

2019 Winter Rankings Better Racing in Fewer Races

(November 11, 2018 – March 3, 2019)

Maryland RRCA State Championship Series

50 Plus Club

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By [James Moreland](#)

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The record raininess continued, though fortunately there was mostly light rain. This made allowed the races to proceed though the number of runners was down from the last few years. But races broke the record with 373 in total, mostly due to the seven popular weekly Park Runs in the region. That will cause the number of races to stay high. Still, with a more than six percent drop, the 128,000 racers are the lowest since 2013. However, the percentage of ranked runners moved back up over 3.4% for the first time since 2009. The five years before that it was as high as 5%. There were just 64 major races, virtually matching last year's lowest since 2012. Much of the lower numbers is because the three huge Richmond events, marathon, half marathon, and 8K occurred in the fall again this year.

2019	Major	Total	Percent	Ranked	Runners
Winter	64	373	3.41%	4365	128062

This winter, male qualifiers made a significant move on the women's totals. Men dropped 2 percent to 365 while women dropped 6 percent to 424, giving men a modest gain (1 percent) for the first times in years towards equality. In total numbers. Women dropped another 3 percent to 2,445 racers and men made a comeback raising 5 percent to 1,934. Men moved up 2 percent to 44 percent of the racers combined. Running is still vibrant. Some races are smaller because there are more races to choose from but the numbers are still solid. Of course, there were nearly one hundred races that did not have a ranked time and many more that did not record results.

Division	Total of Ranked Men	Total Men's qualifying races	Men Ranked Races of qualifiers	Total of Ranked Women	Total Women's qualifying races	Women Ranked Races of qualifiers
19 & Younger	33	336	91	33	412	103
90& older	1	1	1	0	0	0
85-89	20	20	4	5	5	5
80-84	17	105	72	19	34	4
75-79	34	177	108	17	82	47
70-74	24	123	79	25	168	90
65-69	29	153	100	46	240	159
60-64	40	260	145	56	311	184
55-59	32	145	107	48	246	157
50-54	32	147	102	42	238	127

45-49	34	125	93	27	148	80
40-44	13	75	36	30	140	86
35-39	20	89	60	26	124	66
Open	36	178	85	50	297	132
Total	365	1934	1083	424	2445	1240

Just 32 races brought in more than 1,000 finishers even with Thanksgiving the busiest race day of the year. Only thirteen had more than 2,000, and only four with more than 3,000. Five races, less than half of last year, had more than 2,500 finishers, the top two five milers. The number two race, the Surf 'n' Santa 5M with 3,497 was down some 130 runners and the new largest race, the Alexandria Turley Trot, dropped five hundred racers to 4,091. The lone 10K was the massive YMCA Turkey Chase 10K that was seventh largest with just more than 2,400 and the third biggest numbers of ranked runners, best of among 10Ks. The Maryland RRCA Challenge 10M, was the most competitive major race by far with nearly a fifth of its finishers ranked (150).

Of the twenty-two races with forty or more ranked runners, nine were on Thanksgiving. Only forty-six races contained 10 percent or more ranked finishers, but just five had more than 250 finishers, and two with more than 500 finishers. Indeed, only thirty-five percent, at sixteen, had more than 100 finishers. Those five larger competitive races included a single marathon, 5M, 10M, 10K, and finally a 5K, the most common distance by far.

Thanksgiving, as always, is the busiest racing day of the year with another increase to forty-nine races. More than 57,400 runners raced this Thanksgiving or forty-five per cent of all the runners in the winter on a single day. This year, there were again ten of the thirteen races with 2,000 finishers and twenty-three of the top thirty-two races were held the morning before Turkey dinner.

For five miles, the Alexandria Turkey Trot 5 Mile with 100 finishers for second in *ranked runners* for all races. Three of the 10Ks with more than 1,000 finishers were on Thanksgiving with the Bethesda YMCA Turkey Chase 10K leading the way with 2,400 finishers but third place with eighty-five *ranked runners* and. The VAB Turkey Trot 10K with fifty-six of its 1,459 was second in *ranked runners*. The Wegman Richmond Turkey Trot 10K was fourth with just twenty-nine of its 1,534 finishers ranked. The St. Patrick's Day 10K moved to the spring but the surprising For the Love of it 10K with its rolling hills had the third most *ranked runners* at thirty-seven even though it was the seventh largest 10K with a mere 331 finishers.

There was a ranked runner at each of a record 262 5Ks. Forty were run on Thanksgiving with twenty-three having more than 1,000 finishers and nine had more than 2,000 finishers, led by the Arlington Turkey Trot 5K with 3,141 and 66 *ranked runners*, followed closely by the Way Station's Thanksgiving Day 5K with

3103 and 62 *ranked runners*. The YMCA Turkey Trot 5K with 2,396 runners led the way with 69 *ranked runners*. Then came the Run with Santa 5K with 62 of its 1,262 runners ranked. Only the first day of the year Reston's New Year 5K had 57 of its 876 runners ranked but clearly the new course for MCRRC produced results. It had nearly twice the percentage with 56 of its 536 runners ranked.

In the table below bolded races have more than 500 racers.

	Race	Runners
1	Arlington Turkey Trot 5K	3141
2	Way Station's Thanksgiving Day 5K	3103
3	Humankind Turkey Trot 5K	2692
4	Jingle All the Way 5K	2422
5	YMCA Turkey Trot 5K	2396
1	Fairfax Four Mile	1223
2	Fairfax Turkey Trot 4M	662
3	West End Orthotics 4M	385
4	Dash and Splash 4M	273
5	Bill Steers Men's 4M	238
1	Busch Gardens Christmas Town Dash 8K	2202
2	One City 8K	470
3	Sweethearts 8K	439
4	MCRRC Jingle Bell Jog 8K	248
5	Chilly Bob 8K	137
1	Alexandria Turkey Trot 5M	4091
2	Surf 'n' Santa 5M	3497
3	Celtic Solstice 5M	1934
4	SVR Poker Run 5M	379
5	Country Run 5M	255
1	YMCA Turkey Chase 10K	2407
2	Wegman Turkey Trot 10K	1534
3	VAB Turkey Trot 10K	1459
4	MCM Turkey Trot 10K	985
5	Ashburn Farm 10K	513
1	RRCA Challenge 10 Mile	770
2	Reston 10 Mile	485
3	Oozlefinch Craft Brewery 10M	302
4	Turkey Burnoff 10 Mile	215
5	Tidewater Striders Tune-up 10M	147
1	Norfolk Harbor Half Marathon	1967
2	One City Half Marathon	505
3	Northern Central Trail Half Marathon	437
4	Star City Half Marathon	433
5	Sentara Colonial Half-Marathon	391
1	One City Marathon	375
2	Northern Central Trail Marathon	269
3	GW Birthday Marathon	180
4	Holiday Dash Marathon	53
5	Hawk Indoor Marathon	20

Perry Shoemaker, 47, was the oldest of thirteen runners not from the open division (20-34) to qualify for the women's Elite Division that decreased to 50 qualifiers. Shoemaker was the oldest runner with an overall win in the Elite Division and she did it four times. Nine male runners made it into the Elite Division from another division, the oldest being David Wertz, 45. Three runners were outright winners not (20-34). Robert Thiele, 40, was the eldest. The men's Elite Division decreased to thirty-six qualifiers.

For the women, a masters runner was the overall winner fifty-seven times; for the men, thirty-eight times. For the women, Marie Reid, 68, was the oldest outright winner. For the men, Pete Gibson, 62, was the oldest outright winner.

*** **New for the Runner Rankings** we are posting in **Blue** all the runners with **National Class** times (80%) of the top-rated time for each division based on their best time in 10K equivalence. The times are based on the youngest in each division except for the 19 and younger which is 19 for the strongest time. There will be some runners who are up to the 80% level by being on the older side of the 5-year division that get missed. However, in this manner, everyone in **Blue** will be at least 80%. ***

For this period, eight women's divisions save three had at least one **National Class** racer ranked, a total of 25. In the Open division, there were 14 though three double dipped from other groups. The men were even more impressive with 54 **National Class** racers, though no one 70 and older made it. In the Open division, there were 28, though 9 double dipped from other groups.

In the "you got to play to win" category, i.e. you only ran one event an impressive additional 56 men and 31 women ran a National Class race.

Below is the 10K equivalent time you need to race to get a **National Class** ranking.

Age Group	Men 10K=	Age Group	Women 10K=
19 and younger	00:33:24	19 and younger	00:38:01
20-34	00:33:24	20-34	00:37:55
35-39	00:33:42	35-39	00:38:11
40-44	00:34:39	40-44	00:39:03
45-49	00:36:02	45-49	00:40:34
50-54	00:37:33	50-54	00:42:50
55-59	00:39:12	55-59	00:45:33
60-64	00:41:00	60-64	00:48:36

65-69	00:42:58	65-69	00:52:08
70-74	00:45:11	70-74	00:56:10
75-79	00:48:27	75-79	01:00:55
80-84	00:53:37	80-84	01:06:45
85-89	01:01:52	85-89	01:16:40
90-90	01:15:50	90-90	01:35:26
95 and older	01:42:57	95 and older	02:17:03

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. 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.

In the past, a runner beating another runner virtually ended a chance for the losing runner to prevail using the [Moreland Racing Factor](#) but we noted that time is of importance as well and runners do recover from a subpar event. Thus, we added to the accounting by giving runners a point for every second their best race beats their competitor's best race. Runner still lose four or eight points (major race) as well as gain four or eight points (major race) depending on which end of the head-to-head they fall on.

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

Now let's see who made the top.

Open Men

Alexandria Turkey Trot 5M 24:07, 30:25

Runner-up Michael Bailey got things moving at the get go with an overall win at the VAB Turkey Trot 10K in 31:36. That same morning Matt Deters had a very special race at the Alexandria Turkey Trot 5M in 25:14. Even though he did not win his age group, it earned him fourth place. Third place Louis Levine was right on his shoulder with his Frederick version, Way Station's Thanksgiving Day 5K overall win in 15:19. Eighth ranked Michael Mahan ran the Alexandria Turkey Trot 5M in 25:43, also second in his age group. Nineteenth ranked Charlie Ban ran 26:16 well ahead of twenty-eighth ranked David Wertz's 26:27 that earned him top master. The big surprise is that Clint McKelvey ran that same time for a sixteenth-place overall finish.

Sweeping to the end of the winter, Michael Bailey was golden finishing second to one-shot Will Christian's overall win at the One City Marathon in 2:25:52 with his own 2:26:27. McKelvey came riding through like Zorro in the night and flashed an impressive second overall at the One City Half Marathon in 1:07:51 to steal the winter crown. Seventeenth ranked Adam Otstot was fourth overall in 1:13:01. Sixth ranked Roger Hopper ran the One City 8K in 25:54 for third overall. He could not catch course record holder, ninth ranked Charlie Hurt (24:57 in 2017) who ran 25:29 in 2018. He also could not catch Otstot at the Sentara Colonial Half Marathon where he finished fourth in 1:12:26 to Otstot's 1:12:20. He did best twentieth ranked Andy Goodstein who was next across the line in 1:12:46. What he did to confirm his place was win the Tidewater Striders Tune-up 15M in 1:21:54, ahead of fifteenth ranked Seth Kolosso's 1:23:27.

Levine cemented his spot finishing second overall at the Jingle All the Way 15K in 49:20 ahead of twelfth ranked Andrew Brodeur (50:10), a former champion. Fifth place Brian Flynn was second at the Bill Steers Men's 4M in 20:00, a mere lunge ahead of seventh place Robert Thiele's 20:04. Indeed, Levine was second overall at the RRCA Challenge 10 Mile in 52:43 beaten only by Christopher Sloan's 52:07. Sloan was too busy racing out of the area to get a second qualifier. Maxine Chevee was next to secure a spot with his Challenge in 53:50. He takes tenth adding a nice 16:20 at the Gobble Cobble Turkey Trot 5K. Mahan bolstered his claim with a Bill Steers Men's 4M 20:38, while Trey Gibson was only fifth in his age group with a strong 20:50, earning him twenty-sixth place. Ban's best race was his Fairfax Four Mile in 20:37, ahead of 25th place Nick Reed who ran 20:51.

Matt Deters won it all at the For the Love of It 10K in 32:34. Ned Fischer takes eleventh place with a pair of triumphs. The fastest was the Rapid Heart 5K in 15:36, while the most impressive may be the Frostbite 15K in 50:26. Ryan Middleton captures twenty-second place with his 51:05 for second overall. Brodeur was also second overall at the YMCA Turkey Chase 10K in 33:35. Fourteenth place Evan Hardy was excellent winning it all at the Celtic Solstice 5M in 25:51. Still, he could not stay with thirteenth ranked Zach Kaminski who ran the RRCA Challenge 10 Mile in 54:27. Hardy ran 55:12. That was also behind eighteenth ranked Carlos Renjifo (54:41), Ban (54:57), twenty-third place Christopher Pruitt (54:59), and twenty-fourth ranked Cabell Willis (55:08).

Kolosso did the One City Marathon in 2:36:40. Sixteenth place Nicolas Crozier was impressive, winning all at the MCRRC New Year's 5K in 15:41. Stephen Harrison races a fine 15:51 at the YMCA Turkey Trot 5K to take twenty-first place. Kevin Shirk was best at the FCPRD 5K in 15:58 to take twenty-seventh place.

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

PL	Name	Age	Hometown	10K=
1	McKelvey, Clint	26	Arlington, VA	30:47
2	Bailey, Michael*	29	Chesapeake, VA	31:26
3	Levine, Louis*	22	Frederick, MD	31:43
4	Deters, Matt**	33	Fairfax, VA	31:49
5	Flynn, Brian*	35	Mechanicsville, VA	31:59
6	Hopper, Roger****	28	Norfolk, VA	32:00
7	Thiele, Robert*	40	Charlottesville, VA	32:04
8	Mahan, Michael	28	Charlottesville, VA	32:26
9	Hurt, Charlie*	35	Charlottesville, VA	32:20
10	Chevee, Maxime	28	Baltimore, MD	32:23
11	Fischer, Ned**	27	Richmond, VA	32:32
12	Brodeur, Andrew	28	North Bethesda, MD	32:31
13	Kaminski, Zach*	27	Elkton, MD	32:46
14	Hardy, Evan*	25	Towson, MD	32:36
15	Kolosso, Seth	24	Norfolk, VA	32:37
16	Crouzier, Nicolas**	33	Gaithersburg, MD	32:43
17	Otstot, Adam	36	Williamsburg, VA	32:45
18	Renjifo, Carlos	36	Fulton, MD	32:54
19	Ban, Charlie	36	Washington, DC	32:58
20	Goodstein, Andy	27	Charlottesville, VA	33:01
21	Harrison, Stephen*	30	Fredericksburg, VA	33:04
22	Middleton, Ryan	31	Mechanicsville, VA	33:06
23	Pruitt, Christopher*	36	Sandy Spring, MD	33:05
24	Willis, Cabell	26	Washington, DC	33:10
25	Reed, Nick**	26	Fairfax, VA	33:20
26	Gibson, Trey*	23	Charlottesville, VA	33:19
27	Shirk, Kevin	38	Stephenson, VA'	33:18
28	Wertz, David	43	Springfield, VA	33:21
29	Kelly, Thomas*	29	Washington, DC	33:26
30	Rau, Daniel**	23	Ellicott City, MD	33:29
31	Saulnier, Emmett*	23	Richmond, VA	33:30
32	Hoyal, Peyton	29	Charlottesville, VA	33:28
33	Gorski, Daniel	22	Abingdon, VA	33:40
34	Reed, Trever	25	Gaithersburg, MD	33:34
35	Doud, Samuel	23	Washington, DC	33:40
36	Hopper, Trevor	22	Henrico, VA	33:52

19 & Younger Men

Alexandria Turkey Trot 5M 25:50, 10K = 32:35

Aaron Johnson held off racing until the first day of 2019, racing the First Day 5K in 16:32, ahead of seventh place Luke Lamberson (17:29). Garrett Harris took on third ranked William Tripp on the first day of the season, finishing fourth overall at the Zaching against Cancer 10K in 34:35 with Tripp at 35:27 to take the runner-up spot. Harris got his second race four days later, racing the Towson YMCA Turkey Trot 5K in 17:02. Johnson waited until the end of February to fully clinch his title, racing the Rapid Heart 5K in 16:45 to a second overall conclusion. Lamberson finished in 17:20. Tripp did likewise, matching his 10K exactly while taking that jaunt through the hills of Columbia. His RRCA Challenge 10 Mile in 58:55 was an age group win.

Will Tikiob takes fourth by winning at the Celtic Solstice 5M in 28:19. After that came a barrage of mid 17:00 5Ks. Fifth place Jack Rudnick ran the Arlington Turkey Trot 5K in 17:13. Sixth place Donovan Foley compiled six wins and was best on the Fairfax Corner course that he knows so well. His time at the Run Your Heart Out 5K was 17:18. Eighth goes to Bradley Bunch for his Herndon Turkey Trot 5K in 17:25.

Ninth ranked Jackson Martingayle won it all at the Gingerbread 5K in 17:30. Eleventh ranked Robert Cupps who was second overall at the Build the Trails 5K in 17:33, ahead of thirteenth ranked Carter Johnson (17:44), defeated Grayson Westfall at the Heart and Soles 5K. But he gave it up in the other four races that they both ran. Westfall has the higher Moreland Racing Factor, 64 to 41, to haul in tenth place. Johnson also bested Cupps once but trailed in five other events to each of the other two racers. Noel Preece slips quietly in to twelfth place win a terrific Star City Half Marathon in 1:21:12.

Thirty-three runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Johnson, Aaron**	18	Richmond, VA	34:32
2	Harris, Garrett**	18	Towson, MD	34:35
3	Tripp, William*	16	Ellicott City, MD	35:27
4	Tikiob, Will**	16	Jarrettsville, MD	35:42
5	Rudnick, Jack*	18	Bethesda, MD	35:55
6	Foley, Donovan*6	19	Chantilly, VA	36:05
7	Lamberson, Luke**	16	Midlothian, VA	36:09
8	Bunch, Bradley**	16	Herndon, VA	36:20
9	Martingayle, Jackson**	17	Virginia Beach, VA	36:30
10	Westfall, Grayson****	17	Winchester, VA	36:49
11	Cupps, Robert**	17	Winchester, VA	36:37
12	Preece, Noel**	18	Buchanan, VA	36:51
13	Johnson, Carter*6	14	Winchester, VA	37:00
14	Nathella, Siddharth**	18	Blacksburg, VA	37:06
15	Mecom, Lawson**	14	Blacksburg, VA	37:08

16	Marlow, Patrick*	17	Fairfax, VA	37:29
17	Glass, Paul***	17	Williamsburg, VA	37:27
18	Krehmeyer, Will**	16	Charlottesville, VA	37:25
19	Sethi, Sanjay*	16	Bel Air, MD	37:25
20	Rosas, Mark***	15	Columbia, MD	37:43
21	Church, Sage	18	Willis, VA	37:39
22	Burrill, Sean*	17	Chesapeake, VA	37:53
23	Moon, Skyler**	19	Spotsylvania, VA	37:56
24	Sturm, Zachary**	16	Yorktown, VA	37:53
25	Foti, Tom*	16	Arlington, VA	37:52
26	Breschi, Ben**	17	Perry Hall, MD	38:10
27	LeCain, Noah*	15	Stafford, VA	38:08
28	Foote, Austin**	17	Westminster, MD	38:19
29	Stevens, Lachlan*	16	Arlington, VA	38:46
30	Lohr, Jacob*	16	Williamsburg, VA	38:50
31	Hymans, Caleb**	13	Annandale, VA	38:56
32	Griffiths, Evan*	16	Columbia, MD	38:56
33	Achtermann, Jerry**	16	Falls Church, VA	38:59

35-39 Men

One City Marathon 2:25:52, 10K = 31:18

Will Christian ran his only race on the last day of season, winning the One City Marathon in 2:25:52. Christopher Sloane was definitive at the biggest winter race, beating Dustin Meer at the RRCA Challenge 10 Mile, 52:07 to 54:15. They all left the table before they had their dessert. Brian Flynn took full advantage, winning the Blue Gray Half Marathon to start December in 1:11:12. Two weeks later, he held off master Robert Thiele to win the title with a second overall at the Bill Steers Men's 4M in 20 minutes flat.

Runner-up Charlie Hurt was also at the 4 miler, coming home in a respectable 21:10 that would have left him in eighth place, behind seventh ranked Matt Baressi who ran 20:42. On the final weekend, he surged past third ranked Adam Otstot's marvelous Sentara Colonial Half Marathon third overall in 1:12:10 with his overall win at the One City 8K in 25:29. Otstot chose to run the half that morning with a fine 1:13:01. The fourth position goes to Carlos Renjifo who was the first finisher to benefit from his RRCA Challenge 10 Mile in 54:41. He also had a fine third overall at the Celtic Solstice 5M in 26:15.

Back at the Challenge, fifth place Charlie Ban edged Christopher Pruitt by two seconds, 54:57 to 54:59. Ban had already run faster at the Fairfax Four Mile in 20:37 for the second fastest time for that distance. He also matched Renjifo's 5M with his Alexandria Turkey Trot 5M in 26:16. Pruitt's second effort was the seventh fastest all time at the College Park Park Run 5K, winning in 16:10. Only

Tom Bean (5 times) and record holder (14:57) Paul Martelletti have done better. Ninth ranked John Archibald was seventh at the RRCA Challenge 10 Mile in 56:25. Kevin Shirk ran the FCPRD 5K in 15:58 to garner eight place.

Twenty runners qualified for the division. With eight of them racing fast enough to age grade at 80 percent or more.

PI	Name	Age	Hometown	10K=
1	Flynn, Brian**	35	Mechanicsville, VA	31:59
2	Hurt, Charlie*	35	Charlottesville, VA	32:20
3	Otstot, Adam***	36	Williamsburg, VA	32:45
4	Renjifo, Carlos*	36	Fulton, MD	32:54
5	Ban, Charlie****	36	Washington, DC	32:58
6	Pruitt, Christopher**	36	Sandy Spring, MD	33:05
7	Baressi, Matt**	35	Palmyra, VA	33:06
8	Shirk, Kevin**	39	Stephenson, VA	33:18
9	Archibald, John*	35	Baltimore, MD	33:57
10	Mercer, Dickson*	37	Takoma Park, MD	34:09
11	Flemming, Victor*****	39	Carrolton, VA	34:27
12	Boltjes, Travis*6	39	Washington, DC	34:31
13	Spangenberg, Andrew*	35	Frederick, MD	34:32
14	Carroll, Ryan***	36	Portsmouth, VA	34:44
15	Bridges, Jason**	35	Williamsburg, VA	34:45
16	DeCamps, Chris**	36	Baltimore, MD	35:03
17	Koehler, Scott**	35	Annapolis, MD	35:39
18	DeRocco, Vinnie***	39	Leesburg, VA	35:49
19	Wallace, Scott	39	New Market, MD	36:11
20	Thomas, Benn**	35	Arlington, VA	36:16

40-44 Men

Bill Steers Men's 4M 20:04, 10K = 32:05

The division is small but it is fast. Robert Thiele arrived on the scene boasting a fine 16:21 overall win at the Earlysville Turkey Trot 5K. The field was just a touch quicker in Frederick so Robert Zaal only got third overall for his 16:21 that morning at the Way Station's Thanksgiving Day 5K. David Wertz ran 26:27 at the Alexandria Turkey Trot 5M, slowing from 25:54 in 2017 but was still first. Fourth ranked Michael Wardian for all his gallivanting around the world had time to race there again slower a mere sixteen seconds to 27:11. Two days later, the racing machine was winning outright at the Northern Central Trail Marathon in 2:40:48.

Wertz had his second best 5K in early December shunting Zaal (16:31) back to third place with his third overall 16:09 at the Jingle All the Way 5K. A week later Thiele, also third overall, captured the crown with a magical Bill Steers Men's 4M

in 20:04. Shaw outlasted Jason Tripp from the 45-49 division for the top master spot at the RRCA Challenge 10 Mile in 58:01 and earned himself the fifth position in the rankings. Earlier he had won it all at the MCRRC Jingle Bell Jog 8K in 28:12 with 56-year-old Mark Neff breathing down his neck. Sixth ranked Gene Severtson was next across the line at the Challenge in 59:37. Jim Dahlem was fifth at the ten miler in 1:00:39 to take eighth place.

Just ahead of Dahlem, Mathew Wolpert won it all at the largest Park Run 5K in College Park on the second largest racing day of the year in 17:25. Two days earlier on the closing Saturday of 2018 he was second overall at the second largest and oldest local Park Run 5K, Fletcher's Cove Park Run 5K in 17:39. Robert Hunter was the top master at the Norfolk Harbor Half Marathon in 1:20:50 to take ninth place.

The division shrank to just thirteen qualifiers.

PI	Name	Age	Hometown	10K=
1	Thiele, Robert**	40	Charlottesville, VA	32:05
2	Wertz, David***	43	Springfield, VA	33:21
3	Zaal, Robert**	40	Boonsboro, MD	34:06
4	Wardian, Michael**	44	Arlington, VA	34:30
5	Shaw, Christopher***	43	Silver Spring, MD	34:54
6	Severtson, Gene***	42	Gambrills, MD	35:52
7	Wolpert, Matthew**	40	Washington, DC	36:20
8	Dahlem, Jim**	41	Chevy Chase, MD	36:30
9	Hunter, Robert**	43	Virginia Beach, VA	36:41
10	Lenkowski, Paul***	44	Salem, VA	36:49
11	Navarro, Luis**	41	Columbia, VA	37:00
12	Perkins, Matthew***	40	Washington, DC	37:22
13	Sanders, Jeremy**	42	Stephens City, VA	37:45

45-49 Men

Zaching against Cancer 10K 34:32

When Jason Tripp ran a 34:32 third overall at the Zaching against Cancer 10K one was wondering what the course was like. Tripp is getting too good to be real. Then in December, he blasted the Celtic Solstice 5M in 28:12 a far cry from his 2017 finish in 29:47. Time to put him on a box of Wheaties. Last year Mark Landree had earned third place with a 28:35. Then Jeff Jones appeared on the scene at the Jingle All the Way 15K in 54:17 behind top favorite Patrick Kuhlman's (53:24). Kuhlman was swept off the table with just one race. Seventh ranked David Storper was at the event, doing the 5K in 17:33.

Up comes the RRCA Challenge 10 Mile and Tripp knows that course like the back of his hand. Take that folks as he belted an excellent 58:05 victory to cement another crown. Storper was next in 1:01:06. Landree came up with a solid 1:01:16 but that meant a drop to ninth place in the rankings. Jones is a keeper as he battled to the runner-up spot at the hilly DCRRC Langley 8K in 28:16. Third place goes to another new runner to the area. Yasushi Sugita raced a fine DCRRC Gar Williams Half Marathon in 1:21:48 on a wet day on the canal. Then in February he upped his game racing the hills of Greenbelt and winning at the GW Birthday Marathon with a superb 2:46:36.

Glenn Tortorella took the Shenandoah Valley Winter Series by storm winning six races, two overall and two runner-ups. His best was his last, breaking the tape at the Build the Trails 5K in 17:20. That earns him fifth place just behind Martin Stacin impressive overall win at the Tidewater Striders Tune-up 20M in 2:05:56. Martin also ran the Tidewater Striders Tune-up 15M in 1:34:03. Tortorella's second race was the Stickman's Tandem 5K in 17:32. That matched sixth ranked Todd Bibb's third overall at the Reston 10 Mile in 1:00:46 exactly. A former champion, eighth ranked Mike Colaiacovo, is one of seven runners gearing up for the next division. He was top master at the Wegman Turkey Trot 10K in 36:50 to squeeze ahead of Landree. Tenth ranked Josh Henson had a second faster time than Landree, racing the Way Station's Thanksgiving Day 5K in 17:40. However, his Challenge in 1:04:46 was well behind Landree's.

Eleventh ranked Jeff Harrington ran the Frostbite 15K for top master in 57:09. That matched the third overall run by Thomas Hicks at the Norfolk Harbor 5K. Rich Hayes was best at the Tidewater Striders Tune-up 15M in 1:35:15. Then Hicks over-extended and came back the next day to try the half marathon. Hayes beat him, 1:23:08 to 1:25:04, to steal twelfth place from him. Best estimates of the short course Blacksburg 9.53 Mile put Anderson Norton a second behind Hayes and earning him fifteenth place. There was no guessing for Matt Boyd who broke the tape at the Dahlgren Railroad Heritage Trail Half Marathon in 1:22:14 to take fourteenth place.

Next up, long distance racer Chuck Inman races a fine third overall at the Tidewater Striders Tune-up 20M in 2:09:54. Right there with him and taking seventeenth place is Potomac River Running's own Ray Pugsley. Pugsley was a national class runner for most of his career until he ran out of training time while building up a chain of running stores in Northern Virginia. In reverse, remember the Bill Rodgers quote, "No one that works a 40-hour week will ever beat me." Pugsley can be seen at most of the races and occasionally just has to dip his bill into the water. When he did at the Run with Santa 5K, it was a successful 17:56. Now that he has turned fifty, look for his competitive juices to bring him out to race more.

Big growth to thirty-four runners in the division.

PI	Name	Age	Hometown	10K=
1	Tripp, Jason***	46	Ellicott City, MD	34:32
2	Jones, Jeff*	48	Washington, DC	35:11
3	Sugita, Yasushi**	48	Bethesda, MD	35:45
4	Martin, Stacin***	49	Chesapeake, VA	36:12
5	Tortorella, Glenn*6	49	Front Royal, VA	36:09
6	Bibb, Todd*7	47	Centreville, VA	36:34
7	Storper, David**	45	Bethesda, MD	36:37
8	Colaiacono, Mike**	49	Richmond, VA	36:50
9	Landree, Mark*	49	Catonsville, MD	36:52
10	Henson, Josh*	46	Frederick, MD	36:51
11	Harrington, Jeff**	48	Lynchburg, VA	37:02
12	Hayes, Rich***	47	Chesapeake, VA	37:13
13	Hicks, Thomas**	47	Virginia Beach, VA	37:02
14	Boyd, Matt****	48	Fredericksburg, VA	37:19
15	Norton, Anderson**	45	Blacksburg, VA	37:14
16	Inman, Chuck**	46	Chesapeake, VA	37:20
17	Pugsley, Ray*	49	Sterling, VA	37:20
18	Moore, Ignacio	47	Blacksburg, VA	37:26
19	Mahar-Piersma, Auke**	46	Silver Spring, MD	37:35
20	Hiott, Jeffrey	45	Washington, DC	37:24
21	Bennett, Daniel*	48	Dunkirk, MD	38:14
22	Rapine, Richard	46	Alexandria, VA	38:26
23	Stowe, Michael*	48	Blacksburg, VA	38:21
24	Worm, Toby**	45	Smithfield, VA	38:39
25	Dixon, Alan****	45	Washington, DC	38:33
26	Chasse, Craig**	49	Reston, VA	38:46
27	Hoffer, Andrew**	45	Chesapeake, VA	38:48
28	McNary, Bill	46	Bethesda, MD	38:50
29	Suhr, Timothy**	47	Ivor, VA	39:11
30	Frame, Richard*	49	Alexandria, VA	39:11
31	Wofford, Corey	46	Chesapeake, VA	39:13
32	Hawk, Dan*	46	Baltimore, MD	39:15
33	Billings, Dennis*	49	Woodbridge, VA	39:34
34	Kelly, Bernard*	45	Greenbelt, MD	39:40

50-54 Men

YMCA Turkey Trot 5K 16:38, 10K = 34:42

The division shrunk 25 percent but the competition was fierce. Often faster times did not tell the story and twice there were five runners separated by fewer than ten seconds. At this level, these men are often near the top in races. Alexander

Hetherington got things underway with a solid third overall at the Vienna Turkey Trot 5K in 18:10. Third place Antonio Eppolito is no stranger to top finishes either. He followed the loyal DCCRC mantra by winning four of their club races and then went to Columbia to help the team at the RRCA Challenge 10 Mile. His 1:03:41 was tops, ahead of sixth ranked Pete Wergin's 1:04:18. Wergin had run an identical 1:04:18 at the also hilly and cold, though not as rainy Turkey Burnoff 10 Mile for a win. Eighth ranked Jerry Henderson (1:05:05) and twelfth ranked Stephen Bohse (1:05:25), and seventeenth ranked Gene Park (1:05:52).

Back in November at the most competitive 5 Mile, Eppolito's win in 29:07 at the Alexandria Turkey Trot 5M was looking very good. He would run 30:28 on the hilly DCCRC Langley 8K in February. As December began Hetherington continued to stir, again finishing third overall, this time at the Blue Gray Half Marathon in 1:21:53. A week later, he won the Holiday Half Marathon and that was all she wrote, the division belonged to him. Fourth place Peter Bandettini was third overall at the large but easy-going crowd at the MCRRC Run under the Lights 5K at Seneca Park in 18:47. Wergin was just one second behind. Normally, the club races their New Year's 5K event in the park. This year they found a cold, hilly alternative course near an industrial complex in Gaithersburg. Bandettini beat Wergin, 18:04 to 18:16.

The Blacksburg 10M was closer to 9.53M this year so it was harder to figure what Kevin McGuire's 1:00:27 time meant. It was placed just ahead of seventh ranked Colin Munsey's Peaks of Otter 5K in 18:22. With some degree of vindication, McGuire ran one of the Frosty 5Ks (Blacksburg) in 18:10 to take fifth place. Still new to the division, Stephen Crago seems to be getting faster as time goes on. He takes ninth place with his For the Love of It 10K in 39:02. He would nearly match that a month later on the same but longer course Reston 10M in 1:04:58. Henderson would add a Northern Central Trail Half Marathon victory in 1:26:11 to stay just ahead of Crago.

Talk about close, Paul Pelletier's Sentara Sleighbell 5K in 18:43 fits in between Crago's two races with just a second on either side. Pelletier would lose to eleventh ranked John Piggott at the Knights Quest Warhill 8K, 30:58 to 32:15, to start the winter and at the Busch Gardens Christmas Town Dash 8K, 31:19 to 31:39, to start December. Normally that would spell doom for Pelletier. However, his fastest race was the following week. Then in February, Pelletier did what few runners have done to the half marathon man, John Piggott. He took top grand master ahead of Piggott, 1:29:36 to 1:29:56, to wrestle the tenth spot away from him

Dennis Billings ran the YMCA Resolution Run 5K in 18:51 for third overall and thirteenth place in the rankings. Fourteenth place Peter O'Shea won it all at the Claire Dames 5K in 18:53. Rick Kern is next with Piggott-matching 30:58 at the MCRRC Jingle Bell Jog 8K. Sixteenth ranked Mario Zuniga with his six victories had almost enough juice to join this crowd of five that started with Piggott and

ended with Kern both with identical times. Zuniga was best at the Build the Trails 5K in 18:58.

Thirty-two runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Hetherington, Alexander****	51	Vienna, VA	35:58
2	Parfitt, Wayne**	53	Newport News, VA	36:48
3	Eppolito, Antonio*****	50	Alexandria, VA	36:43
4	Bandettini, Peter****	52	Bethesda, MD	37:41
5	McGuire, Kevin**	53	Blacksburg, VA	37:54
6	Wergin, Pete*	53	Gaithersburg, MD	38:06
7	Munsey, Colin**	53	Pearisburg, VA	38:19
8	Henderson, Jerry**	53	Bel Air, MD	39:06
9	Crago, Stephen****	50	Vienna, VA	39:02
10	Pelletier, Paul***	53	Williamsburg, VA	39:03
11	Piggott, John***	53	Williamsburg, VA	39:18
12	Bohse, Stephen*	51	Columbia, MD	39:22
13	Billings, Dennis**	50	Woodbridge, VA	39:19
14	O'Shea, Peter**	52	Charlottesville, VA	39:23
15	Kern, Rick*	53	Frederick, MD	39:18
16	Zuniga, Mario*6	54	Front Royal, VA	39:34
17	Park, Gene	51	Potomac, MD	39:38
18	Pommerenk, Peter****	52	Virginia Beach, VA	39:42
19	Phillips, Colin*9	50	University Park, MD	39:42
20	Dawson, Greg	53	Williamsburg, VA	39:42
21	Kuramoto, Takayoshi*	51	Arlington, VA	39:48
22	Rudmin, Joe**	51	Bridgewater, VA	39:46
23	McDowell, Daniel*	51	Blacksburg, VA	39:51
24	Haast, Theo**	51	Leesburg, VA	39:54
25	Arbona, Serge**	53	Baltimore, MD	39:53
26	Haines, Carl	51	Leesburg, VA	40:01
27	Zayatz, Chris*	50	Fredericksburg, VA	40:51
28	Griffiths, Richard	53	Columbia, MD	40:55
29	Bowen, Rob	54	Oak Hill, VA	40:56
30	Loomis, Peter*	52	Fairfax, VA	41:16
31	Olsen, Erik*	50	Blacksburg, VA	41:35
32	Turner, Stephen*	50	Glenelg, MD	41:34

55-59 Men

MCRRC Jingle Bell Jog 8K 28:35, 10K = 36:16

Mark Neff was second overall at the still suspect-distance MCRRC Jingle Bell Jog 8K in 28:35. His time was well ahead of fourth ranked David Haaga's 29:50. Tenth ranked Marty Horan was there as well (31:23). This year though Neff passed on the Country Run 5M and did not get a second qualifier. Duyn was there and he was ready even for Neff, improving his time from last year's 30:44 to beat Neff's 30:05 by two seconds. Haaga was good in 31:37. Last year's runner-up Doug Fernandez upped his game from a solid Monticello Holiday Classic 5K in 18:31 on the day sixth ranked Craig Hymes would run the St. Kateri's Run with the Son 5K in 19:27 to soar up with the leaders at the CTC New Year's 5K in 18:13.

The meat of winter's competition was held at the Celtic Solstice and most definitely the all-encompassing RRCA Challenge 10 Mile. Eighth ranked Akintunde Morakinyo established his best effort at the 5 miler, winning in 31:29, Ed Wilson edged ninth positioned Dave Berardi. 31:35 to 31:37. Hymes would run the Menchville Chill 5K in 18:30 to take a peek at fourth place. He also added a Sentara Colonial Half Marathon in 1:29:05. The race had always been the same day as the Challenge until now. His time knifed between twelfth place William Smith's Star City Half Marathon in 1:28:21 to start the winter and thirteenth place James Wilson's Northern Central Trail Half Marathon in 1:29:22.

At the RRCA Challenge 10 Mile, the chaff got separated from the wheat. Ten runners got their spot from the race. Haaga had his worse race of the year, finishing seventh in 1:08:32, allowing Garbini to gain the runner-up spot for the division. Duyn was masterful, winning in 1:01:30 to pull away from everyone. David Phipps had two solid Annapolis races, including his AS Valentine's Day 5K in 18:43. He topped Haaga solidly at the Challenge as second place there in 1:03:26 to push Haaga back to fourth and take third for himself. Wilson was next at the ten miler in 1:04:03 with not quite enough juice to catch Haaga's best race, settling for fifth in the rankings. These two pushed Hymes back to sixth place. Seventh ranked Kevin D'Amanda won all four of his DCRRC Snowball Series races but with crummy weather and tough course he would need some help. Indeed, the Challenge had miserable weather and a tough course but D'Amanda was up to the task this time with a nifty 1:06:24. That would bolt him past Morakinyo (1:07:44) and Berardi (1:07:57).

Eleventh ranked Edward Dickenson joins the division with a fine Peaks of Otter 5K in 19:10. Note that this division had the most 80% age graded runners other than the Men 35-39 and both the men and women's Open Divisions.

Thirty-two runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Duyn, Jeff**	58	Garrett Park, MD	37:00
2	Garbini, Hernan**	57	Charlottesville, VA	38:00
3	Phipps, David**	55	Severna Park, MD	38:10

4	Haaga, David**	57	Rockville, MD	37:52
5	Wilson, Ed	56	Ellicott City, MD	38:32
6	Hymes, Craig***	56	Yorktown, VA	38:35
7	D'Amanda, Kevin*****	57	Bethesda, MD	39:57
8	Morakinyo, Akintunde*	55	Columbia, MD	39:42
9	Berardi, Dave	58	Baltimore, MD	39:52
10	Horan, Marty*	59	Gaithersburg, MD	39:50
11	Dickenson, Edward**	55	Roanoke, VA	39:59
12	Smith, William****	56	Roanoke, VA	40:05
13	Wilson, James*	56	Severna Park, MD	40:33
14	Poulos, Ted*13	57	McLean, VA	40:55
15	Jacobson, Paul*	55	Gaithersburg, MD	41:09
16	Carlson, Scott****	55	Virginia Beach, VA	41:23
17	Collins, Timothy****	57	Williamsburg, VA	41:18
18	Calhoun, Martin**	57	Herndon, VA	41:35
19	Leiding, Jon**	56	Virginia Beach, VA	41:39
20	Mace, Matthew*	58	Arnold, MD	41:44
21	Bateman, Pat**	57	Crozet, VA	41:58
22	Williamson, Duane****	55	Warrenton, VA	41:54
23	Pineo, Stuart	57	Columbia, MD	41:56
24	Maestrello, Christopher****	56	Henrico, VA	42:16
25	Scott, RJ**	55	Bassett, VA	42:19
26	Mason, Ken	56	Potomac, MD	42:40
27	Alberg, Ken**	58	Suffolk, VA	42:59
28	Hayward, John*	55	Annapolis, MD	43:11
29	Daugherty, Brian*	58	Edgewater, MD	43:15
30	Golding, Dominic***	55	Washington, DC	43:23
31	Han, Pei**	56	Herndon, VA	43:37
32	Clem, William	59	Bethesda, MD	43:42

60-64 Men

Cookie Run 5K 18:32, 10K = 38:40

Pete Gibson hosed the division with the top five times that would make even the absent Stephen Chantry blush. All of his times would qualify for the 45-49 division. His third best race was second master at the huge Surf 'n' Santa 5M in 30:43. He was top senior at the fiercely competitive Frostbite 15K in 59:47. Then the following morning, he was the overall winner at the Cookie 5K in 18:32, a sub 6:00 per mile pace. Runner-up Manuel Rivera is known for his domination at the Park Run, particularly the Fletcher's Cove Park Run 5K on the canal, where he ran as fast as 20:16 during his six wins. When he hit the street of Washington, DC, he produced even better. His best race was the Walk to End HIV 5K in 19:45 and he won all ten of his events.

John Chall normally dominates in the hills of Columbia with a nod toward Annapolis such as his fine AS Anniversary 15K in 1:05:36. Adding to his seven for seven win streak and what earned him third was his only major race, the challenging Celtic Solstice 5M in 33:21. Fourth place Jim Thornton was sharp at the Sentara Sleighbell 5K in 20:20. Then a month later he was better at the Menchville Chill 5K in 20:13. John Robison is a new runner to watch out for. He runs fast on tough courses. His Frozen Toe 10K in 42:59 is one example.

Tim Arnade is always smiling. He seems to take his racing casually. Then the gun sounds and he is off in the distance. He was tops at the huge Arlington Turkey Trot 5K in 20:50. Peter Blair makes his case with an excellent DCRRC Gar Williams Half Marathon in 1:39:12 just a week after winning the Jingle All the Way 15K in 1:07:17. David Lovegrove and Mike Meadows had dueling 5Ks. Lovegrove got his in first, winning the YMCA Turkey Trot 5K in 21:15. Meadows would wait till the end of the SVR winter series to run the Build the Trails 5K in the exact same time. Meadows would add five more wins, including the Stickman's Tandem 5K in 21:31 to take eighth place. Lovegrove raced the minimum adding the Blue Gray Half Marathon in 1:43:03.

Twelfth place Brian Bergdahl had by far his best effort at the Prince William Turkey Trot 5K in 21:22. Tenth ranked Michael Kearney also ran 21:22 at the Way Station's Thanksgiving Day 5K. His other five races were much faster than Bergdahl's second best effort. Eleventh ranked Loomis made his bid on the hilly Turkey Burnoff 10 Mile in 1:14:25. All his races bested the rest of Bergdahl's. However, when he met Kearney at the RRCA Challenge 10 Mile that was wet and chilly to go along with hilly he succumbed, 1:14:47 to 1:17:37.

Forty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Gibson, Pete****	62	Murfreesboro, NC	38:40
2	Rivera, Manuel*10	63	Washington, DC	41:12
3	Chall, John*7	62	Crownsville, MD	42:03
4	Thornton, Jim****	64	Toano, VA	42:10
5	Robinson, John**	60	Roanoke, VA	42:59
6	Arnade, Tim***	62	Arlington, VA	43:28
7	Blair, Peter**	62	Alexandria, VA	43:36
8	Meadows, Mike*6	61	Martinsburg, WV	44:20
9	Lovegrove, David**	62	Fredericksburg, VA	44:20
10	Kearney, Michael****	63	Mount Airy, MD	44:34
11	Loomis, Bill**	64	Silver Spring, MD	44:47
12	Bergdahl, Brian****	60	Stafford, VA	44:34
13	Washington, Perry*	60	Washington, DC	45:22
14	Huber, Robert*	60	Woodstock, VA	45:27

15	Wriston, Dave**	63	Lynchburg, VA	45:31
16	Pape, David*	60	Williamsburg, VA	45:41
17	Tinta, Elias*	60	Rockville, MD	45:39
18	El-Safadi, Bader*	60	Williamsburg, VA	45:51
19	Cobb, Christopher*	62	Virginia Beach, VA	45:55
20	Kelvey, Bill*	61	Westminster, MD	45:52
21	Brunais, Richard***	61	Fredericksburg, VA	45:47
22	Riemenschneider, Neal**	64	Winchester, VA	46:02
23	Gordon, Kirk*10	63	Glenn Dale, MD	46:17
24	Donnenberg, Michael**	60	Baltimore, MD	46:22
25	Walser, Dave**	60	Lusby, MD	46:14
26	Jones, Mark**	62	Roanoke, VA	46:39
27	Takeuchi, Koji	62	Rockville, MD	46:58
28	Abelt, Chris*	62	Williamsburg, VA	46:56
29	Kovar, Jeffrey	60	Washington, DC	47:04
30	Gordon, Stuart	62	Rockville, MD	47:13
31	Westfall, Timothy	60	Norfolk, VA	47:17
32	Smith, Robert	60	Baltimore, MD	47:18
33	McCarrick, Michael	60	Herndon, VA	47:29
34	Nagle, Jim	61	Reston, VA	47:59
35	Triantos, Vassili	64	Rockville, MD	48:09
36	King, Jack	60	Henrico, VA	48:19
37	Pinnick, David*	63	Manassas, VA	48:36
38	Clancy, Michael	61	Fairfax, VA	48:51
39	Dunbar, Terrence**	60	Washington, DC	49:22
40	Watt, Douglas	60	Gaithersburg, MD	49:29

65-69 Men

Ringin in Hope 5K 19:49, 10K = 41:20

Paul Ryan won 2018 in a squeaker with four other former champions right there with him. The Turkey Day 5K morning that third place Glenn Clemmons ran in 22:13 was not too much of a challenge compared to Ryan's Alexandria Turkey Trot 5M in 35:26, On top of that three of last year's rivals combined for only one race during the winter. Clemmons would close in December with his Run with Santa 5K in 21:32 and runner-up Bob Becker looked sharp at the Sentara Sleighbell 5K in 21:10. But Ryan had already pulled away from the pack for another title with his swift Cranberry Crawl 5K in 20:30.

Sixth ranked Ken Krehbiel is on a roll again, winning the DCRRC Gar Williams Half Marathon in 1:45:16 just a week after upsetting Ryan at the DCRRC Bread Run 10K, 47:11 to 47:32. If you let up at all Krehbiel will move right past you to the top. Fourth place Bruce Wentworth is coming off a solid half marathon to end

November with his Jingle Bell Run Walk for Arthritis 5K in 22:00. Meanwhile, mercurial Dan Eddy improved on an unhappy 23:39 at the huge Jingle all the Way 5K to a fine Anacostia Park Run 5K in 22:04 a month later to take fifth.

Mr. Consistency, Duane Rosenberg was 17 for 17, winning all the College Park Park Run 5Ks run this winter. He was fastest in late February with 22:21. Lack of competition seems to be holding him back from lowering his event PR of 21:13. Right after him, eighth place David Trump races the First Day 5K in 22:29. Ninth place Tom Murphy has the second fastest 10 miler, winning the Redneck Romp 10M in 1:17:59. Eugene Myers was second at the Celtic Solstice 5M in 37:31 to take the final spot in the top ten.

The division finished with twenty-nine qualifiers.

Pl	Name	Age	Hometown	10K=
1	Ryan, Paul**	68	Arlington, VA	42:46
2	Becker, Bob**	67	Midlothian, VA	44:09
3	Clemmons, Glenn***	66	Ashburn, VA	44:55
4	Wentworth, Bruce***	67	Westminster, MD	45:54
5	Eddy, Dan**	67	Alexandria, VA	46:02
6	Krehbiel, Ken*6	65	Washington, DC	46:31
7	Rosenberg, Duane*17	65	New Carrollton, MD	46:37
8	Trump, David**	66	Midlothian, VA	46:49
9	Murphy, Tom**	65	Virginia Beach, VA	46:55
10	Myers, Eugene*	66	Columbia, MD	47:19
11	Sanders, Bernie**	68	Roanoke, VA	47:40
12	Hart, Bill**	69	Virginia Beach, VA	47:45
13	Abrahamson, Dale**	69	Yorktown, VA	47:44
14	Bousel, Paul**	65	Potomac, MD	48:01
15	Wills, John****	66	Virginia Beach, VA	48:24
16	Rogers, Ron**	66	Riner, VA	48:22
17	Duffy, Jim**	66	Virginia Beach, VA	48:47
18	Vaughan, Allen****	68	Stafford, VA	48:48
19	D'Agostino, William*	69	Reston, VA	48:54
20	Lopez, Felix****	66	Lynchburg, VA	49:14
21	Mehrabi, Shah*6	65	Fredericksburg, VA	50:08
22	Wittenberg, Sam*	65	Virginia Beach, VA	50:21
23	Heinecke, Craig*	65	Henrico, VA	50:44
24	Saunders, Larry*	66	Charlottesville, VA	50:54
25	O'Keefe, Tim	65	Middletown, MD	50:58
26	Carter, Lennie	65	Washington, DC	50:58
27	Bachman, Gene	65	Virginia Beach, VA	51:30
28	Dancy, Bill**	65	Smithfield, VA	51:52
29	Dettmar, Chris	65	Reston, VA	52:07

70-74 Men

Hagerstown Turkey Trot 5K 23:09, 10K = 48:17

Jim Noone recovered from a tough Turkey Day 5K win on the new course in Reston with the top four races in the division, all 5Ks. These races PRR= events bounce back and forth between Reston and Fairfax. He was tops at the Run with Santa 5K in 23:20 and a second slower at the Run Your Heart Out 5K. Like runner-up Art Gregory, who is now 75, Noone is not long for the division. Gregory made it count at the Way Station's Thanksgiving Day 5K in 24:08. He then ended 2018 with his Fairfax Four Mile in 32:44. Though third ranked Joseph Stirt had a faster four miler, winning the Bill Steers Men's 4M in 32:10, his best race at the CTC New Year's 5K in 24:16 comes up just short.

Fourth ranked Eric Melby chose a rainy day to race through the streets of Columbia at the RRCA Challenge 10 Mile but he did record a good time with 1:24:23. To take fifth place, Langston Shelton did some wandering through the streets of Williamsburg at the Sentara Colonial Half Marathon with a solid 1:52:59. Sixth ranked Michael Gallogy completed the third fastest New Year's Day race in 24:42, just ahead of Melby who beat ninth place Richard Jefferson at the MCRRC New Year's 5K, 24:46 to 25:18. Eighth place Ronnie Wong did fine at the New Year's Day Resolution Run 5K in 24:56. However, he was gearing up for his annual January trip to Bermuda Marathon to race and win the 10K, Marathon, and the mile. Seventh place David Watson finished behind Noone at the Frosty 5K, 23:52 to 24:53.

The division more than doubled to twenty-four qualifiers.

PI	Name	Age	Hometown	10K=
1	Noone, Jim*****	74	Fairfax, VA	48:40
2	Gregory, Art****	74	Ijamsville, MD	50:21
3	Stirt, Joseph****	70	Charlottesville, VA	50:37
4	Melby, Eric**	70	Bethesda, MD	50:46
5	Shelton, Langston**	71	Williamsburg, VA	51:16
6	Gallogy, Michael**	70	Richmond, VA	51:30
7	Watson, David*	71	Alexandria, VA	51:54
8	Wong, Ronnie*6	72	Catonsville, MD	52:01
9	Jefferson, Richard***	73	Germantown, MD	52:21
10	Moore, William*	72	Williamsburg, VA	52:30
11	Patterson, John*11	70	Gaithersburg, VA	53:26
12	Crumbaugh, Lee**	71	Annapolis, MD	54:39
13	Steiner, John**	71	Lusby, MD	54:50
14	Chase, Bob*	73	Falls Church, VA	55:15
15	Arata, Larry*****	74	Williamsburg, VA	55:13

16	Kelly, Bill*	71	Midlothian, VA	56:13
17	Mayhew, Ed***	73	Winchester, VA	56:34
18	Taylor, Jay**	71	Norfolk, VA	56:49
19	Jones, Calvin**	70	Suffolk, VA	57:25
20	Hollar, Hunter	70	Crozet, VA	57:30
21	Behnke, Richard	74	Vienna, VA	57:37
22	Plank, Jeffrey	71	Charlottesville, VA	57:53
23	Richmond, Lonnie	70	Lutherville, MD	57:57
24	Paterek, Edward	71	Midlothian, VA	58:20

75-79 Men

Sentara Sleighbell 5K 23:18, 10K = 48:38

It seems that Eamonn McEvilly was keeping the title spot ready for Ben Dyer when he opened the season up with a fine Herndon Turkey Trot 5K in 24:39. Dyer needs to work fast as Jim Noone will be joining the division in June. He opened his winter with a December 1 TRRC Championship 5K in 24:10. The next day he was a little sluggish at the Busch Gardens Christmas Town Dash 8K in 45:32. That was a tad slower than fourth place Tim Casey's Frozen Finger 5M in 45:32. The following Saturday, Dyer clinched the title at the Sentara Sleighbell 5K in 23:19, ahead of eleventh place Richard Browder (31:59).

Runner-up McEvilly added a Virginia Run Turkey Trot 5K in 25:17 the same day as third place Harold Ingraham finished his 27:03 at the Drumstick Dash 5K. Ingram's race was even more impressive as he had run the Star City Half Marathon in 2:10:34 just five days earlier for the longest race by anyone in the division. Turkey Day was good for the next two runners. Fifth place David Kuebrich ran the Fairfax Turkey Trot 5K in 28:37 with John Churchman not far behind, running his Arlington Turkey Trot 5K in 28:57. Frank Snyder is a Park Run racer. Ten of his eleven wins were in College Park. Still, his best race was the Kensington Park Run 5K in 29:13 earning him the seventh spot.

Eighth place Barry David was fastest at the 5K but his AS Anniversary 15K in 1:40:08 was impressive as well. Ninth ranked Jerry Frankenheim defeated twelfth place Lou Shapiro at the MCRRC New Year's 5K, 31:18 to 32:22. Earlier Shapiro had out netted Frankenheim at the Turkey Burnoff 10M though Frankenheim had crossed the line eight seconds ahead of Shapiro. Tenth ranked Tom Walsh was best at the VAB Turkey Trot 10K in 1:05:56.

Thirty-four runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Dyer, Ben**	75	Toano, VA	48:38
2	McEvilly, Eamonn***	76	Springfield, VA	51:25

3	Ingram, Harold*	75	Henry, VA	56:26
4	Casey, Tim**	75	Phoenix, MD	57:25
5	Kuebrich, David*	75	Fairfax, VA	59:42
6	Churchman, John*	76	Arlington, VA	1:00:23
7	Snyder, Frank*11	75	Gaithersburg, MD	1:00:57
8	Barry, David*	75	Annapolis, MD	1:03:44
9	Frankenheim, Jerry***	75	Germantown, MD	1:05:18
10	Walsh, Tom	75	Norfolk, VA	1:05:56
11	Browder, Richard***	78	Port Haywood, VA	1:05:54
12	Shapiro, Louis****	77	Silver Spring, MD	1:07:31
13	Quirk, Rory*	75	Washington, DC	1:07:58
14	Sharp, Ed*	79	Gloucester, VA	1:08:32
15	Ho, Bill*	75	Rockville, MD	1:08:36
16	Chiarello, Ronald****	79	Rockville, MD	1:10:55
17	Howison, David***	77	Lexington, VA	1:10:45
18	Quist, Al*	77	Schuyler, VA	1:11:02
19	Witlin, Michael	76	Oak Hill, VA	1:11:12
20	Brown, Walter	75	Montgomery Village, MD	1:12:56
21	Terrell, Charles	79	Newport News, VA	1:15:25
22	Finney Jr., John*	79	Arlington, VA	1:15:47
23	Ord, J. Keith*	76	Potomac, MD	1:16:15
24	McDowell, John	76	Edgewater, MD	1:17:20
25	McDonald, Bill	77	Poquoson, VA	1:19:56
26	Koletty, John*	77	Pasadena, MD	1:20:44
27	Verdier, Jim*	76	Alexandria, VA	1:22:53
28	Barnett, Rich	77	Charlottesville, VA	1:24:08
29	Rhoads, Richard	79	Arlington, VA	1:27:11
30	Norton, Herb**	75	Richmond, VA	1:27:24
31	Bayrer, Ralph	79	Washington, DC	1:28:14
32	St. Clair, Bailey	79	Glen Arm, MD	1:29:04
33	Litwinski, Victor**	75	McLean, VA	1:30:30
34	Wycherley, Alan*	76	Annapolis, MD	1:32:54

80-84 Men

Way Station's Thanksgiving Day 5K 26:26, 10K = 55:08

Ten of these road warriors have just arrived. Stan Neumann had done well in the 75-79 division and started off nicely with the Gobble Cobble Turkey Trot 5K in 27:56. It was easiliest his best race and earned him the runner-up spot. His RRCA Challenge 10M in 1:43:55 was on a miserably cold and rainy morning and compares well with John Clarke's 1:42:13 at the Lewis Memorial 10M. That course is a tad short making their times very similar and the argument rages as to which as the hills that torture the most. Like Neumann, Clarke made his stand

on Thanksgiving, winning the Way Station's Thanksgiving Day 5K in 26:26 to take the division title. He would add the fastest 10K, winning the Santa Run 10K in 55:58.

Fourth ranked Thomas Spasojevich prefers to labor at the Deep Run Park Run 5K, racing all eight of his wins there. His best time and worst time were four minutes apart. Still his best race in 29:15, as well as two others beat any of the five 5Ks that Doug Morris could run this winter. Morris did better at the SVR Poker Run 5M in 48:15, a race that many others had trouble with, to snatch third place. Fifth place Duane Lougee has more than a few titles and he still does a lot of long races. His second race of the Tidewater Striders Tune-up was a 10 miler that he ran in 2:00:19 just ahead of eighth place Chris Catoe (2:01:14) the oldest racer by two years among the qualifiers. Then Lougee righted himself with a much faster 12M in 2:13:50 to earn his spot.

Sixth ranked Ken Quincy is a regular award winner at Potomac River Running events. He had a number of wins at the 5K. Then on the final weekend he had his best race at the Reston 10M in 1:54:35. Seventh place Joseph Polinski was tops at the Chilly Bob 8K in 56:11. Thirteenth ranked Michael McClellan compiled the most wins (9) all at the College Park Park 5K.

The division nearly doubled to seventeen qualifiers with a total of fifty runners with at least one qualifying event.

PI	Name	Age	Hometown	10K=
1	Clarke, John**	81	Woodsboro, MD	55:08
2	Neumann, Stan**	80	Timonium, MD	58:16
3	Morris, Doug***	80	Delaplane, VA	1:00:51
4	Spasojevich, Thomas*8	80	Richmond, VA	1:01:01
5	Lougee, Duane	81	Norfolk, VA	1:06:10
6	Quincy, Ken*****	82	Vienna, VA	1:07:08
7	Polinski, Joseph*	80	Smithfield, VA	1:11:18
8	Catoe, Chris*	84	Virginia Beach, VA	1:12:57
9	Terrell, Charles	80	Newport News, VA	1:15:39
10	Borkowski, John****	80	Midlothian, VA	1:16:49
11	Hager, Philip*	81	Falls Church, VA	1:17:51
12	Leonard, Michael***	81	Silver Spring, MD	1:18:45
13	McClellan, Michael*9	80	Rockville, MD	1:22:53
14	Schwartz, Bill*	80	Lutherville, MD	1:24:23
15	Kurisky, John**	80	Forest, VA	1:26:07
16	St. Clair, Bailey	80	Glen Arm, MD	1:29:16
17	Conn Jr., Harry*	81	Powhatan, VA	1:32:00

85-89 Men

Spend Yourself 5K 31:48, 10K = 1:06:20

George Yannakakis had, for him, a rough winter but easily retained his title. He still goes the extra mile, running three of the four events longer than a 5K. His Cupid's Crush 5M in 58:28 was a tad slower than his division winning Frozen Finger 5M in 58:26 from the month before. Second ranked Jack McMahon did best on a chilly morn in January at the MCRRC New Year's 5K in 38:06, just ahead of third place William Beydler who ran the Laurel Turkey Trot 5K in 39:00. McMahon is still prolific. He ran the short course MCRRC Jingle Bell Jog 8K in 1:05:57. Then in February, they more than made up for that at the Kemp Mill Chills 5K which along with monster hills included nearly a quarter mile extra, free of charge.

Fifth place Jerry Lewis stayed home in Reston for two different rolling hills courses. He was best at the Run with Santa 5K in 40:01, finishing fourth in the 75-99 division. Jerry Barrett returned to race at the Spend Yourself 5K that he ran in 38:29 last year. This year's race still has his time listed as a not to be believed 31:48. The race did have enough times to indicate a possible short course but even with that the listed time would have be miraculous.

Sixth place Ernest Schillinger started the season at the Knights Quest Warhill 8K in 1:06:25. Seventh ranked Barney Sword won the SOME Thanksgiving Day Trot for Hunger 5K in 42:39. Many of these athletes do NOT win age group as they are competing against runners far younger than the normal five-year age groupings. Eighth goes to PJ Mendola for Menchville Chill 5K in 48:38. Richard Lowen is next at the Reston New Year's 5K in 49:14. Tenth place Don Taylor came east to race the Berryville Turkey Trot 4 Mile in 1:06:00. Down in Williamsburg, Tom Mills defeated twelfth place Kenneth Axtell at the Blue Talon Bistro Turkey Trot 5K, 56:39 to 1:12:17 to take eleventh place in the division.

Pl	Name	Age	Hometown	10K=
1	Yannakakis, George**	87	Towson, MD	1:13:41
2	McMahon, Jack**	88	Silver Spring, MD	1:19:29
3	Beydler, William*	88	Laurel, MD	1:21:21
4	Barrett, Jerry	85	Falls Church, VA	1:23:00
5	Lewis, Jerry	85	Reston, VA	1:23:28
6	Schillinger, Ernest	87	Williamsburg, VA	1:24:17
7	Sword, Barney*	87	Washington, DC	1:28:58
8	Mendola, PJ	86	Newport News, VA	1:41:27
9	Lowen, Richard	86	Reston, VA	1:42:22
10	Taylor, Don*	87	Hedgesville, WV	1:45:32
11	Mills, Tom	88	Williamsburg, VA	1:58:10
12	Axtell, Kenneth	86	Williamsburg, VA	2:30:47

90 & Older Men

St. Kateri's Run with the Son 5K 1:01:33, 10K = 2:08:24

Dixon Hemphill is still going to track meets but the 94-year-old has yet to race longer than a mile. Robert White, 95. Is making a case for another five-year age group extension. He had the only race in the division, finishing the St. Kateri's Run with the Son 5K in 1:01:33

Pl	Name	Age	Hometown	10K=
1	White, Robert	95	Hampton, VA	2:08:24

Open Women

Alexandria Turkey Trot 5M 26:21, 10K = 33:14

As always, major players sometimes bow out for a season. Bethany Sachtleben raced New Year's Eve at the Fairfax Four Mile winning in 22:07 and then she was gone. Twenty-fifth ranked Gina DeGaetano ran 24:49 for her second-best race. It might not have mattered because the very next morning at the First Day 5K Keira D'Amato took possession of the crown with her 16:45 victory. Three of the top runners come from different divisions. Julia Roman-Duval dominated the field at the Celtic Solstice with her big win in 28:09. Seventh ranked Hannah Cocchiaro was next in 30:26 with twenty-second place Beth Conlon rounding out the top three in 30:46. Skipping quickly to March, Maggie Drazba topped Megan Cunningham at the One City Half Marathon, 1:17:35 to 1:17:55 to take places two and three. That may not last long as Roman-Duval did her Rock 'n' Roll Half Marathon a minute faster to start the spring. D'Amato ran the One City 8K to victory in 27:15 to support her claim to the title with ninth ranked Ann Mazur coming in next in 29:09, followed closely by eleventh ranked Sara Baugh (29:21). Surprisingly, as December started, Baugh and D'Amato cruised to the finish line together at the Blue Gray Half Marathon in 1:26:50 with Baugh earning the top spot.

Nearly invincible this winter D'Amato won the Sweethearts 8K ahead of Drazba, 29:15 to 29:41. Cunningham was the overall winner at the Tacky Sweater 5K in 17:58. Barb Fallon Wallace takes eighth place with her third overall Alexandria Turkey Trot 5M in 29:19. Thirteenth place Natalie Patterson is next with 29:45. Eighteenth place Chelsea Vane ran 30:21 surprising tenth ranked Kerry Allen (30:58). Allen would pick up the slack in February at the RRCA Challenge 10 Mile (1:01:55) at third behind Cocchiaro (1:00:55) and fourth ranked Roman-Duval (59:30) the race's overall winner. Jenn Dietz was in Alexandria running the 5 miler in 31:01, taking twenty-seventh place. She gave up twenty-sixth by losing to Hannah Pearson at the Reston New Year's 5K, 18:51 to 19:26. Michelle Capozzi won that event in 18:42 to take twenty-fourth place.

Fifth place Abebech Bekele won it all at the sort of metric 10 mile, Jingle All the Way 15K, in 55:43. Fallon Wallace was not far behind in 57:52. Sixth place Perry Shoemaker won all four of her events, including the For the Love of It 10K in 37:37. Still, she did not nail down her division title against Fallon Wallace for 45-49 women until the final day, racing the Reston 10M in 1:00:24. Bekele also won the YMCA Turkey Chase 10K in 37:00. Megan DiGregorio cracks the top dozen by matching Patterson's 5 mile exactly and more importantly by besting her head-to-head at the RRCA Challenge 10 Mile, 1:02:25 to 1:03:03. For a while, it gets easy as sixteenth place Margaret Johnston bests Claire Heasman by a place, 1:03:38 to 1:04:04. This even though Heasman won her division with a faster Way Station's Thanksgiving Day 5K in 18:23 for second overall while Johnston ran the Jingle All the Way 5K in 18:30. Liz Reynolds was right there in 1:04:06 ahead of Christie Wetzel's 1:04:40 but Reynolds ends up twentieth and Wetzel twenty-first. Wetzel won all five her of DCRRC events, including the DCRRC Gar Williams Half Marathon in 1:27:09 that was about a kilometer long. .

Nora Raher takes fourteenth place, running the Virginia Run Turkey Trot 5K in 18:06 for the win. Next in line is Kerri Dalton who ran the Star City Half Marathon in 1:24:28. A second overall at the SOME Thanksgiving Day Trot for Hunger 5K in 18:23 earns Halle Fox nineteenth place. Just a few strides away, Jenna Rea runs the SVTC Turkey Trot 5K in 18:31 to take twenty-third place. Jenn Valentine ran the Norfolk Harbor Half Marathon in 1:26:54 as second overall to take the twenty-eighth position.

Fifty runners qualified for the winter, including thirteen women from other divisions. Forty-seven-year old Perry Shoemaker was the eldest.

Pl	Name	Age	Hometown	10K=
1	D'Amato, Keira***	34	Midlothian, VA	34:36
2	Drazba, Maggie*	24	Richmond, VA	35:03
3	Cunningham, Megan*	24	Norfolk, VA	35:13
4	Roman-Duval, Julia***	36	Columbia, MD	35:30
5	Bekele, Abebech**	26	Potomac, MD	36:14
6	Shoemaker, Perry****	47	Vienna, VA	36:18
7	Cocchiaro, Hannah	27	Columbia, MD	36:37
8	Fallon Wallace, Barb	45	Alexandria, VA	36:58
9	Mazur, Ann*	33	Charlottesville, VA	37:01
10	Allen, Kerry*	30	Washington, DC	37:13
11	Baugh, Sara*	28	Richmond, VA	37:16
12	DiGregorio, Megan*	30	White Marsh, MD	37:31
13	Patterson, Natalie*	26	Washington, DC	37:31
14	Raher, Nora**	22	Centreville, VA	37:41
15	Dalton, Kerri**	23	Vinton, VA	38:10
16	Johnston, Margaret	28	Washington, DC	38:14
17	Heasman, Claire**	44	Frederick, MD	38:16

18	Vane, Chelsea	24	Ellicott City, MD	38:16
19	Fox, Hallie	31	Washington, DC	38:23
20	Reynolds, Liz	24	Rockville, MD	38:31
21	Wetzel, Christie*****	31	Falls Church, VA	38:27
22	Conlon, Beth	27	Montgomery Village, MD	38:34
23	Rea, Jenna	21	Bridgewater, VA	38:33
24	Capozzi, Michelle**	26	Leesburg, VA	38:56
25	DeGaetano, Gina	32	Ashburn, VA	39:05
26	Pearson, Hannah	31	Fairfax, VA	39:15
27	Dietz, Jenn	33	Fairfax, VA	39:07
28	Valentine, Jenn	40	Chesapeake, VA	39:16
29	Henry, Sika*	35	Newport News, VA	39:21
30	Rice, Stephanie*	33	Virginia Beach, VA	39:33
31	Breindel, Tressa*	40	Richmond, VA	39:30
32	Gruendel, Jacqueline	43	Clifton, VA	39:27
33	Bigalbal, Alyana	23	Fairfax, VA	39:26
34	Hoffstadt, Christin*	27	Norfolk, VA	39:40
35	Pyles, Shannon*	32	Baltimore, MD	39:40
36	Hansen, Megan*****	39	Middletown, VA	39:47
37	Burbach, Cristina*	44	Arlington, VA	39:56
38	Spataro, Carly	32	Baltimore, MD	39:56
39	Heller, Aga**	42	Warrenton, VA	40:01
40	Stick, Sherry**	40	Eldersburg, MD	40:02
41	Hartlieb, Madeline	24	Washington, DC	40:03
42	Ozeki, Liz	30	Rockville, MD	40:13
43	Hernandez, Rebekah	23	Arlington, VA	40:12
44	Hoffman, Jackie**	25	Newport News, VA	40:25
45	Caton, Eryn*	37	Falls Church, VA	40:19
46	Staats, Anna	19	Lexington Park, MD	40:32
47	Wechsler, Gabi*	28	Henrico, VA	40:38
48	Bousquet, Susan	25	Virginia Beach, VA	40:39
49	Wigglesworth, Claire*	16	Washington, DC	40:42
50	Musa, Skylar	26	Alexandria, VA	40:44

19 & Younger Women

Arlington Turkey Trot 5K 18:11, 10K = 37:51

Claire Wigglesworth still reigns over the Fletcher's Cove Park Run 5K with five wins, including the a swift 19:33 where she was the first person across the line. She also shone elsewhere with the third fastest qualifier racing the SOME Thanksgiving Day Trot for Hunger 5K in 19:36. That was enough to just get her by third place Angelina Guerrero who ran the Stickman's Tandem 5K in 19:37,

just ahead of fourth ranked Katie Borland (19:43). Eighth ranked Madison Smith (20:23) and eleventh ranked Rebecca Edlich (20:41) ran there as well. Guerrero's second-best race was the SVR Poker Run 5M in 34:10 as Borland returned the favor, racing home in 33:41. Madison Smith got her revenge as well edging Guerrero by two seconds with Edlich not far behind with 34:22.

Our champion Anna Staats won with a Thanksgiving masterpiece in 19:28 at the Echo Turkey Trot 5K. The traditional Bread Run 10K is a feast as well. As the name implies, everyone brings some homemade bread to share. The theme is again echo as the race begins in Glen Echo. Staats performed admirably as second overall in 40:53. This mostly flat course is famous for its treacherous downhill ride to the canal in the third mile and its arduous leg crushing hill in the final mile. Staats would add two overall wins after that as she geared up for her overall marathon win on the first week of the spring.

Fifth ranked Maeve Stiles ran the Blue Talon Bistro Turkey Trot 5K in 19:45 to finish second overall. That was just barely better than sixth ranked Sorena Jean's Sentara Sleighbell 5K in 19:45 that was an overall win. However, Jean was a ways back at the Blue Talon Bistro Turkey Trot 5K in 20:26 so Stiles gets the nod. Elder sister Thorin won the race in 19:29 but did not get a second qualifier. The big news was younger sister Cannon ran both races, improving greatly at the Sentara Sleighbell 5K in 22:17 to get her first taste of the rankings, twenty-sixth place.

Seventh ranked Anna Bodmer won it all at the Winterfest of Lights Jingle Bell 5K in 20:02. Ninth place Izi Belogay began the year with a win at the Reston New Year's 5K in 20:20. Twelfth ranked Katie Hirsche wins EVERY week at the College Park Park Run 5K. She participated in fifteen races and was overall winner fifteen times. She was best on the final week to start March in 20:44, racing every week since the start since the start of December. Tenth place Sarah Saunders had an overall win in December but ran best at the Ashburn Farm 5K in 20:38.

Thirty-three runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Staats, Anna****	19	Lexington Park, MD	40:32
2	Wigglesworth, Claire*6	16	Washington, DC	40:42
3	Guerrero, Angelina*	14	Winchester, VA	40:51
4	Borland, Katie*****	17	Winchester, VA	41:03
5	Stiles, Maeve**	16	Norfolk, VA	41:05
6	Jean, Sorena*****	16	Williamsburg, VA	41:07
7	Bodmer, Anna**	14	Dickerson, MD	41:43
8	Smith, Madison*	14	Stephenson, VA	42:05
9	Belogay, Izi*	15	Sterling, VA	42:41
10	Saunders, Sarah*	19	Charlottesville, VA	42:58

11	Edlich, Rebecca*	15	Winchester, VA	43:04
12	Hirsche, Katie*15	15	College Park, MD	43:10
13	Cleveland, Kiera**	16	Newport News, VA	43:38
14	Bragg, Skylar**	18	Berryville, VA	43:35
15	Breschi, Sophia**	14	Perry Hall, MD	44:19
16	Smith, April***	15	Glenwood, MD	44:46
17	Harrison, Hannah**	12	Henrico, VA	45:00
18	Polun, Danielle**	10	Lutherville, MD	45:07
19	Bowman, Anna	15	Winchester, VA	45:05
20	Lohr, Faith*	14	Williamsburg, VA	45:15
21	Dojcak, Angela	14	Winchester, VA	45:46
22	Katz, Gaby	18	Herndon, VA	46:00
23	Thimmesch, Paige	17	Sterling, VA	46:09
24	Murphy, Madison**	13	Winchester, VA	46:05
25	Lewis, Raquel*	11	Vienna, VA	46:13
26	Jean, Cannon***	14	Williamsburg, VA	46:24
27	Edlich, Sophie	17	Winchester, VA	46:32
28	Cenname, Emma***	12	Newport News, VA	46:55
29	Prince, Kristen*	14	Solomons, MD	46:53
30	Winston, Eva*	13	Winchester, VA	47:01
31	Frederick, Samantha*	17	Laurel, MD	47:07
32	Gray, J.	12	Berryville, VA	48:16
33	Wydler, Isabelle*	17	Bethesda, MD	48:31

35-39 Women

Celtic Solstice 5M 28:09, 10K = 35:30

Most runners are happy to age up and compete against runners in their division. Julia Roman-Duval remains an open runner in submasters clothing. She put paid early to the division knocking more than three minutes off last year's winning time at the Zaching against Cancer 10K with a 36:25. Thanksgiving was quiet for this division but fifth ranked Martha Nelson did score well that day at the YMCA Turkey Chase 10K in 39:47. The following Saturday has only two real destinations, the Turkey Burnoff hills or the Northern Central Trail. The Burnoff has become more of a fun run in recent years but the half marathon on the Northern Central Trail has had some strong runs. Third ranked Nicole McNamara won it all in 1:27:00 with seventh place Jody Berinato was runner-up in 1:29:26.

Seeking the limelight, Roman-Duval made the rolling Celtic Solstice 5M look easy, winning it all in a near record 28:09 (28:11 last year). Berinato was her closest challenger in 33:18. Speaking of the challenge, Roman Duval was just the third runner this century to break an hour (her second time) at the RRCA Challenge 10 Mile in a slightly faster than last year's 59:30. Eleventh ranked

Crystal Achuo ran 1:08:11 as the next best qualifier. Sika Henry is the runner-up with an overall win at the Menchville Chill 5K in 18:54. She edged McNamara's second overall at the Bear Run 4M in 26:42 with her win at the One City 8K in 31:39.

Nelson would win it all at the Roosevelt Island Park Run in 20:01 but fourth place Megan Hansen overpowered her win with a victory at the Build the Trail 5K in 19:09 just a tad behind Nelson's 10K. Hansen powered up five more overall victories, including two in 19:21, the FCPRD 5K and the Stickman's Tandem 5K. Sixth place Eryn Caton won it all at the Spend Yourself 5K in 19:22, a race with a lot of fast times. One MCRRC top racers, Monika Schneider took second overall at the MCRRC Jingle Bell Jog 8K in 31:56 to take eighth place. Becky McGraw finished second to Hansen twice, including the Build the Trail 5K in 19:38 to take ninth place. Former open champion Renee High takes tenth place with her third overall at the Norfolk Harbor 5K in 19:46.

Twenty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Roman-Duval, Julia***	36	Columbia, MD	35:30
2	Henry, Sika**	35	Newport News, VA	39:21
3	McNamara, Nicole**	38	Westminster, MD	39:19
4	Hansen, Megan*7	39	Middletown, VA	39:52
5	Nelson, Martha**	37	Washington, DC	39:47
6	Caton, Eryn**	37	Falls Church, VA	40:19
7	Berinato, Jody***	37	Parkville, MD	40:25
8	Schneider, Monika**	35	Silver Spring, MD	40:33
9	McGraw, Becky***	39	Stephens City, VA	40:53
10	High, Renee**	37	Virginia Beach, VA	41:09
11	Achuo, Crystal*	39	Frederick, MD	41:02
12	Fitzgerald, Jenny**	39	Woodbridge, VA	41:23
13	Reilly, Hyunsun	37	Aberdeen Proving Ground, MD	41:19
14	Ryan, Megan	38	Takoma Park, MD	41:52
15	Swiatocha, Erin*	35	Alexandria, VA	42:06
16	Farrar, Katie*	36	Sykesville, MD	42:18
17	Smith, Margaret*	39	Baltimore, MD	42:17
18	Manny, Stephanie**	37	Virginia Beach, VA	42:21
19	Lauver, Caroline*	37	Falls Church, VA	42:43
20	Maxwell, Christine***	36	Burke, VA	42:38
21	Doty, Megan****	37	Virginia Beach, VA	42:42
22	Keller, Becky**	39	Charlottesville, VA	42:47
23	Schulze, Megan**	36	Glen Allen, VA	42:53
24	Reen, Catherine*	37	Reston, VA	42:53
25	Ramos, Laura	39	Silver Spring, MD	42:57

26 Diette, Ashley*

35 Chesapeake, VA

43:11

40-44 Women

For the Love of It 10K 38:07

Ten of the top 24 races were overall wins and six of those ladies had at least one for themselves. Claire Heasman had her best race as second overall at the Way Station's Thanksgiving Day 5K in 18:23. She would win two altogether, including the Candy Cane Dash 5K in 18:47. She add a fine RRCA Challenge 10 Mile in 1:04:04, a race no master has ever won. These were the top three races and won Heasman her crown. Tenth place Lisa Reichmann ran 1:09:37 though she was best winning the MCRRC New Year's 5K in 19:37. Jenn Valentine would win it all at the Dash and Splash 4M in 25:47. Still, her best of two runner-up finishes won her the second in the division placement. At the Norfolk Harbor Half Marathon, she ran 1:26:54 ahead of ninth place Jenny Moran who finished third at the event in 1:30:35.

Fourth ranked Jacqueline Greundel had the second fastest Turkey Day race as runner-up in the Virginia Run Turkey Trot 5K in 19:15. Later she would win the Jingle All the Way 5K in 18:57. Sixth ranked Aga Heller earned her overall win at the Gooble or Wobble 5K in 19:26. Then five days later she was second at the Prince William Turkey Trot 5K in 19:24. In between them, Cristina Burbach had her most impressive of two overall wins at the Gloucester 8K in 31:27 to take fifth place.

Sherry Stick is always good for at least two wins each period. Her best win was the Y of Central Maryland Turkey Trot 5K in 19:38. While Heller had her best race, winning the Sentara Colonial Half Marathon outright in 1:28:34, seventh place Stick nearly caught her with the second fastest 5 miler, the Celtic Solstice 5M in 31:45. That was better than Valentine's runner-up spot at the Surf 'n' Santa 5M in 32:17. Both of these races outmatched eighth place Tracy West's slightly faster age group win at the SVTC Turkey Trot 5K in 19:11 that tied Burbach's 8K victory exactly. Eleventh ranked Elizabeth Clor looked great slipping below the 20:00 standard at the Virginia Run Turkey Trot 5K by a second.

Thirty runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Heasman, Claire****	44	Frederick, MD	38:16
2	Valentine, Jenn***	40	Chesapeake, VA	39:16
3	Breindel, Tressa****	40	Richmond, VA	39:30
4	Gruendel, Jacqueline**	43	Clifton, VA	39:27
5	Burbach, Cristina**	44	Arlington, VA	39:56
6	Heller, Aga***	42	Warrenton, VA	40:01
7	Stick, Sherry****	40	Sykesville, MD	40:02

8	West, Tracy**	42	Bridgewater, VA	39:56
9	Moran, Jenny**	40	Virginia Beach, VA	40:56
10	Reichmann, Lisa**	44	Gaithersburg, MD	41:16
11	Clor, Elizabeth**	40	Chantilly, VA	41:36
12	Diegoli, Toni*	40	Potomac, MD	41:52
13	Makarevich, Elena**	40	Gaithersburg, MD	42:38
14	Tamburro, Kristin*	41	Arlington, VA	42:24
15	Lowry, Michelle***	41	Blacksburg, VA	42:30
16	Lully, Jennifer**	41	Lynchburg, VA	43:02
17	Littman, Denise***	41	Williamsburg, VA	43:39
18	Dzibela, Tracy*6	41	Fredericksburg, VA	43:41
19	Lowenthal, Beth**	43	Laurel, MD	43:41
20	Metz, Melinda***	42	Arlington, VA	44:03
21	Zhang, Yan*	43	Laurel, MD	44:05
22	Hicks, Julie***	44	Virginia Beach, VA	44:18
23	Wreski, Erin**	41	Virginia Beach, VA	44:22
24	Patterson, Kimberley*	41	Roanoke, VA	44:38
25	Simpson Packett, Debbie*****	40	Virginia Beach, VA	44:45
26	Sample, Jennifer**	43	Chevy Chase, MD	44:44
27	Edwards, Lauren*	43	Arlington, VA	45:10
28	Pugh, Kate**	44	Earlsville, VA	45:21
29	Fang, Li*	40	Falls Church, VA	45:26
30	Gilliam, Sara**	41	Stafford, VA	45:32

45-49 Women

Reston 10 Mile 1:00:24, 10K = 36:18

Thought you would never hear, “Lookout!” internationally ranked Perry Shoemaker. Barb Fallon Wallace aged up with an excellent third overall at the Alexandria Turkey Trot 5M in 29:19. Shoemaker waited until December to win the first of four overall victories at the Run with Santa 5K in 18:16. Two weeks later, she would triumph again at the Frosty 5K in 18:17. In between those races, Fallon Wallace powered on, again finishing third overall. This time it was the Jingle All the Way 15K in 57:52. Shoemaker added the For the Love of It 10K in 37:57 and looked as if an upset was in the making as none of her races matched up with those of Fallon Wallace. Then on the final day of the season, Shoemaker forged ahead of runner-up Fallon Wallace for another crown with her 1:00:24 at the rolling Reston 10 Mile where one slip on a wet surface may have cost her a sub 60:00 race. *(On a perfect spring [rankings] morning Shoemaker would break her 10-mile PR set at Army in 2014 in 57:31 with a credit Union Cherry Blossom 10 Mile in 57:30, not far off the American record of 57:09.)*

Third ranked Nelly Budrow registered a nice overall win at the Scott Smith 4M in 27:58. Still, it was her win at the RRCA Challenge 10 Mile hills on a cold and rainy day in 1:08:48 that earned her the spot. Sixth place Faye Weaver was wonderful running second place there in 1:11:30. Fourth place could only go to Christine Westcott for her overall win at the GW Birthday Marathon in 3:19:19. Fifth ranked Brenda Schrank again dominated the SVR Winter Series. Her best race was the Build the Trails 5K in 20:31.

Seventh ranked Debbie Goodpasture was a winning machine with five victories, including the massive Munchkins Popping Donut 5K in 20:44. Eighth place goes to masters champ at the Humankind Turkey Trot 5K in 20:59, Catherine Hanson. Ninth and tenth place were decided at the perennially short course MCRRC Jingle Bell Jog 8K where Margaret Campbell prevailed over Karyn Ryan, 35:15 to 35:28.

Twenty-seven runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry****	47	Vienna, VA	36:18
2	Fallon Wallace, Barb**	45	Alexandria, VA	36:58
3	Budrow, Nelly**	45	Bel Air, MD	41:21
4	Westcott, Christine**	49	Chantilly, VA	42:36
5	Schrank, Brenda****	47	Winchester, VA	42:43
6	Weaver, Faye**	45	Ellicott City, MD	42:58
7	Goodpasture, Debbie*****	49	Midlothian, VA	43:10
8	Hanson, Catherine**	48	Farmville, VA	43:46
9	Campbell, Margaret**	45	Rockville, MD	44:46
10	Ryan, Karyn	48	Gaithersburg, MD	45:03
11	Ross, Cathy****	47	Burke, VA	45:32
12	Young, Cheryl***	49	Reston, VA	45:52
13	Schaffer, Heather*	47	Sterling, VA	46:33
14	Whitestone, Yuko*	46	Springfield, VA	46:31
15	Tian, Amy	47	Potomac, MD	46:39
16	Taylor, Julia	47	Arlington, VA	46:43
17	Stuart, Brenda**	45	Springfield, VA	46:51
18	Hicks, Deborah**	45	Catonsville, MD	46:59
19	Ramsey, Stephanie***	47	Virginia Beach, VA	47:02
20	Wilkins, Sharon**	49	Chesapeake, VA	47:07
21	Burke, Kim***	46	Annapolis, MD	47:05
22	Bibb, Wendy	47	Centreville, VA	47:07
23	O'Connor, Betsey*****	45	Washington, DC	47:09
24	Manning, Wendy*	46	Kensington, MD	47:11
25	Robbs, Cynthia**	48	Chesterfield, VA	47:26
26	Adkinson, Ann	49	Chevy Chase, MD	47:34

27 Diaz, Mari*

45 Alexandria, VA

48:05

50-54 Women

Spend Yourself 5K 20:11, 10K = 42:01

The legend of running, Alisa Harvey, is back on the scene and quickly climbs to fourth place, racing the Prince William Turkey Trot 5K in 20:59. Runner-up Shannon Smith started her season at the SOME Thanksgiving Day Trot for Hunger 5K in 21:33 but less than a month later she rode the elevator up one rung short of the penthouse, winning the Jingle All the Way 15K in 1:06:42.

Meanwhile, Kim Isler is cementing her title claims with the top three races, all 5Ks, led by the Spend Yourself 5K in 20:11 for second overall. In February, she led sixth ranked Luz Blakney, a former champ, to the finish at the For the Love of It 10K, 43:25 to 46:04. In March, they reprised the battle on the slightly longer same course Reston 10M with Isler prevailing, 1:12:43 to 1:14:32. The reason these two racers keep getting better is that they were not satisfied for their times.

Third position goes to Meaghann McCarthy who was top master at the Surf 'n' Santa 5M in 34:40. She would double that at the Tidewater Striders Tune-up 10M in 1:14:30 and then a couple weeks later treble it at the rarely run Tidewater Striders Tune-up 15M in 1:54:03. Going really long was good for fifth ranked Trish Rice who won at the One City Marathon in 3:28:40. Seventh, eighth, and ninth places were earned on Thanksgiving. Best of the trio, Cheryl McMurray ran the Fairfax Turkey Trot 5K in 21:35. To the northeast Deb Taylor is next winning the Laurel Turkey Trot 5K in 21:49. Finally, to the far northwest in Frederick, Ruth Taylor wins at the Way Station's Thanksgiving Day 5K in 22:13.

Just before Christmas tenth ranked Teri Welsh ran the Reindeer Run 5K in 22:21. As February begins, Tonna Arbaugh takes third overall at the Bear Run 4M in 29:10 for third overall and eleventh place in the rankings. Filling the dozen, Kerry Rodgers runs the Columbia Turkey Chase 10K in 46:51.

Last year the division had 36 runners fastest enough for the 45-49 division. With nine fewer qualifiers than last year it dropped to just 26 such qualifiers.

PI	Name	Age	Hometown	10K=
1	Isler, Kim*****	50	Oakton, VA	42:01
2	Smith, Shannon****	53	Washington, DC	43:22
3	McCarthy, Meaghann***	50	Virginia Beach, VA	43:43
4	Harvey, Alisa**	53	Manassas, VA	43:41
5	Rice, Trish**	53	Williamsburg, VA	44:36
6	Blakney, Luz**	50	Herndon, VA	44:48
7	McMurray, Cheryl**	50	Fairfax, VA	44:56
8	Taylor, Deb**	52	Hanover, MD	45:25

9	Taylor, Ruth****	51	Frederick, MD	46:15
10	Welsh, Teri**	51	Lutherville, MD	46:32
11	Arbaugh, Tonna**	51	Westminster, MD	46:42
12	Rodgers, Kerry**	50	Silver Spring, MD	46:51
13	Borkman, Kelly***	52	Virginia Beach, VA	47:06
14	Bozarth, Helena**	52	Fredericksburg, VA	47:21
15	Liu, Tammy*	52	Ellicott City, MD	47:29
16	Takakusaki, Yuko**	51	Arlington, VA	47:33
17	Ernst, Carol***	53	Fulton, MD	47:33
18	Fraker, Ann*	52	Stevenson, MD	47:41
19	Bergdahl, Cathy*	52	Stafford, VA	48:00
20	Kopacz, Margaret**	54	Chesapeake, VA	47:57
21	Borges, Kimberly*	51	Virginia Beach, VA	48:00
22	Mackintosh, Brenda*	53	Springfield, VA	48:12
23	McLaughlin, Debbie*	53	Williamsburg, VA	48:09
24	Walker, Gillian*	52	Springfield, VA	48:17
25	Murillo, Barbara*	53	Fairfax, VA	48:21
26	McElwee, Robyn*	52	Churchville, MD	48:35
27	Cline, Carla**	52	Norfolk, VA	48:59
28	Hall, Maureen**	54	Parkville, MD	49:00
29	Kammel, Carole	50	Rockville, MD	49:10
30	Tisone, Julie**	54	Lexington, VA	49:14
31	Garrett, Shannon	50	Alexandria, VA	49:11
32	Slattery, Fay*	54	Alexandria, VA	49:21
33	Smith, Paula	52	Hampstead, MD	49:20
34	Cook, Yumiko	51	Fairfax, VA	49:48
35	Demaree, Marsha**	54	Marriottsville, MD	49:52
36	Siddique, Nadrat**	50	Baltimore, MD	50:06
37	Votava White, Kim**	51	Virginia Beach, VA	50:18
38	Vetsch, Maria***	52	Alexandria, VA	50:13
39	Young, Karen*	51	Boys, MD	50:28
40	DiPietro, Nancy*	52	Centreville, VA	50:40
41	Cohen, Cindy****	50	Washington, DC	50:42
42	Barrick, Michelle*	54	Middle River, MD	50:56

55-59 Women

VAB Turkey Trot 10K 41:59

Cindy Conant is 57 and in February came off injured reserve to win it all at the Kensington Park Run 5K. The week before that she ran the fastest 5 miler of 2019 at the hilly Country Run 5M in 34:34. But she is not all the way back yet. With the door opened a crack last winter's runner-up Kendall Tata came bursting

through. She started off with her own overall win at the fastest of her the 5Ks, the Claire Dames 5K in 20:18. Less than a week later she produced the winter's best race, winning at the VAB Turkey Trot 10K in 41:59.

Third ranked Julie Hayden is one of the top middle-distance racers in the area. She blasted four 5K wins on three notoriously long courses. Her best was the Run with Santa 5K in 21:50. Fourth ranked Karla Havens was not too shabby, racing the Sentara Sleighbell 5K in 22:29. Winning your place with a marathon is tough. Judy Rupp was third overall at the Holiday Dash Marathon in 3:39:55 to takes the fifth position. Just a tick behind her Trish Richardson was tops at the Drumstick Dash 5K in 22:36.

Seventh place Jill Snyder has had her turn as division champ before. This winter she had the top 15K, winning the AS Anniversary 15K in 1:12:48. Thirteenth ranked Christiann Rogers was first at the most competitive 15K, the Frostbite 15K, in 1:15:05. It was a small race but eighth place Suzanne Porter ties Conant for the oldest overall winner, claiming victory at the Run for the Wounded Warriors Half Marathon in 1:46:02. Two months later, she won the Falling for You Half Marathon in 1:47:02. Pam Rickard ran the Johnny Casa 5M in 38:06 to snatch ninth place. Kathy Cea's training is paying off. She earns tenth place at the freezing MCRRC New Year's 5K in 23:09. Eleventh ranked Sydney Shepherd had her way with the competition, winning the Reston 10M in 1:20:32. Mary Jo Bailey finishes off the top dozen with her masters win at the Blue Talon Bistro Turkey Trot 5K in 23:17.

The division expanded this year to forty-eight qualified runners.

PI	Name	Age	Hometown	10K=
1	Tata, Kendall****	56	Stanardsville, VA	41:59
2	Conant, Cindy***	57	Kensington, MD	43:35
3	Hayden, Julie****	58	Ashburn, VA	45:27
4	Havens, Karla****	56	Plainview, VA	46:49
5	Rupp, Judy**	56	Derwood, MD	47:01
6	Richardson, Trish**	57	Christiansburg, VA	47:03
7	Snyder, Jill**	58	Annapolis, MD	47:20
8	Porter, Suzanne****	58	Reston, VA	47:55
9	Rickard, Pam***	56	Rocky Mount, VA	48:03
10	Cea, Kathy****	59	Gaithersburg, MD	48:17
11	Shepherd, Sydney**	55	McLean, VA	48:24
12	Bailey, Mary Jo*****	57	Williamsburg, VA	48:29
13	Rogers, Christiann*	58	Charlottesville, VA	48:49
14	Nanda, Sushila****	57	Arlington, VA	49:06
15	Boyle, Cecil**	58	Manassas, VA	49:20
16	Berry, Beth	55	Columbia, MD	49:24
17	Nielsen, Lisa**	55	Roanoke, VA	49:33

18	Furr, Suzanne	57	Harwood, MD	49:48
19	Layson, Lynda*	58	Severn, MD	49:46
20	Rader, Amber**	59	Moseley, VA	50:06
21	Manos, Karen	59	Clifton, VA	50:20
22	Spatz, Debra*	59	Saint Leonard, MD	50:15
23	Chen-Mayer, Heather	57	Garrett Park, MD	50:18
24	Phillips, Norma*	58	Williamsburg, VA	50:29
25	Foy Jones, Valor**	55	Newport News, VA	50:33
26	Micsan, Daniela*	59	Reston, VA	50:42
27	Shea, Stacey**	55	Baltimore, MD	50:48
28	Rosasco, Carole**	59	Baltimore, MD	50:55
29	Gerloff, Terri	59	N. Chesterfield, VA	51:06
30	Polite, Rebecca***	59	Winchester, VA	51:11
31	Hutchings, Anne**	58	Deltaville, VA	51:24
32	Hutchings, Cynthia***	55	McLean, VA	51:48
33	Henry, Paula*	58	Yorktown, VA	51:52
34	Hackett, Maura	59	Washington, DC	51:55
35	Mundt, Vicky	55	Annapolis, MD	52:01
36	Moore, Lorraine	55	Richmond, VA	52:07
37	Clarke, Tammy*	58	Norfolk, VA	52:05
38	Griffing, Sharon	59	Springfield, VA	52:19
39	Yao, Pamela*	58	Ellicott City, MD	52:14
40	Eddy, Pamela*	58	Williamsburg, VA	52:27
41	McKinney, Hiroko*	59	Chantilly, VA	52:23
42	Gray, Sandra*	59	Glen Allen, VA	52:50
43	Huck, Tammy	55	Arlington, VA	53:03
44	Ranney, Sheri	57	Reston, VA	52:57
45	Tate, Janet**	55	College Park, MD	53:33
46	Peart, Sandra	59	Henrico, VA	53:49
47	Rudnik, Beate**	56	Yorktown, VA	54:04
48	Lingenfelter, Gabriele	55	Yorktown, VA	54:08

60-64 Women

RRCA Challenge 10 Mile 1:18:06, 10K = 46:56

Last year's champion Carolyn Harrison appeared golden with eight victories and one of the few racers with an 80% age grade standard. Her Norfolk Harbor Half Marathon was faster than last year at 1:46:44. Then to end January she squeezed by that race with a fine Tidewater Striders Tune-up 15M in 2:03:22. She may have bitten off too much because come February the wheels started to come off. Perhaps it was six races at least ten miles long. Her Run for the Heart 10M was nearly five minutes slower and her normal blazing 5K speed disappeared as she finished the Santa Claus Shuffle 5K more than a minute

slower than last year with 23:30. Amy Subar put the division on notice with her YMCA Turkey Chase 10K in 47:11 though that would have left her third last winter. Then in late February, she clinched the division at the hilly, wet, and cold RRCA Challenge 10M with a marvelous 1:18:06, two and half minutes ahead of second place Harrison's Tidewater Striders Tune-up 10M in 1:21:28.

Third place Nancy Hill does her best at the 5K, getting better as the season progressed. She topped out near Harrison with her Reindeer Run 5K in 23:35. The next three racers were nearly inseparable. Sixth ranked Mary Lowe Mayhugh ran the next best 5K, racing her best of three PVT Ed Barron Holiday season 5Ks. That was the first, the Cranberry Crawl 5K, ahead of fourth ranked Elizabeth Ludes, 23:55 to 24:03. Ludes would come back strong defeating Mayhugh at the Christmas Caper 5K with her fine 24:04. Ludes then capped it off winning the third event, the By George 5K, 23:57 to 24:03. Mayhugh had a prolific season, including thirteen age group victories. Her only other loss (2nd age group) was at the big Jingle All the Way 5K to fifth ranked Ida Draim, 23:56 to 24:41. Tenth place Elizabeth Baumgarten was there as well though she ran much better Run with Santa 5K, finishing behind Mayhugh, 24:37 to 25:19. Baumgarten added a solid Vienna Turkey Trot 10K in 52:31.

This division continues to get more competitive. Seventh position goes to Helen Worthington for her finish at the Menchville Chill 5K in 24:23. Next up, Becky Bean stays within striking distance with her Resolution Run 5K in 24:36 as the last racer with a sub 25:00 5K. Ninth ranked Layne Ferguson started the season with the second fastest half, running the Star City Half Marathon in 1:54:50. Two weeks later she just missed, racing the Roanoke Jingle Bell Run for Arthritis 5K in 25:01. Eleventh place Barbara Lyons was right there with Baumgarten, matching her third best race exactly, racing the Gobble Cobble Turkey Trot 5K in 25:19. Lyons ran the New Year's Day Resolution Run 5K in 25:13 to match Baumgarten's best race. Baumgarten had two races slightly better than the third run by Lyons.

For the third year, forty-eight racers broke the hour for 10K equivalence but the division soared to fifty-six qualifiers.

PI	Name	Age	Hometown	10K=
1	Subar, Amy**	63	Potomac, MD	46:56
2	Harrison, Carolyn*8	62	Virginia Beach, VA	48:13
3	Hill, Nancy***	61	Havre De Grace, MD	49:03
4	Ludes, Elizabeth**	60	Arlington, VA	49:52
5	Drain, Ida****	63	Alexandria, VA	49:50
6	Mayhugh, Mary Lowe*13	62	Washington, DC	49:53
7	Worthington, Helen***	64	Bena, VA	50:46
8	Bean, Becky*8	60	Norfolk, VA	51:13
9	Ferguson, Layne***	61	Moneta, VA	51:53

10	Baumgarten, Elizabeth**	62	Aldie, VA	52:31
11	Lyons, Barbara***	61	Clarksville, MD	52:30
12	Goodwin, Robin*	60	Baltimore, MD	52:43
13	Peck, Leigh***	61	Baltimore, MD	53:04
14	Foster, Marcy	64	Reston, VA	52:55
15	Rigby Kash, Leslie**	62	Fredericksburg, VA	53:13
16	Norman, Brenda*	61	Annapolis, MD	53:28
17	Cohen, Deborah*	62	Ellicott City, MD	53:43
18	Langlois, Harriet	63	Ijamsville, MD	53:43
19	Recto, Liza**	62	Lexington Park, MD	54:08
20	Casola, Deborah*	61	Ashburn, VA	54:00
21	Bierman, Gail*	60	Virginia Beach, VA	54:52
22	Burrell, Linda***	60	Derwood, MD	54:59
23	Washington, Myra***	61	Montgomery Village, MD	55:31
24	Johnson, Lydia*	64	Street, MD	55:35
25	Archibald, Connie*	61	Henrico, VA	55:47
26	Wake, Sharon*	63	Henrico, VA	55:46
27	Gallagher, Margie*	60	Abingdon, MD	56:02
28	Briedis-Ruiz, Jana**	60	Charlottesville, VA	56:15
29	Pillow, Patrice*	60	Glen Allen, VA	56:50
30	Larsen, Susan**	60	Midlothian, VA	56:47
31	Smith, Barbara*	60	Fairfax, VA	56:54
32	Mahan, Lynn	63	Nottingham, MD	57:03
33	Sherer, June*	60	West Friendship, MD	57:02
34	Danahy, Stephanie	62	Fairfax Station, VA	57:21
35	Talley, Carol*	64	Toano, VA	57:29
36	Thurman, Patricia*	61	Virginia Beach, VA	57:34
37	Thompson, Barb*	62	Annapolis, MD	57:44
38	Snead, Susan	63	Virginia Beach, VA	57:49
39	Heflin, Anne	61	Clifton, VA	57:57
40	Byerley, Marcia*	61	Fredericksburg, VA	58:05
41	Wright, Dorothy*	60	Dumfries, VA	58:01
42	White, Susan*	62	Virginia Beach, VA	58:21
43	Uthe, Janice	62	Bowie, MD	58:51
44	Rines, Pamela	63	Vienna, VA	59:19
45	Roed, Becky	60	Springfield, VA	59:16
46	Bowling, Nancy*	62	Frostburg, MD	59:26
47	Hansen-Vessa, Carol	64	Reston, VA	59:39
48	Stephens, Shirley**	62	Williamsburg, VA	59:54
49	Kroll, Aileen****	62	Greenbelt, MD	1:00:04
50	McCusker, Bridget***	64	Baltimore, MD	1:00:23
51	Craney, Karen	63	Poolesville, MD	1:00:41

52	Brown, Kathryn	62	Derwood, MD	1:00:35
53	Reeves, Nancy*	60	Virginia Beach, VA	1:00:46
54	Romanchyk, Janet	62	Sterling, VA	1:01:02
55	King, Pat	63	Virginia Beach, VA	1:01:20
56	Krepp, Karen*	60	Spotsylvania, VA	1:01:33

65-69 Women

AS Anniversary 15K 1:21:31, 10K = 53:00

You can always count on Betty Blank to be racing the Alexandria Turkey Trot 5M and it has earned her more than one title. This year she ran a very good 42:27 but it was only fast enough to take third place. Our champion Ginny Hughes did not fare as well at the 5M but she won there too along with seven 5K victories. Her fastest was also on T-Day morning at the Virginia Run Turkey Trot 5K in 25:28. She would add a 25:30 at the Jingle All the Way 5K on the very same morning that Peggy Vail made her bid for the title. Vail ran the AS Anniversary 15K in 1:21:31, a virtual tie with Hughes. However, Hughes had three races faster than Vail's only other event, the AS Valentine's Day 5K in 25:59 and claims the crown. Vail did beat seventh place Maria Shields (26:49) and takes the runner-up spot.

Fourth place Barbara Mathewson resolved to go long after her January first 5K in 25:54. She netted the fastest 10 miler of the season at the Tidewater Striders Tune-up 10M in 1:31:38. Fifth place Hannah Phillips has great track speed and bolted to a solid Snowflake 5K in 25:58 to match Hughes' third best 5K. Linda Scandore was hovering around the pack with her Monticello Holiday Classic 5K in 26:10. Settling into sixth place. This year the Cold Turkey 10K lost a K, coming in closer to 9K with unlucky racer Shields gathering in a hard to judge 48:39 time. Shields is known for going long and was the only finisher of a marathon in the group. Her time at the Northern Central Trail Marathon was 4:27:46.

The times drop off a tad after that with eighth ranked Amy Rockhill winning the Peaks of Otter 5K in 27:23. The ninth position goes to Pat McNabb who ran the massive, rolling Celtic Solstice 5M in 45:38. Two months later, tenth slotted June Hartman would run the CKHD Love Run 5K in 27:44. Eleventh ranked Bonnie Hallock was right there at the Reindeer Run 5K in 27:46. Twelfth ranked Kathy Richmond won all three of her races, doing best at the BRRC Holiday Hustle 5K in 27:52.

Lizzie Sadoff put together a pair of fine races, including the Country Run 5M in 46:37 to earn thirteenth place. Fourteenth place is earned by Patricia Travis who blazed a 28:09 at the Sentara Sleighbell 5K. Eighteen of these ladies ran fast enough for the 60-64 division and fourteen ran faster than an hour for their 10K equivalence. Forty-six runners qualified for the division.

PI	Name	Age	Hometown	10K=
1	Hughes, Ginny*8	68	Warrenton, VA	53:01
2	Vail, Peggy	66	Arnold, MD	53:00
3	Blank, Betty****	66	Falls Church, VA	53:32
4	Mathewson, Barbara****	69	Virginia Beach, VA	53:55
5	Phillips, Hannah*	66	Alexandria, VA	54:05
6	Scandore, Linda**	68	Charlottesville, VA	54:29
7	Shields, Maria**	68	Davidsonville, MD	54:44
8	Rockhill, Amy**	66	Roanoke, VA	57:01
9	MacNabb, Pat**	65	Glenwood, MD	57:33
10	Hartman, June	65	Virginia Beach, VA	57:44
11	Hallock, Bonnie*	66	Havre de Grace, MD	57:49
12	Richmond, Kathy***	69	Timonium, MD	58:01
13	Sadoff, Lizzie**	69	Washington, DC	58:47
14	Travis, Patricia*****	67	Williamsburg, VA	58:36
15	Whittington, Karen*	66	Baltimore, MD	1:00:46
16	Reid, Marie*15	66	Great Falls, VA	1:00:43
17	Kohinke, Anne**	65	Salem, VA	1:01:57
18	Gullo, Martha**	65	Williamsburg, VA	1:02:05
19	Hennes, Kathy*	66	Annapolis, MD	1:02:03
20	Moody, Amanda****	65	Chester, VA	1:02:45
21	Adamo, Karen*	67	Severna Park, MD	1:02:53
22	Sexton, Dru**	66	Roanoke, VA	1:03:06
23	Dowling, Donna***	68	Weems, VA	1:03:32
24	Helton, Rosemary*	65	Camp Springs, MD	1:03:29
25	Lloyd, Maryann****	69	Alexandria, VA	1:04:04
26	Sommer, Debra*	65	Norfolk, VA	1:04:19
27	Edelmann, Delia*	66	Annapolis, MD	1:04:55
28	Ahlsted, Jackie*	65	Suffolk, VA	1:04:55
29	Duffey, Jane	69	Charlottesville, VA	1:05:10
30	Ridenour, Linda	65	Chevy Chase, MD	1:05:29
31	Dawson, Robin	65	Annapolis, MD	1:05:15
32	Humphreys, Dottie*	67	Newport News, VA	1:05:35
33	Frazho, Leslie***	65	Richmond, VA	1:05:38
34	Fisher, Laurie**	65	Hyattsville, MD	1:05:34
35	Adler, Sally	68	Williamsburg, VA	1:07:34
36	White, Diane*****	65	Annandale, VA	1:07:50
37	Kemper, Catherine	67	Nellysford, VA	1:07:50
38	Hines, Lucy	66	Smithfield, VA	1:07:52
39	Mink, Suzanne	66	Washington, DC	1:08:43
40	Forsha, Anne	67	Derwood, MD	1:08:55
41	Miffleton, Terry	68	Richmond, VA	1:08:53

42	Sadler, Barbara	65	Newport News, VA	1:09:23
43	Deschaine, Diane	66	Williamsburg, VA	1:09:36
44	Allen, Deborah	69	Lynchburg, VA	1:09:41
45	Brisker, Duyen	66	Bel Air, MD	1:11:39
46	Cronley, Rita***	65	Arlington, VA	1:12:21

70-74 Women

VAB Turkey Trot 10K 52:07

Betty Brothers reprised last winter's dominating title run with three of the same races she won last year. She slowed in all three as we thought she must but her VAB Turkey Trot 10K in 52:07 still earned the vaunted 90% or better age grading. She is the only runner to achieve that this winter. She also did it with her 25:33 at the Resolution Run 5K which is not far away from the Virginia State record. She added two ten milers and a twenty mile just because she can. The MCRRC Jingle Bell Jog 8K is a dubious course but runner-up Gretchen Bolton finished it in 46:52. Hard to judge as her Seneca 9K run at close to half the speed was murderously cross country. Still, she was more than a minute faster than the year before when the course was known to be short.

Third ranked Barbara Biasi took the traditional route of the older runner, the 5K. Her St. Kateri's Run with the Son 5K was finished in 29:41. Pat Welch tried the 5K for Thanksgiving in 32:24 but this fourth ranked racer then went long. She ran second and third fastest 10Ks and on the final weekend the third fastest 10M. Her Reston 10M in 1:05:41 was her fastest event. Up Baltimore way, Ruth Hens ran the BRRC Holiday Hustle 5K in 30:55 to take fifth position. Linda Tice was one slot behind, finishing the same event in 31:31. Roswitha Goossens-Winter matched Brothers with four wins. That is more than any other runner save 200-a-year racer Jeanette Novak who had nine before aging up on the mythical 29th day of February.

Eighth place Rae Jean Goodman was right on the heels of Goossens-Winter with her AS Valentine's Day 5K in 31:51. Goossens-Winter added a slightly faster race at the Knights Quest Warhill 8K in 54:07 then Goodman when she lost to Hens at the Father Time 5M, 54:29 to 54:49. Former champion Alice Franks is gearing back up after a frustrating 2018 full of injuries. She ran a cautious Country Run 5M in 52:45 to take ninth place. Then when she was more ready to bolt, she had the misfortune to race the Kemp Mill Chills 5K on an extra-long roller coaster course. Look for her to move up a more than a few spots in the spring.

Twenty-five runners qualified for the division.

PI	Name	Age	Hometown	10K=
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1	Brothers, Betty****	72	Virginia Beach, VA	52:07
2	Bolton, Gretchen**	73	Bethesda, MD	59:31
3	Biasi, Barbara**	71	Yorktown, VA	1:01:48
4	Welch, Pat****	74	Vienna, VA	1:03:31
5	Hens, Ruth**	71	Baltimore, MD	1:04:22
6	Tice, Linda	73	Timonium, MD	1:05:37
7	Goossens-Winter, Roswitha****	71	Williamsburg, VA	1:06:18
8	Goodman, Rae Jean**	70	Annapolis, MD	1:06:19
9	Franks, Alice**	70	Rockville, MD	1:06:31
10	St. Clair, Christy***	70	Glen Arm, MD	1:06:45
11	O'Neill, Betsey**	71	Virginia Beach, VA	1:07:40
12	Barton, Pat*	71	Copper Hill, VA	1:08:07
13	Imholtz, Clare*7	72	Beltsville, MD	1:10:14
14	Stout, Paulette*	70	Washington, DC	1:10:37
15	Canestra Heenan, Patty*	70	Arlington, VA	1:11:21
16	Sitkin-Porzell, Judith**	71	Silver Spring, MD	1:12:06
17	Berger, Nancy*	73	Hunt Valley, MD	1:14:15
18	Robertson, Judi Faye**	72	Colonial Heights	1:14:34
19	Friend, Connie**	72	Charlottesville, VA	1:14:49
20	Glover, Bet	73	Bethesda, MD	1:15:27
21	Norton, Lou***	72	Richmond, VA	1:17:00
22	Novak, Jeanette*9	74	Damascus, MD	1:19:45
23	Peters, Sandra*	70	Frederick, MD	1:21:04
24	McClure, Doris	70	Baltimore, MD	1:21:19
25	Blount, Nancy	72	Williamsburg, VA	1:24:36

75-79 Women

Baltimore YMCA Turkey Trot 5K 28:28, 10K = 59:16

Former champion Ecris Williams packaged her best two races just before leaving the division, both on rolling courses. Her Turkey Day 5K in 33:26 was well ahead of Mary Kate Berglund's ambitious Wegman Turkey Trot 10K in 1:12:29. Williams would handle the Run with Santa 5K in 33:27 to start December but Berglund had already toppled her away from another crown with her Munchkins Popping Donut 5K pushing Williams to third place.

Our champion, Karen Kautz benefited from funky MCRRC Jingle Bell Jog 8K course in her division debut. She ran 51:14 to take the title at an event that has sometimes been distance challenged. She also ran the less-than-flat MCRRC New Year's 5K in 34:58. At the Kemp Mill Chills 5K her win was only that, as that steep course was nearly a quarter mile long making the time irrelevant. The Roosevelt Island Park Run 5K is easily the most challenging of the local Park Runs. So, the queen of the Island, Rosemary Schwartzbard, went west to check

out the Fletcher's Cove Park Run 5K for her fastest of her six wins in 36:27. She earns fifth place while slightly slower times at big races gives fourth place to Robin Jorlett. Jorlett ran the Sentara Sleighbell 5K in 36:32.

Usually most prolific Mandy Whalen limited herself to just three races. Her best was the fast times Spend Yourself 5K race where she ran 37:51. The division contained seventeen racers including three more who will soon be joining Williams in the next division.

PI	Name	Age	Hometown	10K=
1	Kautz, Karen***	75	Silver Spring, MD	1:05:05
2	Berglund, Mary Kate**	77	Richmond, VA	1:05:31
3	Williams, Ecris*	79	Reston, VA	1:09:39
4	Jorlett, Robin*	75	Newport News, VA	1:16:04
5	Schwartzbard, Rosemary*6	77	Arlington, VA	1:15:53
6	Whalen, Mandy*	78	Falls Church, VA	1:18:48
7	Ohlrich, Karen*	76	Columbia, MD	1:22:13
8	Thomas, Susan***	75	Charlottesville, VA	1:22:41
9	Farrant, Elaine*	79	Baltimore, MD	1:23:38
10	Orser, Jo*****	75	Baltimore, MD	1:24:23
11	Novak, Jeanette***	75	Damascus, MD	1:27:37
12	Dicker, Lois	79	Silver Spring, MD	1:27:57
13	David-Inhof, Nancy	78	Earlysville, VA	1:30:38
14	Tody-Goompers, Carolyn**	79	Chesapeake, VA	1:33:43
15	Bennett, Judy**	77	Springfield, VA	1:35:23
16	McClellan, Bonnie*****	76	College Park, MD	1:36:38
17	Newman, Nancy**	78	Cross Junction, VA	1:37:18

80-84 Women

Frosty 5K 33:30, 10K = 1:09:45

Ecris Williams turned the corner partway through the season and gets ranked in two divisions. As a newcomer, she was the youngest and the fastest in the division. She had the four fastest times, including the Frosty 5K in 33:30. She also had two of only six races longer than 5K in the division. After racing the For the Love of It 10K in 1:11:04 (faster than she ran in 2018) on a cold February morn, it seemed unlikely she would do it again. The first week of March she returned to the scene in Reston running mostly the same course at the even longer Reston 10 Miler, finishing slower than two hours for the first time at that distance.

Runner-up Janet Hughes was the early favorite and spent the season dominating the SVR Winter Series. She stayed mostly with the 5K such as the Stickman's Tandem 5K in 34:53. However, one of her seven age group wins was the SVR

Poker Run 5M in 1:03:20. Former champion Tami Graf spends much of her racing energy at track meets these days. Still, she had time to take third place, racing Thanksgiving Prediction Run 5K in 43:38. Fourth ranked Pauline Ely ran the Toano Frosty 5K in 48:51. Seventeen other women ran a single qualifying race this winter.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris****	80	Reston, VA	1:09:45
2	Hughes, Janet*7	82	Winchester, VA	1:12:38
3	Graf, Tami*	82	Lusby, MD	1:30:51
4	Ely, Pauline*	80	Hampton, VA	1:41:42

85-89 Women

Jingle All the Way 5K 44:59, 10K = 1:33:39

As one would suspect, in this division the youngest is the fastest. Anne Coquelin ran the Jingle All the Way 5K in 44:59 to easily win the division. Second place Barbara Gay ran the Blue Talon Bistro Turkey Trot 5K in 52:59. Third place Yvonne Aasen is back, racing in her former hometown at the Annapolis Striders Valentine's Day 5K in 54:10, not far behind. Fourth place Martha Clarke started the season, racing the Run for Kendra 5K in 1:00:35. For Thanksgiving, Joyce Kirk is next racing the Laurel Turkey Trot 5K.

PI	Name	Age	Hometown	10K=
1	Coquelin, Ann	85	Alexandria, VA	1:33:39
2	Gay, Barbara	85	Williamsburg, VA	1:50:19
3	Aasen, Yvonne	87	Westminster, MD	1:52:46
4	Clarke, Martha	87	Fairfax, VA	2:06:08
5	Kirk, Joyce	87	Laurel, MD	2:09:18

90 & Older Women

None for winter

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

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

Sometimes runners are confused by the race tracking terms. Chip time simply means that it was electronically timed, not manually. Gun time is the official time. Net time, which is confused with chip time, is merely a feel-good time which is tracked by when the runner's chip first crosses the starting line. Net time will always be faster than the official gun time. Runners are welcome to note 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 20% ranked runners*).

	Points	Major race
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 Race	1	
Major Race	1	
Each Ranked Runner beaten	1	
Special Awards	1	2 (such as places 4 through 10 that are not age group i.e. money winners, masters, grandmasters, seniors, and Clydesdale/Athena)
Master	1	
Head to Head	4	8 (points for victor, negative points against loser)
10K Equivalent	1	(point for each second faster than opponent's best race versus their best race)

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	59:27	89:40
75-79	1:32:30	1:39:00
80 & Older	1:45:00	1:50:00

The ranking periods for the 2019 ranking year:

* Spring 2019 - March 4, 2019– May 27, 2019

* Summer 2019 – May 28, 2019 – September 2, 2019

* Fall 2019 – September 3, 2019 – November 10, 2019

* Best of 2019 (November 12, 2018 through November 10, 2019) - reported March 2020

On Eagles Wings 10K	Falls Church, VA	12-Nov-18
Janney 5K	Washington, DC	17-Nov-18
Anacostia Park Run 5K #46	Washington, DC	17-Nov-18
Fletcher's Cove Park Run 5K #143	Washington, DC	17-Nov-18
Zaching Against Cancer 5K	Ellicott City, MD	17-Nov-18
Zaching Against Cancer 10K	Ellicott City, MD	17-Nov-18
Munchkins Popping Donut 5K	Richmond, VA	17-Nov-18
College Park Park Run 5K #109	College Park, MD	17-Nov-18
Roosevelt Island Park Run 5K #105	Washington, DC	17-Nov-18
Spend Yourself 5K	Falls Church, VA	17-Nov-18
Oak Knoll 5K	Mechanicsville, VA	17-Nov-18
Deep Run Park Run 5K #60	Richmond, VA	17-Nov-18
Run for Kendra 5K	Virginia Beach, VA	17-Nov-18
Leakin Park 5K #71	Baltimore, MD	17-Nov-18
MCRRC Run Under the Lights 5K	Gaithersburg, MD	17-Nov-18
Operation Turbo 5K	Arlington, VA	17-Nov-18
Star City 10K	Roanoke, VA	17-Nov-18
Star City Half Marathon	Roanoke, VA	17-Nov-18
Cranberry Crawl 5K	Washington, DC	17-Nov-18
Cranberry Crawl 10K	Washington, DC	17-Nov-18
Herndon Turkey Trot 5K	Herndon, VA	17-Nov-18
MVHS Cares 10th Annual Turkey Trot 5K	Alexandria, VA	17-Nov-18
Butler's Orchard 5K	Germantown, MD	17-Nov-18
Jennifer Bush-Lawson 5K	Arlington, VA	17-Nov-18
Claire Dames 5K	Charlottesville, VA	17-Nov-18
Gooble or Wobble 5K	Warrenton, VA	17-Nov-18
Remington Turkey Trot 5K	Remington, VA	17-Nov-18
Dominion Valley Turkey Trot 5K	Gainesville, VA	17-Nov-18
Thanksgiving Prediction Run 5K	St. Mary's City, MD	17-Nov-18
Norfolk Harbor 5K	Norfolk, VA	17-Nov-18
MCM Turkey Trot 10K	Quantico, VA	17-Nov-18
Luray Turkey Trot 5K	Luray, VA	17-Nov-18
Knights Quest Warhill 8K	Williamsburg, VA	17-Nov-18
Turkey Trot 5K	Fort Meade, MD	17-Nov-18
Berryville Turkey Trot 4 Mile	Berryville, VA	18-Nov-18
Berryville Turkey Trot 6 Mile	Berryville, VA	18-Nov-18
Vienna Turkey Trot 5K	Vienna, VA	18-Nov-18
Vienna Turkey Trot 10K	Vienna, VA	18-Nov-18

Cold Turkey 6M	Edgewater, MD	18-Nov-18
HCS Clarksville 5M	Columbia, MD	18-Nov-18
Turkey Tumble 5K	Washington, DC	18-Nov-18
Columbia Turkey Chase 10K	Columbia, MD	18-Nov-18
Zero Prostate Cancer 5K	Virginia Beach, VA	18-Nov-18
Holiday Hustle 5K	Abingdon, VA	18-Nov-18
Norfolk Harbor Half Marathon	Norfolk, VA	18-Dec-18
SVTC Turkey Trot 5K	Bridgewater, VA	18-Nov-18
Hallsley Turkey Trot 5K	Midlothian, VA	18-Nov-18
AACC Turkey Trot Charity 5K	Arnold, MD	21-Nov-18
Turkey Day 5K	Reston, VA	22-Nov-18
Arlington Turkey Trot 5K	Arlington, VA	22-Nov-18
College Park Park Run 5K #110	College Park, MD	22-Nov-18
YMCA Turkey Trot 5K	Fredericksburg, VA	22-Nov-18
River Bend Country Club Turkey Trot 5K	Great Falls, VA	22-Nov-18
Waynesboro Turkey Trot 5K	Waynesboro, VA	22-Nov-18
Mount Airy Turkey Trot 5K	Mount Airy, MD	22-Nov-18
Blacksburg Turkey Trot 5K	Blacksburg, VA	22-Nov-18
Turkey Trot & Animal Food Drive 5M	Irvington, VA	22-Nov-18
Lexington Gobble Wobble 5K	Lexington, VA	22-Nov-18
Turkey Trot for Parkinson's 5K	Fairfax Station, VA	22-Nov-18
Gobble Cobble Turkey Trot 5K	Baltimore, MD	22-Nov-18
VAB Turkey Trot 10K	Virginia Beach, VA	22-Nov-18
Ashburn Farm 10K	Ashburn, VA	22-Nov-18
Ashburn Farm 5K	Ashburn, VA	22-Nov-18
Humankind Turkey Trot 5K	Lynchburg, VA	22-Nov-18
Echo Turkey Trot 5K	Prince Frederick, MD	22-Nov-18
Westernport Turkey Trot 5K	Westernport, MD	22-Nov-18
Earlysville Turkey Trot 5K	Earlysville, VA	22-Nov-18
YMCA Turkey Chase 10K	Bethesda, MD	22-Nov-18
Fast Before the Feast 5K	Newport News, VA	22-Nov-18
Boars Head Turkey Trot 5K	Charlottesville, VA	22-Nov-18
Big Turkey Burn 5K	Williamsburg, VA	22-Nov-18
Martinsville Turkey Day 5K	Martinsville, VA	22-Nov-18
West End Orthotics 4M	Glen Allen, VA	22-Nov-18
Fairfax Turkey Trot 4M	Fairfax, VA	22-Nov-18
Bulle Rock Turkey Trot 5K	Havre de Grace, MD	22-Nov-18
Hagerstown Turkey Trot 5K	Hagerstown, MD	22-Nov-18
FCPRD 5K	Stephen City, VA	22-Nov-18
Charlie Normile 5K Turkey Trot	Virginia Beach, VA	22-Nov-18
Prince William Turkey Trot 5K	Manassas, VA	22-Nov-18
Drumstick Dash 5K	Roanoke, VA	22-Nov-18

YMCA Ellicott City 5K Turkey Trot	Ellicott City, MD	22-Nov-18
Perry Hall Y Turkey Trot Charity 5K	Perry Hall, MD	22-Nov-18
Y of Central Maryland Turkey Trot 5K	Westminster, MD	22-Nov-18
YMCA Bel Air Turkey Trot 5K	Bel Air, MD	22-Nov-18
Towson YMCA Turkey Trot 5K	Towson, MD	22-Nov-18
Arnold Y Turkey Trot Charity 5K	Arnold, MD	22-Nov-18
Baltimore YMCA Turkey Trot 5K	Baltimore, MD	22-Nov-18
Blue Talon Bistro Turkey Trot 5K	Williamsburg, VA	22-Nov-18
Way Station's Thanksgiving Day 5K	Frederick, MD	22-Nov-18
Wegman Turkey Trot 10K	Richmond, VA	22-Nov-18
Alexandria Turkey Trot 5M	Alexandria, VA	22-Nov-18
Laurel Turkey Trot 5K	Laurel, MD	22-Nov-18
Lansdowne Turkey Trot 5K	Leesburg, VA	22-Nov-18
Virginia Run Turkey Trot 5K	Centreville, VA	22-Nov-18
Fairfax Turkey Trot 5K	Fairfax, VA	22-Nov-18
SOME Thanksgiving Day Trot for Hunger 5K	Washington, DC	22-Nov-18
Turkey Burnoff 10 Mile	Gaithersburg, MD	24-Nov-18
Turkey Burnoff 5 Mile	Gaithersburg, MD	24-Nov-18
Redneck Romp 10M	Wachapreague, VA	24-Nov-18
Redneck Romp 5K	Wachapreague, VA	24-Nov-18
Anacostia Park Run 5K #47	Washington, DC	24-Nov-18
College Park Park Run 5K #111	College Park, MD	24-Nov-18
Roosevelt Island Park Run 5K #106	Washington, DC	24-Nov-18
Greene Turtle Turkey Trot 5K	Ocean City, MD	24-Nov-18
Tom's 5K Reindeer Run	Laurel, MD	24-Nov-18
Liberty Lorton 5K	Lorton, VA	24-Nov-18
Leakin Park 5K #72	Baltimore, MD	24-Nov-18
Fletcher's Cove Park Run 5K #144	Washington, DC	24-Nov-18
Northern Central Trail Marathon	Sparks, MD	24-Nov-18
Northern Central Trail Half Marathon	Sparks, MD	24-Nov-18
Run for the Wounded Warriors Half Marathon	Triangle, VA	25-Nov-18
St. Kateri's Run With the Son 5K	Tabb, VA	01-Dec-18
Fletcher's Cove Park Run 5K #145	Washington, DC	01-Dec-18
College Park Park Run 5K #112	College Park, MD	01-Dec-18
Roosevelt Island Park Run 5K #107	Washington, DC	01-Dec-18
Anacostia Park Run 5K #48	Washington, DC	01-Dec-18
Deep Run Park Run 5K #61	Richmond, VA	01-Dec-18
Kensington Park Run 5K #38	Kensington, MD	01-Dec-18
Patterson Park 5K	Baltimore, MD	01-Dec-18
Monticello Holiday Classic 5K	Monticello, VA	01-Dec-18
Jingle Bell Run for Arthritis 5K	Ellicott City, MD	01-Dec-18
Reindeer Rally 5K	Virginia Beach, VA	01-Dec-18

Roanoke Jingle Bell Run for Arthritis 5K	Roanoke, VA	01-Dec-18
Candy Cane Dash 5K	Frederick, MD	01-Dec-18
Camel Canter 5K	Westminster, MD	01-Dec-18
Peaks of Otter 5K	Bedford, VA	01-Dec-18
Holiday Of Lights 5K	Bluefield, VA	01-Dec-18
Christmas Tree 5K	Arlington, VA	01-Dec-18
TRRC Championship 7M	Petersburg, VA	01-Dec-18
TRRC Championship 5K	Petersburg, VA	01-Dec-18
Gingerbread 5K	Virginia Beach, VA	01-Dec-18
Goodloe Byron 10M	Emmitsburg, MD	01-Dec-18
Wright Stuff 8K	College Park, MD	01-Dec-18
Scott Smith 4M	Bel Air, MD	01-Dec-18
Solomons Jingle Bell 5K	Solomons, MD	01-Dec-18
Walk to End HIV 5K	Washington, DC	01-Dec-18
Gloucester 5K	Gloucester, VA	01-Dec-18
Jingle Bell Run for Arthritis 5K	Arlington, VA	01-Dec-18
HCS Hammond 5K	Laurel, MD	02-Dec-18
BRRRC Holiday Hustle 5K	Sparks, MD	02-Dec-18
Tree of Life 5K	Washington, DC	02-Dec-18
Dare 2 5K	Manassas, VA	02-Dec-18
Vienna 5K	Vienna, VA	02-Dec-18
Vienna 10K	Vienna, VA	02-Dec-18
Chanukah Hot Chocolate 5K	Baltimore, MD	02-Dec-18
Blue Gray Half Marathon	Fredericksburg, VA	02-Dec-18
Blue Gray 5K	Fredericksburg, VA	02-Dec-18
VAB Jingle Bell 5K for Arthritis 5K	Virginia Beach, VA	02-Dec-18
Busch Gardens Christmas Town Dash 8K	Williamsburg, VA	02-Dec-18
Seneca Slopes 9K	Gaithersburg, MD	02-Dec-18
Winterfest of Lights Jingle Bell 5K	Ocean City, MD	02-Dec-18
Run with Santa 5K	Reston, VA	02-Dec-18
Ugly Sweater 5K	Newport News, VA	08-Dec-18
Anacostia Park Run 5K #49	Washington, DC	08-Dec-18
Fletcher's Cove Park Run 5K #143	Washington, DC	08-Dec-18
College Park Park Run 5K #113	College Park, MD	08-Dec-18
Pocahontas Half Marathon	Chesterfield, VA	08-Dec-18
Jingle Bell 5K for Arthritis 5K	Gaithersburg, MD	08-Dec-18
Snowflake 5K	Arlington, VA	08-Dec-18
We Move 5K	Chesapeake, VA	08-Dec-18
Jingle Bell Run Walk for Arthritis 5K	Baltimore, MD	08-Dec-18
Deep Run Park Run 5K #63	Richmond, VA	08-Dec-18
Leakin Park 5K #74	Baltimore, MD	08-Dec-18
Santa Run 10K	Frederick, MD	08-Dec-18

Santa Run 5K	Frederick, MD	08-Dec-18
Farmville Jingle Bell 5K	Farmville, VA	08-Dec-18
Lexington Jingle Bell 5K	Lexington, VA	08-Dec-18
Heroes on the River Holiday 5K	Winchester, VA	08-Dec-18
Newport News Jingle Bell 5K for Arthritis 5K	Newport News, VA	08-Dec-18
Tacky Sweater 5K	Norfolk, VA	08-Dec-18
Sentara Sleighbell 5K	Williamsburg, VA	08-Dec-18
Department of Recreation and Parks Reindeer 5K	Baltimore, MD	09-Dec-18
Jingle Bell 5K	Broadlands, VA	09-Dec-18
Santa Claus Shuffle 5K	Portsmouth, VA	09-Dec-18
Holiday Dash Marathon	Washington, DC	09-Dec-18
Holiday Half Marathon	Annandale, VA	09-Dec-18
DCRRC Bread Run 10K	Glen Echo, MD	09-Dec-18
MCRRC Jingle Bell Jog 8K	Rockville, MD	09-Dec-18
AS Anniversary 15K	Annapolis, MD	09-Dec-18
Jingle All the Way 5K	Washington, DC	09-Dec-18
Jingle All the Way 15K	Washington, DC	09-Dec-18
Kensington Park Run 5K #40	Kensington, MD	15-Dec-18
College Park Park Run 5K #114	College Park, MD	15-Dec-18
Deep Run Park Run 5K #64	Richmond, VA	15-Dec-18
Leakin Park 5K #75	Baltimore, MD	15-Dec-18
Frosty 5K	Stafford, VA	15-Dec-18
PVTC Christmas Caper 10K	Washington, DC	15-Dec-18
PVTC Christmas Caper 5K	Washington, DC	15-Dec-18
Johnny Casa 5K	Rocky Mount, VA	15-Dec-18
Johnny Casa 5M	Rocky Mount, VA	15-Dec-18
SVR Jingle Bell 5K	Boyce, VA	15-Dec-18
Bill Steers Men's 4M	Charlottesville, VA	15-Dec-18
Barcroft Elementary 5K	Arlington, VA	15-Dec-18
Great Bridge Presbyterian Church Jingle Jog 5K	Chesapeake, VA	15-Dec-18
Helping the Home Front 5K	Virginia Beach, VA	15-Dec-18
Ringin in Hope 10K	Ashburn, VA	15-Dec-18
Ringin in Hope 5K	Ashburn, VA	15-Dec-18
Celtic Solstice 5M	Baltimore, MD	15-Dec-18
Jingle Jog 5K	Hartsfield, VA	15-Dec-18
Surf 'n' Santa 5M	Virginia Beach, VA	15-Dec-18
DCRRC Gar Williams Half Marathon	Alexandria, VA	16-Dec-18
Frosty 5K	Fairfax, VA	16-Dec-18
Columbia Island 10K	Arlington, VA	16-Dec-18
Toys for Tots 5K	Fredericksburg, VA	16-Dec-18
HCS Jeffers Hill 6M	Columbia, MD	16-Dec-18
Holiday Hustle 5K	Bel Air, MD	16-Dec-18

College Park Park Run 5K #115	College Park, MD	22-Dec-18
Kensington Park Run 5K #41	Kensington, MD	22-Dec-18
Fletcher's Cove Park Run 5K #148	Washington, DC	22-Dec-18
Anacostia Park Run 5K #46	Washington, DC	22-Dec-18
Roosevelt Island Park Run 5K #110	Washington, DC	22-Dec-18
Deep Run Park Run 5K #65	Richmond, VA	22-Dec-18
Rudolph 6K	Columbia, MD	22-Dec-18
Reindeer Run 5K	Aberdeen, MD	22-Dec-18
Leakin Park 5K #76	Baltimore, MD	22-Dec-18
Nutcracker 5K	Solomons, MD	22-Dec-18
Nutcracker 4M	Solomons, MD	22-Dec-18
Hawk Indoor Marathon	Washington, DC	22-Dec-18
Hunger Heroes 5K	Afton, VA	23-Dec-18
Frosty 5K	Blacksburg, VA	24-Dec-18
Fletcher's Cove Park Run 5K #149	Washington, DC	29-Dec-18
College Park Park Run 5K #116	College Park, MD	29-Dec-18
Anacostia Park Run 5K #52	Washington, DC	29-Dec-18
Kensington Park Run 5K #42	Kensington, MD	29-Dec-18
Deep Run Park Run 5K #66	Richmond, VA	29-Dec-18
Pizza or Resolutions 5K	Front Royal, VA	29-Dec-18
Fairfax Four Mile	Fairfax, VA	31-Dec-18
Village Volunteer 5K	Spotsylvania, VA	31-Dec-18
New Year's Eve Glow Run 5K	Harrisonburg, VA	31-Mar-18
Fletcher's Cove Park Run 5K #150	Washington, DC	01-Jan-19
New Year's Day 5K	Fredericksburg, VA	01-Jan-19
CTC New Year's 5K	Free Union, VA	01-Jan-19
New Year's Day 10K	Fredericksburg, VA	01-Jan-19
College Park Park Run 5K #117	College Park, MD	01-Jan-19
Kensington Park Run 5K #43	Kensington, MD	01-Jan-19
DCRRC New Year's Day Predictions and Resolutions 5K	Arlington, VA	01-Jan-19
Hair of the Dog 5K	Williamsburg, VA	01-Jan-19
New Day New Year 5K	Broadlands, VA	01-Jan-19
Reston New Year's 5K	Reston, VA	01-Jan-19
Chesapeake City 5K	Chesapeake City, MD	01-Jan-19
First Day 5K	Midlothian, VA	01-Jan-19
Resolution Run 5K	Virginia Beach, VA	01-Jan-19
Father Time 5M	Phoenix, MD	01-Jan-19
SMCN Resolution 5K	Prince Frederick, MD	01-Jan-19
YMCA Resolution Run 5K	Fredericksburg, VA	01-Jan-19
MCRRC New Year's 5K	Gaithersburg, MD	01-Jan-19
New Year's Day Resolution Run 5K	Baltimore, MD	01-Jan-19
Rasac Perk Up 5M	Fallston, MD	01-Jan-19

Fletcher's Cove Park Run 5K #151	Washington, DC	05-Jan-19
College Park Park Run 5K #118	College Park, MD	05-Jan-19
Kensington Park Run 5K #44	Kensington, MD	05-Jan-19
Deep Run Park Run 5K #67	Richmond, VA	01-Jan-19
Leakin Park 5K #79	Baltimore, MD	05-Jan-19
Anacostia Park Run 5K #53	Washington, DC	05-Jan-19
Tidewater Striders Tune-up 10M	Chesapeake, VA	05-Jan-19
Tidewater Striders Tune-up 6M	Chesapeake, VA	05-Jan-19
Mud in Your Eye XC Series 5K	Chesapeake, VA	06-Jan-19
Anacostia Park Run 5K #54	Washington, DC	12-Jan-19
Fletcher's Cove Park Run 5K #152	Washington, DC	12-Jan-19
Kensington Park Run 5K #45	Kensington, MD	12-Jan-19
Schock & Shivers 5K	Chesapeake, VA	12-Jan-19
College Park Park Run 5K #119	College Park, MD	12-Jan-19
Menchville Chill 5K	Newport News, VA	12-Jan-19
Frozen Toe 10K	Roanoke, VA	12-Jan-19
SVR Poker Run 5M	Front Royal, VA	12-Jan-19
Frozen Finger 5M	Baltimore, MD	12-Jan-19
5K for the Journey	Mechanicsville, VA	12-Jan-19
Mud in Your Eye XC Series 6K	Chesapeake	13-Jan-19
Fletcher's Cove Park Run 5K #153	Washington, DC	19-Jan-19
College Park Park Run 5K #120	College Park, MD	19-Jan-19
Anacostia Park Run 5K #55	Washington, DC	19-Jan-19
Cookie Run 5K	Chesapeake, VA	19-Jan-19
Cookie Run 10K	Chesapeake, VA	19-Jan-19
Sandman 5K	Roanoke, VA	19-Jan-19
Chilly Bob 8K	Smithfield, VA	19-Jan-19
BRRRC GPS 8M	Baltimore, MD	20-Jan-19
Mud in Your Eye XC Series 8K	Virginia Beach, VA	20-Jan-19
Frostbite 15K	Richmond, VA	20-Jan-19
Anacostia Park Run 5K #56	Washington, DC	26-Jan-19
Fletcher's Cove Park Run 5K #154	Washington, DC	26-Jan-19
College Park Park Run 5K #121	College Park, MD	26-Jan-19
Deep Run Park Run 5K #61	Richmond, VA	26-Jan-19
Stickman's Tandem 5K	Strasburg, VA	26-Jan-19
Tidewater Striders Tune-up 10M	Hampton, VA	26-Jan-19
Tidewater Striders Tune-up 15M	Hampton, VA	26-Jan-19
Country Run 5M	Olney, MD	27-Jan-19
HCS Longfellow 10K	Columbia, MD	27-Jan-19
Anacostia Park Run 5K #57	Washington, DC	02-Feb-19
Kensington Park Run 5K #47	Kensington, MD	02-Feb-19
College Park Park Run 5K #122	College Park, MD	02-Feb-19

Dash and Splash 4M	Virginia Beach, VA	02-Feb-19
Fletcher's Cove Park Run 5K #155	Washington, DC	02-Feb-19
For the Love of It 10K	Reston, VA	02-Feb-19
Toano Icy 8K	Toano, VA	02-Feb-19
Toano Frosty 5K	Toano, VA	02-Feb-19
Lewis Memorial 10M	Frederick, MD	02-Feb-19
Little Patuxent River Half Marathon	Columbia, MD	03-Feb-19
Penguin Pace 5K	Columbia, MD	03-Feb-19
Battle of the Pigskin Half Marathon	Washington, DC	03-Feb-19
Game Day 5K	Newport News, VA	03-Feb-19
Game Day 10K	Newport News, VA	03-Feb-19
Roosevelt Island Park Run 5K #112	Washington, DC	09-Feb-19
Anacostia Park Run 5K #58	Washington, DC	09-Feb-19
College Park Park Run 5K #123	College Park, MD	09-Feb-19
Kensington Park Run 5K #48	Kensington, MD	09-Feb-19
Fletcher's Cove Park Run 5K #156	Washington, DC	09-Feb-19
Loch Lothian 10K	Midlothian, VA	09-Feb-19
Oozlefinch Craft Brewery 10M	Hampton, VA	09-Feb-19
Oozlefinch Craft Brewery 5M	Hampton, VA	09-Feb-19
Run for the Heart 10M	Yorktown, VA	09-Feb-19
Wine Lovers 5K	Afton, VA	09-Feb-19
Blacksburg 9.53 Mile	Blacksburg, VA	09-Feb-19
Blacksburg 5K	Blacksburg, VA	09-Feb-19
AS Valentine's Day 5K	Severna Park, MD	09-Feb-19
DCRRC Langley 8K	Langley, VA	09-Feb-19
Heart and Soles 5K	Middletown, VA	09-Feb-19
Run Your Heart Out 5K	Fairfax, VA	10-Feb-19
Cupid's Crush 5M	Baltimore, MD	10-Feb-19
Falling for You Half Marathon	Great Falls, MD	10-Feb-19
Falling for You 10K	Great Falls, MD	10-Feb-19
HCS Meadowbrook 5K	Columbia, MD	10-Feb-19
HCS Meadowbrook 10K	Columbia, MD	10-Feb-19
Love the Run You're with 5K	Arlington, VA	10-Feb-19
Bear Run 4M	Westminster, MD	10-Feb-19
Fletcher's Cove Park Run 5K #157	Washington, DC	16-Feb-19
College Park Park Run 5K #125	College Park, MD	16-Feb-19
Roosevelt Island Park Run 5K #113	Washington, DC	16-Feb-19
Anacostia Park Run 5K #59	Washington, DC	16-Feb-19
Kensington Park Run 5K #49	Kensington, MD	16-Feb-19
Leakin Park 5K #84	Baltimore, MD	16-Feb-19
CKHD Love Run 5K	Virginia Beach, VA	16-Feb-19
Love Run 5K	Salem, VA	16-Feb-19

By George 5K	Washington, DC	16-Feb-19
By George 10K	Washington, DC	16-Feb-19
Sentara Colonial Half-Marathon	Williamsburg, VA	16-Feb-19
Sentara Colonial 5K	Williamsburg, VA	16-Feb-19
Sweethearts 8K	Midlothian, VA	17-Feb-19
Kemp Mill Chills 10K	Silver Spring, MD	17-Feb-19
Kemp Mill Chills 5K	Silver Spring, MD	17-Feb-19
GW Birthday Marathon	Greenbelt., MD	17-Feb-19
Lovers 5K	Fairfax Station, VA	17-Feb-19
Lovers 10K	Fairfax Station, VA	17-Feb-19
Kensington Park Run 5K #50	Kensington, MD	23-Feb-19
Anacostia Park Run 5K #60	Washington, DC	23-Feb-19
Roosevelt Island Park Run 5K #114	Washington, DC	23-Feb-19
Fletcher's Cove Park Run 5K #158	Washington, DC	23-Feb-19
College Park Park Run 5K #115	College Park, MD	23-Feb-19
Deep Run Park Run 5K #73	Richmond, VA	23-Feb-19
Leakin Park 5K #85	Baltimore, MD	23-Feb-19
Shiver in the River 5K	Richmond, VA	23-Feb-19
Build the Trails 5K	Winchester, VA	23-Feb-19
Gloucester 8K	Gloucester, VA	23-Feb-19
Tidewater Striders Tune-up 12M	Fort Story, VA	23-Feb-19
Tidewater Striders Tune-up 20M	Fort Story, VA	23-Feb-19
Dahlgren Railroad Heritage Trail Half Marathon	King George, VA	23-Feb-19
Winter City Views 5K	Arlington, VA	24-Feb-19
RRCA Challenge 10 Mile	Columbia, MD	24-Feb-19
Sykesville Shiver Shuffle 5K	Sykesville, MD	24-Feb-19
Rapid Heart 5K	Bon Air, VA	24-Feb-19
Tidal Basin 5K	Washington, DC	27-Feb-19
Kensington Park Run 5K #51	Kensington, MD	02-Mar-19
Anacostia Park Run 5K #61	Washington, DC	02-Mar-19
Roosevelt Island Park Run 5K #115	Washington, DC	02-Mar-19
Fletcher's Cove Park Run 5K #159	Washington, DC	02-Mar-19
College Park Park Run 5K #116	College Park, MD	02-Mar-19
Explore Your Limits 10K	Roanoke, VA	02-Mar-19
DCRRC Burke Lake 12K	Burke Lake, VA	03-Mar-19
Reston 10 Mile	Reston, VA	03-Mar-19
Badge of Honor Half Marathon	Spotsylvania, VA	03-Mar-19
One City Marathon	Newport News, VA	03-Mar-19
One City 8K	Newport News, VA	03-Mar-19
One City Half Marathon	Newport News, VA	03-Mar-19
HCS Burleigh Manor 5M	Columbia, MD	03-Mar-19