

2017 Winter Rankings Mild Winter Means More Racing

(November 11, 2016 – March 05, 2017)

Maryland RRCA State Championship Series

50 Plus Club

Best of 2015

Best of 2016

Best of 2017



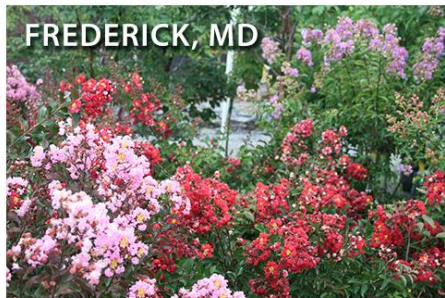
By [James Moreland](#)

The Regional Runner Rankings is looking for more sponsors and contributors. We want to acknowledge the help, support, and financial contributions from the Friends of the Rankings:

- [Potomac River Running](#)

- [Patricia Kelbaugh Dance Studio](#)
- Michael Mason of [Horizon Landscape](#), established in 1969 in Silver Spring, serves Montgomery, Prince George's, and Howard counties. Horizon provides specialized gardening, clearing, forest improvement and landscaping services throughout the year. If you need assistance with your property, contact us [online](#) or at (301) 421-1800 and we will send you a landscape gardening expert to help create or maintain your outdoor paradise.
- Alice Franks
- Dan Devlin
- Jerry Browne
- Tommy Mason
- Elena Mason
- [Fredericksburg Area Running Club](#)
- Jim Noone
- [RELS Landscaping Supply](#)

RELS Landscaping Supply. We are proud to serve central Maryland, carrying landscaping materials such as mulch, compost, and topsoil for lawns and gardens, as well as trees, flowers, and shrubs. We also carry hardscape products including concrete pavers, boulders, flagstone, and natural wall stone. We have locations in Frederick, MD, Silver Spring, MD and Martinsburg, WV.



FREDERICK, MD



SILVER SPRING, MD



MARTINSBURG, WV

Patricia Kelbaugh Dance Studio

1976-2017



- Ballet • Tap • Jazz • Lyrical • Pointe
- Ages 3 to Adult
All Levels: Beginner to Advanced



301-840-1849 E-mail: info@pkdances.com

www.pkdances.com

2 Professional Drive, Suites 218/219, Gaithersburg, MD 20879

Member of Dance Masters of America, Inc.
Certified by test to teach, B.S. Degree

Even though the weather predictors called for a cold winter, the weather was exceedingly gentle again this year with a nine percent increase in numbers of the next highest winter... ever. Since 2012 winter has surpassed summer and is the third highest racing season. Perhaps this is because though the longer summer season has the same amount of races they are generally smaller in size. In fact, since 2012, winter has more combined races than fall unless fall 2017 produces more than 7,000.

This winter, male qualifiers broke the record by more than twenty-five percent with 463 qualifiers and female qualifiers increased to another record with 525, easing back to fifty-four percent of the qualifiers. In total numbers, the women led with a new record 2,923 races, one hundred more than last year. Men also had a new record with 2,178, seventy more than last year. Running is not slowing down. Some races are smaller because there are more races to choose from but the numbers are still going up.

The total races used rose to a new record 359, a twenty percent increase of the record set in 2016 with a record seventy-eight major races (500 or more runners). That trails only the spring of 2013 that had eighty-two. With 5,101 ranked times, it easily becomes the biggest season ever. With a nine percent increase to more than 167,000 times, it was again the largest winter and matched last year as the most competitive as well.

Forty-one races had more than 1,000 finishers. Twenty had more than 2,000, though down to only seven with more than 3,000. Of the twelve races with more than 2,500

finishers, two were five milers. The number two race, the Surf 'n' Santa 5M with 5,223 and the third largest race, the Alexandria Turley Trot with 4,329. The lone 10K was the massive YMCA Turkey Chase 10K that was sixth largest with the third best percentage of ranked runners among 10Ks. American Family Fitness Half Marathon that started the season was again the largest race with 7,339 finishers. For ranked runners, the three Richmond races were first for the half marathon (189), third for the marathon (131), and fourth for the 8K (116). The number two, Maryland RRCA Challenge 10M, was the most competitive major race by far with nearly a quarter of its finishers ranked (152). Also, the combined weight of the three races in Richmond, the American Family Fitness Half Marathon, the Anthem Richmond Marathon was fourth with 4,056, and the HCA 8K was twelfth with 2,608 combined to equal 14,000 racers. The rest were all 5Ks, led this year by the Arlington Turkey Trot 5K with 3,402 runners

Of the twenty-seven races with forty or more ranked runners, twelve were on Thanksgiving and eight were either on the final weekend or on the first. An amazing sixty races had ten percent or more ranked finishers, but only six had more than 250 finishers, and one had more than 400 finishers. Indeed, only a third, at twenty, had more than 100 finishers. Those six larger competitive races included a Half Marathon, a 3.5M, a 10K, a 15K, with two 10Ms but only one 5K, the most common distance by far.

Thanksgiving, as always, is the busiest racing day of the year with another increase to forty-five races. More than 57,000 runners raced this Thanksgiving. This year there were again twelve of the twenty races with 2,000 finishers and twenty-two of the top forty races were held the morning before Turkey dinner.

For five miles, the HCA 8K led the way with 116 ranked finishers for fourth and the Alexandria Turkey Trot 5 Mile with 114 finishers for fifth in *ranked runners*. Three of the 10Ks with more than a 1,000 finishers were on Thanksgiving with the Bethesda YMCA Turkey Chase 10K leading the way with fifty-three *ranked runners* and 3,161 finishers. The first week the Veterans Day 10K was the third largest race at 1,502 and the king in ranked runners with eighty-one. On the last weekend, the St. Patrick's Day 10K was second with 1,667 and second in ranked runners in sixty-two. The Richmond Turkey Trot 10K was next with forty-five of its 1,415 finishers ranked, followed by the VAB Turkey Trot 10K with forty-four of its 1,367 finishers ranked.

The 5K was run 243 times. Thirty-six were run on Thanksgiving with twenty-one having more than 1,000 finishers, led by the Arlington Turkey Trot 5K with 3,402.

Cindy Conant, 55, was the oldest of twenty runners not from the open division (20-34) to qualify for the massive women's Elite Division that had 88 qualifiers. Conant was the oldest runner with an overall win in the Elite Division. Six male runners made it into the Elite Division from another division, the oldest being Phillippe Rolly, 44. Kevin Shirk, 37, was the only outright winner not (20-34) and he did it five times. The men's Elite Division increased to fifty-nine qualifiers.

For the women, a masters runner was the overall winner forty-five times; for the men it was thirty-nine times. For the women, Mary Lowe Mayhugh, 60, was the oldest outright winner. For the men, Henry Wigglesworth, 58, was the oldest outright winner.

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

Now let us see who made the top.

Open Men

Alexandria Turkey Trot 5 Mile 23:10, 10K = 29:13

The division continues to grow with nearly five dozen qualifiers. As there are only so many qualifying times, many of the runners are using the same ones exactly and parsing the order of the rankings is harder. The opening weekend and the final weekend had the most competitive races, though Thanksgiving had far and away the most racers. Girma Gerbe took control of the division on the first day and for good at the American Family Fitness Half Marathon in 1:04:41. Third place Desta Beriso Morkama ran 1:07:19 ahead of fifth place Robert Reynolds (1:08:19). Oddly, only one of the qualifiers raced at the HCA 8K, 38th place Derryn Bray (25:41). Eleventh place Gregory Mariano was tops at the Anthem Richmond Marathon in 2:27:47.

The Alexandria Turkey Trot 5 Mile had the fastest time for both men and women but neither qualified with a second race. It was Gerbe's second race and he was a second overall in 24:11. Ninth place Lucas Meyer had his best race there in 24:48. Still in November, Philip Royer won it all at the fast Veterans Day 10K in 31:26 to take seventh place. Sixth place Brian Flynn ran a 15:12 at the YMCA Turkey Trot 5K, ahead of Reynolds who ran 15:13. On the final day of the season, Flynn won the Reston 10 Mile in 52:15 to match Royer's 10K exactly.

Runner-up Sean Keeveran won it all at the Sentara Colonial Half Marathon in 1:08:39. Then on the final Sunday, he won again, this time at the Haven 8K in 23:36, well ahead of second place Flynn's 25:07, to leap up from sixth. Beriso Morkama won the Jingle All the Way 15K in 47:47, ahead of fourth place Kieran O'Connor (47:55). In February, O'Connor would win the Love the Run You're with 5K in 15:14. Eighth place Stewart Reich won the Way Station's Thanksgiving Day 5K in 15:02, ahead of twelfth place Nicholas Crozier's 15:15. Jerry Greenlaw cracks the top ten by winning the St. Patrick's Day 10K in 31:46 on the final day. The runners are so close that when Andy Weaver missed matching that time by three seconds, winning it all at the Tim Kennard 10 Mile River Run in 52:53, he dropped three places to thirteenth.

At the RRCA Challenge 10 Mile, O'Connor won in 52:38, followed by Greenlaw in 53:11 and Weaver in 53:17. Two more races had a major impact, The First Down 5K and

the St. Patrick's Day 5K. Reynolds lost to Greenlaw with 32:04 in the 10K but at the 5K forty-five minutes earlier he was tops in 15:18. Fourteenth place Kyle Wagener won the First Down 5K in 15:19. After that, the next nine places decided a mere seven seconds apart.

At the First Down 5K, Michael Palmisano was second in 15:22. Four other runners ran a 15:22, including fifteenth place Graham Tribble at the St. Patrick's Day 5K. Seventeenth is Patrick Woodford at the American Family Fitness Half Marathon in 1:10:31, just ahead of Thomas Bean who was twelve seconds off that as runner-up at the DCRRC Gar Williams Half Marathon in 1:10:43. Nineteenth is Ryan Carroll who ran the Bruin Dash 5K in 15:25 in the only race of five that he did not win. In a ridiculously close photo finish, Jeremy Bennie was declared third overall as both he and twenty-first place Matt Deters ran 15:24 at First Down. Next is submaster Dustin Meeker who was third overall at the Veterans Day 10K in 32:08. Finally, 23rd place goes to Harrison Toney who broke the tape at the Star City 10K in 32:09.

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

PL	Name	Age	Hometown	10K=
1	Gebre, Girma*	26	Washington, DC	29:21
2	Keveran, Sean****	26	Charlottesville, VA	29:57
3	Beriso Morkama, Desta**	31	Arlington, VA	30:33
4	O'Connor, Keiran**	29	Arlington, VA	31:03
5	Reynolds, Robert**	26	Mechanicsville, VA	31:00
6	Flynn, Brian****	33	Bridgewater, VA	31:26
7	Royer, Philip*	26	Silver Spring, MD	31:26
8	Reich, Stewart**	24	Frederick, MD	31:22
9	Meyer, Lucas	33	Washington, DC	31:16
10	Greenlaw, Jerry**	29	Arlington, VA	31:46
11	Mariano, Gregory*	31	Alexandria, VA	31:43
12	Crouzier, Nicholas*****	31	Gaithersburg, MD	31:49
13	Weaver, Andy*	26	Baltimore, MD	31:49
14	Wagener, Kyle*	24	Washington, DC	31:57
15	Tribble, Graham*	28	Arlington, VA	32:03
16	Palmisano, Michael	27	Alexandria, VA	32:03
17	Woodford, Patrick*	24	Roanoke, VA	32:00
18	Bean, Thomas***	28	College Park, MD	32:05
19	Carroll, Ryan*****	34	Portsmouth, VA	32:10
20	Bennie, Jeremy	23	Charlottesville, VA	32:07
21	Deters, Matt	31	Arlington, VA	32:07
22	Meeker, Dustin	35	Towson, MD	32:08
23	Toney, Harrison**	23	Roanoke, VA	32:09
24	Shirk, Kevin*****	37	Stephenson, VA	32:16
25	Morris, Richard*	29	Richmond, VA	32:14

26	Otstot, Adam**	34	Williamsburg, VA	32:15
27	Southerland, Tripp	32	Washington, DC	32:20
28	Goodstein, Andy	25	Charlottesville, VA	32:29
29	Newman, Zachary*	34	Hagerstown, MD	32:24
30	Murphy, Ryan	31	Richmond, VA	32:26
31	Schroeder, John	29	Washington, DC	32:28
32	Willis, Cabell*	24	Washington, DC	32:32
33	Wertz, David	41	Arlington, VA	32:31
34	Harrison, Stephen	28	Fredericksburg, VA	32:29
35	Reed, Nick***	24	Fairfax, VA	32:37
36	Schuler, Eric*	25	Laurel, VA	32:40
37	Ban, Charlie*	34	Washington, DC	32:42
38	Bray, Derryn	32	Poquoson, VA	32:36
39	Langevin, Grant	22	Arlington, VA	32:43
40	Showalter, Josh*	21	Leesburg, VA	32:47
41	Ramirez, Denzel	33	Hyattsville, MD	32:46
42	Jurkovich, Evan	31	Washington, DC	32:45
43	Hahn, Collin	20	Chesterfield, VA	32:43
44	Brigham, Nathan*	34	Baltimore, MD	32:57
45	Balmer, Paul	27	Washington, DC	32:53
46	Rolly, Philippe	44	McLean, VA	33:04
47	Shaw, Christopher	41	Silver Spring, MD	33:08
48	Pruitt, Christopher	34	Sandy Spring, MD	33:03
49	Mercer, Dickson	35	Takoma Park, MD	33:14
50	Luehrs, James*	23	Fairfax, VA	33:23
51	Smith, Randy	28	Washington, DC	33:23
52	Hollinger, David	22	Fairfax, VA	33:33
53	Hospers, Jamie	24	Washington, DC	33:35
54	Warring, Levi	22	Williamsburg, VA	33:36
55	Van Es, Chris	30	Washington, DC	33:38
56	Bernstein, Matthew*	25	Potomac, MD	33:39
57	Schmidt, Quincy	26	Charlottesville, VA	33:52
58	Pfohl, Kyle*	21	Fredericksburg, VA	33:52
59	Swiatocha, Gregory	32	Sterling, VA	34:00

19 & Younger Men

Alexandria Turkey Trot 5 Mile 23:10, 10K = 29:13

Gunnar Ingram took the early lead racing the Hagerstown Turkey Trot 5K in 16:39 but he did not showcase his talents at the Penguin Pace 5K, finishing with a much slower time. Austin Cave won it all at the Winterfest of Lights Jingle Bell 5K in 16:50. Then he closed out the season on a high note with a third overall at the Tim Kennard 10 Mile River Run in 57:37 to ease past Ingram for the runner-up spot. Our champion Jake Kloman won his

first race, the AAS Jingle Bell 5K in 16:53. The following week he won again at the Ringing in Hope 5K in 16:31 to reach the summit.

Fourth place Donovan Foley matched Jason McAvoy exactly with his Run with Santa 5K in 16:49. McAvoy was second overall at the Remington Turkey Trot 5K. Foley's next three 5Ks were faster than McAvoy's second 5K. The next three are, for now, very close as well. Alec Shrank gets eighth place for his Stickman Tandem 5K in 16:59. His other two 5Ks were solid but much slower. Sixth place Colin Sybing won at the TCS Annapolis Half Marathon in 1:18:03. Then he backed that up five days later at the YMCA Turkey Chase 10K in 35:47. Seventh place Billy Kirk was not so lucky. He dominated the field at the supposed-to-be MCRRC Jingle Bell Jog 8K in 26:33 but the course was an undefined short again as it was last year. Earlier in the year, he had finished a wonderful third overall at the Turkey Burnoff 10 Mile in 59:00. Look for him to make meteoric rise as he has already toasted the field at the MCRRC Piece of Cake 10K in 33:20 in the spring.

Ninth place Zachary Worthman won at the St. Patrick's Day 10K in 35:40. Tenth place Killian O'Gorman was side by side with him at the YMCA Turkey Trot 5K in 17:05. The next three are even tighter. Eleventh place Zakari Mayo had an overall win at the Run for Kendra 5K in 17:53. Five days later he ran 36:01 at the VAB Turkey Trot 10K. Dan Brown had a fine overall win at the Peaks of Otter 5K in 17:15 but succumbed to Robert Lockwood at the faster of his two four milers, the Fairfax Four Mile, 22:33 to 24:18.

Forty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Kloman, Jake**	18	Sterling, VA	34:27
2	Cave, Austin**	15	Delmar, MD	34:40
3	Ingram, Gunnar	19	Sharpsburg, MD	34:42
4	Foley, Donovan****	17	South Riding, VA	35:05
5	McAvoy, Jason*	19	Warrenton, VA	35:05
6	Sybing, Colin*	18	College Park, MD	35:25
7	Kirk, Billy**	19	Rockville, MD	35:28
8	Schrank, Alec***	18	Winchester, VA	35:26
9	Worthman, Zachary**	15	Clarksburg, MD	35:40
10	O'Gorman, Killian	17	Fredericksburg, VA	35:38
11	Mayo, Zakari*	17	Virginia Beach, VA	36:01
12	Lockwood, Robert**	18	Fairfax, VA	36:03
13	Brown, Dan*	19	Bedford, VA	35:59
14	Baranoski, Eric**	18	Bel Air, MD	36:09
15	Oudekerk, William*	15	Chesapeake, VA	36:16
16	Rocha, Justin	16	Leesburg, VA	36:18
17	Moar, Colin	15	Annandale, VA	36:22
18	Hymans, Caleb****	12	Annandale, VA	36:33
19	Austin, Bryce**	16	Arlington, VA	36:39

20	Brodie, Tristan**	14	Ashburn, VA	36:57
21	Connelly, Ethan*	19	Sharpsburg, MD	36:51
22	Guzewich, Ellis*	18	Washington, DC	37:02
23	Johnston, Forrest*	15	Great Falls , VA	36:57
24	Dorsey, Andrew***	13	Strasburg, VA	37:10
25	Longnecker, Collin*	18	Rockingham, VA	37:22
26	Martin, Nicholas*	16	Virginia Beach, VA	37:16
27	Weiss, Daniel*	16	Washington, DC	37:30
28	Kleinegger, Kevin**	17	Winchester, VA	37:35
29	Sprouls, Jason***	19	McLean, VA	37:37
30	Holder, Michael	19	Annapolis, MD	37:36
31	Briggs, Daniel	19	College Park, MD	37:45
32	Shriner, Collin*	15	Frederick, MD	37:50
33	Farnsworth, Andrew**	17	McLean, VA	37:50
34	French, Tyler*	16	Annandale, VA	38:00
35	Moore, Casey*	16	Havre de Grace, MD	37:58
36	Anzaldi, Luke*	15	Arlington, VA	38:11
37	Afferton, Colin	18	Centreville, VA	38:13
38	Nystrom, Bryce**	15	Vienna, VA	38:13
39	Brewster, Daniel*	17	Vienna, VA	38:17
40	Silvey, Scott*	18	Charlottesville, VA	38:29
41	Kyte, Richard*	15	Chesapeake, VA	38:25
42	Zajkowski, Evan	15	Vienna, VA	38:33
43	Eig, Sam	15	Arlington, VA	38:37
44	Madden, Dylan*	19	Bethesda, MD	38:38
45	Siemers, Max**	16	Midlothian, VA	38:51
46	Jackson, Logan**	14	Yorktown, VA	39:23

35-39 Men

Northern Central Trail Marathon 2:29:06, 10K = 32:00

The division lost four of last winter's seven top racers to old age. Look out for Dave Berdan who aged up for one race, the marvelous Northern Central Trail Marathon in 2:29:06. Meanwhile, Kevin Shirk pounded the division with four overall wins at the 5K, including also his best time at the Run with Santa 5K in 15:28. Four of his times were faster than Dickson Mercer could muster at his Jingle All the Way 5K victory in 15:56. Dustin Meeker had already set the standard at the Veterans Day 10K in a third overall 32:08, ahead of fifth place Benn Thomas (35:53). Shirk did not quite get there and is runner-up. Mercer would add an excellent RRCA Challenge 10 Mile in 55:27, ahead of Benn Thomas who ran 58:01. Mercer also had his number at the DCRRC Gar Williams Half Marathon 1:15:59 to 1:16:52. None of these were Thomas' top effort. That race, the Alexandria Turkey Trot 5 Mile in 27:11, listed him as seventh but his age group was ten-year. He was the first racer 35 and older.

Brad Holwartz took the elevator up ten floors to fourth place on his second event, the St. Patrick's Day 10K in 33:57. Sixth place Matthew Lofton never finished worse than third overall. His best race was the Stickman Tandem 5K in 16:28. Seventh place Steve Gabris finished right behind Benn Thomas at the DCRRC Al Lewis 10 Mile, 58:09 to 58:38. Vinnie De Rocco finished number one overall at the Potomac River Running Trophy Series, thanks to a slew of wins, including six this winter. His best race was the Turkey Day 5K in 16:59.

PI	Name	Age	Hometown	10K=
1	Meeker, Dustin***	35	Towson, MD	32:08
2	Shirk, Kevin*6	37	Stephenson, VA	32:16
3	Mercer, Dickson***	35	Takoma Park, MD	33:14
4	Holzward, Brad	35	Fairfax, VA	33:57
5	Thomas, Benn****	37	Arlington, VA	34:17
6	Lofton, Matthew*****	37	Winchester, VA	34:21
7	Gabris, Stephen*	38	Burke, VA	35:17
8	DeRocco, Vinnie*6	37	Leesburg, VA	35:26
9	Hess, Joel*	36	Harrisonburg, VA	35:34
10	Loeffler, Mark*	36	Columbia, MD	35:45
11	Pirch, Christopher*	36	Spotsylvania, VA	36:16
12	Watson, Exavier	37	Germantown, MD	36:16
13	Lampros, Austin	36	Washington, DC	36:16
14	Desjardins, Amos	35	Alexandria, VA	36:25
15	Ridge, Clark****	35	Berwyn Heights, MD	36:26

40-44 Men

Veterans Day 10K 32:31

Finally, the division is growing, nearly doubling from last winter. Last winter's champ Philippe Rolly is still an extremely potent force but he is also 44. Already in the spring, he was fifth overall at the Townbank 8K in 25:52. That would match nicely with the winter's champion David Wertz's second best race, the Alexandria Turkey Trot 5 Mile in 26:00. On both of their horizons, David Angell, 40, was the Townbank 8K runner-up in 25:25. Rolly was tops at the Anthem Richmond Marathon with 2:34:04 and two weeks later was runner-up at the SOME Thanksgiving Day Trot for Hunger 5K in 16:05. Wertz took the crown with his winter debut, an excellent Veterans Day 10K in 32:31. Third place Christopher Shaw hung with him in 33:08, followed by eleventh place Kunihiro Hayashi in 35:57.

The St. Patrick's Day races normally start the spring but this year they were so early that they finished the winter, not that February could make up its mind about what season it was in this year. No rankings title can be decided before checking on these races. Wertz was challenged at the 5K by Rolly but prevailed, 15:47 to 15:55, to confirm his crowning.

Sixth place David O'Hara was next there in 16:50 that matched seventh place Jason Dowdy's Toy for Tots Run 5K runner-up placement exactly. O'Hara would add a 16:47 at the First Down 5K. Dowdy raced the Frostbite 15K in 54:05 for second in his age group to keep it very close. Some St. Patrick's Day runners chose to race the 9:00 a.m. 10K even after racing the 8:15 a.m. 5K. The smart ones like Richard Jennings watched the exciting 5K and dominated in the 10K with a fine 34:45 win to take fifth place in the rankings.

Eighth place Scott Anderson easily won all three of his Fletcher's Cove Park Run 5Ks, run every week, all year long. His best was #52 in mid-February in 16:45 that is the course age group record. Christopher Shaw ran his 10M races to form. At the hilly but great-racing-weather Turkey Burnoff, he was second overall in 58:09. Ditto placement for the DCRRC Al Lewis 10 Mile that, with great weather and the all-flat terrain, produced a 56:19. At the cold and hilly RRCA Challenge 10 Mile, he struggled a bit though winning his age group in 59:44 ahead of tenth place Mick Brown (59:55) and twelfth place Jason Tripp (1:00:14). Brown matched ninth place Gregory Stemberger with his best race, the King of the Road 5K, in 17:03, finishing second overall. Stemberger's Ringing in Hope 5K matcher, in second overall as well, was a prelude to his clincher, the For the Love of It 10K in 35:19.

Twenty-five runners made the division.

PI	Name	Age	Hometown	10K=
1	Wertz, David***	41	Arlington, VA	32:31
2	Rolly, Philippe**	44	McLean, VA	33:04
3	Shaw, Christopher*6	41	Silver Spring, MD	33:08
4	Wardian, Michael**	42	Arlington, VA	33:35
5	Jennings, Richard**	40	Quantico, VA	34:45
6	O'Hara, David**	40	Alexandria, VA	35:01
7	Dowdy, Jason **	40	Henrico, VA	35:03
8	Anderson, Scott***	42	Washington, DC	34:56
9	Stemberger, Gregory***	40	South Riding, VA	35:19
10	Brown, Mick**	44	Washington, DC	35:34
11	Hayashi, Kunihiko*	40	Rockville, MD	35:57
12	Tripp, Jason*	44	Ellicott City, MD	36:14
13	Hunter, Robert*	42	Virginia Beach, VA	36:36
14	Inman, Chuck**	44	Chesapeake, VA	36:34
15	Brown, Karsten*12	42	Front Royal, VA	36:46
16	Bell, Joel*	42	Virginia Beach, VA	36:58
17	Rapine, Richard*	44	Alexandria, VA	37:06
18	Storper, David*	43	Bethesda, MD	37:10
19	Lanz, Martin	43	Bethesda, MD	37:17
20	McCartney, Jay**	41	Charlottesville, VA	37:24
21	Farley, Chris	40	Alexandria, VA	37:26

22	Stone, Tyler*	40	Alexandria, VA	37:25
23	Hiott, Jeff	43	Washington, DC	37:30
24	Hicks, Sean*	43	Manassas, VA	37:41
25	Szabos, Brian**	43	Vienna, VA	37:50

45-49 Men

RRCA Challenge 10 Mile 56:03, 10K = 33:43

The top three races occurred on the first day. Third place Michael Colaiacovo slowed a little more than half a minute from last year but still won the HCA 8K with 27:58. Ninth place Duncan Sheils came in next in 28:05. Runner-up Jeff Harrington would need the improved Lexington Buena Vista 10K in 34:57 that he ran. Even though he knocked a minute off last year's Star City Half Marathon to 1:20:53, fourth place Ignacio Moore (1:18:53) was waiting at the finish. The star of the winter, Noah Zaring, wins with a distance that rarely takes titles, the marathon. He ran the Anthem Richmond Marathon in 2:40:04. In February, he went half as far, winning at the Dahlgren Railroad Heritage Trail Half Marathon ahead of seventh place Matt Boyd, 1:19:16 to 1:20:53.

Last year's champion Doug Mock won it all at the Steve Dankos 5K in 17:45. On the cusp of 50, he decided to go back to his alma mater in Salisbury in March and finished second overall at the Tim Kennard 5K River Run in 17:19. That move catapulted him up five places to fifth. Everyone runs on the holidays and sixth place Ray Pugsley is no exception. At the Turkey Day 5K, he ran a solid 17:26. On the first of January at the Reston New Year's 5K, when even ten o'clock can be early for racing, he managed a nice 17:51 on a much tougher course.

Matt Boyd ran a fine John Robbins 8K, placing second overall in 28:57, to create some separation from eighth place Antonio Eppolito. Eppolito was another two-timer who ran the flat DCRRC Al Lewis 10 Mile (1:01:31), slower than the hilly RRCA Challenge 10 Mile (1:01:22). It must be the fierce competition from all the rival teams at the Challenge.

The next four runners include a runner-up in the 1999 Pike's Peek in 28:45 (Peter Sherry) when first place (Dan Browne 28:35) meant a \$20,000 prize as well as two former age group champions. Eleventh place Andres Wright had a fine Veterans Day 10K in 37:21 and a solid Frosty 5K in 18:21 on perhaps the easier of the two regular PRR= courses. Tenth place Sherry ran on the other PRR= course, at the Run with Santa 5K, and finished in 17:55. He added two more 5Ks at 17:57 in November, one of them cross country. Alexander Hetherington takes the twelfth spot, racing the Vienna Turkey Trot 5K in 17:54. In March, he would add a Reston 10 Mile in 1:03:04 to match fourteenth place Robert Dinterman's overall at the Redneck Romp 10M. Thirteenth place Danny Bennett ran the RRCA Challenge 10 Mile in 1:03:22 but earns his spot with a runner up finish at the SMCN Resolution 5K in 17:57.

Twenty-five runners made the division.

PI	Name	Age	Hometown	10K=
1	Zaring, Noah*	45	Washington, DC	34:21
2	Harrington, Jeff****	46	Lynchburg, VA	34:57
3	Colaiacono, Michael***	47	Richmond, VA	35:29
4	Moore, Ignacio**	45	Blacksburg, VA	35:47
5	Mock, Doug**	49	Columbia, MD	36:07
6	Pugsley, Ray**	47	Potomac Falls, VA	36:22
7	Boyd, Matt*7	46	Fredericksburg, VA	36:42
8	Eppolito, Antonio****	48	Alexandria, VA	36:55
9	Sheils, Duncan**	46	Glen Allen, VA	36:54
10	Sherry, Peter***	48	Great Falls, VA	37:22
11	Wright, Andres**	49	Frederick, MD	37:21
12	Hetherington, Alexander*	49	Vienna, VA	37:20
13	Bennett, Danny***	46	Dunkirk, MD	37:27
14	Dinterman, Robert*	46	Moyock, NC	37:57
15	Smith, Steven**	47	Hampton, VA	38:04
16	Landree, Mark***	47	Cartonsville, MD	38:04
17	Koonce, Scott*	45	Bethesda, MD	38:19
18	Drake, Anthony	46	Arlington, VA	38:33
19	Crago, Stephen	48	Reston, VA	38:48
20	Lucas, Eric	46	Washington, DC	38:52
21	Chasse, Craig**	47	Reston, VA	38:58
22	Liu, Jicheng	45	Ellicott City, MD	38:57
23	Ayala, Mateo*	45	Arlington, VA	39:11
24	Lovett, Jack**	46	Yorktown, VA	39:07
25	Billings, Dennis**	48	Woodbridge, VA	39:42

50-54 Men

Veterans Day 10K 35:58

Mark Neff won all five of his events. He also had the fastest race at the start of the season, the Veterans Day 10K in 35:58. His 5K in 17:36 at the College Park Run 5K #19 beat the second best 5K by runner-up Steve Speirs (18:23) by nearly a minute. Then he raced the challenging RRCA Challenge 10 Mile to victory in 1:00:54, ahead of thirteenth place Michael Feinberg (1:04:08) and fifteenth place Peter Tango (1:04:15). Still, a case could be made for Speirs. First, Speirs was real close to the best with his VAB Turkey Trot 10K in 36:11. Then he upped his distance from 15 miles in 1:36:38 to 20 miles in 2:11:23 for identical 37:46 10K equivalences. These two events were just three weeks apart. A week after the first race, he was second master at the Rocky Raccoon 100 Mile in 18:46:43. The 20 miler two weeks later must have felt like a sprint.

The next three ducks lay all in a row. Derik Thomas takes took third with his slightly longer Alexandria Turkey Trot 5 Mile in 29:45, ahead of John Piggott's Toano Icy 8K in

29:40. Fifth place Kevin McGuire would go twice as far, winning at the Blacksburg 10 Mile in 1:02:26. Piggott helped his case with his Frostbite 15K in 58:54. Thomas was top master at the DCRRC JFK 20K in 1:20:18. Seventh place Kevin D'Amanda had a slightly better best race, running the DCRRC Gar Williams Half Marathon in 1:23:23. However, when he raced against Scott Englund at the Anthem Richmond Marathon in November, he succumbed, 2:57:08 to 2:58:34. Eighth place Jeffrey Murray beat Robert Pawlak at the American Family Fitness Half Marathon, 1:23:40 to 1:24:08.

Tenth place goes went to Ed Wilson for a runner-up overall at the Zaching against Cancer 10K in 38:25. Two seconds separated eleventh place Larry Grossman, who ran the Ringing in Hope 5K in 18:26, from Mario Zuniga who ran the March Madness 5K in 18:28. Three seconds after that, fourteenth place Steve Patterson finished the Reindeer Rally 5K.

Forty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Neff, Mark****	54	Derwood, MD	35:58
2	Speirs, Steve****	50	Virginia Beach, VA	36:11
3	Thomas, Derik***	51	Alexandria, VA	37:31
4	Piggott, John****	51	Williamsburg, VA	37:39
5	McGuire, Kevin**	51	Bland, VA	37:34
6	Englund, Scott	50	Norfolk, VA	38:01
7	D'Amanda, Kevin****	54	Bethesda , MD	37:50
8	Murray, Jeffrey*	50	Richmond, VA	37:58
9	Pawlak, Robert***	53	King George, VA	38:10
10	Wilson, Ed**	54	Ellicott City, MD	38:25
11	Grossman, Larry*	53	Washington, DC	38:27
12	Zuniga, Mario*7	52	Front Royal, VA	38:31
13	Feinberg, Michael	53	Bel Air, MD	38:35
14	Patterson, Steve*	54	Virginia Beach, VA	38:38
15	Tango, Peter*	53	Deale, MD	38:39
16	Casily, John*	50	Mechanicsville, VA	38:44
17	Dawson, Greg****	51	Williamsburg, VA	38:47
18	Greene, Craig	52	Manassas, VA	38:54
19	Frost, Howard*12	51	Falls Church, VA	39:08
20	Pommerenk, Peter****	50	Virginia Beach, VA	39:15
21	Williamson, Duane****	53	Warrenton, VA	39:17
22	Hymes, Craig***	54	Yorktown, VA	39:27
23	Kidane, Argaw*	50	Montgomery Village, MD	39:21
24	Clements, Ian	52	Alexandria, VA	39:31
25	Perli, Roberto*	50	Arlington, VA	39:32
26	Vidunas, Joseph	52	Richmond, VA	39:36
27	Phillips, David**	54	Arlington, VA	39:45

28	Morakinyo, Akintunde*	53	Ellicott City, MD	39:53
29	Hulett, Michael*	50	Woodbridge, VA	39:38
30	Martin, Robert****	53	Fairfax Station, VA	39:59
31	Pelletier, Paul*	51	Williamsburg, VA	40:16
32	Rapp, Perry*	51	Lexington Park, MD	40:20
33	Lagendyk, Wilco**	50	Vienna, VA	40:22
34	Anderson, Matt**	50	Fairfax, VA	40:20
35	Harfst, Rich*	53	Annandale, VA	40:35
36	Riphey, Brad**	50	Fredericksburg, VA	40:45
37	Okorn, Michael	52	Virginia Beach, VA	40:50
38	Firestone, Lee*	51	Gaithersburg, MD	41:24
39	O'Brien, Dan**	54	Williamsburg, VA	41:23
40	Oda, Yasuo	54	Columbia, MD	41:39

55-59 Men

RRCA Challenge 10 Mile 1:00:47, 10K = 36:34

How does he do it? He lives in Garrett Park so Jeff Duyn is intimately acquainted with the DCRRC Al Lewis 10 Mile, a mile down the road. The course is dead flat. While his 1:01:25 was exceptional, his even faster RRCA Challenge 10 Mile in 1:00:47 on the hills of Columbia made the crown fit nicely on his head. Always working hard, runner-up Jean Christophe Arcaz had the fastest two 10Ks, starting with the Veterans Day 10K in 37:10. That was well ahead of the oldest runner in the division, John Chall, who ran 39:58 to take ninth place in the division. Former champion, third place David Haaga, rolled into the New Year in seventh place, racing in Seneca Park with a 5K of 18:48. Then, on the final day of the season, he nearly caught Arcaz, racing the St. Patrick's Day 10K in 37:55.

Fourth place Hernan Garbini ran the American Family Fitness Half Marathon in a sparkling 1:24:11, his fastest of four age group wins. That same morning, Marty Stiegmann took the shorter route, racing the HCA 8K in 30:07. That is a tie. At the Frostbite 15K Garbini broke the tie, winning 1:00:26 to 1:02:04. Sixth place Mark Yost finished the YMCA Turkey Chase 10K in 38:57 behind Arcaz's 37:42. Seventh place Robert Whitaker is next, racing the Fort Eustis 10K in 39:20. Rick Breckenridge takes eighth place with still another 10K, the VAB Turkey Trot 10K in 39:48.

Twenty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Duyn, Jeff****	56	Garrett Park, MD	36:34
2	Arcaz, Jean-Christophe***	55	Rockville, MD	37:10
3	Haaga, David**	55	Rockville, MD	37:55
4	Garbini, Hernan****	55	Charlottesville, VA	38:12
5	Stiegmann, Marty**	56	Glen Allen, VA	38:13
6	Yost, Mark*	58	Bethesda, MD	38:57

7	Whitaker, Robert****	58	Yorktown, VA	39:20
8	Breckenridge, Rick**	56	Norfolk, VA	39:49
9	Chall, John*6	59	Crownsville, MD	39:58
10	Harrison, Ian*	57	Crozet, VA	40:11
11	Pearlman, Billy**	57	Roanoke, VA	40:49
12	Ortiz, Vincent**	55	Chesapeake, VA	40:48
13	Daugherty, Brian*****	56	Edgewater, MD	41:10
14	Cover, Karl***	57	Montpelier, VA	41:28
15	Chalke, Steve***	57	Remington, VA	41:37
16	Mace, Matthew*	56	Arnold, MD	41:47
17	Horan, Marty*	57	Gaithersburg, MD	41:58
18	Hagan, John**	58	Lusby, MD	42:09
19	Kitchens, Bill*	57	Beaverdam, VA	42:40
20	Scott, Steve	55	Danville, VA	42:41
21	Coleman, Dennis*	58	Montgomery Village, MD	42:42
22	Price, Bill****	57	Chesapeake, VA	42:57
23	Shroyer, Kevin**	56	Forest, VA	43:05
24	Meadows, Mike	59	Martinsburg, WV	43:00
25	Weaver, Ron**	58	Virginia Beach, VA	43:14
26	Bell, Craig**	58	Stafford, VA	43:13

60-64 Men

Anthem Richmond Marathon 3:01:01, 10K = 38:57

Maurice Pointer demolished the competition with the four fastest times. His Northern Central Trail Marathon slowed fourteen minutes and it was still the third best time. Could it be because he had run the Anthem Richmond Marathon in 3:01:31 just two weeks earlier? By 2017, he had recovered enough to race the New Year's Day Resolution Run 5K in 19:25. That was a minute faster than fourth place Jeff Peterson who ran the YMCA Turkey Trot 5K in 20:31. While Pointer was racing his first marathon, David Lovegrove was taking the runner-up spot by besting fifth place Bruce Kesselring at the American Family Fitness Half Marathon, 1:32:17 to 1:34:06. Eighth place Dennis Doyle finished shortly afterwards in 1:36:54. Bruce Halpin ended the year at the Ringing in Hope 10K in 42:09 to take third place. Doyle had his best race beating Kesselring at the Alexandria Turkey Trot 5 Mile, 34:26 to 34:36.

As the season ended, Peterson was tops at the John Robbins 8K in 33:49, ahead of eleventh place Steve Sakry's 34:25. Seventh place Roger Koehler started his winter with a Lexington Buena Vista 10K in 43:15. Preston Evans closed with the fastest Fairfax Four Mile in 27:06, but he earned the spot beating Koehler at the Peaks of Otter 5K, 20:49 to 21:31. Ninth place Jim Thornton was right there in the same photo with places 6-8, running two fast 8Ks, including the Gloucester 8K in 34:13.

Tenth place Christopher Cobb looked good at the VAB Turkey Trot 10K in 43:31, while Robert Judson started 2017 right at the MCRRC New Year's 5K in 20:57 to finish in twelfth. Thirteenth place Paul Serra was within four seconds of Judson's race at the Thanksgiving Prediction Run 5K. Next, Eddie Godfrey finished sharply at the Tim Kennard 10 Mile River Run in 1:13:50. Fifteen place Clifton Anderson had nine age group wins. His best was the Remington Turkey Trot 5K in 21:19. Then Bob Draim and his five wins, as well as his Jingle All the Way 5K in 21:21, edges seventeenth place Glenn Clemmons who ran Ashburn Farm 5K in 21:23. Andrew Heron comes next after winning the Ashburn Farm 10K in 44:34. Nineteenth place Kirk Gordon keeps getting faster the more he races. His best was the By George 5K in 21:25. He won sixteen events -- more than half of his events raced.

Fifty-eight runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Pointer, Maurice*****	61	Baltimore, MD	38:57
2	Lovegrove, David**	60	Fredericksburg, VA	41:52
3	Halpin, Bruce**	60	Ashburn, VA	42:09
4	Peterson, Jeff*6	60	Fredericksburg, VA	42:48
5	Kesselring, Bruce**	62	Springfield, VA	42:42
6	Evans, Preston**	60	Madison Heights, VA	43:20
7	Koehler, Roger**	62	Lexington, VA	43:15
8	Doyle, Dennis	61	Alexandria, VA	43:25
9	Thornton, Jim**	62	Seaford, VA	43:25
10	Cobb, Christopher*	60	Virginia Beach, VA	43:31
11	Sakry, Steve	64	Stafford, VA	43:40
12	Judson, Robert*	60	Bethesda, MD	43:42
13	Serra, Paul**	60	Lusby, MD	43:50
14	Godfrey, Eddie*	63	Salisbury, MD	44:25
15	Anderson, Clifton*9	63	Warrenton, VA	44:28
16	Draim, Bob*****	62	Alexandria, VA	44:32
17	Clemmons, Glenn*	64	Ashburn, VA	44:36
18	Heron, Andrew*	61	Reston, VA	44:34
19	Gordon, Kirk*16	61	Glenn Dale, MD	44:41
20	Loomis, Bill**	62	Silver Spring, MD	44:56
21	Pinnick, David	60	Manassas, VA	45:04
22	Murphy, Tom*	63	Virginia Beach, VA	45:03
23	Wood, Richard*	60	Salisbury, MD	45:11
24	Rodriguez, Roberto	61	Arlington, VA	45:15
25	Arnade, Tim*	60	Arlington, VA	45:18
26	Krehbiel, Ken**	63	Washington, DC	45:28
27	Riemenschneider, Neal*****	62	Winchester, VA	45:24
28	Trump, David	64	Midlothian, VA	45:24
29	Wills, John**	64	Virginia Beach, VA	45:31

30	Edgerton, Dave****	62	Chesapeake, VA	45:37
31	DeKornfeld, Tom*	63	Annapolis, MD	45:38
32	Wyatt, Donnie*	63	Hampton, VA	45:43
33	Deak, Bob**	62	Burke, VA	45:49
34	Roberry, Brian	60	Kensington, MD	46:00
35	Bacon, John*	60	Arlington, VA	45:58
36	Fay, Michael	60	Vienna, VA	46:17
37	Moreland, James*11	64	Gaithersburg, MD	46:23
38	Mason, Michael*	60	Spencerville, MD	46:15
39	Cates, Steve**	60	Roanoke, VA	46:15
40	Randolph, Tom****	61	Virginia Beach, VA	46:21
41	Hofacker, Will*	60	Richmond, VA	46:20
42	Pincus, Finn*	60	Salem, VA	46:24
43	Williams, Richard	62	Falls Church, VA	46:27
44	Barnhart, Tim**	61	Linden, VA	46:33
45	Siliciano, Robert*	64	Towson, MD	46:33
46	Gaske, Paul*	62	Rockville, MD	46:39
47	Jared, Jerry**	62	Earlysville, VA	47:19
48	Kelley, Vincent	60	Reston, VA	47:19
49	Bousel, Paul*	63	Alexandria, VA	47:21
50	Lopez, Felix	63	Lynchburg, VA	47:25
51	Rivera, Manuel**	61	Washington, DC	47:42
52	Daly, Ned	64	Midlothian, VA	47:45
53	Astrop, Rob	64	Henrico, VA	47:57
54	Dempsey, Mark*	63	Charlottesville, VA	48:03
55	Askins, Thomas	62	Virginia Beach, VA	48:10
56	Searcy, Gary	60	Virginia Beach, VA	48:14
57	Jones, Mark	60	Rocky Mount, VA	48:28
58	Murray, Ernest*	61	Virginia Beach, VA	48:40

65-69 Men

Drumstick Dash 5K 19:32, 10K = 40:45

Bob Becker made it look easy with the top five races all age group wins. On the first day, he sent the message winning the American Family Fitness Half Marathon in 1:31:06. A dozen days later he had his slowest race at the Alexandria Turkey Trot 5 Mile in 33:10 but was still clear of runner-up Paul Ryan who finished in 34:28. Just five days before that, Ryan ran his best at the Cranberry Crawl 5K in 20:26. Becker slipped one second below the 20:00 plateau at the Sentara Sleighbell 5K.

Enter the new and hugely popular Park Runs, held weekly at Fletcher's Cove (fast), College Park (super-fast), and Roosevelt Island (fun and interesting). For the winter, Fletcher's Cove was races #36 through #54. Third place Raj Johnson has the record there,

racing #51 to a third overall 20:44. Fourth place Roger Jensen is new to the racing scene. In his first four events, he has not had a chance to try out any of the placements except the number one spot. His best event was the DCRRC JFK 20K in 1:32:15. He also had Ryan's number at the Cross Country DCRRC Burke Lake 12K, winning 54:30 to 56:53.

Fifth place Joel Leff had two 5K wins with his best being the Holiday Hustle 5K in 21:05. Six place Bill Hart ran a combine 44 miles in his four races. His best effort was the VAB Turkey Trot 10K in 44:50. Next in line, Dale Abrahamson had fewer than eighteen miles in his four races. He was best at the Menchville Winter Chill 5K in 21:47. Two guys that have been on the shelf for a while came back with matching 21:59s. Spider Rossiter ran the Fletcher's Cove Park Run 5K #36, while Dan Eddy tucked in behind Ryan at the By George 5K. Eddy gets the top billing of the two with his St. Patrick's Day 5K in 22:15. Spider ran the Reston 10 Mile. He raced the first 10K in a leisurely 52:16 before dropping the hammer to win in 1:21:43.

A new record thirty-three runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Becker, Bob*****	65	Midlothian, VA	41:20
2	Ryan, Paul**	66	Arlington, VA	42:37
3	Johnson, Raj*6	65	Washington, DC	43:15
4	Jensen, Roger****	66	Washington, DC	44:02
5	Leff, Joel**	66	Havre de Grace, MD	43:58
6	Hart, Bill**	67	Virginia Beach, VA	44:50
7	Abrahamson, Dale****	67	Yorktown, VA	45:26
8	Eddy, Dan*	65	Alexandria, VA	45:51
9	Rossiter, Spider**	65	Washington, DC	45:51
10	Vaughan, Allen****	66	Stafford, VA	46:54
11	Coley, Larry**	68	Chesapeake, VA	47:02
12	Wentworth, Bruce*	65	Westminster, MD	47:09
13	Murphy, Vincent**	67	Woodbridge, VA	47:28
14	Budd, Jim***	67	Roseland, VA	47:38
15	Washington, Larry**	65	Rockville, MD	47:50
16	Oehlschlaeger, Fritz*	66	Roanoke, VA	48:49
17	McLearan, Allan*	65	Rochelle, VA	48:40
18	Day, Joseph	66	Yorktown, VA	49:08
19	Petrucci, David*	65	Frederick, MD	49:08
20	Boutin, Greg**	66	Burke, VA	49:24
21	Morgan, Morris	66	Williamsburg, VA	49:18
22	Duffey, Tom*	68	Charlottesville, VA	49:18
23	Carrigan, George	68	Williamsburg, VA	49:30
24	Senseney, Bill*	67	Charles Town, WV	49:41
25	Jones, Larry**	67	Midlothian, VA	49:49
26	Wind, Jay*	67	Arlington, VA	49:55

27	Verdirame, Joseph****	67	Suffolk, VA	50:41
28	Kelly, Bill*	69	Midlothian, VA	51:04
29	Patterson, John*	68	Gaithersburg, MD	51:48
30	Hebert, Charlie*	69	Springfield, VA	51:56
31	Justice, Michael*	69	Westminster, MD	52:22
32	Schuster, James*	66	Leesburg, VA	52:28
33	McMackin, John	65	Chevy Chase, MD	52:28

70-74 Men

First Down 5K 22:09, 10K = 46:12

Another slow start for Jim Noone this winter. His New Year's race was a training run. At the For the Love of It 10K to start February, he gunned down a couple two ranked 60-64 runners with a powerful kick to finish in 47:15. That should do nicely even though he ran 45:57 in 2016 there. The following week, he went back to the Reston Town Center and loped off nearly two minutes for a very nice Run Your Heart Out 5K, using his explosive kick to finish in 22:36.

Middle distance speedster Jason Page is gearing up for another title run. He ran an impressive DCRRC Langley 8K in 39:24 on a course with no flat spots to take fourth place. The following week at Hains Point, he ran the By George 5K that is pancake flat and, when wind-free, races like a track. His 22:55 win shows he is ready to move up. Third place Joseph Philpot ran a solid Martinsville Turkey Day 5K in 23:12 less than two weeks after he cranked out a superb Virginia Running Festival Half Marathon in 1:45:31. Former champion Ben Dyer is still feeling frisky. His HCA 8K in 38:19 shows that you cannot count him out for another title run.

George Myers joined the group with three age group wins, including a nifty AS Valentine's Day 5K in 23:25 to close on fifth place Dyer. Seventh place Ronnie Wong is still coming back from injury but he had enough juice to run the New Year's Day Resolution Run 5K in 24:32. And yes, he is still pounding out the marathons. He ran four during the winter. His fastest came out of our jurisdiction when he again ventured to Bermuda to win the annual marathon, 10K, and 1M trifecta again. Eighth place Harold Ingram was right on his shoulder with an excellent Star City Half Marathon in 1:52:51.

Twenty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Noone, Jim***	72	Fairfax, VA	47:09
2	Philpott, Joseph**	72	Martinsville, VA	47:53
3	Page, Jason***	72	Hamilton, VA	47:48
4	Dyer, Ben***	73	Toano, VA	48:37
5	Myers, George***	70	Millersville, MD	48:51
6	Wong, Ronnie***	70	Catonsville, MD	51:11

7	Ingram, Harold**	73	Henry, VA	51:12
8	Chase, Bob**	71	Falls Church, VA	51:27
9	Gregory, Art***	73	Ijamsville, MD	51:58
10	Fleming, Mike**	71	Columbia, MD	51:49
11	Bullock, Jim*****	74	Eldersburg, ND	52:09
12	Mayhew, Ed*7	71	Winchester, VA	52:47
13	Moore, William**	70	Williamsburg, VA	52:44
14	Jefferson, Richard*	71	Germantown, MD	53:26
15	Churchman, John*	74	Arlington, VA	53:56
16	Bingham, Robert**	71	Richmond, VA	54:07
17	Lvovskyi, Igor*	72	Rockville, MD	54:35
18	Hensel, Donald*	72	Gaithersburg, MD	55:05
19	Arata, Larry***	72	Williamsburg, VA	55:31
20	Chaconas, Greg****	73	Washington, DC	55:42

75-79 Men

Way Station's Thanksgiving Day 5K 25:11, 10K = 52:32

Third place John Elliott had two nice 5Ks in November in a bid to retain his title. His first, at the Turkey Trot 5K in 25:30 was the best. Less than a week later, John Clarke upped the ante and took the division, running the Way Station's Thanksgiving Day 5K in 25:11. Runner-up Sammy Merrill struggled that morning for his 5K though, as with ten other runners in the division, he was faster than an hour in 10K equivalence. In December, he laid down the hammer for easily the fastest half marathon at Blue Gray in 1:56:30. Seventh place James Gray had the next fastest at the Star City Half Marathon in 2:09:17. Clarke would add the Goodloe Byron 10M rollercoaster ride in 1:30:20.

Jack Pitarra looked good at the RRCA Challenge 10 Mile in 1:33:38, ahead of Stan Neumann (1:38:06) and tenth place Lou Shapiro (1:42:17). These 75-79 guys ran a slew of 10 milers. Shapiro ran three, losing to ninth place Bill Sollers at the DCRRC Al Lewis 10 Mile, 1:38:31 to 1:43:28, though Shapiro did race an even better Wright Stuff 10K in 59:15. Back with Jack, he had already run the BRRC Father Time Frolic 5M in 44:15 so it was going to take a super race by former champion Neumann. He saved it for the final day, racing the Tim Kennard 10 Mile River Run in 1:30:50 for the fastest 10 mile race in the division. He snatched fourth place away from Pitarra.

On the final Saturday, sixth place Doug Morris tossed in his bid, racing the March Madness 5K in 27:38. James Morse ran the Anthem Richmond Marathon in 4:37:16. Later, he would have a very nice Frostbite 15K in 1:31:33 to slide into eighth place by a very small margin ahead of prolific racers, Sollers and Shapiro, who combined for 22 races in the winter. Eleventh place Joseph Polinski was the last runner faster than an hour in 10K equivalency with his Bruin Dash 5K in 28:34.

A new record of thirty-seven runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Clarke, John**	79	Woodsboro, MD	52:32
2	Merrill, Sammy**	75	Fredericksburg, VA	52:52
3	Elliott, John**	78	Columbia, MD	53:12
4	Neumann, Stan****	78	Timonium, MD	54:39
5	Pitarra, Jack**	76	Baltimore, MD	55:48
6	Morris, Doug*	78	Delaplane, VA	57:39
7	Gray, James	76	New Castle, VA	58:40
8	Morse, James**	75	Rochelle, VA	59:20
9	Sollers, Bill****	78	Silver Spring, MD	59:17
10	Shapiro, Lou*7	75	Silver Spring, MD	59:15
11	Polinski, Joseph***	78	Smithfield, VA	59:35
12	Lougee, Duane**	79	Norfolk, VA	1:01:09
13	Quincy, Ken*****	79	Vienna, VA	1:01:18
14	Skelton, Lowell**	76	Moneta, VA	1:02:37
15	Derk, Terry	75	Dauphin, PA	1:02:47
16	Sharp, Ed*	77	Fredericksburg, VA	1:02:57
17	Howison, David*	75	Lexington, VA	1:04:34
18	Eldridge, Bob	77	Reston, VA	1:04:50
19	Doyle, Melvin*	78	Midlothian, VA	1:07:11
20	Derr, William*	77	Annapolis, MD	1:07:41
21	Steele, Ron**	77	Arlington, VA	1:08:11
22	Coates, Chet**	76	Silver Spring, MD	1:08:54
23	McKee, Michael	79	Charlottesville, VA	1:11:14
24	Pitts, Warren*	78	Baltimore, MD	1:11:31
25	Terrell, Charles*	78	Newport News, VA	1:11:52
26	Quist, Al*	75	Charlottesville, VA	1:11:58
27	Munday, John*	76	Chesapeake, VA	1:12:15
28	Finney Jr., John***	77	Arlington, VA	1:13:28
29	Borkowski, John*	78	Midlothian, VA	1:13:23
30	Moore, Brev*	76	Annapolis, MD	1:14:07
31	Barnett, Rich**	75	Charlottesville, VA	1:14:47
32	Rhoads, Richard	77	Arlington, VA	1:16:55
33	Schwartz, Bill	78	Glen Arm, MD	1:17:51
34	Kurisky, John*	78	Forest, VA	1:22:09
35	Thomas, Evan*	75	Crofton, MD	1:24:19
36	Conn Jr., Harry**	79	Powhatan, VA	1:27:49
37	Foldenauer, Dan	76	Midlothian, VA	1:24:23

80-84 Men

Fort Eustis 10K 57:24

Maynard Weyers locked up the division early, racing the Veterans Day 5K in 28:25. He would own the four fastest times in the division, including the difficult, perhaps long Reston New Year's 5K in 28:18. Chris Catoe knows about long, as he had the next four best races with the shortest being six miles. His best effort was the VAB Turkey Trot 10K in 1:04:20. Third place Alan Rider had two 10Ks, with his best at the Ashburn Farm 10K in 1:14:52.

Fourth place Terry McCarthy ran more than sixty races in 2016 and was best on the final weekend at the March Madness 5K in 37:24. Always prolific Robert Gurtler had 84 5Ks in 2016. He ran 20 races in the winter. Though he never beat McCarthy in four tries, he did come up with an excellent 37:45 at the SVR Jingle Bell 5K. Robert Smith earns sixth place at the shortened-by-a-fire Country Road Run 3.5 Mile. Jim Bob Lyons ran the Redneck Romp 5K in 47:17 for seventh place. Phillip Welker takes the final spot racing the Peaks of Otter 5K.

The most serious threat of the thirty other one-time racers is Duane Lougee who ran the Fort Eustis 10K in 57:24

PI	Name	Age	Hometown	10K=
1	Weyers, Maynard****	80	Alexandria, VA	59:02
2	Catoe, Chris*	82	Virginia Beach, VA	1:04:20
3	Rider, Alan**	81	Reston, VA	1:14:52
4	McCarthy, Terry**	81	Leesburg, VA	1:18:01
5	Gurtler, Robert*11	81	The Plains, VA	1:18:45
6	Smith, Robert**	82	Dickerson, MD	1:31:49
7	Lyons, Jim Bob*	83	Onley, VA	1:38:27
8	Welker, Phillip*	80	Roseland, VA	1:46:06

85-89 Men

RRCA Challenge 10 Mile 1:47:09, 10K = 1:04:28

For more than 25 years the top three racers, Jack McMahon, George Yannakakis, and Larry Dickerson, have been duking it out. Jack McMahon made it to the division first and had his way. Now all three have settled into the division and the most-of-the-time order has been reestablished. George Yannakakis ran the Northern Central Trail Marathon in 5:33:04 so his 5Ks in December were not so fast. McMahon had the fastest on January 1 at the hilly MCRRC New Year's 5K in 33:45. Still, though he would keep the 5K title for a few more weeks, Yannakakis would pass him 20 minutes later that morning when he finished the BRRC Father Time Frolic 5M in 52:29. Third place Larry Dickerson stayed close with a couple solid November races, including the Fairfax Turkey Trot 5K in 35:43. At the end of February, Yannakakis made some major separation, racing the RRCA Challenge 10 Mile in 1:47:09.

Ten other runners had at least one race. Ernest Schillinger beat his older brother Albert at the Fast before the Feast 5K to take the fourth qualifying spot. Eloy Alvarez showed for the good weather days at the weekly Fletcher's Cove Park Run 5K to take fifth place.

Later in March, Yannakakis would set the new American record at the B & A Half Marathon in 2:26:22.

PI	Name	Age	Hometown	10K=
1	Yannakakis, George****	85	Towson, MD	1:04:28
2	McMahon, Jack****	86	Silver Spring, MD	1:10:24
3	Dickerson, Larry**	85	Burke, VA	1:14:30
4	Schillinger, Ernest	85	Williamsburg, VA	1:29:27
5	Alvarez, Eloy*	88	Washington, DC	1:30:38

90 & Older Men

St. Kateri's Run With the Son 5K 47:01, 10K = 1:38:05

Robert White, 93, had the fastest time again racing the St. Kateri's Run with the Son 5K. This year he ran 47:01. Runner-up Bob Atkins, 91, did five 5Ks. His fastest time was the Beat the Clock 5K in 52:45. Third place Dixon Hemphill, 92, ran the Fairfax Turkey Trot 5K but he was more famous on the track. He raced more of the shorter distances. Back in February, he lost a 60-meter sprint by .05 seconds to 99-year-old Orville Rodgers. To put things in perspective, twenty years ago at age 71 Hemphill won the Georgetown 10K in 46:12, the Philadelphia Half Marathon in 1:42:22, and the Army 10 Mile in 1:17:25. Those times would have ranked him in the top half of the 60-64 division.

PI	Name	Age	Hometown	10K=
1	White, Robert	93	Hampton, VA	1:38:05
2	Atkins, Bob*	91	Winchester, VA	1:50:02
3	Hemphill, Dixon	92	Fairfax Station, VA	2:11:06

Open Women

Alexandria Turkey Trot 5 Mile 26:51, 10K = 33:51

Continuing in her winning ways, Susanna Sullivan took on the big races at the beginning and end of the season. Then she added the most tightly contested Thanksgiving event. At the Anthem Richmond Marathon, this woman known for mile speed, finished second in 2:42:34. Thirteenth place Greta Sieve was fifth overall in 2:53:30. Then at the Alexandria Turkey Trot 5 Mile, Sullivan was again runner-up. Her time was 27:21. Third place Beth Sachtelban was next to finish in 27:52. Soon after, sixth place Amy Laskowske came home in 28:17. Tenth place Kerry Allen finished in 28:46. Twenty-first place Barb Fallon Wallace was top master there in 29:48.

Note that Sullivan gets faster with every race. At the First Down 5K in February, she won it all in 16:37, ahead of fourth place Maura Linde's 16:45. Back in November, Stephanie Reich had earned the runner-up spot, winning the Way Station's Thanksgiving Day 5K in 16:42. Reich also won everything at the Candy Cane Dash 5K in 17:15. Linde struggled at the RRCA Challenge 10 Mile while Sachtleban won it all at the Fairfax Four Mile in 22:18, beating the runner-up, twelfth place Frances Loeb (23:21) by a minute.

Fifth place Julia Roman-Duval had no problems winning the RRCA Challenge 10 Mile in 60:06, though she was even faster winning the HCS Metric Marathon in 1:39:59. At the 10 mile, Allen (1:02:01) just held off eighteenth place Caroline Bauer (1:02:06). Twentieth place Mary Schneider ran 1:02:26, ahead of Megan DiGregorio's 1:02:31, but DiGregorio powered her way up to fourteenth by winning the Tim Kennard 10 Mile River Run in 1:01:36. Seventh place Rochelle Basil had two overall 10K wins, including the For the Love of It 10K in 36:01. Eighth place Ann Dunn had two overall wins of her own. Her best was at the Wine Lovers 5K in 17:15.

That takes us back to opening day where many runners had their best race. Maria Elena Calle had two overall wins but her best race was HCA 8K in 28:38 to earn top master and eleventh place in the elite division. Tiel Westbrook was also there, finishing in 29:36 to earn 22nd place. At the American Family Fitness Half Marathon, ninth place Maura Carroll was tops in 1:19:46. The next three were a tad further back. Julie Tarallo and Beth Conlon both ran 1:23:12 and Ann Mazur ran 1:23:59 to take 26th place. Tarallo was given the decision by the race and gets 23rd place. Conlon, who had a far superior second race, still must settle for 24th place.

Loeb was second at the Veterans Day 10K, ahead of sixteenth Elena Barnham who ran 37:29. On the final Sunday, Sullivan earns gold at the St. Patrick's Day 10K in 34:04. Fifteenth place Laurel Le Moigne wins her age group in 36:54. Seventeenth place Jillian Pollack also won her age group a few yards back in 37:11. Barnham improved to a fine Jingle All the Way 5K in 17:53 while Pollack was a bit further off back at 18:14. Sarah Bishop tripled up and ran the 15K, winning it all in 57:31 to earn nineteenth place. Sherry Stick takes the 25th spot with her best of many wins at the Tim Kennard 5K River Run in 18:14.

Eighty-eight runners qualified for the easily the highest winter total ever for any division, including twenty women from other divisions. Fifty-five-year old Cindy Conant was the eldest.

PI	Name	Age	Hometown	10K=
1	Sullivan, Susanna**	26	Reston, VA	34:04
2	Reich, Stephanie**	24	Frederick, MD	34:50
3	Sachtleban, Beth	24	Stafford, VA	35:08
4	Linde, Maura	24	Sykesville, MD	34:52
5	Roman-Duval, Julia**	34	Columbia, MD	35:54
6	Laskowske, Amy*	29	Arlington, VA	35:40
7	Basil, Rochelle**	26	Fairfax, VA	36:01

8	Dunn, Ann**	31	Charlottesville, VA	35:59
9	Carroll, Maura	27	Arlington, VA	36:03
10	Allen, Kerry*	28	Washington, DC	36:16
11	Calle, Maria Elena**	41	Glen Allen, VA	36:22
12	Loeb, Frances	23	Bethesda, MD	36:39
13	Sieve, Greta*	29	Williamsburg, VA	37:05
14	DiGregorio, Megan**	28	White Marsh, MD	37:01
15	Le Moigne, Laurel*	31	Springfield, VA	36:54
16	Barham, Elena	23	Washington, DC	37:14
17	Pollack, Jillian*	27	Middletown, VA	37:11
18	Bauer, Caroline*	33	Columbia, MD	37:19
19	Bishop, Sarah**	34	Fairfax, VA	37:24
20	Schneider, Mary*	29	Monkton, MD	37:31
21	Fallon Wallace, Barb	43	Alexandria, VA	37:33
22	Westbrook, Tiel*	23	Mechanicsville, VA	37:36
23	Tarallo, Julie	27	Washington, DC	37:36
24	Conlon, Beth	25	Montgomery Village, MD	37:36
25	Stick, Sherry****	38	Eldersburg, MD	37:58
26	Mazur, Ann*	31	Charlottesville, VA	37:57
27	Tateishi, Caitlyn	30	Washington, DC	38:14
28	Henry, Sika**	33	Newport News, VA	38:08
29	Lawrence, Kristen**	37	Virginia Beach, VA	38:23
30	Rinehardt, Octavia**	26	Virginia Beach, VA	38:22
31	DeLong, Candace****	26	Winchester, VA	38:25
32	Demers, Katie**	27	Annapolis, MD	38:21
33	Hannon, Elizabeth	34	Columbia, MD	38:22
34	D'Amato, Keira*	32	Reston, VA	38:32
35	Berard, Victoria	26	Baltimore, MD	38:35
36	Brill, Jennifer	26	Washington, DC	38:34
37	Paul, Jennifer	29	Washington, DC	38:42
38	Wheeler Northup, Rachel	41	Richmond, VA	38:40
39	Parks, Becky*	28	Washington, DC	38:45
40	Lautzenheiser, Leia	24	Midlothian, VA	38:47
41	Pearson, Hannah**	29	Fairfax, VA	38:52
42	Tawa, Liz*	23	Ellicott City, MD	38:50
43	McGuire, Jessica**	36	Arlington, VA	38:58
44	Swain-Taylor, Erin	34	Arlington, VA	38:56
45	Stults, Greta	34	Arlington, VA	38:55
46	Capozzi, Michelle*	24	Leesburg, VA	39:11
47	Blackstone, Meghan	23	Bristow, VA	39:07
48	Patterson, Natalie***	24	Blacksburg, VA	39:14
49	Williams, Catherine**	35	Virginia Beach, VA	39:21
50	Kleitzi, Jean*	34	Fairfax, VA	39:17

51	Heasman, Claire	42	Frederick, MD	39:25
52	Guzzo, Christina*	32	Rockville, MD	39:29
53	Cario, Stephanie	25	Bridgewater, VA	39:30
54	Cardosi, Calesse	25	Fairfax, VA	39:27
55	Fulmer, Stephanie	26	Arlington, VA	39:32
56	Richard, Emily	40	Washington, DC	39:38
57	McNichols, Lisa	49	Alexandria, VA	39:34
58	Lasker, Sara***	26	Fredericksburg, VA	39:49
59	Thiele, Dana*	38	Earlysville, VA	39:46
60	Lafrance, Colleen	31	Great Falls, VA	39:50
61	Rose, Shayna*	24	Baltimore, MD	39:48
62	Dietz, Jenn	31	Arlington, VA	39:50
63	Ludtke, Zanny	23	Harrisonburg, VA	39:49
64	Berinato, Jody	35	Baltimore, MD	39:47
65	Thomas, Lisa	40	Alexandria, VA	39:46
66	Wetzel, Christie*	29	Falls Church, VA	39:51
67	Caton, Eryn**	34	Falls Church, VA	40:03
68	McGraw, Becky*	37	Stephens City, VA	39:58
69	Eckberg, Keely	25	Arlington, VA	40:00
70	Warren, Julia	26	Richmond, VA	40:08
71	Brecher, Erica	30	Fredericksburg, VA	40:09
72	Burns, Helen*	28	Washington, DC	40:09
73	Jean, Thorin**	16	Williamsburg, VA	40:21
74	Burbach, Cristina	42	Arlington, VA	40:19
75	Crook, Meg	42	Charlottesville, VA	40:23
76	Salazar-Guzma, Dagmar	33	Rockville, MD	40:25
77	Conant, Cindy**	55	Kensington, MD	40:33
78	Fitzgerald, Jenny	37	Woodbridge, VA	40:34
79	Perry, Ali	23	Baltimore, MD	40:34
80	McMinn, Chelsea	24	Frederick, MD	40:32
81	Baage, Silvia	36	Rockville, MD	40:45
82	Harvey, Alisa*	51	Manassas, VA	40:47
83	Hoogland, Megan	27	Fairfax, VA	40:41
84	Tinney, Veronica	29	Washington, DC	40:43
85	Kulesz, Melanie*	25	Richmond, VA	40:58
86	Syrrist, Mary*	32	Rockbridge Baths, VA	41:00
87	Bohn, Sarah	28	Richmond, VA	41:19
88	Wechsler, Gabi	25	Henrico, VA	41:11

19 & Younger Women

Drumstick Dash 5K 18:00, 10K = 37:29

It is always the hardest division to rank because the age and level of development can be so different. Young runners have a wide span of performances in a season. With that said, our champion, Thorin Jean, was dominant with five wins, four overall, in the top nine races. All of her 5Ks were sub 20 with her best being the Norfolk Harbor 5K in 19:23. Her slowest, a week later, was the Virginia Running Festival 5K in 19:54. Parker O'Brien, at just 12, was runner-up at the Solomons Jingle Bell 5K in 19:08. I had originally penciled her in as champion but Jean's résumé was too complete. O'Brien followed up with an overall win at the SMCN Resolution 5K in 20:29.

Jean was the only runner with a second race in the top fifteen. Third place Katherine Lobeda ended the year at the Fairfax Four Mile in 25:21, three weeks after running the Holiday Half Marathon. Fourth place Anna Staats won it all at the Strut Stuff 5K in 19:32 but finished well back of O'Brien, though only by one place, at the Solomons Jingle Bell 5K in 21:55. Fifth place Maura Finn was more consistent with three of the top twenty times. She won it all at the Toano Frosty 5K in 19:41.

Seventh place goes to Chloe Ramirez who finished second overall at the Veterans Day 5K in 19:56. Alexandra Oskuie finished ahead of Lobeda at the Holiday Half Marathon 1:32:54 to 1:37:34. Fifteenth place Naomi Ducharme was there in 1:38:31. Ninth place Brittany Young won the Sentara Colonial 5K in 20:22 but was second to Finn at the Toano Frosty 5K with 21:33. Eighth place Lauren Hasty was a mere second slower at her Bruin Dash 5K in 20:22. She bolstered her spot with an overall win at the Mud in Your Eye XC Series 6K. Tenth place Sarah Decker was right there, doing the Running of the Reindeer 5K in 20:25.

Eleventh place Sophie Tedesco won it all at the Vienna Turkey Trot 10K in 42:39, the fastest 10K of the season. Thirteenth place Kasey Sutryk was on her heels four days later at the VAB Turkey Trot 10K in 42:46. In between the two, Maddie Kelleher was second overall at the Sentara Sleighbell 5K in 20:28 to fill the top dozen spot in this closely matched field. Fourteenth place Valerie Barret won her race, Martinsville Turkey Day 5K, in 20:39. A week later, she slowed two seconds at the Peaks of Otter to take third overall.

Fifty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Jean, Thorin*****	16	Williamsburg, VA	40:21
2	O'Brien, Parker**	12	Leonardtown, MD	39:50
3	Lobeda, Katherine*	17	Fairfax, VA	40:35
4	Staats, Anna***	17	Lexington Park, MD	40:40
5	Finn, Maura**	19	Alexandria, VA	40:59
6	Ramirez, Chloe*	15	Lansdowne, VA	41:30
7	Oskuie, Alexandra**	16	Vienna, VA	41:59
8	Hasty, Lauren***	13	Chesapeake, VA	42:26
9	Young, Brittany***	19	Mechanicsville, VA	42:24

10	Decker, Sarah**	18	Havre de Grace, MD	42:30
11	Tedesco, Sophie**	14	McLean, VA	42:39
12	Kelleher, Maddie**	18	McLean, VA	42:42
13	Sutryk, Kasey*	16	Virginia Beach, VA	42:46
14	Barrett, Valerie***	17	Danville, VA	43:00
15	Ducharme, Naomi	16	Annandale, VA	42:59
16	Exley, Reagan**	11	Great Falls, VA	43:12
17	Stumvoll, Haley	19	Oakton, VA	43:12
18	Ayala, Emmalee	14	Lansdowne, VA	43:25
19	Slater, Elle**	13	Spotsylvania, VA	43:20
20	Stutt, Taylor*	15	Williamsburg, VA	43:31
21	Szabos, Sydney*	14	South Riding, VA	43:46
22	Smith, Madison*****	12	Stephenson, VA	43:50
23	Pokorny, Katie**	19	Midlothian, VA	43:58
24	Wigglesworth, Claire*8	15	Washington, DC	44:02
25	Goodpasture, Laurel*	18	Midlothian, VA	44:20
26	Prillaman, Grace**	19	Newport News, VA	44:23
27	Rosas, Adriana**	17	Columbia, MD	44:32
28	Schlossberg, Lily*	14	Virginia Beach, VA	44:37
29	Koepfinger, Hannah*	16	King George, VA	44:31
30	Williamson, Julie**	12	Suffolk, VA	44:53
31	Connors, Nina**	10	Frederick, MD	44:46
32	Borland, Katie**	15	Winchester, VA	45:13
33	Merchant, Olivia*	14	Warrenton, VA	45:11
34	Jean, Sorena****	14	Williamsburg, VA	45:19
35	Fagerstrom, Kerstin**	14	Washington, DC	45:36
36	Vickery, Sarah*	19	Bedford, VA	45:42
37	Tidwell, Rebecca*	14	King George, VA	45:46
38	Obenberger, Ally*	13	Arlington, VA	45:54
39	Hayes, Sabrina*	13	Warrenton, VA	46:05
40	Gusmer, Karen***	19	Washington, DC	46:15
41	Rosas, Brenda*	18	Columbia, MD	46:13
42	Laneve, Ashley**	14	Forest, VA	46:22
43	Timar-Wilcox, Estelle*	16	Falls Church, VA	46:28
44	Cea-Lavin, Enya*	13	Fredericksburg, VA	46:27
45	Parziale, Nina***	14	Williamsburg, VA	46:37
46	Becker, Hannah**	17	Perry Hall, MD	46:55
47	Rutolo, Marisa*	15	Midlothian, VA	47:07
48	Schaffer, Aubrey	13	Frederick, MD	47:23
49	Brewster, Kathleen*	15	Vienna, VA	47:32
50	Nordt, Ashleigh*	13	Charlottesville, VA	47:38
51	Rowe, Grace*	12	Clarksburg, MD	47:38

52	Medearis, Eliza	15	Alexandria, VA	47:39
53	Romola, Elise*	18	Ashburn, VA	47:49
54	Paget-Brown, Chloe*	10	Charlottesville, VA	48:07
55	Schmidt, Nicole	16	Vienna, VA	48:14

35-39 Women

Veterans Day 10K 36:18

The top three ladies, Sherry Stick, Kristen Lawrence and Jessica McGuire, had a combined nine overall wins. Third place Jessica McGuire had two of hers at the DCRRC Al Lewis 10 Mile in 1:06:01 and then a week later at the DCRRC JFK 20K in 1:21:48. That same morning Kristen Lawrence won the runner-up spot with her Tidewater Striders Tune-up 10 Mile victory in 1:03:53. Two weeks later she won it all at the Tidewater Striders Tune-up 15 Mile in 1:40:30. Our champion Sherry Stick, as oft times happens, beat all the men as well at the Jingle Bell Run Walk for Arthritis 5K in 18:41. She saved the best of her five overall wins for the final Sunday, winning the Tim Kennard 5K River Run in 18:14 to take the crown.

Fourth place Catherine Williams is no slouch either, winning both of her races as well, including an 18:54 triumph at the Run for Kendra 5K. Sixth place was easier to pick, though it was very close as Amanda Beal edges Jody Berinato at the RRCA Challenge 10 Mile, 1:06:06 to 1:06:12. Tenth place Silvia Baage ran 1:07:55. That race is much hillier than Al Lewis 10 Mile but with the extra warmth in February this year, many runners ran similar times at both races. Eighth place Becky McGraw tore up the southwest corridor with eight age group wins, including her overall win at the March Madness 5K in 19:12. Baage had a fine St. Patrick's Day 10K in 40:45. It took a great runner-up placement by Jenny Fitzgerald at the always tough Run Your Heart Out 5K in 19:29 to keep Baage out of ninth place.

Twenty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Stick, Sherry*****	38	Eldersburg, MD	37:58
2	Lawrence, Kristen***	37	Virginia Beach, VA	38:23
3	McGuire, Jessica****	36	Arlington, VA	38:58
4	Williams, Catherine**	35	Virginia Beach, VA	39:21
5	Thiele, Dana**	38	Earlysville, VA	39:46
6	Beal, Amanda***	36	Ellicott City, MD	39:43
7	Berinato, Jody*	35	Baltimore, MD	39:47
8	McGraw, Becky*8	37	Stephens City, VA	39:58
9	Fitzgerald, Jenny**	37	Woodbridge, VA	40:34
10	Baage, Silvia	36	Rockville, MD	40:45
11	Sanders, Caroline	35	Weyers Cave, VA	40:55
12	Olds, Shelly**	36	Roanoke, VA	41:11

13	Diegoli, Toni*	38	Potomac, MD	41:24
14	Hall, Jessica**	37	Waterford, VA	41:18
15	Clor, Elizabeth***	38	Chantilly, VA	41:52
16	Lully, Jennifer**	39	Lynchburg, VA	41:59
17	Dzibela, Tracy*7	39	Fredericksburg, VA	42:15
18	O'Hara, Laura	36	Alexandria, VA	42:12
19	Ramos, Laura****	37	Silver Spring, MD	42:35
20	Phillips, Emily**	38	Roanoke, VA	42:55
21	Krycinski, Sarah*	36	Forest, VA	43:11
22	Anderson, Jennifer*	36	Poquoson, VA	43:17
23	Mathews, Lena*	36	Baltimore, MD	43:21
24	Mandes, Sarah	39	Arlington, VA	43:24
25	Hollis, Elizabeth	39	Leesburg, VA	43:42

40-44 Women

HCA 8K 28:38, 10K = 36:22

Our champion, Maria Elena Calle, came out like gangbusters, racing the HCA 8K in a swift 28:38. That would have been fast enough to win it all at this year's Townebank, including last year's 40-44 winter champion who finished there in second overall with 29:11. Third place Rachel Wheeler Northup was next at HCA with 30:27. In the middle of the three name ladies, Barb Fallon Wallace had a big win at the Alexandria Turkey Trot 5 Mile in 29:48, ahead of seventh place Lisa Thomas who ran 31:32. That same morning, Wheeler Northup ran the Richmond Turkey Trot 10K in 39:21 for third overall.

Fallon Wallace saved her best race, the 10K, for the final day of the season, besting fourth place Claire Heasman at the St. Patrick's Day 10K, 37:33 to 39:28. Heasman had two sub 19:00 5Ks. Her TCS Annapolis Half Marathon in 1:27:35, third overall, was the fastest briefly until Calle won it all at the Blue Gray Half Marathon in 1:24:07. The following week, Calle showed her range, winning it all at the Toy for Tots Run 5K in 18:04.

The battle for fifth place was a photo finish. Emily Richard beat the hard charging Cristina Burbach at the SOME Thanksgiving Day Trot for Hunger 5K, 19:02 to 19:22. Brenda Schrank beat everyone at the SVR Jingle Bell 5K race a month later in 19:02. Richard would break the tie, racing the Love the Run You're with 5K in 19:22 while Schrank had a tougher time at the Beat The Clock 5K in 21:23. Burbach gets eighth for the winter but do not count on that staying that way. She already has an overall win and a top three placement time for the spring.

Ninth place Meg Crook bookended the season with two solid 8Ks. First at HCA, she ran 31:54. In March, she ran the Haven 8K in 31:48. The battle for tenth place was epic. Judy Doldorf had three wins, including the Reston 10 Mile in 1:08:35. Erin Chamberlin had two wins, including the hilly RRCA Challenge 10 Mile in 1:08:30. Chamberlin edges

Doldorf using the Moreland Racing Factor 37 to 32 with the main difference being she had beaten more ranked runners in her events.

Thirty-one runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Calle, Maria Elena***	41	Richmond, VA	36:22
2	Fallon Wallace, Barb***	43	Alexandria, VA	37:33
3	Wheeler Northup, Rachel	41	Richmond, VA	38:40
4	Heasman, Claire***	42	Frederick, MD	39:25
5	Richard, Emily**	40	Washington, DC	39:38
6	Schrank, Brenda**	44	Winchester, VA	39:38
7	Thomas, Lisa*	40	Alexandria, VA	39:46
8	Burbach, Cristina**	42	Arlington, VA	40:19
9	Crook, Meg*	42	Charlottesville, VA	40:23
10	Chamberlin, Erin**	41	Clarksville, MD	41:10
11	Doldorf, Judy***	44	Manassas, VA	41:13
12	Stone, Trish**	42	Kensington, MD	41:36
13	Reichmann, Lisa***	42	Gaithersburg, MD	41:37
14	Pierce, Emily***	41	Silver Spring, MD	41:44
15	Huerta, Amy**	41	Fredericksburg, VA	41:52
16	Hartley, Robyn*	41	Richmond, VA	42:02
17	Sapper, Julie*	44	Rockville, MD	42:28
18	Austin-Thieme, Stephanie**	43	Woodbridge, VA	42:47
19	Chen, Judy**	40	Washington, DC	42:58
20	Sample, Jennifer**	42	Chevy Chase, MD	42:55
21	Roque, Meg*****	40	Berryville, VA	43:14
22	Smith, Elizabeth**	40	Virginia Beach, VA	43:10
23	Van Bebber, Stephanie	43	Fairfax, VA	43:25
24	Kays, Danielle**	41	Bel Air, MD	43:47
25	Hainstock, Lisa**	40	Charlottesville, VA	43:56
26	Heller, Aga*	40	Warrenton, VA	44:02
27	Thomas, Elizabeth	41	Silver Spring, MD	44:17
28	Hicks, Julie***	41	Norfolk, VA	44:33
29	Crone, Brady**	42	Westminster, MD	44:37
30	Lamm, Elizabeth	43	Harrisonburg, VA	44:49
31	Jefferson, Lauren*	42	Harrisonburg, VA	45:07

45-49 Women

Run with Santa 5K 17:54, 10K = 37:16

Now is your chance. Perry Shoemaker was gearing up for the Townebank 8K and only had one qualifier. Yoko England had two overall wins in December, including a better

first December race than Lisa McNichol when she won the Wards Corner 10K in 40:29. McNichols did win at the Jingle All the Way 5K in 19:39, well ahead of England's Tacky Sweater 5K victory in 20:06. Still, she had already garnered the title with an impressive Alexandria Turkey Trot 5 Mile in 31:23. Fourth place Karen Parry came out early at the American Family Fitness Half Marathon in 1:33:38. Third place Stefani Watterson matched her a month later at the Jingle All the Way 15K in 1:05:10. Parry may have gotten back on the horse too soon when she ran the Richmond Turkey Trot 10K in 43:55. Watterson waited until February to race the Love the Run You're with 5K in 20:50.

In the tale of two Reston Town Center courses, fifth place Carol Currey could not improve on her Reston New Year's 5K in 20:37 on the tougher Run Your Heart Out 5K (20:50) course in February. Sixth place Jeannie Arnold went the other way. She was top master Thanksgiving with a 20:48 5K. Then in colder January, she ran a very nifty Frostbite 15K, where the competition is always severe, in 1:06:04 for an age group win. Seventh place Lisa Chilcote ran two of the biggest 5Ks in Washington, DC, first at the Jingle All the Way 5K in 20:59, and then improving two months later at the First Down 5K in 20:40.

Eighth place Amy Smith stayed home, racing all four of her races at DCRRC events. She was the top master once and twice was third overall. Her best race was the JFK 20K in 1:30:30. She also finished right behind Currey at the cross country Burke Lake 12K 52:32 to 53:03. After her first race, Samantha Cole was in danger of missing the top twenty. On the final day, she unloaded an impressive Reston 10 Mile in 1:11:48 to leapfrog up to ninth place. Eleventh place Linda-Lou O'Connor had her monster race at the much more challenging RRCA Challenge 10 Mile in 1:12:20. That was almost enough to catch Cathy Ross for tenth place. Ross ran the Turkey Day 5K in 20:55. She had a challenging injury that should have slowed her down but the rest of her races were right there too. Twelfth place Monique Rico was right there racing the Ringing in Hope 5K in 20:55 as well. She had an overall win too at the Frigid 10K in 46:17. Thirteenth place Christine Westcott had the top marathon, finishing second in her age group at the Anthem Richmond Marathon in 3:23:13. In February, she ran the RRCA Challenge 10 Mile in 1:15:56 behind O'Connor.

Thirty-seven runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	McNichols, Lisa*	49	Alexandria, VA	39:34
2	England, Yoko**	45	Norfolk, VA	40:39
3	Watterson, Stefani	47	Alexandria, VA	42:22
4	Parry, Karen*	48	Richmond, VA	42:19
5	Currey, Carol***	45	Springfield, VA	42:55
6	Arnold, Jeannie****	47	Mechanicsville, VA	42:57
7	Chilcote, Lisa***	46	Rockville, MD	43:02
8	Smith, Amy****	46	Fairfax, VA	43:07
9	Cole, Samantha**	48	Arlington, VA	43:09

10	Ross, Cathy***	45	Burke, VA	43:33
11	O'Connor, Linda-Lou**	48	Severna Park, MD	43:28
12	Rico, Monique***	49	Chantilly, VA	43:33
13	Westcott, Christine	47	South Riding, VA	43:26
14	Knickman, Denise****	48	Baltimore, MD	43:44
15	Isler, Kim***	48	Oakton, VA	44:19
16	Dustin, Jennifer*	47	Elkridge, MD	44:16
17	Takakusaki, Yuko****	49	Arlington, VA	44:45
18	Goodpasture, Debbie**	47	Midlothian, VA	45:17
19	Ratcliffe, Kim**	49	Yorktown, VA	45:07
20	Young, Cheryl*	47	Reston, VA	45:34
21	Pels, Paula**	49	Silver Spring, MD	45:45
22	Taylor, Julia	45	Arlington, VA	45:46
23	Motsko, Kelle****	45	Chesapeake, VA	46:07
24	Chase, Julia*	46	Fredericksburg, VA	46:15
25	Anzaldi, Tracie*	45	Arlington, VA	46:32
26	Harrington, Joy**	47	Arlington, VA	46:49
27	Malooly, Alicia*	46	Chesapeake, VA	47:22
28	Cohen, Anna	46	Round Hill, VA	47:22
29	Arbaugh, Tonna**	49	Westminster, MD	47:23
30	Taylor, Ruth*	49	Frederick, MD	47:23
31	Ursu, Rodica	48	Chevy Chase, MD	47:49
32	Schweighardt, Taimi	46	Alexandria, VA	47:53
33	Blakney, Luz	49	Oak Hill, VA	48:01
34	Keane-Myers, Andrea	47	Bethesda, MD	48:23
35	Young, Karen*	48	Boyds, VA	48:08
36	Kiesel, Cindy	48	Alexandria, VA	48:09
37	McCubbin, Tina**	47	Westminster, MD	48:23

50-54 Women

Frosty 5K 19:33, 10K = 40:42

Last year's top two, Kendall Tata and Pamela Lovett, picked the wrong time to ease up. With matching times they would have both repeated as one, two. Runner-up Tata got her racing done early, winning it all at the Buzz by Belmont 5K in 20:24 and as top master at the Earlysville Turkey Trot 5K in 20:23. Alisa Harvey prefers the warmer weather but she came out to the Frosty 5K in December and was second overall in 19:33 to take the crown. On the final day of the year, she resolved to do better. Not in time, with 19:40, but as the overall winner and the second grandmaster to make the massive elite division at 82nd place. Lovett, known for her speed, was the top master with easily the fastest half, racing the TCS Annapolis Half Marathon in 1:36:23. In December, she ran the Blue Gray 5K in 21:07 to match the third best race of Anita Freres who ran the Frosty 5K. Freres ran the surprisingly fast Turkey Day 5K in 21:03 but that would not have been enough to

catch the sixth place Lovett. On the final day, Freres uncorked her best of six wins, racing to Reston 10 Mile in 1:11:39 to vault into third place.

Fourth place Mandana Mortzavi did defeat Freres at the Run with Santa 5K, 21:10 to 21:18. She also ran the Ashburn Farm 10K in 43:19 to fall just short of the third spot. Debbie McLaughlin ran a much slower half marathon than Lovett by at least three minutes but she did have the fastest race, running the Sentara Sleighbell 5K for third overall in 20:47 as well as the Blue Talon Bistro Turkey Trot 5K in 20:57 to edge Lovett for fifth place.

Winning at the RRCA Challenge 10 Mile is always good on your résumé and seventh place Andrea Clappsey did just that in 1:13:15. Next in line, Deb Jockin ran the Blue Gray Half Marathon in 1:39:29 for eighth placement. Kelly Dworak is ninth for her runner-up spot at the Holiday Hustle 5K in 21:42. Jeanine Wolanski wins a virtual tie with Patty Andrews for tenth place. Both had a very good race and a second race that was not so good. Wolanski took on tough competition at the American Family Fitness Half Marathon in 1:40:29. Andrews won her age group at the Cold Turkey 10K in 45:21.

Maureen Hall had six age groups wins, including a second overall at the BRRC Masters 5K in 22:02 to edge Carol David who ended the season at the John Robbins 8K in 36:03 for the twelfth spot. The next three places were glued together. Fourteenth place Deb Taylor was third overall at the Turkey Chase 10K in 46:08 and won at a major 5K. The same weekend that sixteenth place Joanne Forsyth won at the HCA 8K in 36:21, fifteenth place Tracy Heichelbech matched her exactly with her 1:42:10 at the American Family Fitness Half Marathon. Heichelbech had the next best race at the Jingle All the Way 15K in 1:11:18, while Forsyth ran the Blue Gray Half Marathon in 1:44:15.

With fifty-eight, the division was the largest of the five age groups with more than fifty qualifiers.

PI	Name	Age	Hometown	10K=
1	Harvey, Alisa**	51	Manassas, VA	40:42
2	Tata, Kendall***	54	Stanardsville, VA	42:26
3	Freres, Anita*6	52	Vienna, VA	43:04
4	Mortazavi, Mandana**	53	Leesburg, VA	43:19
5	McLaughlin, Debbie****	51	Williamsburg, VA	43:21
6	Lovett, Pamela****	54	Yorktown, VA	43:33
7	Clappsey, Andrea**	52	Annapolis, MD	44:01
8	Jockin, Deb****	50	Fredericksburg, VA	44:57
9	Dworak, Kelly**	54	Carlisle, PA	45:11
10	Wolanski, Jeanine	51	Charlottesville, VA	45:24
11	Andrews, Patty**	52	Stevensville, MD	45:21
12	Hall, Maureen*6	52	Baltimore, MD	45:52
13	David, Carol*	54	Stafford, VA	45:47
14	Taylor, Deb**	50	Hanover, ND	46:08

15	Heichelbech, Tracy*	52	Potomac, MD	46:10
16	Forsyth, Joanne*	52	Fredericksburg, VA	46:10
17	Bowman, Mary****	51	Silver Spring, MD	46:25
18	Liu, Tammy*	50	Ellicott City, MD	46:31
19	Borkman, Kelly*****	50	Virginia Beach, VA	46:25
20	Bozarth, Helena*	50	Fredericksburg, VA	46:51
21	Scott, Janeth*	54	Columbia, MD	46:51
22	Householder Mehler, Laurie*	52	Richmond, VA	46:54
23	Ung, Mardiny**	50	Elizabethtown, PA	46:53
24	Stotler, Tonya*8	50	Cross Junction, VA	46:59
25	Kopecky, Debbie	53	Virginia Beach, VA	46:59
26	Kopacz, Margaret**	52	Chesapeake, VA	47:01
27	Hackman, Christine*7	53	Arlington, VA	47:03
28	Glowacki, Julia*	51	Centreville, VA	47:01
29	Johnston, Keary*	51	Frederick, MD	47:16
30	Mackintosh, Brenda***	51	Springfield, VA	47:09
31	Willingham, Lise*	53	Charlottesville, VA	47:28
32	Havens, Karla**	54	Plainview, VA	47:40
33	Slattery, Fay*	54	Alexandria, VA	47:45
34	Ernst, Carol*	51	Fulton, VA	48:10
35	Sullivan, Jamie*	52	Sykesville, MD	48:20
36	Sheets, Susan	54	Virginia Beach, VA	48:26
37	Sevik, Phyllis*	52	Ellicott City, MD	48:29
38	Boring, Linda*	52	Frederick, MD	48:35
39	Callahan-Brill, Jaime****	50	Hampton, VA	48:45
40	Minnick, Deb	52	North Chesterfield, VA	48:50
41	Barrick, Michelle**	53	Middle River, MD	49:04
42	Pontarelli, Sally**	51	Culpeper, VA	49:00
43	De Cuaves, Margaret	53	Baltimore, MD	49:04
44	Shea, Stacey**	53	Eldersburg, MD	49:08
45	Nielsen, Lisa***	53	Roanoke, VA	49:12
46	Murillo, Barbara*	51	Fairfax, VA	49:10
47	Dugan, Maureen*	52	Washington, DC	49:15
48	Murray, Trish*	50	Virginia Beach, VA	49:23
49	Smith, Paula*	50	Hampstead, MD	49:21
50	Braunstein, Janet	50	Washington, DC	49:49
51	Downer, Annie**	52	Reston, VA	49:56
52	Bunk, Amy	50	Arlington, VA	49:58
53	Armistead, Lisa***	51	Virginia Beach, VA	50:06
54	Delaney, Nancy*	51	Virginia Beach, VA	49:55
55	Esquibel, Pearl	54	Fredericksburg, VA	50:06
56	Moeser, Audrey	51	Glen Arm, MD	50:47

57	Foy Jones, Valor	53	Newport News, VA	51:15
58	Birchfield, Carolyn*	51	Alexandria, VA	51:30

55-59 Women

RRCA Challenge 10 Mile 1:07:28, 10K = 40:33

Last winter's champion, Julie Hayden, slowed a mere second, finishing the Veterans Day 5K in 21:35 but the super elite came out to race and that left her in fourth place. There can be no doubt that Cindy Conant is in full command of the division. Her worst event was a season ending St. Patrick's Day 5K in 20:11. Runner-up Deedee Loughran ran a very nice 20:53 at the Turkey Day 5K in 20:53. Conant started the 5K at 8:15 a.m. At 9:00 a.m., she lined up to win the 10K in 41:01. That time was almost as fast as her season opener at the Veterans Day 10K in 40:57, where she defeated fifth place Eleanor Kerr who had the next best 10K in 45:49. In all, Conant had the nine best races, across five distances. She was the overall winner three times and runner-up twice. Loughran would add the Run with Santa 5K in 20:59 for two sub 21:00 5Ks. Conant had two sub 20:00 5Ks.

Third place Mercedes Castillo-D'Amico nearly got under 21:00 at the Sentara Colonial 5K. Though her time is not official as they do not use official gun times, we assumed that as the third women overall she did not take 35 seconds to get started to be slower than Hayden's best 5K. She was also second overall at the Toano Icy 8K in 35:42 for the fastest true 5M of the period. Conant ran the MCRRC Jingle Bell Jog 8K but that course was run short again this year and her Country Run 5 Mile was modified to a 3.5 Mile because of a fire further down the road at the normal turnaround. Hayden would add three more sub 22:00 5Ks but none as fast as Castillo-D'Amico's 21:40 at the Swamp Run 5K.

Sixth place Trish Richardson ran the Drumstick Dash 5K in 22:04. Later she would run the Blacksburg 10 Mile in 1:17:26, third behind both of Conant's 10 mile races. Seventh place Jill Snyder was literally behind Conant at the RRCA Challenge 10 Mile with 1:18:00. As fast as Conant races, her best distance was again the 10M as she stormed those icy hills in Columbia in 1:07:28. Taking eighth was easy for Amber Rader as she was second in her age group at the most competitive half marathon, racing the American Family Fitness Half Marathon in 1:45:07. Ninth place Suzanne Porter actually matched tenth place Kathleen Kearns with her Ringing in Hope 10K win in 47:41. Kearns ran the Holiday Half Marathon in 1:45:31. Then Porter broke the tie with her third age group win at the For the Love of It 10K in 47:42.

Eleventh place Sushila Nanda is back with a vengeance after being off the circuit for quite a while. She added to her Arlington Turkey Trot 5K in 23:02 with five more age group wins. Mary Jo Bailey fills the dozen, running the Busch Gardens Christmas Town Dash 8K in 37:49. Linda Kennedy got a tough break as she only made 44th place with a Thanksgiving Day 5K that she probably did not give her normal great effort. She did run the Sentara Colonial Half Marathon with a very solid net time but we have no way of

discerning her official time. Net times may be used as a qualifier and/or a tiebreaker in a head-to-head matchup but not for time.

The division stayed huge with fifty-seven qualified runners.

PI	Name	Age	Hometown	10K=
1	Conant, Cindy*9	55	Kensington, MD	40:33
2	Loughran, Deedee**	58	Oak Hill, VA	43:29
3	Castillo-D'Amico, Mercedes***	59	Williamsburg, VA	43:45
4	Hayden, Julie****	56	Ashburn, VA	44:56
5	Kerr, Eleanor*	57	Hyattsville, MD	45:49
6	Richardson, Trish**	55	Christiansburg, VA	45:57
7	Snyder, Jill	56	Annapolis, MD	46:53
8	Rader, Amber**	57	Moseley, VA	47:30
9	Porter, Suzanne***	56	Annandale, VA	47:41
10	Kearns, Kathleen**	56	Woodbridge, VA	47:41
11	Nanda, Sushila*6	55	Arlington, VA	47:57
12	Bailey, Mary Jo**	55	Williamsburg, VA	48:02
13	Grillo, Jeanne*	55	Potomac, MD	48:38
14	Furr, Suzanne*	55	Upper Marlboro, MD	48:29
15	Ranney, Sheri	55	Reston, VA	49:02
16	Norman, Brenda*	59	Annapolis, MD	48:57
17	Rome, Julie	55	Oak Hill, VA	48:58
18	Layson, Lynda*	56	Glen Burnie, MD	49:25
19	Rushin, Blake*	55	Vienna, VA	49:26
20	Rosasco, Carole***	57	Severna Park, MD	49:27
21	Meyer, Jane*	56	Annapolis, MD	49:35
22	Huddleston, Terri	57	North Chesterfield, VA	49:53
23	McCann, Beth	57	Arlington, VA	49:51
24	Casola, Deborah*	59	Ashburn, VA	49:54
25	Henry, Paula**	56	Yorktown, VA	50:08
26	Griffing, Sharon**	57	Springfield, VA	50:11
27	Asao-Ragosta, Kyoko*	58	Charlottesville, VA	50:21
28	Gentry, Mary*	58	Nokesville, VA	50:31
29	Pferrmann, Deborah*	56	Arlington, VA	50:27
30	Philpot, Connie*	59	Arlington, VA	50:31
31	Gray, Sandra*	57	Glen Allen, VA	50:33
32	Looney, Anne	56	Richmond, VA	51:01
33	Donovan, Kathy***	56	Virginia Beach, VA	51:09
34	Peart, Sandra	57	Henrico, VA	51:12
35	Weaver, Terri****	56	Virginia Beach, VA	51:25
36	Cea, Kathy*	56	Gaithersburg	51:19
37	Winter, Jody	58	Vienna, VA	51:29
38	Johnson, Anne	55	Glenwood, MD	51:42

39	Hackett, Maura	57	Springfield, VA	51:52
40	Yager, Sharon*	56	Virginia Beach, VA	52:09
41	Durland-Jones, Karen*	56	Free Union, VA	52:24
42	Clarke, Tammi*	55	Norfolk, VA	52:36
43	Shiver, Tina**	57	Richmond, VA	52:45
44	Yao, Pamela**	56	Elkridge, MD	52:51
45	Kennedy, Linda*	56	Alexandria, VA	52:51
46	Kraus, Kris	55	Williamsburg, VA	53:01
47	Heinrich, Mika	57	Herndon, VA	53:00
48	Comeau, Laurey*	55	Charlottesville, VA	53:05
49	Buller, Leslie	58	Henrico, VA	53:04
50	D'Antoni, Jeanne	55	Charlottesville, VA	53:16
51	Randolph, Cornelia**	56	Washington, DC	53:18
52	Bean, Becky**	58	Norfolk, VA	53:31
53	Chen-Mayer, Heather	55	Garrett Park, MD	53:35
54	Van Landingham, Winnie*	57	North Dinwiddie, VA	53:52
55	Newman, Linda	55	Richmond, VA	54:03
56	Schulte, Victoria	57	Ashburn, VA	54:03
57	Corrigan, Mary Beth	55	Alexandria, VA	54:13
58	Polite, Rebecca*	57	Winchester, VA	54:25

60-64 Women

Reston 10 Mile 1:14:00, 10K = 44:28

So you want to be the champ. You look for the fastest fall 10K and you race a fine Veterans Day 10K in 47:31, ahead of fourth place Elizabeth Baumgarten's 48:58. The following week you take down a frequent title holder, Betty Blank, at the Cranberry Crawl with an overall win, 22:48 to 23:08. The next day, last season's champ Ida Draim closes with a Vienna Turkey Trot 5K in 22:50. So, while Blank closed on Draim with her Alexandria Turkey Trot 5 Mile in 37:56, Mary Lowe Mayhugh raced an innocuous Chris Yung Turkey Trot 5K in 23:42 and got ready for the following week's title fight with Draim. It happened for Mayhugh as she wrested the crown from Draim at the Jingle All the Way 5K, 22:51 to 23:10. Head-head wins over the top three competitors and twelve age groups wins gives her a well-deserved title. The following week Draim bested Blank at the DCRRC Gar Williams Half Marathon, 1:46:29 to 1:47:03, to clinch the runner-up spot.

By January, fifth place Cecil Astrop had recovered from her Anthem Richmond Marathon in 4:07:41. She ran the fastest 10 miler at the Run for the Heart in 1:21:16, ahead of sixth place Rose Crist (1:24:37). Crist and seventh place Leslie Rigby Kash both had a slew of wins. Of the two, Rigby Kash had the best race at the HCS 8K in 39:43 but Crist ran her down with six races ahead of Rigby Kash's second effort. Crist was best at the Sentara Sleighbell 5K in 24:14.

Lydia Johnson narrowly surpasses ninth place Deborah Cohen with two major races, including the RRCA Challenge 10 Mile in 1:24:24. Cohen was tops at the Turkey Chase 10K in 50:40. Coming in tenth is Helen Worthington, racing the Fort Eustis 10K in 51:15. Eleventh place Claudia Wolfe made her last race in the division a good one, racing the Jingle All the Way 15K in 1:19:15.

Forty-eight racers broke the hour for 10K equivalent and the division stayed huge to the fifty-two qualifiers.

PI	Name	Age	Hometown	10K=
1	Mayhugh, Mary Lowe*12	61	Washington, DC	47:28
2	Draim, Ida**	60	Alexandria, VA	47:32
3	Blank, Betty*6	64	Falls Church, VA	47:50
4	Baumgarten, Elizabeth*	60	Aldie, VA	48:47
5	Astrop, Cecil*	62	Richmond, VA	48:50
6	Crist, Rose*****	62	Lanexa, VA	50:33
7	Rigby Kash, Leslie*****	60	Fredericksburg, VA	50:26
8	Johnson, Lydia*	63	Street, MD	50:43
9	Cohen, Deborah**	60	Ellicott City, MD	50:40
10	Worthington, Helen**	62	Bena, VA	51:15
11	Wolfe, Claudia	64	Alexandria, VA	51:32
12	Weaver, Elizabeth**	62	Washington, DC	52:05
13	Foster, Marcy**	62	Reston, VA	51:57
14	Philpot, Connie*****	61	Arlington, VA	52:20
15	Snead, Susan***	61	Virginia Beach, VA	52:18
16	Wake, Sharon*	61	Richmond, VA	52:18
17	Neff, Patricia*	60	Springfield, VA	52:25
18	Beaupre, Carol**	60	Ashburn, VA	52:58
19	Vail, Peggy**	64	Annapolis, MD	53:12
20	Sexton, Dru**	64	Roanoke, VA	53:12
21	Seidman, Merrilee*****	62	Alexandria, VA	53:22
22	Smith, Linell*	64	Baltimore, MD	54:02
23	MacNabb, Pat*	63	Glenwood, MD	54:14
24	Palluch, Linda	62	Virginia Beach, VA	54:54
25	McCausland, Lucy*	62	Arlington, VA	55:00
26	Lauzon, Jean	63	Spotsylvania, VA	54:56
27	Bone, Jean	63	Henrico, VA	55:24
28	Hennes, Kathy*	64	Annapolis, MD	55:50
29	Lang, Mary*	62	Pasadena, MD	56:36
30	Shannon, Diana****	60	Washington, DC	56:44
31	Rockhill, Amy *	64	Roanoke, VA	56:54
32	Kohinke, Anne*	63	Salem, VA	56:46
33	Loehr, Ann	62	Mechanicsville, VA	56:59

34	White, Susan	63	Virginia Beach, VA	56:57
35	Langlois, Harreit**	61	Frederick, MD	57:09
36	McCoy, Harriet*	61	Toano, VA	57:08
37	Vangeison, Jodi*	60	Stafford, VA	57:10
38	Hansen-Vessa, Carol*	62	Reston, VA	57:15
39	Robison, Debi*	62	Troutville, VA	57:18
40	Fris, Suzanne*	61	Brookeville, MD	57:17
41	Hallock, Bonnie***	64	Havre de Grace, MD	57:32
42	Edgerton, Lynn****	61	Chesapeake, VA	58:05
43	Bradshaw, Lynn*	60	Roanoke, VA	58:04
44	Uthe, Janice	60	Bowie, MD	58:28
45	Klauber, Arlene	64	Springfield, VA	58:44
46	Phelan, Jean*	61	Virginia Beach, VA	59:36
47	Johnson, Sharman	63	Washington, DC	59:37
48	Stephens, Shirley**	60	Williamsburg, VA	59:56
49	Eberhard, Dawn**	62	Richmond, VA	1:00:16
50	Stafford, Sandi	62	Reston, VA	1:01:13
51	Wilson, Cristi	61	Richmond, VA	1:01:31
52	Mallinckrodt, Casey**	60	Richmond, VA	1:01:44

65-69 Women

Veterans Day 10K 49:02

Alice Franks had just enough for another title before getting injured. The division was huge but at least four of the top racers moved on before getting a shot at the title for the coming spring with Franks on injured reserve. First thing first, Franks waited a single day to the first Sunday and grabbed up the title at the fast Veterans Day 10K in 49:02. Third place Ginny Hughes was there in 51:17. The day before Betty Brothers may have cost herself the title by racing the Anthem Richmond Marathon in 4:06:26. By Thanksgiving, Hughes had recovered nicely for two of the three fastest 5Ks. Franks had a tough YMCA Turkey Chase 10K in 52:00. Brothers rallied famously at the VAB Turkey Trot 10K in 49:44 to take runner-up honors.

Fourth place Marge Rosasco raced the minimum, two events. Her BRRC Masters 5K in 25:07 was just enough to hold off the prolific Elizabeth Sadoff who had an excellent DCRRC Al Lewis 10 Mile in 1:27:17. Sixth place Barbara Mathewson ran a Tidewater Striders Tune-up 10 Mile in 1:27:30 as Brothers had done two weeks earlier in 1:27:41. Brothers was taking no prisoners racing the Redneck Romp 10M in 1:28:14 on Saturday, just two days after her 10K, the second best race of the season. In seventh place, Linda Scandore cannot be ignored as she raced the Monticello Holiday Classic 5K in 25:17.

Linda Gulick earns eighth place with two 5Ks, including the Toy for Tots Run 5K in 26:15. Next, Kathy Richmond took on the RRCA Challenge 10 Mile and won in 1:32:07. A month earlier, Kathleen Doswell had a fine Frostbite 15K in 1:25:51 to take tenth

place. Eleventh place goes to Marjorie Marque who competed at another fast 15K, the Jingle all the Way, in 1:26:19. Thirteenth place Maria Shields ran the Northern Central Trail Marathon in 4:27:18. Twelfth place Barbara Biasi waited until the final Sunday to overtake her, running the Fort Eustis 10K in 57:01.

Fifty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Franks, Alice*6	68	Rockville, MD	49:02
2	Brothers, Betty*****	69	Virginia Beach, VA	49:44
3	Hughes, Ginny*6	66	Warrenton, VA	51:13
4	Rosasco, Marge**	68	Joppa, MD	52:18
5	Sadoff, Elizabeth****	67	Washington, DC	52:27
6	Mathewson, Barbara***	67	Virginia Beach, VA	52:35
7	Scandore, Linda**	66	Charlottesville, VA	52:44
8	Gulick, Linda***	65	Richmond, VA	54:39
9	Richmond, Kathy**	67	Timonium, MD	55:08
10	Doswell, Kathleen**	67	Columbia, MD	55:49
11	Marque, Marjorie*	65	Alexandria, VA	56:07
12	Biasi, Barbara*****	69	Yorktown, VA	57:01
13	Shields, Maria*	66	Edgewater, MD	57:08
14	Travis, Patricia***	65	Williamsburg, VA	58:16
15	Garfield, Susan	65	Brookeville, MD	58:24
16	Forsha, Anne	65	Derwood, MD	58:31
17	Sielen, Virginia***	69	Oakton, VA	58:47
18	Dejesus, Susan*	65	Richmond, VA	59:18
19	Brennan, Melaine*	66	Alexandria, VA	1:00:14
20	Terwilliger, Susan**	66	Blacksburg, VA	1:00:23
21	Jensen, Rita*	68	Washington, DC	1:00:41
22	Firouzfard, Lila	68	Bethesda, MD	1:00:46
23	Stanfield, Leslie*	67	Reston, VA	1:01:21
24	Reese, Chris***	65	Westminster, MD	1:01:51
25	Fishman, Elaine	65	Chesterfield, VA	1:02:07
26	St. Clair, Christy*	68	Glen Arm, MD	1:02:23
27	O'Neil, Betsey	69	Virginia Beach, VA	1:02:33
28	Schuster, Lu**	67	Leesburg, VA	1:03:53
29	Staik, Athena	67	Woodbridge, VA	1:03:56
30	Hobart, Kathryn	65	Columbia, MD	1:04:05
31	Humphreys, Dottie*	65	Newport News, VA	1:04:30
32	Draper, Deedee*	65	Richmond, VA	1:04:45
33	Doyle, Kathryn**	65	Strasburg, VA	1:05:06
34	Kay, Deborah	66	Glen Allen, VA	1:05:24
35	Gustafson, Joan**	66	Portsmouth, VA	1:05:43

36	Adler, Sally*	66	Williamsburg, VA	1:06:23
37	Davis, Virginia	67	Norfolk, VA	1:06:53
38	Kemper, Catherine**	65	Nellysford, VA	1:07:07
39	Davis, Cheryl	66	Centreville, VA	1:07:11
40	Hens, Ruth*	69	Baltimore, MD	1:07:23
41	Abbott, Jane*	69	Hampton, VA	1:08:28
42	Coen, Dianna	65	Havre de Grace, MD	1:08:22
43	Goodman, Rae Jean*	68	Annapolis, MD	1:08:49
44	Paisner, Susan	67	Silver Spring, MD	1:09:34
45	Faux, Nancy	69	Midlothian, VA	1:09:51
46	Burke, Pamela	65	Frederick, MD	1:11:08
47	Barratt, Peg*	68	Arlington, VA	1:11:37
48	Carey, Sarah	68	Williamsburg, VA	1:11:48
49	Robertson, Judi Faye	69	South Chesterfield, VA	1:12:09
50	Budd, Ginny*	65	Roseland, VA	1:12:36
51	Reid, Marie	67	Great Falls, VA	1:12:50
52	Quantrille, Barbara	69	Burke, VA	1:13:05
53	Carter, Lynn	66	Chester, VA	1:13:17
54	Thompson, Elsa	66	Washington, DC	1:13:32
55	Smith, Margo	66	Frederick, MD	1:13:44

70-74 Women

Storm Warriors 5K 26:42, 10K = 55:35

With Marge Burley and Dee Nelson absent, Linda Tice took over the reins. She bolted to an early lead with her Storm Warriors 5K in 26:42. She would have six age group wins. The flat Tim Kennard 10 Mile River Run provided the speed as her season ended with a 1:37:51. She ran RRCA Challenge 10 Mile with its cold hills in 1:48:13. Runner-up Linda Kearney went out well at the For the Love of It 10K in 58:47, ahead of fourth place Pat Welch. Then she added a very nice Reston 10 Mile in 1:39:34 in March. That course is mostly an extended journey over the same ground as her 10K, with rolling hills. Third place Lou Norton won at the Anthem Richmond Marathon in 5:04:17 ahead of five others. The other four stopped after only that one event. By late January, Norton was powering through the Frostbite 15K in 1:33:22.

Fifth place Linda Yarr had a slightly faster 10K than Welch's For the Love of It 10K in 1:03:42, racing the fast Veterans Day 10K in 1:03:20. But Welch would come into town for the Jingle All the Way 15K and takes fourth with her time of 1:35:57. Potomac River Running has most of its 5Ks either at Reston Town Center or at Fairfax Corner. Sixth place Carolyn Rice ran both, doing best on the slower Reston 5K course on New Year's Day in 31:38. Seventh place Sandra Timmons had a fine effort at the Alexandria Turkey Trot 5 Mile in 52:56. Ann Hirn ran the Hair of the Dog 5K in 33:08 to take eighth place in the division.

Twenty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Tice, Linda*6	72	Timonium, MD	55:35
2	Kearney, Linda***	70	Leesburg, VA	58:47
3	Norton, Lou****	70	Richmond, VA	1:00:42
4	Welch, Pat*	72	Vienna, VA	1:02:23
5	Yarr, Linda**	72	Bethesda, MD	1:03:24
6	Rice, Carolyn*6	71	Burke, VA	1:05:52
7	Timmons, Sandra*6	71	Alexandria, VA	1:06:45
8	Hirn, Ann***	71	Portsmouth, VA	1:08:59
9	Rowland, Amy**	70	Berkeley Springs, WV	1:09:24
10	Imholtz, Clare***	70	Beltsville, MD	1:09:34
11	Tolbert, Vicki	70	Richmond, VA	1:11:09
12	Kautz, Karen*	73	Silver Spring, MD	1:12:33
13	Robertson, Judi Faye**	70	Colonial Heights, VA	1:12:40
14	Hanna, Judy*****	72	Williamsburg, VA	1:13:01
15	Jorlett, Robin**	73	Newport News, VA	1:13:42
16	Thomas, Susan*	74	Charlottesville, VA	1:13:50
17	Schwartzbard, Rosemary***	74	Arlington, VA	1:15:05
18	Mayhew, Mary*	71	Winchester, VA	1:17:10
19	Novak, Jeanette*23	73	Damascus, MD	1:18:08
20	Stonestreet, Janice**	71	Hampstead, MD	1:20:22
21	Arscott, Linda	70	Alexandria, VA	1:21:04
22	Howery, Dorothy*	72	Floyd, VA	1:21:43
23	Dinneen, Arlene*	73	Ellicott City, MD	1:22:50
24	Blount, Nancy*	71	Williamsburg, VA	1:23:02
25	Smith, Rosemary	70	Annapolis, MD	1:25:09

75-79 Women

HCA 8K 49:10, 10K = 1:02:27

Mary Kate Berglund aged up and took charge of the division at the HCA 8K in 49:10, ahead of fifth place Judy Stewart who ran 58:12. Ecris Williams was very close to Berglund's third best race, the Richmond Turkey Trot 10K in 1:06:27. Williams would run the For the Love of It 10K in 1:06:54. At the all-important 5K, Berglund was tops as well, racing the Munchkins Popping Donut 5K in 30:08 to complete her trio of November victories. Williams matched her best November race exactly at the Run with Santa 5K in December in 31:32.

Both third place Janet Hughes and fourth place Mandy Whalen had eight age group wins. Hughes had the best five of those sixteen attempts. She was best at the Stickman Tandem 5K in 33:08. Whalen was tops at the Global Strides 5K in 34:34.

PI	Name	Age	Hometown	10K=
1	Berglund, Mary Kate****	75	Richmond, VA	1:02:27
2	Williams, Ecris*8	78	Reston, VA	1:05:39
3	Hughes, Janet*8	79	Winchester, VA	1:08:59
4	Whalen, Mandy*8	76	Falls Church, VA	1:11:58
5	Stewart, Judy	77	Williamsburg, VA	1:13:55
6	Smith, Betty***	75	Rockville, MD	1:29:11
7	Bennett, Judy	75	Springfield, VA	1:37:41

80-84 Women

By George 5K 34:52, 10K = 1:12:36

Tami Graf had her usual winning way with the top ten times in the division. Though preferring the 5K, she added two ten milers and a half marathon. Even though that last event was her slowest, she was still seven minutes ahead of runner-up Nancy Welker's best race run at the Peaks of Otter 5K in 45:47. Graf, who also took time out for track meet and shorter races, had a half dozen 5Ks. Her best was the By George 5K in 34:52.

Zoena Yannakakis stayed with the 5K and her Jingle Bell Run Walk for Arthritis 5K in 46:31 earns her third place. Fourth place Mitzi Humphrey started 2017 with her First Day 5K in 51:49. Fifth place Eloise Price finished second behind Welker at the HCA 8K. Later in December, she would run the Surf 'n' Santa 5M. Ann Strieby of Lavale would cross the entire state for two Eastern Shore 5Ks to take six place.

PI	Name	Age	Hometown	10K=
1	Graf, Tami*10	80	Lusby, MD	1:12:36
2	Welker, Nancy*	82	Roseland, VA	1:27:43
3	Yannakakis, Zoena*	81	Towson, MD	1:36:51
4	Humphrey, Mitzi**	81	Richmond, VA	1:47:53
5	Price, Eloise	84	North Chesterfield, VA	1:53:23
6	Strieby, Ann	80	LaVale, MD	2:05:51

85-89 Women

AS Anniversary 15K 2:30:29, 10K = 1:37:51

Unstoppable Yvonne Assen had nearly half of all the division's races. Normally, these ladies prefer the 5K but Aasen ran AS Anniversary 15K in 2:30:29 to overtake runner-up Kathleen Anderson who began it all at the HCA 8K in 1:21:29. Pat Eden has long competed in Williamsburg. She raced the Swamp Run 5K in 54:59. Now she has hometown competition from Nori Schillinger who completed the Fast before the Feast 5K in 59:50. Fifth place Maria Moore was at the line on the first day, finishing the Gooble Gobble 5K in 1:01:18.

PI	Name	Age	Hometown	10K=
1	Aasen, Yvonne**	85	Westminster, MD	1:37:51
2	Anderson, Kathleen	88	Hanover, VA	1:43:29
3	Eden, Pat	85	Williamsburg, VA	1:53:26
4	Schillinger, Nori	85	Williamsburg, VA	2:04:34
5	Moore, Maria	85	Warrenton, VA	2:07:38

90 & Older Women

Fairfax Four Mile 1:13:57, 10K = 1:58:24

Caroline Feaga started the season at the runner friendly Way Station's Thanksgiving Day 5K for the annual stroll through Baker Park in Frederick, MD. Cristen Bradley is closing in on triple digits and finishes the year at the Fairfax Four Mile to win the division.

PI	Name	Age	Hometown	10K=
1	Bradley, Cristen*	98	McLean, VA	1:58:24
2	Feaga, Caroline	90	Frederick, MD	2:14:16

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

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

- * Take place in Washington, DC, Maryland, or Virginia
- * Full results listed on the Web Site
- * Must list age (and preferably also city and state of residence) of all runners
- * Standard distance--5K, 4-Mile, 8K, 10K, 12K, 15K, 10M, 20K, 1/2 Marathon, 25K, 30K, 20M, or Marathon
- * Road race or cross-country
- * 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 net time 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 does 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 the number of qualifying marks and best times. The final ranking is based on head-to-head competitive results against the other top placers (fifty percent), with time playing a major but secondary role (forty percent). Our general philosophy is that competition is about beating other runners and we intend to place an increased emphasis on competitive results.

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

	Non Major	Major
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	

Qualified Runner	1
Major Race	1
Each Ranked Runner beaten	1
Master	1

While runners get a single point for each ranked runner beaten for the pure Racing Factor, when there is a smaller sub-group of 2-5 runners matched in a single age group the head-to-head is added.

	Non Major	Major
Head to Head	5	10

The current qualifying standards for the 10K are:

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

The ranking periods for the 2017 ranking year:

- * Spring 2017 - March 6, 2017– May 29, 2017
- * Summer 2017 – May 30, 2017 – September 4, 2017
- * Fall 2017 – September 5, 2017 – November 12, 2017

Event	Location	Date
Fletcher's Cove Park Run 5K# 39	Washington, DC	12-Nov-16
Roosevelt Island Park Run 5K #11	Washington, DC	12-Nov-16
College Park Run 5K #5	College Park, MD	12-Nov-16
Hampton Christian Academy 5K	Hampton, VA	12-Nov-16
Well Care Run 5K	Warrenton, VA	12-Nov-16
Huff and Puff 5K	Baltimore, MD	12-Nov-16
Christmas Wish 5K	Virginia Beach, VA	12-Nov-16
Virginia's Fallen Heroes 5K	Virginia Beach, VA	12-Nov-16

Zero Prostate Cancer 5K	Norfolk, VA	12-Nov-16
Jefferson College of Health Sciences Riverside Run 5K	Roanoke, VA	12-Nov-16
Lexington Buena Vista 10K	Lexington, VA	12-Nov-16
Storm Warriors 5K	Ocean City, MD	12-Nov-16
Global Strides 5K	Arlington, VA	12-Nov-16
Warrior 8K	Virginia Beach, VA	12-Nov-16
Anthem Richmond Marathon	Richmond, VA	12-Nov-16
American Family Fitness Half Marathon	Richmond, VA	12-Nov-16
HCA 8K	Richmond, VA	12-Nov-16
Apple a Day 5K	Strasburg, VA	12-Nov-16
Lorton Station Veterans 10K	Lorton, VA	12-Nov-16
Veterans Day 5K	Fairfax, VA	13-Nov-16
King of the Road 5K	Rockville, MD	13-Nov-16
Round Robinson 5K	Fairfax, VA	13-Nov-16
Making a Difference 5K	Ashburn, VA	13-Nov-16
Dustin Bauer Memorial 5K	Hunt Valley, MD	13-Nov-16
Mayberry 7M	Mayberry, MD	13-Nov-16
MMRF Race for Research 5K	National Harbor, MD	13-Nov-16
Veterans 5K	Fredericksburg, VA	13-Nov-16
HCS Metric Marathon	Columbia, MD	13-Nov-16
DAV 5K	Newport News, VA	13-Nov-16
Virginia Running Festival 5K	Newport News, VA	13-Nov-16
Virginia Running Festival Half Marathon	Newport News, VA	13-Nov-16
Veterans Day 10K	Washington, DC	13-Nov-16
Tidal Basin 5K	Washington, DC	16-Nov-16
Virginia School Board Association 5K	Williamsburg, VA	17-Nov-16
Munchkins Popping Donut 5K	Richmond, VA	18-Nov-16
Berryville Turkey Trot 4 Mile	Berryville, VA	19-Nov-16
Berryville Turkey Trot 6 Mile	Berryville, VA	19-Nov-16
Fletcher's Cove Park Run 5K #40	Washington, DC	19-Nov-16
Roosevelt Island Park Run 5K #12	Washington, DC	19-Nov-16
College Park Run 5K #6	College Park, MD	19-Nov-16
MCRRC Run Under the Lights 5K	Gaithersburg, MD	19-Nov-16
Star City 10K	Roanoke, VA	19-Nov-16
Star City Half Marathon	Roanoke, VA	19-Nov-16
Molly 5K	Fairfax Station, VA	19-Nov-16
Spend Yourself 5K	Falls Church, VA	19-Nov-16
Remington Turkey Trot 5K	Remington, VA	19-Nov-16
Fort Belvoir Turkey Trot 5K	Fort Belvoir	19-Nov-16
Dominion Valley Turkey Trot 5K	Gainesville, VA	19-Nov-16
Run for Kendra 5K	Virginia Beach, VA	19-Nov-16
Plan Bee Academy 8K	Chesapeake, VA	19-Nov-16

Herndon Turkey Trot 5K	Herndon, VA	19-Nov-16
Freeze Your Gizzard 5K	Leesburg, VA	19-Nov-16
Chickahominy 5K	Sandston, VA	19-Nov-16
Gooble Gobble 5K	Warrenton, VA	19-Nov-16
Hounds on the Hill 5K	Midlothian, VA	19-Nov-16
Potomac River Run Half Marathon	Potomac, MD	19-Nov-16
Turkey Trot 5K	Fort Meade, MD	19-Nov-16
Cranberry Crawl 5K	Washington, DC	19-Nov-16
Woodstock Turkey Trot 5K	Woodstock, VA	19-Nov-16
Thanksgiving Prediction Run 5K	St. Mary's City, MD	19-Nov-16
Buzz By Belmont 5K	Charlottesville, VA	19-Nov-16
Liberty Turkey Trot 5K	Bedford, VA	19-Nov-16
Zaching Against Cancer 5K	Ellicott City, MD	19-Nov-16
Zaching Against Cancer 10K	Ellicott City, MD	19-Nov-16
MCM Turkey Trot 10K	Quantico, VA	19-Nov-16
TCS Annapolis 10K	Annapolis, MD	19-Nov-16
TCS Annapolis Half Marathon	Annapolis, MD	19-Nov-16
Potomac River Run Marathon	Potomac, MD	20-Nov-16
Candy Cane City 5K	Chevy Chase, MD	20-Nov-16
HCS Longfellow 10K	Columbia, MD	20-Nov-16
Cold Turkey 10K	Edgewater, MD	20-Nov-16
Turkey Chase 10K	Columbia, MD	20-Nov-16
Lake Ridge Ridgerunner's Turkey Trot 10K	Woodbridge, VA	20-Nov-16
Run for Shelter 10K	Alexandria, VA	20-Nov-16
Run for Shelter 5K	Alexandria, VA	20-Nov-16
Battle of Blue and Green 5K	Washington, DC	20-Nov-16
Girls on the Run 5K	Woodbridge, VA	20-Nov-16
Vienna Turkey Trot 5K	Vienna, VA	20-Nov-16
Vienna Turkey Trot 10K	Vienna, VA	20-Nov-16
Norfolk Harbor Half Marathon	Norfolk, VA	20-Nov-16
Norfolk Harbor 5K	Norfolk, VA	20-Nov-16
AACC Turkey Trot Charity 5K	Arnold, MD	23-Nov-16
River Bend Country Club Turkey Trot 5K	Great Falls, VA	24-Nov-16
Turkey Day 5K	Reston, VA	24-Nov-16
Bulle Rock Turkey Trot 5K	Havre de Grace, MD	24-Nov-16
Big Turkey Burn 5K	Williamsburg, VA	24-Nov-16
Gobble Cobble Turkey Trot 5K	Baltimore, MD	24-Nov-16
Fairfax Turkey Trot 4M	Fairfax, VA	24-Nov-16
Giving Thanks 5K	Vienna, VA	24-Nov-16
Ashburn Farm 5K	Ashburn, VA	24-Nov-16
Ashburn Farm 10K	Ashburn, VA	24-Nov-16
Way Station's Thanksgiving Day 5K	Frederick, MD	24-Nov-16

Fairfax Turkey Trot 5K	Fairfax, VA	24-Nov-16
SOME Thanksgiving Day Trot for Hunger 5K	Washington, DC	24-Nov-16
Fast Before the Feast 5K	Newport News, VA	24-Nov-16
Richmond Turkey Trot 10K	Richmond, VA	24-Nov-16
Colonial Heights Turkey Trot 5K	Colonial Heights, VA	24-Nov-16
Towson YMCA Turkey Trot 5K	Towson, MD	24-Nov-16
YMCA Turkey Trot 5K	Fredericksburg, VA	24-Nov-16
Perry Hall Y Turkey Trot Charity 5K	Perry Hall, MD	24-Nov-16
YMCA Turkey Chase 10K	Bethesda, MD	24-Nov-16
Waynesboro Turkey Trot 5K	Waynesboro, VA	24-Nov-16
VAB Turkey Trot 10K	Virginia Beach, VA	24-Nov-16
Virginia Run Turkey Trot 5K	Centreville, VA	24-Nov-16
Arlington Turkey Trot 5K	Arlington, VA	24-Nov-16
Boars Head Turkey Trot 5K	Charlottesville, VA	24-Nov-16
Earlysville Turkey Trot 5K	Earlysville, VA	24-Nov-16
Alexandria Turkey Trot 5 Mile	Alexandria, VA	24-Nov-16
Baltimore YMCA Turkey Trot 5K	Baltimore, MD	24-Nov-16
Laurel Turkey Trot 5K	Laurel, MD	24-Nov-16
Hagerstown Turkey Trot 5K	Hagerstown, MD	24-Nov-16
FCPRD 5K	Stephen City, VA	24-Nov-16
Blue Talon Bistro Turkey Trot 5K	Williamsburg, VA	24-Nov-16
YMCA Bel Air 5K Turkey Trot	Bel Air, MD	24-Nov-16
YMCA Ellicott City 5K Turkey Trot	Ellicott City, MD	24-Nov-16
Y of Central Maryland Turkey Trot 5K	Westminster, MD	24-Nov-16
Arnold Y Turkey Trot Charity 5K	Arnold, MD	24-Nov-16
Drumstick Dash 5K	Roanoke, VA	24-Nov-16
Humankind Turkey Trot 5K	Lynchburg, VA	24-Nov-16
Lexington Gobble Wobble 5K	Lexington, VA	24-Nov-16
Martinsville Turkey Day 5K	Martinsville, VA	24-Nov-16
Strut Stuff 5K	Prince Frederick, MD	24-Nov-16
Camp Letts 10K	Edgewater, MD	24-Nov-16
Charlie Normile Turkey Trot 5K	Virginia Beach, VA	24-Nov-16
Chris Yung Turkey Trot 10K	Manassas, VA	24-Nov-16
Chris Yung Turkey Trot 5K	Manassas, VA	24-Nov-16
Turkey Burnoff 10 Mile	Gaithersburg, MD	26-Nov-16
Turkey Burnoff 5 Mile	Gaithersburg, MD	26-Nov-16
Tom's 5K Reindeer Run	Laurel, MD	26-Nov-16
Fletcher's Cove Park Run 5K #41	Washington, DC	26-Nov-16
Roosevelt Island Park Run 5K #13	Washington, DC	26-Nov-16
College Park Run 5K #7	College Park, MD	26-Nov-16
Northern Central Trail Marathon	Sparks, MD	26-Nov-16
Redneck Romp 10M	Wachapreague, VA	26-Nov-16

Redneck Romp 5K	Wachapreague, VA	26-Nov-16
Steve Dankos 5K	Columbia, MD	26-Nov-16
Greene Turtle Turkey Trot 5K	Ocean City, MD	26-Nov-16
Run for the Wounded Warriors Half Marathon	Triangle, VA	27-Nov-16
Fletcher's Cove Park Run 5K #42	Washington, DC	03-Dec-16
Roosevelt Island Park Run 5K #14	Washington, DC	03-Dec-16
College Park Run 5K #8	College Park, MD	03-Dec-16
St. Kateri's Run With the Son 5K	Tabb, VA	03-Dec-16
DeCesaris/Prout Cancer Foundation Jingle Bell Run 5K	Baltimore, MD	03-Dec-16
Jingle Bell Run for Arthritis 5K	Ellicott City, MD	03-Dec-16
YCF Jingle Bell 5K	Arlington, VA	03-Dec-16
Tacky Sweater 5K	Abingdon, VA	03-Dec-16
Lexington Jingle Bell 5K	Lexington, VA	03-Dec-16
Run a Latke 5K	Richmond, VA	03-Dec-16
Patterson Park 5K	Baltimore, MD	03-Dec-16
Peaks of Otter 5K	Bedford, VA	03-Dec-16
TRRC Championship 7M	Petersburg, VA	03-Dec-16
TRRC Championship 5K	Petersburg, VA	03-Dec-16
Edgewater Fitness Reindeer Run 5K	Edgewater, MD	03-Dec-16
Reindeer Run 5K	Berlin, MD	03-Dec-16
Wright Stuff 5K	Greenbelt., MD	03-Dec-16
Goodloe Byron 10M	Emmitsburg, MD	03-Dec-16
FPS Santa Run 5K	Norton, VA	03-Dec-16
Monticello Holiday Classic 5K	Monticello, VA	03-Dec-16
Camel Canter 5K	Westminster, MD	03-Dec-16
Beat the Clock 5K	Winchester, VA	03-Dec-16
Candy Cane Dash 5K	Frederick, MD	03-Dec-16
Richmond Jingle Bell 5K for Arthritis 5K	Richmond, VA	03-Dec-16
Newport News Jingle Bell 5K for Arthritis 5K	Newport News, VA	03-Dec-16
Girls on the Run 5K	Roanoke, VA	03-Dec-16
Nutzy's 5K	Richmond, VA	03-Dec-16
Solomons Jingle Bell 5K	Solomons, MD	03-Dec-16
Jingle Bell Run for Arthritis 5K	Arlington, VA	03-Dec-16
Reindeer Rally 5K	Virginia Beach, VA	03-Dec-16
Run with Santa 5K	Reston, VA	04-Dec-16
BRRC Masters 5K	Sparks, MD	04-Dec-16
Bruin Dash 5K	Chesapeake, VA	04-Dec-16
HCS Meadowbrook Park 5K	Columbia, MD	04-Dec-16
Winterfest of Lights Jingle Bell 5K	Ocean City, MD	04-Dec-16
Wards Corner 10K	Norfolk, VA	04-Dec-16
Blue Gray Half Marathon	Fredericksburg, VA	04-Dec-16
Blue Gray 5K	Fredericksburg, VA	04-Dec-16

Seneca Slopes 9K	Gaithersburg, MD	04-Dec-16
Busch Gardens Christmas Town Dash 8K	Williamsburg, VA	04-Dec-16
Jingle All the Way 5K	Washington, DC	04-Dec-16
Jingle All the Way 15K	Washington, DC	04-Dec-16
Holly Jolly 5K	Virginia Beach, VA	10-Dec-16
Farmville Jingle Bell 5K	Farmville, VA	10-Dec-16
Snowflake 5K	Kensington, MD	10-Dec-16
Fletcher's Cove Park Run 5K #43	Washington, DC	10-Dec-16
Roosevelt Island Park Run 5K #15	Washington, DC	10-Dec-16
College Park Run 5K #9	College Park, MD	10-Dec-16
Santa Run 10K	Frederick, MD	10-Dec-16
Jingle Bell Run Walk for Arthritis 5K	Baltimore, MD	10-Dec-16
Santa Run 5K	Frederick, MD	10-Dec-16
Reindeer 5K	Fort Meade, MD	10-Dec-16
Roanoke Jingle Bell Run for Arthritis 5K	Roanoke, VA	10-Dec-16
VAB Jingle Bell 5K for Arthritis 5K	Virginia Beach, VA	10-Dec-16
Sentara Sleighbell 5K	Williamsburg, VA	10-Dec-16
Department of Recreation and Parks Reindeer 5K	Baltimore, MD	10-Dec-16
Tacky Sweater 5K	Norfolk, VA	10-Dec-16
Frigid 10K	Leesburg, VA	11-Dec-16
Frigid 5K	Leesburg, VA	11-Dec-16
Holiday Half Marathon	Annandale, VA	11-Dec-16
DCRRC Gar Williams Half Marathon	Alexandria, VA	11-Dec-16
Toy for Tots Run 5K	Richmond, VA	11-Dec-16
What the Hill 8M	Taneytown, MD	11-Dec-16
Santa Claus Shuffle 5K	Portsmouth, VA	11-Dec-16
AS Anniversary 15K	Annapolis, MD	11-Dec-16
Frosty 5K	Fairfax, VA	11-Dec-16
MCRRC Jingle Bell Jog 8K	Rockville, MD	11-Dec-16
Surf 'n' Santa 5M	Virginia Beach, VA	17-Dec-16
Celtic Solstice 4M	Baltimore, MD	17-Dec-16
Great Bridge Presbyterian Church Jingle Jog 5K	Chesapeake, VA	17-Dec-16
SVR Jingle Bell 5K	Boyce, VA	17-Dec-16
DCRRC Bread Run 10K	Glen Echo, MD	18-Dec-16
Hawk Indoor Marathon	Hagerstown, MD	18-Dec-16
HCS Burleigh Manor 5M	Columbia, MD	18-Dec-16
Holiday Hustle 5K	Bel Air, MD	18-Nov-16
Tidal Basin Runs 5K	Washington, DC	21-Dec-16
Fletcher's Cove Park Run 5K #44	Washington, DC	24-Dec-16
Roosevelt Island Park Run 5K #16	Washington, DC	24-Dec-16
College Park Run 5K #10	College Park, MD	24-Dec-16
Rudolph 6K	Columbia, MD	24-Dec-16

Nutcracker 4M	Solomons, MD	24-Dec-16
AAS Jingle Bell 5K	Arnold, MD	24-Dec-16
Running of the Reindeer 5K	Havre de Grace, MD	24-Dec-16
Madison Center 5K	Arlington, VA	30-Dec-16
Madison Center 8K	Arlington, VA	30-Dec-16
Ringin in Hope 10K	Ashburn, VA	31-Dec-16
Ringin in Hope 5K	Ashburn, VA	31-Dec-16
Fletcher's Cove Park Run 5K #45	Washington, DC	31-Dec-16
Roosevelt Island Park Run 5K #17	Washington, DC	31-Dec-16
College Park Run 5K #11	College Park, MD	31-Dec-16
Festival of Lights 5K	Centreville, VA	31-Dec-16
Fairfax Four Mile	Fairfax, VA	31-Dec-16
Village Volunteer 5K	Spotsylvania, VA	31-Dec-16
Long Branch Plantation 5K	Millwood, VA	31-Dec-16
New Year's Eve Glow Run 5K	Harrisonburg, VA	31-Dec-16
College Park Run 5K #12	College Park, MD	01-Jan-17
Reston New Year's 5K	Reston, VA	01-Jan-17
MCRRC New Year's 5K	Gaithersburg, MD	01-Jan-17
DCRRC New Year's Day Predictions and Resolutions 5K	Arlington, VA	01-Jan-17
New Year's Day Resolution Run 5K	Baltimore, MD	01-Jan-17
SMCN Resolution 5K	Prince Frederick, MD	01-Jan-17
BRRRC Father Time Frolic 5 Mile	Phoenix, MD	01-Jan-17
Resolution Run 5K	Virginia Beach, VA	01-Jan-17
Sentara 5K	Hampton, VA	01-Jan-17
Hair of the Dog 5K	Williamsburg, VA	01-Jan-17
First Day 5K	Midlothian, VA	01-Jan-17
CTC New Year's 5K	Free Union, VA	01-Jan-17
Furry 5K	Roanoke, VA	01-Jan-17
Chesapeake City 5K	Chesapeake City, MD	01-Jan-17
YMCA Resolution Run 5K	Fredericksburg, VA	01-Jan-17
DCRRC Al Lewis 10 Mile	Kensington, MD	07-Jan-17
Fletcher's Cove Park Run 5K #46	Washington, DC	07-Jan-17
Roosevelt Island Park Run 5K #18	Washington, DC	07-Jan-17
College Park Run 5K #13	College Park, MD	07-Jan-17
Mighty Medford Freeway 5K	Westminster, MD	08-Jan-17
HCS Jeffers Hill 6 Mile	Columbia, MD	08-Jan-17
DCRRC MLK 5K	Washington, DC	14-Jan-17
DCRRC JFK 20K	Washington, DC	14-Jan-17
Fletcher's Cove Park Run 5K #47	Washington, DC	14-Jan-17
College Park Run 5K #14	College Park, MD	14-Jan-17
Menchville Winter Chill 5K	Hampton, VA	14-Jan-17
Frozen Finger 5 Mile	Baltimore, MD	14-Jan-17

Tidewater Striders Tune-up 10 Mile	Chesapeake, VA	14-Jan-17
Tidewater Striders Tune-up 6 Mile	Chesapeake, VA	14-Jan-17
Sandman Half Marathon	Roanoke, VA	14-Jan-17
SVR Prediction 5 Mile	Front Royal, VA	14-Jan-17
Chilly Bob 8K	Smithfield, VA	14-Jan-17
Celebrate Community 5K	Alexandria, VA	15-Jan-17
HCS Hammond 5K	Columbia, MD	15-Jan-17
Mud In Your Eye XC Series 6K	Virginia Beach, VA	15-Jan-17
MLK Trail 10K	Fairfax, VA	16-Jan-17
Lewis Memorial 10 Mile	Frederick, MD	21-Jan-17
Fletcher's Cove Park Run 5K #48	Washington, DC	21-Jan-17
College Park Run 5K #15	College Park, MD	21-Jan-17
Cookie Run 5K	Chesapeake, VA	21-Jan-17
Frostbite 15K	Richmond, VA	22-Jan-17
GPS 8M	Baltimore, MD	22-Jan-17
Tidal Basin 5K	Washington, DC	25-Jan-17
Fletcher's Cove Park Run 5K #49	Washington, DC	28-Jan-17
Roosevelt Island Park Run 5K #21	Washington, DC	28-Jan-17
College Park Run 5K #16	College Park, MD	28-Jan-17
Tidewater Striders Tune-up 10 Mile	Fort Story, VA	28-Jan-17
Tidewater Striders Tune-up 15 Mile	Fort Story, VA	28-Jan-17
Stickman Tandem 5K	Strasburg, VA	28-Jan-17
Country Run 3.5M	Olney, MD	29-Jan-17
HCS Longfellow 10K	Columbia, MD	29-Jan-17
DCRRC Langley 8K	Langley, VA	04-Feb-17
For the Love of It 10K	Reston, VA	04-Feb-17
Fletcher's Cove Park Run 5K #50	Washington, DC	04-Feb-17
Roosevelt Island Park Run 5K #22	Washington, DC	04-Feb-17
College Park Run 5K #17	College Park, MD	04-Feb-17
CKHD Love Run 5K	Virginia Beach, VA	04-Feb-17
Toano Icy 8K	Toano, VA	04-Feb-17
Toano Frosty 5K	Toano, VA	04-Feb-17
Sweethearts 4 Ever 4 Mile	Fredericksburg, VA	05-Feb-17
Penguin Pace 5K	Columbia, MD	05-Feb-17
Game Day 5K	Newport News, VA	05-Feb-17
Game Day 10K	Newport News, VA	05-Feb-17
First Down 5K	Washington, DC	05-Feb-17
By George 5K	Washington, DC	11-Feb-17
By George 10K	Washington, DC	11-Feb-17
Fletcher's Cove Park Run 5K #51	Washington, DC	11-Feb-17
Roosevelt Island Park Run 5K #23	Washington, DC	11-Feb-17
College Park Run 5K #18	College Park, MD	11-Feb-17

Run for the Heart 10 Mile	Yorktown, VA	11-Feb-17
AS Valentine's Day 5K	Severna Park, MD	11-Feb-17
Wine Lovers 5K	Afton, VA	11-Feb-17
Heart and Soles 5K	Middletown, VA	11-Feb-17
Loch Lothian 5K	Midlothian, VA	11-Feb-17
Loch Lothian 10K	Midlothian, VA	11-Feb-17
Run Your Heart Out 5K	Reston, VA	12-Feb-17
Love the Run You're with 5K	Arlington, VA	12-Feb-17
Cupid's Crush 5M	Baltimore, MD	12-Feb-17
Sweethearts 8K	Midlothian, VA	12-Feb-17
Valentine's 5K	Fredericksburg, VA	12-Feb-17
Bear Run 4M	Westminster, MD	12-Feb-17
Blacksburg 10 Mile	Blacksburg, VA	12-Feb-17
Blacksburg 5K	Blacksburg, VA	12-Feb-17
Tidal Basin 5K	Washington, DC	15-Feb-17
Gloucester 8K	Gloucester, VA	18-Feb-17
Fletcher's Cove Park Run 5K #52	Washington, DC	18-Feb-17
Roosevelt Island Park Run 5K #24	Washington, DC	18-Feb-17
College Park Run 5K #19	College Park, MD	18-Feb-17
Tidewater Striders Tune-up 12 Mile	Fort Story, VA	18-Feb-17
Tidewater Striders Tune-up 20 Mile	Fort Story, VA	18-Feb-17
Dahlgren Railroad Heritage Trail Half Marathon	King George, VA	18-Feb-17
GW Birthday Marathon	Greenbelt., MD	19-Feb-17
HCS Northfield 5K	Columbia, MD	19-Feb-17
Sykesville Shiver Shuffle 5K	Sykesville, MD	19-Feb-17
Little Patuxent River Run Half Marathon	Columbia, MD	05-Feb-17
Winterfest 10 Mile	Moneta, VA	18-Feb-17
Snowball 5K	Moneta, VA	18-Feb-17
Fletcher's Cove Park Run 5K #53	Washington, DC	25-Feb-17
Roosevelt Island Park Run 5K #25	Washington, DC	25-Feb-17
College Park Run 5K #20	College Park, MD	25-Feb-17
Panther Pride 5K	Reston, VA	25-Feb-17
Lose Your Shoes & the Shirt Off Your Back 5K	Front Royal, VA	25-Feb-17
High Cloud Snapple Half Marathon	Carderock, MD	25-Feb-17
Sentara Colonial Half Marathon	Williamsburg, VA	26-Feb-17
Sentara Colonial 5K	Williamsburg, VA	26-Feb-17
RRCA Challenge 10 Mile	Columbia, MD	26-Feb-17
Fletcher's Cove Park Run 5K #54	Washington, DC	04-Mar-17
Roosevelt Island Park Run 5K #26	Washington, DC	04-Mar-17
College Park Run 5K #21	College Park, MD	04-Mar-17
Fort Eustis 10K	Newport News, VA	04-Mar-17
Haven 8K	Charlottesville, VA	04-Mar-17

Thaw 5K	Fredericksburg, VA	04-Mar-17
Explore Your Limits 10K	Roanoke, VA	04-Mar-17
Explore Your Limits 5K	Roanoke, VA	04-Mar-17
Swamp Run 5K	Williamsburg, VA	04-Mar-17
March Madness 5K	Stephens City, VA	04-Mar-17
Tim Kennard 10 Mile River Run	Salisbury, MD	05-Mar-17
Tim Kennard 5K River Run	Salisbury, MD	05-Mar-17
St. Patrick's Day 10K	Washington, DC	05-Mar-17
St. Patrick's Day 5K	Washington, DC	05-Mar-17
Reston 10 Mile	Reston, VA	05-Mar-17
DCRRC Burke Lake 12K	Burke, VA	05-Mar-17
John Robbins 8K	Fredericksburg, VA	05-Mar-17
Huguenot Park Cross Country 3 Mile	Midlothian, VA	05-Mar-17
Hammond 5K	Columbia, MD	05-Mar-17