Frederick, MD | 1:15:35 |
| 11 | Mayhew, Mary | 70 | Winchester, VA | 1:16:09 |
| 12 | Hanna, Judy*8 | 72 | Williamsburg, VA | 1:16:18 |
| 13 | Sears, Rebecca** | 70 | Shawsville, VA | 1:16:29 |
| 14 | Smith, Rosemary** | 70 | Annapolis, MD | 1:16:59 |
| 15 | Novak, Jeanette*14 | 72 | Damascus, MD | 1:21:43 |
| 16 | Butler, Ruth | 73 | Derwood, MD | 1:22:10 |
| 17 | Trapp, Julie | 72 | Silver Spring, MD | 1:25:31 |
| 18 | Blount, Nancy* | 70 | Williamsburg, VA | 1:26:26 |
| 19 | Geltner, Sharon | 72 | Warrenton, VA | 1:29:40 |

75-79 Women

Run with Dad 5K 32:10, 10K = 1:06:58

Ecris Williams won all of her seven races, including the top five races. Her fifth best race at the Southlakes 10K was the race that won summer 2015 for her. This time she used four fast 5Ks to do the trick. She ran all the usual PRR= race courses and did best at the Run with Dad 5K in 32:10. Second place Janet

Hughes is nearly at the end of this division and ended the summer with the Chick-fil-A Dash for Diabetes 4M in 43:56, leapfrogging ahead of Laura Pitts. Pitts had improved on her Annapolis 10M in 2:09:36 by going even longer at the Charles Street 12M on the final weekend in 2:25:07.

Fifth place Mandy Whalen ran the always fast Purple Strides 5K in 35:40. Then three days later, bested Tami Graf at the DCRRC WDF 5K, 37:12 to 37:24. Graf replied five days later at the AS Dawson's 10K in 1:13:30 with enough gusto to push past Whalen into fourth place. That would be her last race before she entered the new age group. Sixth place Judy Stewart narrowly out-placed Martha Sikes with her Super Hero 5K at The Vineyards in 37:38. Sikes ran the Kiwanis Club Independence Day 5K just two seconds slower. However, Stewart added three more wins faster than Sikes next best event. The division nearly doubled from last year.

| PI | Name | Age | Hometown | 10K= |
|----|--------------------|-----|---------------------|---------|
| 1 | Williams, Ecris*7 | 77 | Reston, VA | 1:06:58 |
| 2 | Hughes, Janet** | 79 | Winchester, VA | 1:10:20 |
| 3 | Pitts, Laura*** | 77 | Baltimore, MD | 1:11:44 |
| 4 | Graf, Tami***** | 79 | Lusby, MD | 1:13:30 |
| 5 | Whalen, Mandy***** | 76 | Falls Church, VA | 1:14:15 |
| 6 | Stewart, Judy*** | 77 | Williamsburg, VA | 1:18:21 |
| 7 | Sikes, Martha* | 75 | Charlottesville, VA | 1:18:25 |
| 8 | Dicker, Lois** | 76 | Silver Spring, MD | 1:19:26 |
| 9 | Crocker, Bonnie* | 78 | Culpeper, VA | 1:30:44 |
| 10 | Drewry, Maxine* | 75 | Roanoke, VA | 1:31:53 |
| 11 | Smith, Betty | 75 | Rockville, MD | 1:32:15 |
| 12 | Franke, Shirley* | 76 | Baltimore, MD | 1:33:10 |
| 13 | Kemble, Sarah** | 77 | Columbia, MD | 1:35:13 |

80-84 Women

Fletcher's Park Run 5K #26 34:30, 10K = 1:12:11

Tami Graf aged up in July and, as expected, torched the new division as she has every five years for decades. She honed her skills on the track, setting many 2016 best times. Many of the courses she ran were cross country and/or hilly. She ended July on the course of the weekly Fletcher's Cove Park runs and had easily her fastest race on the flat course along the canal. That time was nearly three minutes faster than her next best 5K at the Kentland's which has a couple of hills but is generally a fast course as well. Runner-up Zoena Yannakakis was next, racing the BRRRC GPS 5K in 43:54. That course provided some fast times as well for many runners. She followed that on Independence Day at the Four on the Fourth in 59:04.

Third place Yvonne Aasen won all eight of her races before moving on to the next division. Originally from Annapolis, she ran three races there, including the tough hills on the cross country Dog Days 8K. The other five wins were in Westminster where she now resides, and none of them have heard the word flat. Her fastest of these roller coasters was the WRC Pleasant Valley 4M in 1:03:25. Fourth place Mitzi Humphrey ran the Pony Pasture 5K in 53:30.

| PI | Name | Age | Hometown | 10K= |
|----|---------------------|-----|-----------------|---------|
| 1 | Graf, Tami-6 | 80 | Lusby, MD | 1:12:11 |
| 2 | Yannakakis, Zoena** | 80 | Sparks, MD | 1:31:24 |
| 3 | Aasen, Yvonne*8 | 84 | Westminster, MD | 1:41:32 |
| 4 | Humphrey, Mitzi**** | 80 | Midlothian, VA | 1:51:23 |

85-89 Women

Railroad Days 5K 40:59, 10K = 1:25:20

From the far southwest corner, Ruth Ketron ran an excellent Railroad Days 5K in 40:59 to win the division ahead of Pat Eden who has been producing in Williamsburg for many years. She ran the Kingswood Klam 5K in 51:50. Often age misprints make qualifiers difficult to access. However, when an 85-year-old runs a world record pace, we wait for a second race to be sure of what we have. In August, Yvonne Aasen aged up, and for the fall, we expect her to be looking for a new division title.

| PI | Name | Age | Hometown | 10K= |
|----|--------------|-----|------------------|---------|
| 1 | Ketron, Ruth | 86 | Kingsport, TN | 1:25:20 |
| 2 | Eden, Pat | 85 | Williamsburg, VA | 1:47:55 |

90 & Older Women

No Qualifiers for the summer.

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

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

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

30K, 20M, or Marathon

* Road race or cross-country

* Gun time

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

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

Runners will be ranked by age divisions for both men and women, with the divisions being open, 19 & younger, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 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 form these rankings. The preliminary sort is based on seasonal rankings and best times. The final ranking is again based on head-to-head competitive results, with time playing a secondary, though at times a deciding, role. One special race can at times put a runner over the top, though consistency is a valued asset. I have devised the **Moreland Racing Factor** to help in deciding close contests.

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

get a more complete explanation of individual rankings, contact me at runjames3@aol.com.

Moreland Racing Factor

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

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

The current qualifying standards for the 10K are:

| Age Group | Men | Women |
|------------------|------------|--------------|
| Open | 34:20 | 41:15 |
| 19 & younger | 38:20 | 46:05 |
| 35-39 | 36:40 | 44:10 |
| 40-44 | 38:20 | 46:05 |
| 45-49 | 39:45 | 48:45 |
| 50-54 | 42:00 | 51:45 |
| 55-59 | 43:55 | 54:30 |
| 60-64 | 49:45 | 1:02:05 |
| 65-69 | 52:50 | 1:15:00 |
| 70-74 | 56:20 | 1:29:40 |
| 75-79 | 1:32:30 | 1:39:00 |
| 80 & older | 1:45:00 | 1:50:00 |

The ranking periods for the 2016 ranking year:

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

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

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

| Event | Location | Date |
|---|---------------------|-------------|
| Boxer Brief Battle 5K | Richmond, VA | 4-Jun-16 |
| Fox Hill Community 5K | Hampton, VA | 4-Jun-16 |
| Eggleston OK 5K | Virginia Beach, VA | 4-Jun-16 |
| Run for the River 4M | Fredericksburg, VA | 4-Jun-16 |
| Race4Respect 5K | Washington, DC | 4-Jun-16 |
| Kingswood Klam 5K | Williamsburg, VA | 4-Jun-16 |
| 4 the Wounded 5K | Charlottesville, VA | 4-Jun-16 |
| Empowering Action 5K | Gaithersburg, MD | 4-Jun-16 |
| Hope Church 5K | Richmond, VA | 4-Jun-16 |
| Happy Hour 5K | Ashland, VA | 4-Jun-16 |
| Happy Hour 10K | Ashland, VA | 4-Jun-16 |
| NASA Moonwalk 5K | Hampton, VA | 4-Jun-16 |
| Colleen's BA 5K | Kensington, MD | 4-Jun-16 |
| Virginia Wine Country Half Marathon | Hillsboro, VA | 4-Jun-16 |
| Zooma 10K | Annapolis, MD | 4-Jun-16 |
| Zooma HM | Annapolis, MD | 4-Jun-16 |
| Baltimore 10 Miler | Baltimore, MD | 4-Jun-16 |
| Bel Air Town Run 5K | Bel Air, MD | 5-Jun-16 |
| Matzohball 5K | Ellicott City, MD | 5-Jun-16 |
| Schechter on the Move 5K | Pikesville, MD | 5-Jun-16 |
| Blind Dot Dash 6K | Baltimore, MD | 5-Jun-16 |
| Owen Lea Foundation 5K | Fredericksburg, VA | 5-Jun-16 |
| Star Kid 5K | Fairfax, VA | 5-Jun-16 |
| Herndon Festival 10K | Herndon, VA | 5-Jun-16 |
| Herndon Festival 5K | Herndon, VA | 5-Jun-16 |
| Henderson Husky 5K | Dumfries, VA | 5-Jun-16 |
| Run for the Wounded Warriors HM | Triangle, VA | 5-Jun-16 |
| DC Front Runners Pride Run 5K | Washington, DC | 10-Jun-16 |
| Fletcher's Park Run 5K #19 | Washington, DC | 11-Jun-16 |
| AFCEA Run for Excellence 5K | Baltimore, MD | 11-Jun-16 |
| Gene Monteaugue 5K | Woodbridge, VA | 11-Jun-16 |
| Crofton Kiwanis - Team Surlis 10K Challenge | Crofton, MD | 11-Jun-16 |
| Purple Strides 5K | Washington, DC | 11-Jun-16 |
| Team Mathias 5K | Leesburg, VA | 11-Jun-16 |
| PRR Twilight Festival 4 Miler | Ashburn, VA | 11-Jun-16 |
| Reston WDF 5K | Reston, VA | 11-Jun-16 |
| Thunder Hill 5K | Columbia, MD | 11-Jun-16 |
| Pirate Fest 5K | Havre de Grace, MD | 11-Jun-16 |
| Woodstock 5 Mile | Woodstock, VA | 11-Jun-16 |
| Run for the Bacon 5K | Williamsburg, VA | 11-Jun-16 |
| CXB Low Rent 5K | Virginia Beach, VA | 11-Jun-16 |
| Lawyers Have Heart 10K | Washington, DC | 11-Jun-16 |
| Lawyers Have Heart 5K | Washington, DC | 11-Jun-16 |
| Varmint Half Marathon | Burke Gardens, VA | 11-Jun-16 |
| Nick Adenhardt 5K | Hagerstown, MD | 11-Jun-16 |
| Celebrate Fairfax 5K | Fairfax, VA | 12-Jun-16 |
| Damien's Run for Recovery 5K | Columbia, MD | 12-Jun-16 |
| Running with the Devils 5K | Towson, MD | 12-Jun-16 |

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|--|---------------------|-----------|
| SPCA Run for Shelter 5K | Fredericksburg, VA | 12-Jun-16 |
| Alex's Run 5K | Olney, MD | 12-Jun-16 |
| DCRRC After the Women 5K | Arlington, VA | 14-Jun-16 |
| DCRRC WDF 5K | Arlington, VA | 14-Jun-16 |
| Tidal Basin Runs 5K | Washington, DC | 15-Jun-16 |
| Lynchburg Track 5K | Lynchburg, VA | 16-Jun-16 |
| Oakland Mills 5K | Clarksville, MD | 17-Jun-16 |
| Fort Belvoir | Fort Belvoir, VA | 17-Jun-16 |
| Fletcher's Park Run 5K #20 | Washington, DC | 18-Jun-16 |
| Mountain States Rehab 5K | Norton, VA | 18-Jun-16 |
| Rite Aid 5K | Perryman, MD | 18-Jun-16 |
| 4 Miles for Charity | Catonsville, MD | 18-Jun-16 |
| Summer Slam 5K | Virginia Beach, VA | 18-Jun-16 |
| MCRRC Run for the Roses 5K | Wheaton, MD | 18-Jun-16 |
| Losing to Live 5K | Annandale, VA | 18-Jun-16 |
| Born to Run Memorial 5K | Chantilly, VA | 18-Jun-16 |
| Chesty Puller Memorial Twin Bridge 10K | West Point, VA | 18-Jun-16 |
| Humankind 5K | Lynchburg, VA | 18-Jun-16 |
| Moonlight 5K | Bel Air, MD | 18-Jun-16 |
| Loyola River 5K | Faulkner, MD | 18-Jun-16 |
| Braxton 5K | Gloucester, VA | 18-Jun-16 |
| Summer Solstice Twilight 8K | Frederick, MD | 18-Jun-16 |
| Run for Justice 10K | Danville, VA | 18-Jun-16 |
| Run for Justice 5K | Danville, VA | 18-Jun-16 |
| Gunpowder 10M | Edgewood, MD | 18-Jun-16 |
| Friendship Health HM | Roanoke, VA | 18-Jun-16 |
| Friendship Health 10K | Roanoke, VA | 18-Jun-16 |
| Run with Dad 5K | Reston, VA | 19-Jun-16 |
| ZERO Prostate Cancer Run 5K | Arlington, VA | 19-Jun-16 |
| Walk for the Animals 5K | Annapolis, MD | 19-Jun-16 |
| GBMC Father's Day 5K | Towson, MD | 19-Jun-16 |
| AS Dawson's 10K | Severna Park, MD | 19-Jun-16 |
| Battling Cancer 5K | Fredericksburg, VA | 19-Jun-16 |
| Father's Day 8K | Washington, DC | 19-Jun-16 |
| BRRRC GPS 5K | Baltimore, MD | 19-Jun-16 |
| Thanks Dad 5K | Midlothian, VA | 19-Jun-16 |
| Hugh Jascourt 4M | Washington, DC | 21-Jun-16 |
| VAB Summer Series 5K #1 | Virginia Beach, VA | 22-Jun-16 |
| WRC Run with the Knights 5K | Sykesville, MD | 23-Jun-16 |
| Centennial CC 5K | Ellicott City, MD | 24-Jun-16 |
| Fletcher's Park Run 5K #21 | Washington, DC | 25-Jun-16 |
| Chesapeake City Canal Run 5K | Chesapeake City, MD | 25-Jun-16 |
| Crab 5K | Baltimore, MD | 25-Jun-16 |
| Jackson River Trail 10K | Covington, VA | 25-Jun-16 |
| Jackson River Trail HM | Covington, VA | 25-Jun-16 |
| Run for Recovery 8K | Roanoke, VA | 25-Jun-16 |
| DC Metro HBCU Alumni Alliance 5K | Washington, DC | 25-Jun-16 |
| Race 4 Ever 5K | Washington, DC | 25-Jun-16 |
| Workhouse 5K | Lorton, VA | 25-Jun-16 |
| Mimi's 5K | Charlottesville, VA | 25-Jun-16 |

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|---------------------------------------|---------------------|-----------|
| Brightviews Age Is Just A Number 5K | Bel Air, MD | 25-Jun-16 |
| Iron Furnace 5K Run | Lonaconing, MD | 25-Jun-16 |
| Delightfully Different 3.5M | Petersburg, VA | 25-Jun-16 |
| Suds & Soles 5K | Rockville, MD | 25-Jun-16 |
| Baltimore Women's Classic 5K | Baltimore, MD | 26-Jun-16 |
| RWB 5K | Washington, DC | 26-Jun-16 |
| RWB HM | Washington, DC | 26-Jun-16 |
| Grant Pierce Marathon | Arlington, VA | 26-Jun-16 |
| FSC Firecracker 5K | Frederick, MD | 29-Jun-16 |
| VAB Summer Series 5K #2 | Virginia Beach, VA | 29-Jun-16 |
| Annapolis Track Meet #3 | Annapolis, MD | 29-Jun-16 |
| Fletcher's Park Run 5K #22 | Washington, DC | 2-Jul-16 |
| Percival's Island Five Miler | Lynchburg, VA | 2-Jul-16 |
| Mr. America 5K | Upper Marlboro, MD | 2-Jul-16 |
| Carry the Flag 5K | Washington, DC | 2-Jul-16 |
| Reedville Firecracker 5K | Reedville, VA | 2-Jul-16 |
| Little Bennett 10K | Clarksburg, MD | 3-Jul-16 |
| Fireworks 5K | Fredericksburg, VA | 3-Jul-16 |
| Yorktown Independence Day 8K | Yorktown, VA | 4-Jul-16 |
| PVTC Go Fourth 8K | Alexandria, VA | 4-Jul-16 |
| FARC Heritage Festival 5 Mile Run | Fredericksburg, VA | 4-Jul-16 |
| Reston Firecracker 5K | Reston, VA | 4-Jul-16 |
| Freedom 5K | Fairfax, VA | 4-Jul-16 |
| Deltaville 5K | Deltaville, VA | 4-Jul-16 |
| Montgomery Village 5K | Gaithersburg, MD | 4-Jul-16 |
| Patriot's 5K | Midlothian, VA | 4-Jul-16 |
| Autism Speaks 5K | Potomac, MD | 4-Jul-16 |
| Kiwanis Club Independence Day 5K | Charlottesville, VA | 4-Jul-16 |
| OPA Freedom 5K | Ocean Pines, MD | 4-Jul-16 |
| Race to the Creek 5K | Lusby, MD | 4-Jul-16 |
| DCRRC Age-Handicapped 4 Mile | Carderock, MD | 4-Jul-16 |
| Four on the Fourth 4M | Roanoke, VA | 4-Jul-16 |
| YMCA Independence Day 5K | Virginia Beach, VA | 4-Jul-16 |
| Shawsville 5K | Shawsville, VA | 4-Jul-16 |
| Arbutus Firecracker 10K | Arbutus, MD | 4-Jul-16 |
| Heritage 6K | Dundalk, MD | 4-Jul-16 |
| Brandermill 7.4K | Midlothian, VA | 4-Jul-16 |
| Independence Day Classic 17.76K | Charles City, VA | 4-Jul-16 |
| Independence Day Classic 7.4K | Charles City, VA | 4-Jul-16 |
| Culpeper 4th of July Freedom 5K | Culpeper, VA | 4-Jul-16 |
| Liberty 5K | Winchester, VA | 4-Jul-16 |
| Four on the Fourth 4M | Towson, MD | 4-Jul-16 |
| Jack Barr Memorial Run for Freedom 5K | Williamsport, MD | 4-Jul-16 |
| VAB Summer Series 5K #3 | Virginia Beach, VA | 6-Jul-16 |
| Francis Scott Key 6K | Union Bridge, MD | 7-Jul-16 |
| Chesapeake HS CC 5K | Northeast, MD | 7-Jul-16 |
| Buddy Attick #1 | Greenbelt, MD | 7-Jul-16 |
| Fletcher's Park Run 5K #23 | Washington, DC | 9-Jul-16 |
| AS Run after the Women 5K | Annapolis, MD | 9-Jul-16 |
| AS WDF 5K | Annapolis, MD | 9-Jul-16 |

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| Shine 5K | Virginia Beach, VA | 9-Jul-16 |
| Road Rage 5K | Norfolk, VA | 9-Jul-16 |
| Carilion Clinic Life-Guard 5K | Roanoke, VA | 9-Jul-16 |
| Lisa's Run 5K | Westernport, MD | 9-Jul-16 |
| Summer Extravaganza 10K | Waynesboro, VA | 9-Jul-16 |
| Summer Extravaganza 5K | Waynesboro, VA | 9-Jul-16 |
| Westminster WDF 5K | Union Mills, MD | 10-Jul-16 |
| Fredericksburg 10K | Fredericksburg, VA | 10-Jul-16 |
| Pikesville 5K | Pikesville, MD | 10-Jul-16 |
| Catch a Pig 5K | Bel Air, MD | 10-Jul-16 |
| RRRC Cul De Sac Series 5K #1 | Richmond, VA | 11-Jul-16 |
| VAB Summer Series 5K #4 | Virginia Beach, VA | 13-Jul-16 |
| DCRRC Bastille Day 3.59M | Washington, DC | 14-Jul-16 |
| Reservoir HS 5K | Fulton, MD | 15-Jul-16 |
| Park Heights Community Health Alliance 5K | Baltimore, MD | 16-Jul-16 |
| Fletcher's Park Run 5K #24 | Washington, DC | 16-Jul-16 |
| Rockville Rotary Twilight 5K | Rockville, MD | 16-Jul-16 |
| Fairview 5K | Charlottesville, VA | 16-Jul-16 |
| Commonwealth Games 5K | Roanoke, VA | 16-Jul-16 |
| Allen Stone Memorial 5K | Virginia Beach, VA | 16-Jul-16 |
| Virginia Regional Ballet 5K | Williamsburg, VA | 16-Jul-16 |
| Lakefest 5K | Clarksville, VA | 16-Jul-16 |
| Sundae 5K | Centreville, VA | 17-Jul-16 |
| Tropical Smoothie Cafe 5K | Virginia Beach, VA | 17-Jul-16 |
| Hagerstown 5K | Hagerstown, MD | 17-Jul-16 |
| Hustle and Bustle 5K | Triangle, VA | 17-Jul-16 |
| Dash 10K | Washington, DC | 17-Jul-16 |
| RRRC Cul De Sac Series 5K #2 | Richmond, VA | 18-Jul-16 |
| Tidal Basin 5K | Washington, DC | 20-Jul-16 |
| DCRRC Bluemont 5K | Arlington, VA | 20-Jul-16 |
| VAB Summer Series 5K #5 | Virginia Beach, VA | 20-Jul-16 |
| WRC Pleasant Valley 4M | Westminster, MD | 21-Jul-16 |
| Annapolis Area Christian 5K | Severn, MD | 21-Jul-16 |
| Scare that Cares 5K | Williamsburg, VA | 22-Jul-16 |
| Fletcher's Park Run 5K #25 | Washington, DC | 23-Jul-16 |
| Run for the Pie 10K | Mountaindale, MD | 23-Jul-16 |
| Crystal City Twilight 5K | Arlington, VA | 23-Jul-16 |
| Glowstick 5K | Fredericksburg, VA | 23-Jul-16 |
| Service Above Self 5K | Abingdon, VA | 23-Jul-16 |
| Service Above Self 10K | Abingdon, VA | 23-Jul-16 |
| PRR Birthday Bash 5K | Fairfax, VA | 24-Jul-16 |
| Running with the Pigs 5K | Fair Hill, MD | 24-Jul-16 |
| Sunday Runday 5K | Virginia Beach, VA | 24-Jul-16 |
| Rosaryville 10K | Upper Marlboro, MD | 24-Jul-16 |
| RRRC Cul De Sac Series 5K #3 | Richmond, VA | 25-Jul-16 |
| Memorial Scholarship 5K | Norfolk, VA | 26-Jul-16 |
| VAB Summer Series 5K #6 | Virginia Beach, VA | 27-Jul-16 |
| Fletcher's Park Run 5K #26 | Washington, DC | 30-Jul-16 |
| Coast Guard Day 5K | Yorktown, VA | 30-Jul-16 |
| Pony Pasture 5K | Richmond, VA | 30-Jul-16 |

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| Riley's Rumble 8K | Germantown, MD | 31-Jul-16 |
| Riley's Rumble HM | Germantown, MD | 31-Jul-16 |
| Freedom Fighters HM | Triangle, VA | 31-Jul-16 |
| Freedom Fighters 5K | Triangle, VA | 31-Jul-16 |
| Anchor Run 5K | Odenton, MD | 31-Jul-16 |
| Steve Thompson 8K | Springfield, VA | 2-Aug-16 |
| VAB Summer Series 5K #6 | Virginia Beach, VA | 3-Aug-16 |
| Kinder Park Farm 5K | Millersville, MD | 4-Aug-16 |
| Runnymede 8K | Westminster, MD | 4-Aug-16 |
| River Hill 5K | Clarksville, MD | 5-Aug-16 |
| AT&T BoMF Baltimore Sneaks Come Out at Night 15K | Baltimore, MD | 5-Aug-16 |
| Fletcher's Park Run 5K #27 | Washington, DC | 6-Aug-16 |
| Casey Cases 5K | Baltimore, MD | 6-Aug-16 |
| Help 4 Our Children 5K | Sterling, VA | 6-Aug-16 |
| Railroad Days 5K | Appalachia, VA | 6-Aug-16 |
| Friends of W&OD 10K | Vienna, VA | 6-Aug-16 |
| Ben Moore HM | Annapolis, MD | 6-Aug-16 |
| Mindy van Pelt 5K | Barton, MD | 6-Aug-16 |
| VAB Summer Series 5K #7 | Virginia Beach, VA | 10-Aug-16 |
| AS Dog Days 8K | Arnold, MD | 7-Aug-16 |
| Summer Strides 5K | Alexandria, VA | 7-Aug-16 |
| Buddy Attick #5 | Greenbelt, MD | 11-Aug-16 |
| Moonlight 4 Miler | Glen Allen, VA | 11-Aug-16 |
| Howard High 5K | Ellicott City, MD | 12-Aug-16 |
| Donut Alley Rally 5K | Hagerstown, MD | 12-Aug-16 |
| Fletcher's Park Run 5K #28 | Washington, DC | 13-Aug-16 |
| FSC WDF 5K | Frederick, MD | 13-Aug-16 |
| Transitions 5K | Hampton, VA | 13-Aug-16 |
| Comus 5K | Comus, MD | 13-Aug-16 |
| Lynchburg 5K | Lynchburg, VA | 13-Aug-16 |
| Lynchburg Half Marathon | Lynchburg, VA | 13-Aug-16 |
| Ryan Dixon Memorial 5K | Abingdon, VA | 13-Aug-16 |
| River Valley Ranch Trail Run 5K | Manchester, MD | 13-Aug-16 |
| River Valley Ranch Trail Run 10K | Manchester, MD | 13-Aug-16 |
| Running with the Rams 5K | Edgewood, MD | 13-Aug-16 |
| Health Focus of SW Virginia Salem 10K | Salem, VA | 13-Aug-16 |
| Health Focus of SW Virginia Salem 5K | Salem, VA | 13-Aug-16 |
| Run Back to School Glow Run 5K | Roanoke, VA | 13-Aug-16 |
| Super Hero 5K at The Vineyards | Williamsburg, VA | 13-Aug-16 |
| Hartwood 10 Mile | Fredericksburg, VA | 14-Aug-16 |
| Dismal Swamp 10M | Chesapeake, VA | 14-Aug-16 |
| Pirates and Wenches 5K | Rock Hall, MD | 14-Aug-16 |
| Angel Park 5K | Perry Hall, MD | 14-Aug-16 |
| Georgetown 5K | Washington, DC | 14-Aug-16 |
| Boordy Vineyard 5K | Hydes, MD | 14-Aug-16 |
| DCRRC Paul Thurston 4.5M | Burke, VA | 16-Aug-16 |
| Smart Smiles 5K | Newport News, VA | 20-Aug-16 |
| TCRR Race for the Cause 5K | Colonial Heights, VA | 20-Aug-16 |
| Fletcher's Park Run 5K #29 | Washington, DC | 20-Aug-16 |
| Eastern County 8K | Silver Spring, MD | 20-Aug-16 |

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| Dreaded Druid Hills 10K | Baltimore, MD | 20-Aug-16 |
| DCRRC Landon 3M | Bethesda, MD | 20-Aug-16 |
| FAB 5K | Salem, VA | 20-Aug-16 |
| Gary Brown Memorial C&O Canal 5 Miler | Williamsport, MD | 20-Aug-16 |
| Surfer's Healing 5K | Virginia Beach, VA | 20-Aug-16 |
| Survivor Strong 5K | Columbia, MD | 20-Aug-16 |
| Leesburg 20K | Leesburg, VA | 21-Aug-16 |
| Leesburg 5K | Leesburg, VA | 21-Aug-16 |
| Too Hot to Trot 10K | Sparks, MD | 21-Aug-16 |
| PGRC WDF 5K | College Park, MD | 21-Aug-16 |
| PGRC Men 5K | College Park, MD | 21-Aug-16 |
| Howards 25K | Cumberland, MD | 21-Aug-16 |
| Potomac Farms Paws on the Pavement 5K | Cumberland, MD | 21-Aug-16 |
| NOVA Coaches 5K | Arlington, VA | 23-Aug-16 |
| Run for Hope 5K | Virginia Beach, VA | 27-Aug-16 |
| Run for Hope 10K | Virginia Beach, VA | 27-Aug-16 |
| Roosevelt Island 5K | Washington, DC | 27-Aug-16 |
| Volvo Powertrain 5K Run | Hagerstown, MD | 27-Aug-16 |
| Patrick Henry HM | Ashland, VA | 27-Aug-16 |
| Midtown Tunnel 5K | Portsmouth, VA | 27-Aug-16 |
| York River 5K | Williamsburg, VA | 27-Aug-16 |
| East Coast Surfing Championship 8K | Virginia Beach, VA | 27-Aug-16 |
| Fort Lewis Baptist Church 5th Quarter 5K | Salem, VA | 27-Aug-16 |
| Casa Superhero 5K | Staunton, VA | 27-Aug-16 |
| Loving Arms 5K | Baltimore, MD | 27-Aug-16 |
| Voice of Hope 5K | Perryville, MD | 27-Aug-16 |
| H2O Water of Life Ministries 5K | Petersburg, VA | 27-Aug-16 |
| Heat is on 5K | Middletown, MD | 27-Aug-16 |
| Southlakes 10K | Reston, VA | 28-Aug-16 |
| Annapolis 10 Miler | Annapolis, MD | 28-Aug-16 |
| Eye Run For POB 5K | Bethesda, MD | 28-Aug-16 |
| SHF Roosevelt Run 5K | Arlington, VA | 1-Sep-16 |
| Fletcher's Park Run 5K #30 | Washington, DC | 3-Sep-16 |
| Montpelier 5K | Laurel, MD | 3-Sep-16 |
| Potomac Valley Games 5K | Alexandria, VA | 3-Sep-16 |
| Charles Street 12M | Towson, MD | 3-Sep-16 |
| Knights of Columbus 10K | Ellicott City, MD | 3-Sep-16 |
| Knights of Columbus 5K | Ellicott City, MD | 3-Sep-16 |
| Charlottesville 4 Miler | Charlottesville, VA | 3-Sep-16 |
| Kentlands/Lakelands 5K | Gaithersburg, MD | 3-Sep-16 |
| Emancipation Day 5K | Laurel, MD | 3-Sep-16 |
| River City 5K | Danville, VA | 3-Sep-16 |
| Larry Noel HM | Greenbelt, MD | 4-Sep-16 |
| Rock N Roll Half Marathon | Virginia Beach, VA | 4-Sep-16 |
| Rock N Roll 5K | Virginia Beach, VA | 4-Sep-16 |
| Great American Labor Day 5K | Fairfax, VA | 5-Sep-16 |
| Interfaith 5K | Williamsport, MD | 5-Sep-16 |
| Fallen Heroes 5K | Spotsylvania, VA | 5-Sep-16 |
| Chick-fil-A Dash for Diabetes 4M | Winchester, VA | 5-Sep-16 |
| Labor of Love 5K | Roanoke, VA | 5-Sep-16 |

Labor of Love 8K
Labor Day Rogue 5K

Roanoke, VA
Eldersburg, MD

5-Sep-16
5-Sep-16