# 2023 Fall Runner Rankings
## Most ranked runners and most races ever in the fall

(September 4, 2023 - November 12, 2023)

## 50 Plus Club

## Best of 2023



*Very first race, Marine Corps Marathon 1987 3:14:33*

*By James Moreland*

*I, Mike Mason, have had the pleasure of being involved in editing the Regional Runner Rankings (RRR) during the past six years. In previous years, the RRR creator, James Moreland, produced the rankings as an employee at Capital Running Company 1995 to 1998, and then again from 2005 through the Winter of 2012, when the company was sold. Moreland continued to produce the rankings while employed at Racepacket from 2012 to 2016. Since then to the present, the rankings main sponsor is [Potomac River Running](#).*

*Moreland has continued producing the RRR with very limited financial support from members of the running community. His work time for each of the five reports (winter, spring, summer, fall, and the Best of the Year) requires no less than two hundred hours of work from data entry, formulation, writing, and editing before they are posted online at [Regional Runner Rankings – Potomac River Running](#).*

*As one of the donors, I am asking those who are able to support his efforts in providing what I believe is the best and most comprehensive analysis of rankings for any region in the country. Please feel free to contact me for additional information at 202-812-4354, if you are moved to do so.*

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

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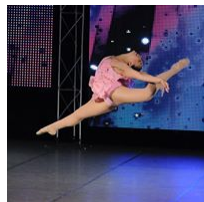# Patricia Kelbaugh Dance Studio
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Racing is back as surely as we knew it would. This fall's 508 races fell one short of the record set in the spring of 2017. With today's many worries, runners enjoy the safer camaraderie of outdoor events. The great outdoors is just that… great. Even a run in the rain beats staying indoors. Running in a race is more motivating than heading out on the road alone. Pre-race and post-race are just as important to the experience as the race itself, as many lifelong friends are made at these events.

Running is age based more than any other sport. Only the truly gifted and motivated racers can hope to maintain against younger runners, even for a short while. If you can run as fast as you did last year, you are really better. Five-year age groups were established to even the playing field, and de facto create multiple mini events. Runners want to know how they performed within their age group. Knowing a runner's age is vital in scoring results.

Hometown is important for the runner rankings as we do not include out of the region runners. Many of the big events have hundreds or even thousands of out of region runners, the region being Maryland, Virginia, and Washington, DC. Unfortunately, not listing the hometown makes those results ineligible for the rankings.

These days we expect nearly instant results. This can be done and the good timing companies usually post results from the race site. Indeed, many runners eagerly pick up their phone to check results while the race is still going on. This adds to the excitement of the race. Runners also really enjoy the events that have photographers on site that provide enhanced race day memories.

The numbers of runners were leveling off after increasing every year since the turn of the century. Yet, the numbers of races continue to climb. The region has many thousands of races. The successful ones, the sustainable ones, offer value to the runner. The basics of a good race is good management. The numbers have risen back to 100 percent of the pre-pandemic numbers.

The race must have quality control over the distance and the course marshaling of the event. To have the award winners determined, the event must have credible timing equipment. Runners want results quickly and accurately. This is readily possible for even the largest races. Runners know what they themselves ran. Virtually every runner has a GPS timing device and knows their time and how close the race was to the promised distance. They also want to know how they did in comparison to the rest of the field.

The results should include at a minimum the runner's name, age, hometown, and gun time, and be sorted by the gun time. Races will at times have additional information such as net time, place in division, or a video of the finish.

Major races rose to 35, the larger events often not drawing as much as they could. Runners have more choices. Total race times increased twenty-five percent over 2022 to 153,345 and is now 95 percent of 2019, though still behind other past years. Total races increased thirty percent, and ranked runners a generous fifteen percent compared to 2022.

The four Baltimore Running Festival events garnered just short of ten thousand racers. The three Richmond events included 45 percent more at 14,505. Richmond crushed competition-wise, 832 to 172 in ranked runners.

This season, five races featured 100 ranked qualifiers, and again a meager eleven races featured fifty or more ranked runners for the third year in a row. The Richmond Half Marathon pushed the Army Ten Miler aside as the top dog with 395 to 357. Both were massive improvements from 2022. The Richmond Marathon drew 271 ranked runners, ahead of the Bay Bridge 10K that subsided to 166 ranked runners. The shortest distance in Richmond, the 8K, drew 166 ranked Runners. The Marine Corps took sixth with 96 ranked runners.

Ten-kilometer races were run 67 times, but only four of them contained more than 500 finishers. Bay Bridge accounted for more than half of all the 10K runners as well as forty-four percent of the ranked times. Marine Corps finally became competitive (65), followed by Anthem Wicked (45) and Baltimore United Way (44).

The 5 Mile/8K settled at just 14 events, including the huge Allianz Partners 8K with the fifth most ranked runners (166). The second largest, Octoberfest 5M, dropped off the map in ranked runners. The Downs Park 5M outdid them by four (at 25) with just 20 percent as many runners. The Neptune Festival 8K showcased even more runners (second highest at 747) by even fewer ranked runners.

Nineteen races featured more than a thousand finishers to nearly match 2019's 21 and tie 2021's 19. Four of these were 5Ks with the Race for Every Child 5K. The Baltimore United Way was second in size with the most ranked runners (42), but that is barely half of last year's total. The most competitive 5K was the Weighted Angels 5K with 41 and about a ninth as many racers.

Of the race finishers who ran at least one qualifying time, both sexes reached record level. Women increased their lead over the men with 2,528 to 1,957 finishers. In total, there were 697 ranked runners for both the men and the women. The men at 329 fell short of just 2019's all-time record of record 338. The women presented 368 for the fourth highest total. Additionally, 95 runners

qualified for the Elite Division this season. Of these runners, thirty-seven of them came from other divisions. The largest age groups are the seniors, women 60-64 with sixty-one (the largest division). For the men, 60-64 with fifty-one was easiliest the largest division. There are 1,548 different women and 1,045 different men who ran at least one qualifier.

To help explain the table below, take for example the 65-69 men's division. Twenty-three runners (Total of Ranked Men) among themselves combined to race 76 times (Men Ranked Races of qualifiers). One Hundred and fifty-one runners (Total Men's qualifying racers) means that by subtracting the total qualifying races (151) from the total races by qualifiers (76) you have (75) men who ran just one race at a ranked time and thus did not qualify. The (23) men who did qualify with two or more races ran a total of 76 qualifying races.

In the first table, we show the average totals over the years. During that period there have been more than 22,000 races with more than 3,300 major races. There have been more than 9.5 million racing times, accumulating more than 266,000 ranked times.

### Average 2005-2023

|        | Major | Total | Percent | Ranked | Runners |
|--------|-------|-------|---------|--------|---------|
| Winter | 48    | 250   | **3.57%** | 3527   | 98922   |
| Spring | 49    | 309   | **2.20%** | 3678   | 167229  |
| Summer | 36    | 284   | **3.74%** | 3376   | 90336   |
| Fall   | 42    | 319   | **2.35%** | 3460   | 147045  |

| Division | Total of Ranked Men | Total Men's qualifying racers | Men Ranked Races of qualifiers | Total of Ranked Women | Total Women's qualifying racers | Women Ranked Races of qualifiers |
|----------|------|------|------|------|------|------|
| 19 & Younger | 14 | 184 | 30 | 16 | 186 | 38 |
| 90 & older | 2 | 2 | 2 | 2 | 2 | 2 |
| 85-89 | 20 | 30 | 30 | 9 | 12 | 12 |
| 80-84 | 13 | 103 | 51 | 4 | 58 | 14 |
| 75-79 | 33 | 200 | 107 | 14 | 76 | 39 |
| 70-74 | 32 | 167 | 105 | 40 | 239 | 121 |
| 65-69 | 23 | 151 | 76 | 45 | 372 | 150 |
| 60-64 | 52 | 288 | 151 | 61 | 369 | 172 |
| 55-59 | 26 | 136 | 75 | 23 | 186 | 56 |
| 50-54 | 20 | 123 | 61 | 19 | 180 | 47 |
| 45-49 | 16 | 82 | 44 | 20 | 162 | 54 |
| 40-44 | 22 | 118 | 56 | 30 | 192 | 70 |
| 35-39 | 17 | 99 | 44 | 31 | 178 | 74 |
| Open | 40 | 280 | 96 | 55 | 336 | 131 |
| Total Fall 2023 | 330 | 1961 | 926 | 369 | 2535 | 980 |

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, where it becomes the eldest time, which is 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 are missed. However, in this manner, everyone in blue will be at least 80%.

For this period, more than half the women's divisions had one **National Class** racer ranked, a total of 38. In the Open division, there were twenty-two though seven double dipped from other groups. The men were even more impressive with 70 **National Class** racers, though there were four age groups that had none, the four eldest divisions. In the Open division, there were 32, though fourteen double dipped from other groups.

In the "you got to play to win" category, i.e. (you only ran one event) an impressive additional 108 men and 80 women ran a **National Class** race. The majority were from the open division with 63 for the men and 44 for the women.

Eight runners, five who made the rankings, achieved **World Class** status: 90% Age Grade: Cindy Conant, 62, at 94.14% Perry Shoemaker, 52, 93.48%, Pete Gibson, 67, 92.79%, Jill Snyder, 63, 91.36%, and Isabella Strumke, 9, 90.44%. Deedee Loughran, 65, at 92.74% Yenew Alamirew, 33, 91.59%, and Amy Sachs, 37, 90.94% ran one event.

The top men at **National Class** were Hernan Garbini, 61, 89.68%, Adam Otstot, 41, at 88.94%,  and Nicolas Crouzier, 38, 87.77%. Fourteen more men age graded better than 85%. The top women at **National Class** were Laura Labuschaigne, 27, 89.84%, Kendall Tata, 61, 87.68%, Alice Franks, 75, 86.99%, and Melissa Tanner 86.76%. Eight more women age graded better than 85%.

Below is the 10K equivalent time you need to race to earn 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 earn 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 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. Runners still lose eight points as well as gain eight points 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 to finish at least two races to qualify.

Now let's see who made the top.

## Open Men

**Moore & Giles Virginia 10 Mile 48:08, 10K = 28:58   Yenew Alamirew**   age graded at **91.59%**

Thomas Adam won it all at the Pepsi 10K in 32:37, outside the top thirty events. Cole Shugart won it all at the Battlefield 5K in 15:32, slower than when he was 25th place last year. Who knew the final week they would be battling for the crown? Third Ranked Robert Creese laid down his best of three wins at the Charm City 20M in 1:48:51 and dared anyone to pass him. Shugart burst by first for the runner-up spot with his 24:27 Richmond 8K. He was followed home by fourth ranked Cedric Dressen (24:41) and sixth ranked Joe LoRusso (24:43). Adam, who had further to run did not finish his Richmond Half Marathon

(1:08:13) until later that morning but it catapulted him into the driver's seat and his first title.

Teen champion Carson Rackley matched Dreenen exactly with his Weighted Angels 5K in 15:01. Dreenen added two more overall wins with a best of 15:39 at the Harvest Hustle 5K. His next best event was Bank of Fincastle 5K in 16:13 to match Rackley's win at the City Point 5K River Run (16:13). Seventh ranked Pete Lomong offered up a solid Moore & Giles Virginia 10 Mile in 52:24, ahead of sixteenth place Ashenafi Birhana (53:12) and tenth place Eric Beyerle (53:46) as well as Dreenen (55:34). Beyerle added a Race for Every Child 5K in 15:12 that was enough to push him past the head-to-head with Birhana. Dreenen was supercharged enough to overcome his lesser event.

Eighth ranked Alexander Loper raced a marvelous Baltimore United Way 10K in 31:40 for second overall, while ninth ranked Roger Hopper (a recent champion) won it all at the Democracy Dash 10K in 31:38. Hopper added the Jamestown Half Marathon in 1:12:18. Loper added two faster races both second overall, the Charles Street 12M in 1:04:54 and the Charm City 20M in 1:53:23. Eleventh place James Heilman lost to fifteenth place Nicolas Crouzier at the Baltimore United Way 5K, 15:24 to 15:34, Still, he recovered later as second overall at the Oktoberfest 5M in 25:14.

Twelfth ranked Cody Hodgins defeated eighteenth ranked Jerry Greenlaw at the Army Ten Miler, 53:04 to 53:41. Graham Crawford takes the fourteenth position with a Bill Steer 4M in 20:04, second overall, combined with an overall win at the Veterans 5K in 15:33. In the battle of the marathons Jordan Tropf wins at the Marine Corps Marathon in 2:29:47 to take thirteenth place, while Robert Mazzanti raced the Richmond Marathon in 2:29:45 and is guided to nineteenth place. Tropf was second overall at the Parks Half Marathon in 1:11:29, ahead of Crouzier (1:13:11) and Birhana (1:13:18). Mazzanti ran Army in 55:44.

Cooper Groat ran a fine Richmond 8K in 25:23 for seventeenth place. Keith Carlson fills out the top twenty with a second overall at the Dulles Day 10K on the Runway in 32:31.

Forty made the Open division with fourteen coming from other divisions. David Wertz, 47, was the eldest. A total of one hundred and eighty-four other men ran one qualifying event.

**Regional Class 70%**
National Class times (80%) = 33:24
World Class status (90%) for open = 29:41

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Adam, Thomas** | 36 | Charlottesville | 30:57 | 86.27% |
| 2 | Shugart, Cole* | 31 | Richmond, VA | 31:01 | 86.84% |

| | | | | | |
|---|---|---|---|---|---|
| 3 | Creese, Robert*** | 30 | Mount Airy, MD | 31:17 | 84.39% |
| 4 | Drennen, Cedric** | 24 | Clifton Forge, VA | 31:19 | 85.89% |
| 5 | Rackley, Carson** | 18 | Glen Allen, VA | 31:19 | 86.46% |
| 6 | LoRusso, Joe* | 33 | Herndon, VA | 31:29 | 86.24% |
| 7 | Lomong, Peter* | 27 | Palmyra, VA | 31:32 | 83.97% |
| 8 | Loper, Alexander***** | 36 | Abingdon | 31:40 | 85.47% |
| 9 | Hopper, Roger** | 32 | Chesapeake, VA | 31:38 | 84.62% |
| 10 | Beyerle, Eric | 31 | Riverdale, MD | 31:42 | 85.86% |
| 11 | Heilman, James | 28 | Lutherville Timonium, MD | 31:49 | 84.48% |
| 12 | Hodgins, Cody* | 33 | Arlington, VA | 31:56 | 83.07% |
| 13 | Tropf, Jordan | 31 | Silver Spring, MD | 32:09 | 82.09% |
| 14 | Crawford, Graham* | 30 | Charlottesville, VA | 32:05 | 84.22% |
| 15 | Crouzier, Nicolas*** | 38 | Gaithersburg | 32:07 | 87.77% |
| 16 | Birhana, Ashenafi** | 35 | Washington | 32:01 | 83.24% |
| 17 | Groat, Cooper** | 19 | Richmond, VA | 32:12 | 83.52% |
| 18 | Greenlaw, Jerry** | 35 | Alexandria | 32:18 | 82.49% |
| 19 | Mazzanti, Robert* | 36 | Richmond | 32:08 | 82.76% |
| 20 | Carlson, Keith* | 26 | Washington, DC | 32:31 | 84.16% |
| 21 | Bregman, Avi* | 31 | Baltimore, MD | 32:44 | 80.92% |
| 22 | Zielke, Samuel | 20 | Petersburg, VA | 32:43 | 80.93% |
| 23 | Renjifo, Carlos*** | 40 | Fulton, MD | 32:51 | 82.94% |
| 24 | Daughtridge, Omari*** | 38 | Fort Washington | 32:51 | 85.82% |
| 25 | Angell, David* | 47 | Blue Ridge, VA | 32:53 | 90.01% |
| 26 | Conti, Spencer | 24 | Arlington, VA | 32:58 | 80.34% |
| 27 | Hershberger, Marcus* | 40 | Baltimore, MD | 33:03 | 82.08% |
| 28 | Braden, Forest* | 40 | Williamsburg, VA | 33:02 | 86.63% |
| 29 | Amabile, Thomas* | 26 | Chesapeake, VA | 33:15 | 79.64% |
| 30 | Derrick, Joshua | 25 | Baltimore, MD | 33:24 | 79.00% |
| 31 | Kidd, Ross | 24 | Arbutus, MD | 33:20 | 81.23% |
| 32 | Gabel, Ben | 26 | Richmond, VA | 33:25 | 79.29% |
| 33 | Pimental, Martin | 25 | Washington, DC | 33:24 | 79.50% |
| 34 | Ban, Charlie*** | 41 | Washington, DC | 33:29 | 82.35% |
| 35 | Benfer, Andrew | 30 | Washington, DC | 33:35 | 78.90% |
| 36 | Meehan, Brendan | 30 | Arlington, VA | 33:40 | 78.31% |
| 37 | Fallor, Evan | 32 | Arlington, VA | 33:48 | 80.27% |
| 38 | White, Brandon | 28 | Henrico, VA | 33:54 | 78.08% |
| 39 | Anderson, Aaron* | 40 | Germantown, MD | 33:56 | 81.68% |
| 40 | Fan, Ryan | 26 | Baltimore, MD | 34:02 | 77.44% |

## 19 & Younger Men

**Weighted Angel 5K 15:01, 10K = 31:19**

Champion Carson Rackley bolted to the lead with an excellent 15:01 at the Weighted Angel 5K, second overall. Later, he confirmed his crown with an overall win at the City Point 5K River Run in 16:13. That same morning, runner-up Cooper Groat won it all at the Rocketts Landing Cap Trail 5K in 16:19, defeating fourth ranked Zachary Stevens (16:57) and sixth ranked Alexander Krack (17:07). Seventh ranked Enzo Coniglione ran well for second overall at the Run for Donuts 5K in 16:26.

Now it was coming down to the final weekend. Groat led the way at the Richmond 8K in 25:23 to take the runner-up spot. Travis Albon who had run the Moore & Giles Virginia 10 Mile in 57:15, came storming through the 8K in 25:56 to take spot number three. Stevens was next in 26:10, followed by Krack who ran 27:08. Andre Faigal won it all at the AS Metric Marathon in 1:34:13 to take fifth place.

Fourteen runners made the division. A total of one hundred and fifty-four other men ran just one qualifying event, with four at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 33:24
World Class status (90%) for age 19 = 29:41

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Rackley, Carson** | 18 | Glen Allen, VA | 31:19 | 86.46% |
| 2 | Groat, Cooper** | 19 | Richmond, VA | 32:12 | 83.52% |
| 3 | Albon, Travis | 19 | Mechanicsville, VA | 32:54 | 81.75% |
| 4 | Stevens, Zachary* | 19 | Midlothian, VA | 33:12 | 81.02% |
| 5 | Faigal, Andre* | 19 | Annapolis, MD | 33:54 | 80.06% |
| 6 | Krack, Alexander* | 18 | Richmond, VA | 34:25 | 78.19% |
| 7 | Coniglione, Enzo** | 14 | Roanoke, VA | 34:17 | 83.37% |
| 8 | Malatesta, Ryan** | 19 | Arlington, VA | 35:08 | 75.34% |
| 9 | Prosser, Austin*** | 15 | Salem, VA | 37:04 | 75.61% |
| 10 | Hemler, Andrew** | 16 | Nottingham, MD | 37:16 | 74.16% |
| 11 | Demay, Dillon** | 14 | Poquoson, VA | 38:13 | 74.80% |
| 12 | Anderson, Sean** | 19 | Kensington, MD | 38:42 | 70.00% |
| 13 | Fairbank, Johnny | 19 | McLean, VA | 39:01 | |
| 14 | Trejo, Ivan** | 18 | Baltimore, MD | 39:23 | |

## 35-39 Men

**Richmond Half Marathon 1:08:13, 10K = 30:57**

Alexander Loper placed his bid in early at the Charles Street 12M in 1:04:54. Ashenafi Birhana had been shut down by third ranked Nicolas Crouzier at the Parks Half Marathon, 1:11:18 to 1:13:11. He came storming back at the Moore &

Giles Virginia 10 Mile in 53:12 but settled for fourth place as Crouzier did the double. First, he was third overall at the Baltimore United Way 5K in 15:24. Then he did the Baltimore Half Marathon in 1:12:24. Loper pushed to the lead as second overall at the Baltimore United Way 10K in 31:40. Thomas Adam had won it all at the Pepsi 10K in 32:37 just one day before Loper was second overall at the Charm City 20M in 1:53:23.

Then Adam pulled out the stops at the Richmond Half Marathon to take the crown. Robert Mazzanti had a magical win at the Richmond Marathon in 2:29:45 to take sixth place. He had succumbed to fifth ranked Jerry Greenlaw at the DC Half marathon, 1:11:44 to 1:14:36. At the Army Ten Miler, Greenlaw was again victorious, running home at 53:41 to Mazzanti's 55:54. Steven Mance had his best race there in 54:14. It was not enough to overtake Mazzanti's marathon and gets him seventh place. Omari Daughtridge races the Navy Federal 5K in 15:45 to take ninth place.

Seventeen runners made the division. Fifty-five other men ran just one qualifying event, with nine at least **National Class**.
**Regional Class 70%**
National Class times (80%) = 33:42
World Class status (90%) for age 35 = 29:58

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Adam, Thomas** | 36 | Charlottesville | 30:57 | 86.27% |
| 2 | Loper, Alexander***** | 36 | Abingdon | 31:40 | 85.47% |
| 3 | Crouzier, Nicolas*** | 38 | Gaithersburg | 32:07 | 87.77% |
| 4 | Birhana, Ashenafi** | 35 | Washington | 32:01 | 83.24% |
| 5 | Greenlaw, Jerry** | 35 | Alexandria | 32:18 | 82.49% |
| 6 | Mazzanti, Robert* | 36 | Richmond | 32:08 | 82.76% |
| 7 | Mance, Steven* | 39 | Washington | 32:38 | 83.13% |
| 8 | Daughtridge, Omari*** | 38 | Fort Washington | 32:51 | 85.82% |
| 9 | Williams, Benjamin** | 39 | Baltimore | 34:22 | 82.61% |
| 10 | McGough, Christopher | 39 | Alexandria | 34:20 | 79.02% |
| 11 | Zabinsky, Andrey** | 38 | Pasadena | 34:41 | 76.76% |
| 12 | Carnes, Brian** | 38 | Leesburg | 34:49 | 78.55% |
| 13 | Parker, James** | 37 | Falls Church | 35:09 | 79.62% |
| 14 | Ho, Matthew** | 35 | Washington | 35:51 | 77.21% |
| 15 | Rutgers, Stephen | 36 | Washington | 35:59 | 74.20% |
| 16 | Watson, Gilbert | 36 | Washington | 35:45 | 74.39% |
| 17 | Akera, Takashi* | 36 | Rockville | 36:21 | 73.17% |

## 40-44 Men

**Weighted Angels 5K 15:31, 10K = 32:22**

Is Adam Otstot starting to slow? Or did he have an off day or two? He did what he needed to do at the Weighted Angels 5K (15:31) to take the title, though not the 15:24 of days of yore (2022). Forest Braden holds on to fourth place with his 15:50. However, at the Run for Hills 5K, though he did win it all in 16:47, it was a far cry from 2022's 15:49.

Carlos Renjifo was solid against seventh ranked Aaron Anderson at the Parks Half Marathon, 1:14:57 to 1:15:45. Still, let's hold the applause for the final weekend when the runner-up posted a poignant 1:12:23, taking down a fine 1:13:59 effort by fifth ranked Charlie Ban. Also there were eighth ranked Peter Derby (1:15:10) and ninth ranked Scott Ickes (1:15:36). And what has happened to the once iconic Great Allegany 15K where runners go to PR. Ban showed us a decent time of 51:40 but that took second overall with a mere seventy finishers. At my first experience with the event, 51:40 was 18th place and fourth master with close to two hundred finishers. Today 18th place is 71 minutes.

Third ranked Marcus Hershberger was second at the Baltimore Marathon in 2:34:02. Sixth ranked Alex Trouteaud was third master at the Marine Corps Marathon in 2:37:18. Braden's second effort was a runner-up spot at the Jamestown Half Marathon in 1:15:25. Hershberger took down Anderson at the Army Ten Miler, 56:15 to 56:24. Tenth ranked Christopher Pirch was third overall at the Baron "Deuce" Braswell II Run Against Teen Violence 5K in 16:35.

Twenty-two runners made the division. Sixty-two other men ran just one qualifying event, with eleven at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 34:39
World Class status (90%) for age 40 = 30:48

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Otstot, Adam*** | 41 | Williamsburg, VA | 32:22 | 88.94% |
| 2 | Renjifo, Carlos*** | 40 | Fulton, MD | 32:51 | 82.94% |
| 3 | Hershberger, Marcus* | 40 | Baltimore, MD | 33:03 | 82.08% |
| 4 | Braden, Forest* | 40 | Williamsburg, VA | 33:02 | 86.63% |
| 5 | Ban, Charlie** | 41 | Washington, DC | 33:29 | 82.35% |
| 6 | Trouteaud, Alex** | 44 | Barnesville, MD | 33:45 | 82.91% |
| 7 | Anderson, Aaron* | 40 | Germantown, MD | 33:56 | 81.68% |
| 8 | Derby, Peter** | 41 | Richmond, VA | 34:06 | 80.42% |
| 9 | Ickes, Scott* | 41 | Williamsburg, VA | 34:18 | 79.96% |
| 10 | Pirch, Christopher** | 43 | Spotsylvania, VA | 34:36 | 84.42% |
| 11 | Barresi, Matthew** | 40 | Palmyra, VA | 34:38 | 82.63% |
| 12 | Bedada, Girma* | 43 | Washington, DC | 34:46 | 80.39% |
| 13 | Shold, Kristopher* | 42 | Annapolis, MD | 35:12 | 79.97% |
| 14 | Musher, Todd* | 43 | Bristow, VA | 35:09 | 79.51% |

| 15 | Singsaas, Joshua | 41 | Arlington, VA | 35:46 | 76.70% |
|----|------------------|----|--------------|-------|--------|
| 16 | Perry, Neil** | 44 | Farmville, VA | 36:09 | 79.11% |
| 17 | Hartman, Kevin* | 40 | Alexandria, VA | 36:18 | 75.03% |
| 18 | Varney, Stephen | 41 | Kensington, MD | 36:11 | 76.03% |
| 19 | Magar, Tanka*** | 41 | Nottingham, MD | 36:30 | 77.43% |
| 20 | Ridge, Clark*** | 40 | Berwyn Heights, MD | 36:32 | 78.31% |
| 21 | Jacoby, Bert** | 40 | Fredericksburg, VA | 37:31 | 76.27% |
| 22 | Richardson, Matthew* | 43 | Silver Spring, MD | 37:48 | 76.57% |

## 45-49 Men

**Richmond Half Marathon 1:11:57, 10K = 32:39   Tom Dichiara   age graded at 86.80%**

David Angell won the division, oh boy, but he was not the fastest local at his best event, the Richmond Half Marathon where he was second in 1:12:28. He did have a **World Class** rating at the 5K friendly age grading scale when he won at the Weighted Angels 5K in 16:01. Michael Mbagu started smartly at the Charles Street 12M in 1:11:43. The following week he met up with Shawn Loper at the Charm City 20M, losing 1:59:06 to 1:59:48 making it easy to decide who was runner-up and who earned third place. Mbagu came back strong with a Baltimore Marathon in in 2:47:03. Loper, on the other hand, was done for the season, managing just a mild mannered Screech's Night Owl 5K in 17:58 before shutting it down.

Next came the marching beat of the Army Ten Miler, Jim Dahlem had won it all in four five Park Runs and indeed his Anacostia Park Run 5K #215 in 17:08 matched his 10 miler (59:23), earning him fourth place. Wilson Komen, a former open champion, takes sixth place (1:00:24), ahead of seventh place Hasan Hobbs (1:00:41) and eighth ranked Angulo Martin (1:01:01). Fifth place Jon Pattee ran the rolling hills of Reston for the Perfect 10 10M in 1:01:17. Still, he passes these others with a swift Great Allegany 15K in 55:11. The course has a major hill of some 660 feet. Fortunately, you get bussed to the top of the hill and get to run back down where the highest point on the course (which you can avoid) is the curb on the side of the road once you get into town.

The division has sixteen qualifiers. A total of thirty-nine other men ran just one qualifying event, with six at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 36:02
World Class status (90%) for age 45 = 32:02

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Angell, David* | 47 | Blue Ridge, VA | 32:53 | 90.01% |

| 2 | Mbagu, Michael*** | 45 | Baltimore, MD | 34:14 | 82.48% |
|---|---|---|---|---|---|
| 3 | Loper, Shawn** | 45 | Bel Air, MD | 34:26 | 82.00% |
| 4 | Dahlem, Jim*6 | 46 | Gaithersburg, MD | 35:44 | 83.56% |
| 5 | Pattee, Jon*** | 45 | Reston, VA | 35:46 | 79.64% |
| 6 | Komen, Wilson | 45 | Washington, DC | 36:21 | 78.17% |
| 7 | Hobbs, Hasan* | 49 | Poolesville, MD | 36:31 | 80.44% |
| 8 | Angulo, Martin* | 47 | Jarrettsville, MD | 36:43 | 78.67% |
| 9 | Kidane, Besufikad** | 46 | Laurel, MD | 36:53 | 78.81% |
| 10 | Severtson, Gene* | 47 | Gambrills, MD | 37:20 | 76.86% |
| 11 | Wyatt, Andrew* | 45 | Lanham, MD | 37:28 | 75.62% |
| 12 | O'Malley, EJ** | 48 | Stafford, VA | 37:47 | 80.22% |
| 13 | McDonnell, David** | 46 | Towson, MD | 37:43 | 79.17% |
| 14 | Thompson, Garfield* | 45 | Baltimore, MD | 37:54 | 78.26% |
| 15 | Sangster, Benjamin | 48 | Odenton, MD | 39:06 | 74.51% |
| 16 | Perkins, Matt** | 45 | Kensington, MD | 39:23 | 75.29% |

## 50-54 Men

**DC Half Marathon 1:19:09, 10K = 35:55**

Thomas Hicks was looking for another crown and his Chas Foundation 5K in 17:24, third overall seemed to put him on the right path. Eleventh ranked Toby Worm ran 18:37. And soon after at the Kensington Park Run 5K #227, Alan Dixon was second overall and coming into the chute in 17:16. Actually, that was the icing coming two weeks later. He had taken the title the very next day, winning the DC Half Marathon in 1:19:09. Third ranked David Storper begin with a fine Parks Half Marathon in 1:21:21. A month later, he was knocking on the runner-up's door with an overall win at the Key School 10K in 36:21. Hicks responded the following week with a very nice Weighted Angel 5K in 17:26, beating seventh ranked Timothy Suhr (18:09).

The next three were very close, Yosuke Baba ran the Charles Street 12M in 1:14:34, to take fourth place. Sixth place David Kent is a sliver faster at the Richmond Half Marathon in 1:21:12, ahead of seventh place Lee Bronson (1:23:08). Fifth place Sean Hicks takes his spot by besting Kent at the Army Ten Miler, 1:01:36 to 1:02:58. Hicks would run the George Washington Patriot Run 10M in 1:03:56. Baba would traverse the Baltimore Half Marathon in 1:22:17. Dixon ran a fine Richmond Marathon in 2:53:40, ahead of twelfth ranked Michael Stowe (2:59:05).

Ninth ranked Tom Yinger won it all at his five hometown races. When he traveled to the shore for the Ocean City 8K, he was second overall with 29:59. Tenth ranked David Cole was solid at the Western Maryland Half Marathon in 1:24:27.

Twenty runners made the division. A total of sixty-one men ran just one qualifying event, with seven at least National Class.

**Regional Class 70%**
National Class times (80%) = 37:33
World Class status (90%) for age 50 = 33:23

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Dixon, Alan*** | 51 | Takoma Park, MD | 35:55 | 85.93% |
| 2 | Hicks, Thomas** | 52 | Virginia Beach, VA | 36:18 | 86.11% |
| 3 | Storper, David**** | 50 | Bethesda, MD | 36:21 | 82.67% |
| 4 | Baba, Yosuke** | 50 | Baltimore, MD | 36:52 | 79.88% |
| 5 | Hicks, Sean* | 50 | Manassas Park, VA | 37:04 | 79.95% |
| 6 | Kent, David | 51 | Arlington, VA | 36:51 | 80.93% |
| 7 | Lee, Bronson*** | 50 | Midlothian, VA | 37:43 | 78.37% |
| 8 | Suhr, Timothy** | 52 | Williamsburg, VA | 37:52 | 82.55% |
| 9 | Yinger, Tom*6 | 53 | Westminster, MD | 38:02 | 81.82% |
| 10 | Cole, David**** | 50 | Arlington, VA | 38:19 | 77.15% |
| 11 | Worm, Toby* | 50 | Smithfield, VA | 38:26 | 76.90% |
| 12 | Stowe, Michael* | 53 | Blacksburg, VA | 38:26 | 78.66% |
| 13 | Mazer, Bart*** | 51 | Frostburg, MD | 38:35 | 77.63% |
| 14 | Chasse, Craig** | 54 | Reston, VA | 39:13 | 80.94% |
| 15 | Ford, Gregg* | 51 | Baltimore, MD | 39:29 | 76.74% |
| 16 | Yeager, Brian | 50 | Bel Air, MD | 39:37 | 74.06% |
| 17 | Downie, Kevin**** | 54 | North Potomac, MD | 40:20 | 78.71% |
| 18 | Titus, Paul* | 53 | Waynesboro, VA | 40:40 | 72.70% |
| 19 | Dingee, Matthew** | 50 | Washington, DC | 41:10 | 74.37% |
| 20 | Crowder, Steve** | 50 | Fincastle, VA | 41:22 | 73.34% |

## 55-59 Men

Food Market 10K 36:47   Doug Mock   age graded at 86.00%

Four runners had a decent claim for this year's title. Our champion Steven Kast improved with each 5K he ran. His first was an age group win at the 5K with the fiercest competition, the Weighted Angels in 18:40. Steve Speirs had already raced the Chas Foundation 5K in 18:29 for one of his four wins. In October, Alex Hetherington took over the lead with a fine 1:03:17 at the Army Ten Miler to go along with his Parks Half Marathon in 1:26:58, ahead of Miguel Sanchez-Ruano 1:34:09. The last week of October, Kast edge up with a third overall at the Run for the Bulls 5K in 18:39. Speirs won the Anthem Wicked 10K in 38:43, ahead of tenth ranked Peter Pommerenk (40:27) and for him maybe the title was out of reach. Pete Wergin was successfully recovering from injury and planted his own 38:43 Rockville 10K into the conversation. That defeated eighth ranked Sanchez-

Ruano (39:30) and ninth ranked Gene Park (39:58). The following week, he quietly sauntered down to Kensington for the Park Run 5K and his 18:11 nudged Hetherington back to third. Four seconds earlier, Kast had finished his Riverwatch on the Piankatank 5K in Gloucester, and he broke the tape, scooting by Wergin for the title and coming, toppling Speirs to fourth place. Hetherington raced a credible 1:28:31 at the Richmond Half Marathon that same morning but that did not move him up.

I nearly fell off my chair when I saw that fifth place Colin Philips had won it all at the 100th Baltimore and Annapolis Trail Park Run 5K in 18:47. Not because he won. That was a given; but like the other seven wins he had this fall and the 170 races before that, they were all at College Park. That would be 177 out of 307 events with scores of volunteering days there in between. Sixth ranked Mario Zuniga was gearing up for another JFK 50.2M, so he ran a half and then the Marine Corps Marathon. Thus, if he wanted a fast race it was going to have to come early in the season. Enter the Arlington Police Fire & Sheriff 9/11 Memorial 5K and a blazing 18:48 finish. And of course, it was du jour that he participate at the Greasy Gooney 10K. Imagine his glee when he finished second overall with a comfortable 42:39. Wilco Lagendyk ran a fine Monster Mash Dash 5K in 18:56. He broke the tie with Sanchez-Ruano with his Glory Days 5K in 20:02.

Twenty-six runners made the division. A total of fifty-nine other men ran just one qualifying event, with nine at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 39:12
World Class status (90%) for age 55 = 34:51

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Kast, Steven*** | 58 | Yorktown, VA | 37:47 | 86.75% |
| 2 | Wergin, Pete* | 58 | Gaithersburg, MD | 37:56 | 86.43% |
| 3 | Hetherington, Alex | 56 | Vienna, VA | 38:05 | 82.78% |
| 4 | Speirs, Steve**** | 57 | Virginia Beach, VA | 38:43 | 84.62% |
| 5 | Phillips, Colin*8 | 56 | University Park, MD | 39:11 | 82.55% |
| 6 | Zuniga, Mario*** | 59 | Front Royal, VA | 39:13 | 84.22% |
| 7 | Lagendyk, Wilco** | 57 | Vienna, VA | 39:30 | 82.31% |
| 8 | Sanchez-Ruano, Miguel | 56 | Woodbridge, VA | 39:30 | 80.80% |
| 9 | Park, Gene* | 55 | Kensington, MD | 39:58 | 78.48% |
| 10 | Pommerenk, Peter* | 57 | Virginia Beach, VA | 40:27 | 79.91% |
| 11 | Lemieux, Bruce* | 58 | Gaithersburg, MD | 40:49 | 77.84% |
| 12 | Beardsley, Andrew* | 59 | Charlottesville, VA | 41:01 | 80.38% |
| 13 | Frost, Howard** | 58 | Falls Church, VA | 41:11 | 77.14% |
| 14 | Mo, Shangdi* | 56 | West Friendship, MD | 41:12 | 75.68% |
| 15 | Ervin, Matthew | 59 | Clarksville, MD | 41:17 | 77.66% |
| 16 | Sabzevari, Cyrus | 56 | Chantilly, VA | 41:11 | 73.18% |

| 17 | Westmoreland, Mic* | 59 | Leesburg, VA | 41:09 | 78.04% |
|----|-------------------|----|--------------|-------|--------|
| 18 | Santoni, Rob | 57 | Kingsville, MD | 41:18 | 77.07% |
| 19 | Scott, RJ*** | 59 | Bassett, VA | 42:06 | 78.45% |
| 20 | Rippey, Brad*** | 57 | Fredericksburg, VA | 42:25 | 76.64% |
| 21 | Way, John**** | 58 | Silver Spring, MD | 42:31 | 77.11% |
| 22 | Gavlinski, Jeff* | 57 | Waterford, VA | 42:45 | 74.28% |
| 23 | Purcell, Tom* | 57 | Chesapeake, VA | 42:50 | 73.21% |
| 24 | Forni, Lorenzo** | 55 | Washington, DC | 42:56 | 73.54% |
| 25 | Hasson, Mike | 56 | Ellicott City, MD | 42:58 | 72.57% |
| 26 | Jacobson, Paul* | 59 | Gaithersburg, MD | 43:05 | 76.67% |

## 60-64 Men

**Army 10 Mile 1:03:39, 10K = 38:18**

Hernan Garbini is always hovering near the top. In fact, he did win a close one last fall from David Haaga and Robert Whitaker. This year he found another gear and jetted away from the field. In September, he raced the fastest 10K, winning Pepsi in 39:55. Runner-up Mark Neff threw in a pair of 5Ks just a well apart in an identical 18:40. Third ranked Layne Party hustled into his spot with a fast Baltimore United Way 10K in 40:19. His second effort was a so-so 20:28 at a low key 5K. But then Haaga was spending more time at the Kensington Park Runs and they are also low key. His best was a 20:10 behind thirteenth ranked Kevin D'Amanda (20:05). At the end of the period, he raced a much better Rockville 10K in 40:26 to move up to fourth place. Fifth ranked Robert Whitaker raced the Democracy Dash 10K in 40:48 for his best of four wins.

As September ended, Garbini knocked close to three minutes off his Moore & Giles Virginia 10 Mile to a fine 1:07:50. That was real close to what seventh ranked John Marsh did at Army (1:07:56) when he bested eighth ranked Mic Westmoreland (1:08:30) and twelfth ranked Jamie Ledwith (1:09:17). Of course, Garbini scorched the entire field with his win at 1:03:39. Sixthranked Brian Deutsch stole some thunder from Garbini's usual preferred event, running the only half marathon in the top sixty events. He was third at the DC Half Marathon in 1:29:48. For kicks, Garbini ended the season with by far the best 5K, winning the Veterans 5K in 18:31. Ninth ranked Tim Coady formulated five of his six wins at that distance. His best was the Louie Fields 5K in 19:41.

Kelvin Anderson and Aaron Baranowski duked it out for tenth place. Anderson was a hair faster at the Run for the Bulls 5K (20:02) then Baranowski had run the Chas Foundation 5K (20:03). And yet, Anderson got to see him finish from behind with (20:12). Baranowski also ran the Neptune Festival 8K in 31:59.

Fifty-two runners made this easily the largest men's division. A total of one hundred and thirty-nine other men ran just one qualifying event, with twelve at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 41:00
World Class status (90%) for age 60 = 36:27

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Garbini, Hernan**** | 61 | Charlottesville, VA | 38:18 | 89.68% |
| 2 | Neff, Mark** | 61 | Derwood, MD | 38:56 | 86.25% |
| 3 | Party, Layne** | 63 | Towson, MD | 40:19 | 83.67% |
| 4 | Haaga, Dave* | 62 | Rockville, MD | 40:26 | 82.65% |
| 5 | Whitaker, Robert**** | 64 | Yorktown, VA | 40:48 | 83.46% |
| 6 | Deutsch, Brian* | 61 | Virginia Beach, VA | 40:45 | 80.20% |
| 7 | Marsh, John*6 | 60 | Falls Church, VA | 40:52 | 80.10% |
| 8 | Westmoreland, Mic* | 60 | Leesburg, VA | 40:58 | 80.70% |
| 9 | Coady, Tim*6 | 63 | Danville, VA | 41:04 | 82.45% |
| 10 | Baranowski, Aaron** | 62 | Virginia Beach, VA | 41:49 | 80.96% |
| 11 | Anderson, Kelvin** | 62 | Newport News, VA | 41:47 | 81.07% |
| 12 | Ledwith, Jamie | 60 | Mechanicsville, VA | 41:41 | 77.75% |
| 13 | D'Amanda, Kevin*9 | 62 | Bethesda, MD | 41:54 | 80.83% |
| 14 | Carlat, Louis** | 60 | Baltimore, MD | 42:27 | 78.46% |
| 15 | Alberg, Ken* | 62 | Suffolk, VA | 43:02 | 78.68% |
| 16 | McLaughlin, Terry***** | 63 | Spotsylvania, MD | 43:11 | 79.07% |
| 17 | Spalding, RJ** | 60 | Gaithersburg, MD | 43:28 | 76.64% |
| 18 | Calos, Stefan* | 61 | Richmond, VA | 43:57 | 76.42% |
| 19 | Harfst, Rich* | 60 | Annandale, VA | 43:55 | 73.81% |
| 20 | Leiding, Jon* | 61 | Virginia Beach, VA | 44:20 | 75.76% |
| 21 | Bouwmeester, Paul* | 60 | Reston, VA | 44:26 | 72.94% |
| 22 | Perez, Orlando* | 61 | Newport News, VA | 44:30 | 75.47% |
| 23 | Wagner, Robert | 60 | Washington, DC | 44:44 | 72.36% |
| 24 | Ford, Emery | 61 | Kensington, MD | 45:17 | 72.16% |
| 25 | Negele, Mark** | 61 | Virginia Beach, VA | 45:29 | 72.77% |
| 26 | Rawley, Lloyd** | 62 | Greenbelt, MD | 45:43 | 74.07% |
| 27 | Shrader, Mark | 64 | Lebanon, VA | 45:47 | 73.22% |
| 28 | Wheeler, William | 61 | Washington, DC | 45:55 | 72.25% |
| 29 | Strausman, Jack | 62 | Washington, DC | 45:59 | 71.47% |
| 30 | Mace, Matthew | 63 | Arnold, MD | 46:04 | 73.68% |
| 31 | Kieft, Ken* | 60 | Virginia Beach, VA | 46:17 | 70.03% |
| 32 | Morrison, Jack | 64 | Fredericksburg, VA | 46:31 | 74.07% |
| 33 | Hoffman, Ron* | 60 | Waynesboro, VA' | 46:40 | 70.29% |
| 34 | Adams, Mark | 64 | Gaithersburg, MD | 46:50 | 73.57% |

| | | | | | |
|---|---|---|---|---|---|
| 35 | **Townley, Phillip** | **60** | **Washington, DC** | **46:58** | **70.91%** |
| **36** | Brindisi, Nick* | 60 | Woodstock, VA | 46:53 | |
| **37** | **Kammerer, Jack*7** | **61** | **Washington, DC** | **47:01** | **71.03%** |
| **38** | **Clem, William*** | **64** | **Bethesda, MD** | **47:00** | **73.30%** |
| **39** | **Desantis, Steven** | **62** | **Alexandria, VA** | **47:03** | **70.20%** |
| 40 | **Simpson, Rich** | **63** | **Virginia Beach, VA** | **47:11** | **72.37%** |
| **41** | Glaven, Richard* | 62 | Washington, DC | 47:14 | |
| 42 | **Clark, Dave*** | **63** | **Alexandria, VA** | **47:27** | **71.94%** |
| 43 | Samley, Chris* | 61 | Rockville, MD | 47:47 | |
| 44 | Poulos, Ted*6 | 61 | McLean, VA | 47:52 | |
| **45** | Pontius, James* | 61 | Arnold, MD | 48:11 | |
| 46 | **Brondos, Peter** | **63** | **Alexandria, VA** | **48:22** | **70.60%** |
| 47 | Dawson, Jerry** | 60 | Glen Allen, VA | 48:32 | |
| **48** | Bishop, George* | 60 | Richmond, VA | 48:37 | |
| **49** | **Schmidt, Bret*** | **64** | **Fredericksburg, VA** | **48:45** | **70.68%** |
| 50 | **McShea, Patrick*** | **64** | **Virginia Beach, VA** | **48:53** | **70.48%** |
| 51 | Semere, Tekli* | 64 | Vienna, VA | 49:13 | |
| 52 | Cerny, Mark | 63 | Midlothian, VA | 49:32 | |

## 65-69 Men

**Riverwatch on the Piankatank 5K 18:16, 10K = 38:06**

Pete Gibson is not losing his hunger for excellence. In fact, he seems to be getting faster. He blew away a potent field with his three closest rivals recipients of a past combined fifty division championships. He won eight times with the five best events (that included four different distances), finishing in the top three or better overall thrice. The final weekend was his best, racing the Riverwatch on the Piankatank 5K in 18:16. His competition, all known for middle distance prowess, were nowhere near. Runner-up Paul Beers finished the West End Spooky Sprint 5K in 19:18. His six wins included the Moore & Giles Virginia 10 Mile in 1:09:10. Gibson was second overall at the Yorktown Battlefield 10 Miler in 1:03:57. Beers showed off his best at the Richmond Half Marathon in 1:27:52, ahead of sixth ranked Clyde Rollins (1:40:28) and tenth ranked David Lovegrove (1:42:59). Gibson ran the Jamestown Half Marathon in 1:26:50.

Third ranked Maurice Pointer did some damage training at the Baltimore and Annapolis Trail Park Run 5K as fast as 20:07 as well as winning it all mid-season in 20:24. Still, his best race was the course-gifted Great Allegany 15K in a fine 1:04:14. Fourth ranked Stephen Chantry is famous for his epic battles with Chuck Moeser more than a decade ago. Chantry is one of just nine men to sweep an entire year in the rankings. George Yannakakis did it four times. Jack McMahon and the late Patrick Griffith did it twice. Chantry came back and faced Gibson at the Weighted Angels 5K. It was a massacre with Gibson pummeling him, 18:45

to 20:50. Ninth ranked Chris Abelt came in next with 22:28. By the end of the period, Chantry ran the Veterans 5K in 20:18 to close on Pointer.

Fifth ranked Bill Loomis is quietly improving his game and will soon be hammering the competition in the 70-74 division. His best race was the Stevensville Metric Half Marathon in 58:20. But it was at Army in 1:11:41 where he showed he was ready to roll. Seventh ranked Dave Wriston cued up a solid race at the High Bridge 5K in 22:06. Jack Anderson takes eighth place at the Frank Schaeffer Memorial 5K in 22:25.

Twenty-three runners making the division. A total of seventy-six other men ran just one qualifying event, with five at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 42:58
World Class status (90%) for age 65 = 38:12

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Gibson, Pete*8 | 67 | Murfreesboro, NC | 38:06 | 92.79% |
| 2 | Beers, Paul*6 | 66 | Roanoke, VA | 39:52 | 86.10% |
| 3 | Pointer, Maurice***** | 68 | Baltimore, MD | 41:38 | 85.00% |
| 4 | Chantry, Stephen** | 68 | Williamsburg, VA | 42:21 | 84.24% |
| 5 | Loomis, Bill*** | 69 | Silver Spring, MD | 42:48 | 83.57% |
| 6 | Rollins, Clyde | 68 | Herndon, VA | 45:35 | 76.86% |
| 7 | Wriston, Dave** | 67 | Lynchburg, VA | 46:06 | 76.70% |
| 8 | Anderson, Jack*** | 66 | Westminster, MD | 46:46 | 74.94% |
| 9 | Abelt, Chris** | 67 | Williamsburg, VA | 46:48 | 75.56% |
| 10 | Lovegrove, David | 67 | Fredericksburg, VA | 46:44 | 74.22% |
| 11 | Fitzgerald, Andrew | 66 | Potomac, MD | 47:18 | 72.57% |
| 12 | Barthelemy, Vic | 68 | Spotsylvania, VA | 47:28 | 74.58% |
| 13 | Robinson, Tom | 65 | Williamsburg, VA | 48:55 | 71.00% |
| 14 | Barry, Thomas** | 65 | Williamsburg, VA | 48:59 | 70.90% |
| 15 | Mayer, Rulon* | 68 | Garrett Park, MD | 49:17 | 71.09% |
| 16 | Imron, Wim | 67 | Forest, VA | 49:14 | 70.16% |
| 17 | Muchnick, Stephen | 66 | Ellicott City, MD | 49:40 | |
| 18 | Edson, Jim* | 65 | Linden, VA | 49:52 | |
| 19 | Royle, David*** | 68 | Washington, DC | 50:04 | 71.25% |
| 20 | Finch, Frank | 65 | Roanoke, VA | 50:27 | |
| 21 | Ki Lee, Joon | 68 | Clarksburg, MD | 51:15 | |
| 22 | Gordon, Kirk*6 | 67 | Glenn Dale, MD | 51:27 | |
| 23 | Laser, Eric | 67 | Staunton, VA | 51:49 | |

# 70-74 Men

**Danville Half Marathon 1:36:20, 10K = 43:43**

Grayson Harrison has been producing near **World Class** times for a number of years. This is one of the few times he ran enough to qualify for the rankings. He was masterful winning the DC Half Marathon in 1:29:49. One more race and he would be a contender for the crown. At Army he made the move, racing to victory in 1:17:18. The next best ten mile race belonged to fifth ranked Bob Becker (1:19:38) and sixth ranked Bill Hart (1:20:04) who competed at the Yorktown Battlefield 10 Miler.

Our champion Michael Shasberger stepped in with the best race, winning the Danville Half Marathon in 1:36:20. That prepared him for another victory, the Richmond Marathon in 3:32:39. Kensington's Tom Nolan finally got around to his hometown Park Run 5K and has been dominating there ever since. Still, his best race in 21:41 was not the ticket to his second place in the rankings. That would be the Race for Our Kids 10K in 44:51. Fourth ranked Bob Burns did not hurry to the Park Runs either but when he got there he was fast, racing the College Park event in 22:06. He also threw down an impressive 1:41:56 at the GPS Trail Half Marathon.

Last fall's champion Eugene Myers acquired a few bruises early on and is still on the way back. Evidence: the Rockville 10K in 49:13, followed by the Bay Bridge 10K in 48:53 that earned him seventh place. Former champion Paul Ryan is still pounding out the wins. His best of four at the Anacostia Park Run 5K #211 in 23:35 gains eight place for him. Felix Lopez is moving up in the ranks to ninth place with his CASA Superhero 5K in 23:59. Chris Arey just does keep Larry Washington out of the top ten with his Baron "Deuce" Braswell II Run against Teen Violence 5K, run in 24:11. Washington enjoyed his best College Park 5K race in mid-September with 24:23.

Thirty-two runners made the division. A total of sixty-two other men ran just one qualifying event, with three at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 45:11
World Class status (90%) for age 70 = 40:10

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Shasberger, Michael** | 71 | Roanoke, VA | 43:43 | 82.75% |
| 2 | Nolan, Tom***** | 71 | Kensington, MD | 44:51 | 81.53% |
| 3 | Grayson, Harrison*** | 71 | Upper Marlboro, MD | 45:17 | 79.86% |
| 4 | Burns, Bob** | 71 | Columbia, MD | 46:06 | 80.02% |
| 5 | Becker, Bob** | 72 | Virginia Beach, VA | 47:38 | 76.85% |
| 6 | Hart, Bill* | 74 | Virginia Beach, VA | 48:10 | 78.71% |
| 7 | Myers, Eugene** | 71 | Columbia, MD | 48:53 | 74.20% |
| 8 | Ryan, Paul**** | 72 | Arlington, VA | 49:12 | 75.97% |

| | | | | | |
|---|---|---|---|---|---|
| 9 | **Lopez, Felix****** | **70** | **Lynchburg, VA** | **50:02** | **72.83%** |
| 10 | **Arey, Christopher** | **73** | **Fredericksburg, VA** | **50:27** | **75.12%** |
| 11 | **Washington, Larry****** | **72** | **Rockville, MD** | **50:52** | **73.48%** |
| 12 | **Busby, Scott******* | **71** | **Spotsylvania, VA** | **51:36** | **70.87%** |
| 13 | **Senseney, Bill**** | **74** | **Charles Town, WV** | **51:51** | **74.25%** |
| 14 | **Morgans, Gary*** | **70** | **Arlington, VA** | **51:56** | **70.15%** |
| 15 | Duffy, Jim** | 71 | Poquoson, VA | 52:08 | |
| 16 | Rosenberg, Duane*6 | 71 | New Carrolton, MD | 52:26 | |
| 17 | **Davidson, Graham*** | **74** | **Washington, DC** | **53:12** | **70.74%** |
| 18 | Brown, Robert** | 71 | Leesburg, VA | 53:26 | |
| 19 | Brenton, Charles** | 74 | Baltimore, MD | 54:21 | |
| 20 | Wills, John*** | 71 | Virginia Beach, VA | 54:26 | |
| 21 | Johnson, Robert* | 71 | Richmond, VA | 54:33 | |
| 22 | Bousel, Paul*6 | 70 | Alexandria, VA | 54:48 | |
| 23 | Scott, Dun* | 71 | McLean, VA | 54:46 | |
| 24 | Heincke, Craig* | 70 | Henrico, VA | 54:46 | |
| 25 | Prouty, Robert** | 70 | Washington, DC | 55:27 | |
| 26 | O'Keefe, Tim*** | 70 | Middletown, MD | 55:42 | |
| 27 | Rose, Mark** | 71 | Annapolis, MD | 56:00 | |
| 28 | Voellm, Frederick* | 70 | Alexandria, VA | 56:36 | |
| 29 | Tracy, Bill* | 70 | Burke, VA | 57:22 | |
| 30 | In Tak, Byoung* | 70 | Manassas, VA | 57:27 | |
| 31 | Burba, Hal* | 73 | Bentonville, VA | 57:44 | |
| 32 | Dekornfeld, Tom* | 70 | Annapolis, MD | 58:10 | |

## 75-79 Men

**Marine Corps Marathon 3:57:21, 10K = 50:46   John Hunnicutt**  age graded at **78.98%**

Speedster Jason Page is back to nail down his tenth division title. He raced the oldest local Park Run (Fletcher's Cove) on consecutive weeks and his work was done. His best time was 26:57. Runner-up George Carrigan's work was on half down as he confined himself to racing three half Marathons. His fastest was his first, the Bayport Foundation Crawlin' Crab Half Marathon in 2:08:33. Ed Mayhew raced the Laurel Ridge Community College 5K in 30:26. Then he rose three places to third with the earliest of the Turkey Trots. His Berryville 5K that closed out the fall was in 28:57. Fourth ranked Bob Ring was a winner at 5, 10, and 15K. He ran the Fall Foliage 5K in 29:22. As one would imagine, he posted his best race down the ski-slope ride from Mount Savage at the Great Allegany 15K with a swift 1:33:50.

From the southwest corner of the region, Curtis Akard garners the fifth spot at the NCH Heart-One Cardiac Rehab 5K in 30:22. Sixth ranked Ron Worthington

dueled tenth ranked Randy Hawthorne twice. At the Run for the Bulls 5K, he dispatched Hawthorne, 30:42 to 31:22. At the Riverwatch on the Piankatank 5K, there was a wider margin with Worthington winning, 30:29 to 31:55. David Breese had the fastest of the fewer than a dozen ten milers when he ran the Army Ten Miler in 1:47:39 to get ninth place. Seventh ranked William Scott locked up with eighth ranked David Breese when his Fill the Shoes 5K in 31:06 matched Scott's Marine Corps 10K in 1:04:52 exactly. Padgett ran the marathon that morning in 5:38:03. The more prolific Scott would add, among others, a 31:34 at the Arlington Police Fire & Sheriff 9/11 Memorial 5K. Breese ran his second race of the weekend, the Veterans Day 5K in 33:21.

Thirty-three runners made the division. A total of one hundred and twelve other men ran just one qualifying event.

**Regional Class 70%**
National Class times (80%) = 48:27
World Class status (90%) for age 75 = 43:04

| Pl | Name | Age | Hometown | 10K= | AG% |
|---|---|---|---|---|---|
| **1** | **Page, Jason**** | **78** | **Hamilton, VA** | **56:13** | **73.59%** |
| 2 | Carrigan, George** | 75 | Williamsburg, VA | 58:20 | |
| 3 | Mayhew, Ed* | 78 | Winchester, VA | 1:00:23 | |
| 4 | Ring, Bob*** | 75 | Harrisonburg, VA | 1:00:49 | |
| 5 | Akard, Curtis** | 75 | Blountville, TN | 1:03:21 | |
| 6 | Worthington, Ron** | 79 | Bena, VA | 1:03:35 | |
| 7 | Breese, David** | 77 | Reston, VA | 1:04:52 | |
| 8 | Scott, William** | 76 | Washington, DC | 1:04:52 | |
| 9 | Padgett, Keith | 76 | Alexandria, VA | 1:04:46 | |
| 10 | Hawthorne, Randy | 78 | Williamsburg, VA | 1:05:26 | |
| 11 | Griffith, Jeff** | 75 | Kensington, MD | 1:06:26 | |
| 12 | Kellum, Ronald* | 79 | Hampton, VA | 1:07:02 | |
| 13 | Hozik, James | 78 | Great Falls, VA | 1:07:25 | |
| 14 | Daly, Mike** | 77 | Williamsburg, VA | 1:07:23 | |
| 15 | Talkington, Doyle*** | 76 | Haymarket, VA | 1:08:02 | |
| 16 | Hitchins, John*** | 75 | Roanoke, VA | 1:08:34 | |
| 17 | Chadim, William* | 76 | Midlothian, VA | 1:11:10 | |
| 18 | Porzel, Walter*10 | 75 | Falls Church, VA | 1:10:26 | |
| 19 | Sisson, George** | 75 | Owings, MD | 1:12:06 | |
| 20 | Grady, Gene* | 75 | Timonium, MD | 1:11:57 | |
| 21 | Young, Nick***** | 76 | Arlington, VA | 1:12:15 | |
| 22 | Wilt, John | 78 | Danville, VA | 1:12:14 | |
| 23 | Fisher, Stephen | 75 | Fredericksburg, VA | 1:16:13 | |
| 24 | Lydecker, Ryck | 79 | Stephens City, VA | 1:17:03 | |
| 25 | Starnes, Jack* | 79 | Wise, VA | 1:18:36 | |

| 26 | Russell, Marvin*6 | 75 | University Park, MD | 1:19:33 |
|----|-------------------|-----|---------------------|---------|
| 27 | Powers, Larry | 75 | Bedford, VA | 1:20:08 |
| 28 | Wallace, John | 79 | Hampton, VA | 1:22:01 |
| 29 | Bozeman, Steve | 77 | Lynchburg, VA | 1:23:04 |
| 30 | Moore, L.C.* | 76 | Danville, VA | 1:23:20 |
| 31 | Harrah, David* | 77 | Virginia Beach, VA | 1:25:34 |
| 32 | White, George | 79 | Williamsburg, VA | 1:26:31 |
| 33 | Thompson, Larry* | 75 | Stafford, VA | 1:27:51 |

## 80-84 Men

**Anacostia Park Run 5K #213 27:38, 10K = 57:39   Roger Robinson**   age graded at **89.46%**

Last fall's top two were no shows. So in the void, Frank Snyder steps in, thank you very much, and takes the title with his best of eight wins, a 29:02 at the College Park Park Run 5K. He owned six of the eight best races. Runner-up Joe Greene boasted the other two, including the second fastest event the Baron "Deuce" Braswell II Run Against Teen Violence 5K in 29:31, besting sixth ranked Harold Ingram (32:41). That matched him exactly with the 10K race that gave Malcolm O'Hagan the runner-up spot in 2022. After them, reliable Ronald Chiariello garners five of the next six best events to secure third place again. Chiariello will be moving on soon and his times look like a crown for certain in the next division.

Fourth ranked Jerry Frankenheim was the only runner who produced the only non-5K in the top twenty times, when he finished the Parks Half Marathon in 2:35:02. Not so fast, he was the only runner. He did add on a win at the Bay Bridge 10K in 1:06:29 to bolster his claim. Jimmy Gates takes fifth place with his High Bridge 5K in 32:28, while seventh ranked Bob Callahan was best at the CASA Superhero 5K in 33:19.

Thirteen runners made the division. A total of sixty-four men ran just one qualifying event.

**Regional Class 70%**
National Class times (80%) = 53:37
World Class status (90%) for age 80 = 47:40

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| **1** | **Snyder, Frank*8** | **80** | **Gaithersburg, MD** | **1:00:34** | **71.41%** |
| **2** | **Greene, Joe*** | **81** | **Fredericksburg, VA** | **1:01:34** | **71.99%** |
| **3** | **Chiariello, Ronald*7** | **84** | **Rockville, MD** | **1:04:44** | **74.44%** |
| 4 | Frankenheim, Jerry** | 80 | Germantown, MD | 1:06:29 | |
| 5 | Gates, Jimmy* | 81 | Rice, VA | 1:07:44 | |

| 6 | Ingram, Harold** | 80 | Henry, VA | 1:08:11 |
|---|---|---|---|---|
| 7 | Callahan, Bob** | 81 | Forest, VA | 1:09:30 |
| 8 | Garczynski, Louis** | 83 | Sterling, VA | 1:16:48 |
| 9 | Ord, Keith**** | 80 | Potomac, MD | 1:19:39 |
| 10 | Niebuhr, George* | 80 | Nellysford, VA | 1:19:55 |
| 11 | Munday, John* | 83 | Chesapeake, VA | 1:28:24 |
| 12 | Bayrer, Ralph** | 84 | Washington, DC | 1:33:48 |
| 13 | Wycherly, Alan*** | 81 | Annapolis, MD | 1:40:14 |

## 85-89 Men

**Deep Run Park Run 5K #220 & Deep Run Park Run 5K #221, 33:16, 10K - 1:09:24**

John Clarke has been the favorite but in this division changes can happen rapidly. Thirteen new faces appeared from last fall's total of thirteen, moving the division up to twenty competitors. Thomas Spasojevich, long the king of the Deep Run Park Run 5K, opened cautiously with a 42:12 that was near certain to give him a medal position. A month later, he was ready and let it all hang out for a division winning 33:16. Two weeks later, Clarke wrapped up the runner-up spot, winning the Spook Hill Cider & Wine 4 Mile in 45:14. That same morning, as if to say did you like my last race, he did something not yet done before. He matched his division winning 5K exactly with another 33:16.

Fourth ranked Dan Morgan nearly matched that feat, racing the Kensington Park Run 5K in 45:09 and then slowing slightly to 45:12. That event was one of three that had division competition as ninth ranked Michael Leonard ran in 47:30 behind Morgan's first race of the season in 46:21. Third ranked John Kurisky ended September, racing the odd distance Virginia 7.1K in 1:04:25. At another such event, the Bay Bridge 10K, fifth ranked Paul Jean finished in 1:34:53, ahead of tenth ranked Alan Firlein (1:46:43) and eleventh ranked Bobby Thompson (1:46:01). With all the waves (in the race, not in the bay) it is hard to tell who got to the finish line first. However the event awarded Firlein (7th) and Thompson (8th). Sixth ranked George Hastings ran more than twice as far as any other racer, winning the Richmond Half Marathon in 3:30:00.

Next up is the Richmond 8K, led by seventh ranked John Borkowski in 1:15:41, followed closely by eighth ranked John Holm (1:17:46). Fifteenth ranked John Lezzi ran home in 1:33:14 as third at the event to split between the next two in the rankings. Thirteenth ranked Harry Conn Jr. was out netted by seventeenth place Richard Nickerson but Conn Jr. holds place as he had two much better races, including the Margarita 5K in 53:57. Their real times for the 8K were, Conn Jr. (1:42:03) and Nickerson (1:45:31).

Twelfth place goes to Albert Vanocker at the huge Arlington Police Fire & Sheriff 9/11 Memorial 5K in 53:26. Fourteenth ranked Joseph Polinski raced the Chas

Foundation 5K in 55:49. As always, sixteenth ranked Michael McClellan can be found at the Park Run at College Park. His best race there was in 57:15. For Thanksgiving, the popular event featured 467 finishers which is believed to be a national Park Run 5K record. In the race designed to bring out the older runners, Get Ready! Get Set! Get Fit! 5K Run, Cliff Semmont returned to take eighteenth place with 1:08:51. And what is it about September 30th in Richmond? They have a 16.19K, a 7.1K and a 6.19K event at different venues. Nineteenth ranked John Votta ran the shortest one in 1:29:51. The Rockville 5K has been run since 1995 but has been run on about a half dozen different courses, not counting the couple of times that runners were accidently led off course. Our twentieth ranked runner, Sherman Fivozinsky finishing in 1:10:46.

**Regional Class 70%**
National Class times (80%) = 1:01:52
World Class status (90%) for age 85 = 55:00

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | **Spasojevich, Thomas*****  | **85** | **Richmond, VA** | **1:09:24** | **71.69%** |
| 2 | **Clarke, John*** | **86** | **Woodsboro, MD** | **1:12:20** | **71.52%** |
| 3 | Kurisky, John | 85 | Forest, VA | 1:32:49 | |
| 4 | Morgan, Dan**** | 85 | Kensington, MD | 1:34:11 | |
| 5 | Jean, Paul | 88 | Columbia, MD | 1:34:53 | |
| 6 | Hastings, George* | 85 | Richmond, VA | 1:35:17 | |
| 7 | Borkowski, John* | 85 | Midlothian, VA | 1:36:00 | |
| 8 | Holm, Daniel | 85 | Richmond, VA | 1:38:39 | |
| 9 | Leonard, Michael | 85 | Silver Spring, MD | 1:39:05 | |
| 10 | Firlein, Alan | 85 | Rock Hall, MD | 1:46:43 | |
| 11 | Thornton, Bobby | 87 | Stevensville, MD | 1:46:01 | |
| 12 | Vanocker, Albert | 85 | Owings, MD | 1:51:28 | |
| 13 | Conn Jr. , Harry** | 86 | Powhatan, VA | 1:52:32 | |
| 14 | Polinski, Joseph* | 85 | Smithfield, VA | 1:56:13 | |
| 15 | Lezzi, John | 85 | Richmond, VA | 1:58:16 | |
| 16 | McClellan, Michael** | 86 | College Park, MD | 1:59:25 | |
| 17 | Nickerson, Richard | 85 | Richmond, VA | 2:13:51 | |
| 18 | Semmont, Cliff | 87 | Cockeysville, MD | 2:23:37 | |
| 19 | Votta, John* | 88 | Henrico, VA | 2:26:54 | |
| 20 | Fivozinsky, Sherman | 85 | Rockville, MD | 2:27:37 | |

# 90 & Older Men

**Bay Bridge 10K 2:16:47**

With George Yannakakis taking a breather, the division was up for grabs. Over the years, no male has had more division titles (43) than Mr. Yannakakis. Donald

Crouch was back to race across the Chesapeake again, finishing the Bay Bridge 10K in 2:39:47. Alas, it only moved him up to the runner-up spot as William Haworth aged up and journeyed west from St. Michael's to recross the bay in 2:16:47 and take the crown.

**Regional Class 70%**
National Class times (80%) = 1:15:50 for 90-94; 1:42:57 for 95 and older
World Class status (90%) = 1:07:24 for age 90-94; 1:31:30 for 95 and older

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Haworth, William | 90 | St. Michaels, MD | 2:16:47 | 44.35% |
| 2 | Crouch, Donald | 91 | Parkville, MD | 2:39:47 | 39.95% |

## Open Women

**Army 10 Mile 55:10, 10K = 33:09   Sophia King**   age graded at **89.46%**

Laura Labuschaigne won it all in the season's most competitive 5K in 16:55. Emma Rogers was the runner-up with a powerful 17:12. Fast forward to the final week and Labuschaigne was second overall at the most competitive 8K. Her Richmond finish was in 26:45. Julia Siegel Breton was top master there in 29:32 to take twenty-first place. Rogers won it all in the accompanying half marathon to cement her hold on the runner-up spot. Fifth ranked Laure Le Moigne PR'd in 1:17:11 to finished second overall. Also along for the ride was eleventh ranked Bridget Stacey (1:18:59), seventeenth ranked Susie Bousquet (1:22:01), and eighteenth ranked Beighley Ayers (1:22:16). At the Richmond Marathon, Ave Grosenheider brilliantly finishes second overall in 2:47:54 and secures post number ten in the rankings.

Meryem Erdogan got bronze at the prestigious Moore & Giles Virginia 10 Mile in 57:11, ahead of fourteenth ranked Cheyenne Leatham (1:00:38) and it gave Erdogan bronze in the rankings (third). Fourth ranked Tessa Barret as second overall beat Sydney Leiher at the DC Half Marathon by one second, 1:17:03 to 1:17:04. Also there was ninth ranked Rachel Viger (1:20:23) and nineteenth ranked Anna Cruser (1:22:55). Submaster's champion Le Moigne carved her way between Barret and Leiher with her Army Ten Miler in 59:15 as her second best event. Leiher ran the McLean 5K in 18:18, albeit an overall win. Back at the Army Ten Miler, seventh ranked Shauneen Werlinger had posted a marvelous 58:12 to erase the sting of losing to Le Moigne at the Parks Half Marathon, 1:21:53 to 1:22:14. Le Moigne was third overall behind race winner Erdogan's 1:18:00.

Viger won her age group at the Army ten Miler in 59:20, ahead of thirteenth ranked Anna Staats (59:54), sixteenth ranked Kristen Gray (1:01:01), and twentieth ranked Alison Baum (1:01:54). Back in Baltimore, masters legend Melissa Tanner won it all at the Charm City 20M in 2:02:36. The Open division is so strong that her best event was the eighth best event and only managed to

earn her eighth place. A week after Tanner beat all the men as well at the Western Maryland 10K in 37:30, twelfth ranked Natalie Daniels repeated the feat at the Ainsley's Angels 5K in 17:19.

The next fastest 5K belonged to fifteenth ranked Kennedy Weisner who ran the Veterans 5K in 17:44. Perry Shoemaker, 52, earns twenty-second place with her 37:33 at the Fall Classic 10K for the region's fastest ever for a grandmaster, not too far from the American record. She was the overall winner in all but one of her races where she tumbled all the way back to second place overall. Just out of range of the fall season and a few miles out of our region, she made a valiant try for the American record at the Rothman 8K in Philadelphia. The record is 28:55. Her time was 29:55. That is a 37:04 10K equivalent and just faster than the current American record for the 10K.

The division enjoyed fifty-five qualifiers, eighteen coming from other divisions with Perry Shoemaker eldest at fifty-two. A total of two hundred and four women ran just one qualifying event. Included was Isabella Strumke, 9, the 19 and younger champion, and Cindy Conant, 62, the 60-64 division champion.

**Regional Class 70%**
National Class times (80%) = 38:01
World Class status (90%) for Open = 33:42

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Labuschaigne, Laura* | 27 | Richmond, VA | 33:58 | 89.84% |
| 2 | Rogers, Emma* | 23 | Williamsburg, VA | 34:13 | 86.11% |
| 3 | Erdogan, Meryem* | 33 | Washington, DC | 34:22 | 86.68% |
| 4 | Barrett, Tessa | 27 | Arlington, VA | 34:49 | 84.62% |
| 5 | Le Moigne, Laurel** | 38 | Springfield, VA | 34:53 | 86.42% |
| 6 | Leiher, Sydney* | 28 | Washington, DC | 34:49 | 84.60% |
| 7 | Werlinger, Shauneen** | 38 | Fairfax Station, VA | 34:59 | 86.74% |
| 8 | Tanner, Melissa** | 42 | Baltimore, MD | 35:12 | 86.76% |
| 9 | Viger, Rachel | 31 | Springfield, VA | 35:39 | 83.26% |
| 10 | Grosenheider, Ave* | 26 | Richmond, VA | 35:53 | 80.65% |
| 11 | Stacey, Bridget* | 39 | Henrico, VA | 35:41 | 84.59% |
| 12 | Daniels, Natalie** | 31 | Fredericksburg, VA | 36:03 | 85.27% |
| 13 | Staats, Anna | 24 | Arlington, VA | 36:00 | 82.39% |
| 14 | Leatham, Cheyenne* | 25 | Blacksburg, VA | 36:26 | 81.39% |
| 15 | Weisner, Kennedy* | 27 | Charlottesville, VA | 36:55 | 83.27% |
| 16 | Gray, Kristen | 30 | Columbia, MD | 36:40 | 80.91% |
| 17 | Bousquet, Susie* | 30 | Virginia Beach, VA | 37:04 | 79.58% |
| 18 | Ayers, Beighley | 23 | Towson, MD | 37:07 | 81.72% |
| 19 | Cruser, Anna | 26 | Washington, DC | 37:28 | 78.63% |
| 20 | Baum, Allison | 34 | Bethesda, MD | 37:12 | 80.29% |

| 21 | Siegel Breton, Julia** | 40 | Richmond, VA | 37:30 | 83.75% |
|----|------------------------|----|--------------------------|-------|--------|
| 22 | Shoemaker, Perry***** | 52 | Vienna, VA | 37:33 | 93.48% |
| 23 | Thomas, Lizzie* | 30 | Ellicott City, MD | 37:36 | 77.00% |
| 24 | Knestout, Maura* | 30 | Sykesville, MD | 37:34 | 78.38% |
| 25 | Hansen, Dira | 32 | Washington, DC | 37:46 | 78.73% |
| 26 | Buchholz, Dee | 25 | Arlington, VA | 37:47 | 78.50% |
| 27 | Genua, Devon | 27 | Washington, DC | 37:39 | 78.24% |
| 28 | Carroll, Maura | 34 | Arlington, VA | 37:43 | 78.67% |
| 29 | Yang, Carolyn* | 38 | Arlington, VA | 35:49 | 79.69% |
| 30 | White, Bethany | 27 | Henrico, VA | 37:52 | 77.82% |
| 31 | Wilson, Bailey | 35 | Washington, DC | 37:55 | 78.47% |
| 32 | Davis, Annalise** | 23 | Alexandria, VA | 38:00 | 80.91% |
| 33 | DiGregorio, Megan** | 35 | Baltimore, MD | 38:12 | 77.58% |
| 34 | Smith, Jessica* | 28 | Portsmouth, VA | 38:12 | 77.11% |
| 35 | Sloan, Tiffany**** | 38 | Virginia Beach, VA | 38:19 | 78.67% |
| 36 | Lewis, Joy*** | 38 | Columbia, MD | 38:29 | 80.29% |
| 37 | Knotts, Rihana* | 38 | Arlington, VA | 38:29 | 78.82% |
| 38 | Zator, Sabrina | 28 | Arlington, VA | 38:31 | 76.50% |
| 39 | McCarty, Madeleine* | 27 | Virginia Beach, VA | 38:35 | 79.68% |
| 40 | Duarte, Nilani*9 | 36 | Fairfax, VA | 39:01 | 77.07% |
| 41 | Henry, Sika** | 39 | Newport News, VA | 39:17 | 79.95% |
| 42 | Spangler, Kate* | 37 | Richmond, VA | 39:15 | 79.40% |
| 43 | Mazur, Ann** | 37 | Charlottesville, VA | 39:27 | 78.98% |
| 44 | Duarte, Nilani*9 | 36 | Fairfax, VA | 39:01 | 77.07% |
| 45 | Young, Sophie* | 24 | Arlington, VA | 39:24 | 75.27% |
| 46 | Lash, Frances** | 41 | Rocky Mount, VA | 39:38 | 77.42% |
| 47 | Honeycutt, Emily* | 32 | Newport News, VA | 39:40 | 76.55% |
| 48 | Merkel, Samantha* | 26 | Laurel, MD | 39:41 | 74.23% |
| 49 | Sharp, Emily* | 32 | Alexandria, VA | 39:49 | 72.79% |
| 50 | Ross, Erin | 33 | Washington, DC | 39:45 | 74.43% |
| 51 | Wang, Julia | 21 | Baltimore, MD | 39:51 | 73.87% |
| 52 | Gyuricsko, Kailyn | 25 | Washington, DC | 39:52 | 78.89% |
| 53 | Rhodes, Nicole*** | 36 | North Chesterfield, VA | 40:03 | 77.47% |
| 54 | Rosenthal, Lauren** | 43 | North Potomac, MD | 40:12 | 77.50% |
| 55 | Duffy, Grace | 28 | Baltimore, MD | 40:22 | 75.14% |

## 19 & Younger Women

**Screech's Night Owl 5K 18:54, 10K = 39:21   Grayson Criswell**   age graded at **80.69%**

Isabella Strumke, 9, ran an open class 41:09 at the Democracy Dash 10K as second overall. A few weeks later she won it all at the Williamsburg Landing 5K

Run for Arc Awareness in 19:51. That was just three seconds short of another trip to the Elite Division but it did give her the teen crown in a big way. At just twice her age, Eva Ally raced an excellent Baltimore half Marathon in 1:40:34. Then she stormed up the ranks to the runner-up spot, as second overall at the massive Bay Bridge 10K in 41:59. Madison Martin was second overall at the I am Women 5K in 20:22 to take third place.

Fourth ranked Annabelle Cordero twice won it all at the cross-country Roosevelt Island Park Run 5K, Her best race was in 21:06. Lindsay Ford, 12, takes fifth at the Baltimore United Way 5K in 21:11. J. Hemler, also 12, is deemed too young to have a first name. Still, she runs like someone a lot older. Her best of three wins was the Donate Life Family 5K in 21:20 to take down sixth place. Lucky seven goes to Talia Kirsch (21:41) at Roosevelt Island, while right with her Virginia Henson (eighth place) ran 21:41 on the roads at the Baron "Deuce" Braswell II Run Against Teen Violence 5K

Sixteen runners made the division. A total of one hundred and forty-eight other ran just one qualifying event.

**Regional Class 70%**
National Class times (80%) = 37:55
World Class status (90%) for age 19 = 33:48

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Strumke, Isabella**** | 9 | Toano, VA | 41:09 | 90.44% |
| 2 | Ally, Eva** | 18 | Owings Mills, MD | 41:59 | 73.04% |
| 3 | Martin, Madison | 18 | Appomattox, VA | 42:24 | 72.83% |
| 4 | Cordero, Annabelle** | 14 | Washington, DC | 43:56 | 74.80% |
| 5 | Ford, Lindsay** | 12 | Salisbury, MD | 44:06 | 77.81% |
| 6 | Hemler, J.*** | 12 | Nottingham, MD | 44:30 | 77.27% |
| 7 | Kirsch, Talia** | 14 | Washington, DC | 45:09 | 72.79% |
| 8 | Henson, Virginia | 16 | Fredericksburg, VA | 45:09 | 70.33% |
| 9 | Glaven, Sally*** | 11 | Washington, DC | 45:44 | 76.93% |
| 10 | Glaven, Anne*** | 12 | Washington, DC | 45:44 | 75.04% |
| 11 | Weiderhold, Anna** | 16 | Fredericksburg, VA | 45:42 | |
| 12 | Owens, Lexis** | 16 | Damascus, MD | 46:28 | |
| 13 | Perry, Izzy** | 16 | Virginia Beach, VA | 47:12 | |
| 14 | Trautwein, Morgan* | 17 | Lavale, MD | 47:37 | |
| 15 | Thornton-Fillyaw, Terrica** | 17 | Glenn Dale, MD | 47:49 | |
| 16 | McNeilly-Anta, Isabela** | 15 | Washington, DC | 48:22 | |

## 35-39 Women

**Food Market 10K 33:50  Amy Sachs**   age graded at **90.94%**

Laurel Le Moigne got off to a good start winning at the Parks Half Marathon ahead of rival Shauneen Werlinger, 1:21:53 to 1:22:14 as well as ninth place Joy Lewis (1:25:59). Then came Army and Werlinger had a big time answer as fifth overall beating her, 58:12 to 59:15. Fourth ranked Christie Wetzel (1:02:57) joined in beating, sixth ranked Wilson Bailey (1:03:58), tenth ranked Rihana Knotts 1:04:03 and eleventh ranked Nilani Duarte, of nine wins, (1:04:55).

Something big was going to have to happen and it did. Le Moigne aired it out to a second overall personal record 1:17:11 triumph at the Richmond Half Marathon to snatch back the crown. Bridget Stacey muscled her way into third place with an excellent 1:18:59, while Wilson (1:03:55) nearly snuck past Wetzel. Between the two, Carolyn Yang (1:23:42) secures fifth place. Werlinger was masterful as third overall at the Marine Corps Marathon in 2:58:21, making a case that she should have kept the top spot.

While everyone else was off to halves in capital cities. Seven ranked Megan DiGregorio stayed at home in Charm City, winning the half outright in 1:24:53. She had been even better as second overall at the Charm City 20M in 2:12:54. Eighth ranked Tiffany Sloan won it all at the Anthem Wicked 10K in 38:43 before going north to run the Richmond Marathon in 3:01:34.

Thirty-one runners made the division. Ninety-three other women ran just one qualifying event, with four at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 38:11
World Class status (90%) for age 35 = 33:57

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Le Moigne, Laurel** | 38 | Springfield, VA | 34:53 | 86.42% |
| 2 | Werlinger, Shauneen** | 38 | Fairfax Station, VA | 34:59 | 86.74% |
| 3 | Stacey, Bridget* | 39 | Henrico, VA | 35:41 | 84.59% |
| 4 | Wetzel, Christie* | 36 | Falls Church, VA | 35:50 | 79.48% |
| 5 | Yang, Carolyn* | 38 | Arlington, VA | 35:49 | 79.69% |
| 6 | Wilson, Bailey | 35 | Washington, DC | 35:55 | 78.47% |
| 7 | DiGregorio, Megan** | 35 | Baltimore, MD | 38:12 | 77.58% |
| 8 | Sloan, Tiffany**** | 38 | Virginia Beach, VA | 38:19 | 78.67% |
| 9 | Lewis, Joy*** | 38 | Columbia, MD | 38:29 | 80.29% |
| 10 | Knotts, Rihana* | 38 | Arlington, VA | 38:29 | 78.82% |
| 11 | Duarte, Nilani*9 | 36 | Fairfax, VA | 39:01 | 77.07% |
| 12 | Henry, Sika** | 39 | Newport News, VA | 39:17 | 79.95% |
| 13 | Spangler, Kate* | 37 | Richmond, VA | 39:15 | 79.40% |
| 14 | Mazur, Ann** | 37 | Charlottesville, VA | 39:27 | 78.98% |
| 15 | Rhodes, Nicole*** | 36 | North Chesterfield, VA | 40:03 | 77.47% |
| 16 | Hoffman, Eve* | 37 | Washington, DC | 39:57 | 75.58% |

| 17 | Dickerson, Julie* | 35 | Washington, DC | 39:45 | 74.84% |
|----|----|----|----|----|----|
| 18 | Laiti, Hannah** | 35 | Fincastle, VA | 40:05 | 77.23% |
| 19 | West, Leigh* | 38 | Richmond, VA | 40:32 | 74.37% |
| 20 | Craig, Ashley*** | 36 | Lynchburg, VA | 41:01 | 75.63% |
| 21 | Monson, Alexandra* | 35 | Charlottesville, VA | 41:10 | 72.27% |
| 22 | Rhine, Rebecca* | 38 | Lutherville Timonium, MD | 41:21 | 72.08% |
| 23 | Brubaker, Karen | 39 | Washington, DC | 41:13 | 73.51% |
| 24 | Cochran, Nikolette** | 38 | Takoma Park, MD | 41:34 | 74.34% |
| 25 | Ozeki, Liz*** | 35 | Rockville, MD | 42:04 | 73.72% |
| 26 | Snyder, Sharon | 36 | Silver Spring, MD | 42:09 | 70.86% |
| 27 | Shabanowitz, Aliza | 37 | Lovettsville, VA | 42:36 | 70.28% |
| 28 | Varble, Nicole* | 35 | Silver Spring, MD | 42:48 | 71.38% |
| 29 | Fields, Syreeta** | 36 | Fairfax, VA | 43:06 | 71.98% |
| 30 | Baker, Julia** | 36 | Spotsylvania, VA | 43:14 | 71.75% |
| 31 | Delgado, Andrea | 36 | Washington, DC | 43:17 | |

## 40-44 Women

**Charm City 20M 2:02:06, 10K = 35:12**

Melissa Tanner was gearing up for a big 50K event. Winning it all at the Charm City 20M in 2:02:26 was a great start and made her top master as well as being ranked in the open division. A month later, she won it all again at the Western Maryland 10K…including all the men, in 37:30. Lauren Rosenthal started boldly at the Parks Half Marathon in 1:28:57, ahead of Michelle Miller (1:34:36). The following week, Frances Lash ran the Hokie Half Marathon in 1:27:42 to take over third place. Most everybody was going long with the half being some 40 percent of the top 25 events. There were only two 5Ks and one 8K in the top 25 events. Julia Siegel Breton, the speedster, ran the Rocketts Landing Cap Trail 5K to an overall win in 18:40. She earned the runner-up spot, winning at the Richmond 8K in 29:32. Rosenthal won top master at the Marine Corps Marathon in 3:11:06, ahead of Erin-Kate Aleksak (3:19:42) and she was not going to be nudged out of fourth place.

Indeed, Crystal Thompson could only get to seventh place with her Richmond Marathon in 3:10:28, especially as she had succumbed to Miller at the Baltimore Half Marathon (1:39:36). Allison Sauntry moves past her into fifth place as second overall at the Stevensville Metric Half Marathon in 55:06. Army always has a lot to say about the order and sixth ranked Aleksak ran a fine 1:07:28, ahead of tenth place Andrea Rodman (1:09:31), eleventh ranked Elena Orlando (1:09:51) and twelfth ranked Erin Swiatocha (1:10:37). That order stayed firm at the Richmond Half Marathon with Sauntry (1:32:02) just ahead of Rodman and Swiatocha both finishing in 1:32:37).

Eighth ranked Miller ran the Baltimore Half Marathon in 1:31:19 to exactly match Hyunsun Reilly's Charles Street 12M (1:23:30). Reilly would add a fine Baltimore Marathon in 3:29:38 to keep it close.

The division grew to thirty runners this season. A total of one hundred and twenty-two other women ran just one qualifying event, with two at least **National Class**.

### Regional Class 70%
National Class times (80%) = 39:03
World Class status (90%) for age 40 = 34:42

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Tanner, Melissa** | 42 | Baltimore, MD | 35:12 | 86.76% |
| 2 | Siegel Breton, Julia** | 40 | Richmond, VA | 37:30 | 83.75% |
| 3 | Lash, Frances** | 41 | Rocky Mount, VA | 39:38 | 77.42% |
| 4 | Rosenthal, Lauren** | 43 | North Potomac, MD | 40:12 | 77.50% |
| 5 | Sauntry, Allison**** | 43 | Edgewater, MD | 40:26 | 78.85% |
| 6 | Aleksak, Erin-Kate | 44 | Alexandria, VA | 40:33 | 77.99% |
| 7 | Thompson, Crystal | 44 | Washington, DC | 40:43 | 75.59% |
| 8 | Miller, Michelle* | 42 | Gaithersburg, MD | 41:16 | 74.90% |
| 9 | Reilly, Hyunsun* | 42 | Bel Air, MD | 41:16 | 74.81% |
| 10 | Rodman, Andrea | 41 | Bealeton, VA | 41:47 | 73.94% |
| 11 | Orlando, Elena | 41 | Potomac, MD | 41:59 | 73.51% |
| 12 | Swiatocha, Erin* | 40 | Annandale, VA | 41:51 | 75.81% |
| 13 | Moran, Lauren* | 43 | Midlothian, VA | 42:13 | 73.58% |
| 14 | Lemos, Kristen*** | 42 | Bethesda, MD | 42:55 | 74.45% |
| 15 | Badaracco, Maria** | 43 | Charlottesville, VA | 43:10 | 73.86% |
| 16 | Harburg, Michelle* | 41 | Washington, DC | 43:12 | 71.50% |
| 17 | Scott, Kate | 40 | Falls Church, VA | 43:04 | 71.02% |
| 18 | Keating, Ashley | 40 | Vienna, VA | 43:05 | |
| 19 | Hume, Kristin* | 41 | Arlington, VA | 43:11 | |
| 20 | Bergmann, Laura*** | 41 | Winchester, VA | 43:12 | 71.01% |
| 21 | Coogan-Gehr, Kelly** | 43 | Rockville, MD | 43:59 | 72.86% |
| 22 | Clor, Elizabeth** | 44 | Chantilly, VA | 43:48 | 72.19% |
| 23 | Schulze, Megan*** | 41 | Yorktown, VA | 44:29 | 71.37% |
| 24 | Rasmussen, Megan* | 40 | Virginia Beach, VA | 44:41 | |
| 25 | O'Loughlin, Courtney | 40 | Fairfax, VA | 45:03 | |
| 26 | Dofflemyer, Kim* | 40 | Elkton, MD | 44:50 | |
| 27 | Hemler, Rebecca** | 43 | Nottingham, MD | 45:05 | 70.57% |
| 28 | Recker, Ashley | 41 | Baltimore, MD | 45:07 | |
| 29 | Goldin, Sarah | 42 | Bethesda, MD | 45:16 | |
| 30 | Haas, Stephanie | 43 | Lutherville Timonium, MD | 45:22 | |

## 45-49 Women

**Richmond Half Marathon 1:26:28, 10K 39:04   Lindsay Wilkins**  age graded at **81.15%**

Fifth ranked Kaari Liisi Linask got things underway at the Parks Half Marathon in a solid 1:33:52. A week later, Elena Makarevich broke the ice some more with a win at the DC Half Marathon 1:31:31. There were 5Ks dropping all around. Ninth ranked Tracy Boyd won it all at the Fahass Chocolate Run 5K in 20:46, Kristjana Cook won it all at the 100th Baltimore and Annapolis Trail Park Run 5K in 20:51 and Carrie Beaumont roped in the sixth spot as second overall at the 5K for 5-0 in 20:10.

Then multiyear champion Sherry Stick powered to an overall win at the Port to Fort 6K in 24:06. She liked it so much as he want that she won it all again the following day finishing the Donate Life Family 5K in 20:28, taking her to the top. The next week, Cook finished second overall at the Downs Park 5 Mile in 32:44, moving up to fourth place. Rachel Wheeler Northup ended October with the best ten miler as second overall at the Rocketts Landing Cap Trail 10M in 1:10:32. The following week, Richmond hit the fan and Wheeler Northup snatched the crown with an impressive half marathon in 1:30:36. Makarevich ran the marathon in 3:13:11, ahead of seventh ranked Tatiana Romulus (3:20:51) and Stick was nudged back to third place with Makarevich as runner-up.

Romulus would best eighth ranked Tisha Wheeler at the Arm Ten Miler, 1:11:48 to 1:12:06. In the mixed up idiocy of net timing, Liisi Linask got to the finish line as second woman (41:34), followed by Makarevich (41:55) but they were awarded (on paper) in the reverse order. Makarevich had two better events so their ranking places do not change.

The division contained twenty runners. A total of one hundred and thirty other women ran just one qualifying event, with two at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 40:34
World Class status (90%) for age 45 = 36:03

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Wheeler Northup, Rachel* | 48 | Richmond, VA | 40:49 | 79.93% |
| 2 | Makarevich, Elena*** | 45 | Gaithersburg, MD | 41:18 | 77.42% |
| 3 | Stick, Sherry*** | 45 | Sykesville, MD | 41:20 | 78.91% |
| 4 | Cook, Kristjana** | 49 | Severna Park, MD | 41:17 | 82.33% |
| 5 | Liisi Linask, Kaari*** | 49 | Rockville, MD | 41:34 | 82.33% |
| 6 | Beaumont, Carrie** | 46 | Danville, VA | 41:59 | 78.60% |
| 7 | Romulus, Tatjana | 46 | Stafford, VA | 42:56 | 74.70% |

| | | | | | |
|---|---|---|---|---|---|
| 8 | **Wheeler, Tisha** | **48** | **Washington, DC** | **43:20** | **76.03%** |
| 9 | **Boyd, Tracy\*\*\*** | **46** | **Fredericksburg, VA** | **43:14** | **75.68%** |
| 10 | **Cabe, Amanda\*** | **45** | **Bethesda, MD** | **44:00** | **74.37%** |
| 11 | **Diegoli, Toni\*\*\*\*** | **45** | **Potomac, MD** | **44:35** | **73.39%** |
| 12 | **Hill, Kim\*\*\*** | **46** | **Fairfax, VA** | **45:27** | **72.09%** |
| 13 | **Gianoukos, Aimee\*\*\*** | **47** | **Williamsburg, VA** | **45:38** | **72.53%** |
| 14 | **Sisan, Heather** | **47** | **Rockville, MD** | **45:38** | **70.92%** |
| 15 | Russell, Sara\* | 45 | Lutherville, MD | 45:44 | |
| 16 | Dixon, Kerry\* | 46 | Virginia Beach, VA | 46:38 | |
| 17 | **Hicks, Julie\*\*** | **48** | **Virginia Beach, VA** | **46:44** | **71.57%** |
| 18 | **Zeldis, Jennifer\*\*** | **47** | **West River, MD** | **47:08** | **70.23%** |
| 19 | Burrowes, Natalie\* | 46 | Pikesville, MD | 47:19 | |
| 20 | Reinders, Carrie | 47 | Ashburn, VA | 47:51 | |

## 50-54 Women

**Fall Classic 10K 37:33**

Perry Shoemaker has no trouble winning races. She was overall winner four of her five events and second overall at her slowest event, the McLean 5K in 18:57. She won the hilly acorn strewn course in Reston, the We've got your Back 5K, in 18:21. Then she won it all the next three weeks, including the Fall Classic 10K in 37:33, all with Open class times. Her goal was really the Rothman 8K in Philadelphia where she was looking for another American record. She won conclusively at the event in 29:09 but the record of 28:55 is still not yet in her grasp.

Yuko Whitestone earned the third spot tagging along with Shoemaker at PRR= events. Her fastest was the Veterans Day 5K in Fairfax at 21:55 a tick ahead of Laura Zeilinger's Run for a Better Life 5K (21:56). Her best place was third overall at the Monster Mash Dash 5K in 22:11. But then at the Army Ten Miler, Zeilginger wrestled the runner-up spot away from Whitestone by soundly defeating her fine 1:16:13 with a win in 1:14:09. Fourth ranked Cassandra Oldham ran a very nice Fall Classic 10K in 45:35 for the age group win, ahead of sixth ranked Karen Hottle (46:26). Oldham also ran the Marine Corps Marathon in a credible 3:41:45. Seventh ranked Jennifer Hickey took down the best marathon, racing Richmond in 3:38:03.

Fifth place Cathy Ross was third overall at the Bishop Tuesday Night 5K #6 in 22:13. Eighth ranked Rebekah Hicks was second overall at the Apple Dumpling 5K in 22:38. Tenth ranked LaTonya Turner ran 22:58 at the Baron "Deuce" Braswell II Run against Teen Violence 5K. In November, Genmarie Pade won it all at the Fletcher's Cove Parkrun 5K #343 in 23:09. The next day, Turner answered back at the Salute to Veterans 5K in 23:16. On the final day, Pade

edged past her, winning the Freedom is Never Free Half Marathon in 1:05:48 to take ninth place.

The division shrank to nineteen runners. A total of one hundred and thirty-four other women ran just one qualifying event, with one at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 42:50
World Class status (90%) for age 50 = 38:04

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Shoemaker, Perry***** | 52 | Vienna, VA | 37:33 | 93.48% |
| 2 | Zeilinger, Laura* | 51 | Washington, DC | 44:34 | 76.60% |
| 3 | Whitestone, Yuko**** | 51 | Fairfax, VA | 45:38 | 76.20% |
| 4 | Oldham, Casandra* | 51 | Leesburg, VA | 45:35 | 76.09% |
| 5 | Ross, Cathy** | 53 | Burke, VA | 46:15 | 76.89% |
| 6 | Hottle, Karen | 53 | Vienna, VA | 46:26 | 76.53% |
| 7 | Hickey, Jennifer | 52 | Washington, DC | 46:37 | 72.41% |
| 8 | Hicks, Rebekah** | 52 | Floyd, VA | 47:07 | 74.59% |
| 9 | Pade, Genemarie** | 54 | McLean, VA | 47:49 | 73.60% |
| 10 | Turner, LaTonya** | 51 | Fredericksburg, VA | 47:49 | 72.71% |
| 11 | Campbell, Eve* | 52 | Midlothian, VA | 48:04 | 71.42% |
| 12 | Jock, Pamela | 53 | Dayton, MD | 48:31 | 73.24% |
| 13 | Weshinskey, Erika** | 52 | Purcellville, VA | 48:31 | 72.46% |
| 14 | Burt, Angie** | 50 | Fredericksburg, VA | 48:40 | |
| 15 | Ramsey, Nicole*** | 51 | Salem, VA | 49:36 | |
| 16 | Perry, Mary | 52 | Rockville, MD | 49:59 | 70.00% |
| 17 | Johns, Dina* | 52 | Montclair, VA | 49:50 | 70.54% |
| 18 | Feng, Lan* | 53 | Ellicott City, MD | 50:38 | |
| 19 | Mitchell, Alyssa* | 52 | Hanover, MD | 52:17 | |

## 55-59 Women

**Run Geek Run 5K 19:32, 10K = 40:40**  Lisa McNichols   age graded at **89.42%**

Third ranked Marjorie Friedrichs defeated Deelyn Robison once at the Run for the Hills 5K, 22:17 to 23:00. The next two weeks Robinson set things right with her crosstown rival. First, she handled her at the Grove Trotter 10K, 45:09 to 45:23. Then she made a statement at the Weighted Angel 5K, winning conclusively, 21:56 to 23:10. Robinson capped her season with an excellent Richmond Marathon in 3:25:05 to take the title. Runner-up Shannon Smith started smoothly with division's fastest 5K, the Arlington Police Fire & Sheriff 9/11 Memorial 5K in 21:30. Then she cemented her spot, winning the Army Ten Miler in 1:14:14, ahead of ninth ranked Teri Welsh (1:20:54) and eleventh place Mary Ann Hilliard (1:22:44).

Fourth place Connie Glueck waited until the very ended and then ended in a perfect way. On the final weekend, she was the overall winner on Saturday and then on Sunday. First it was the Heroes 5K in 24:17, followed by the Semper K9 9K in 42:06. Sixth place Rosemary Spraker was third grandmaster at the massive Marine Corps 10K in 47:18. Just ahead of her in fifth place, Linda Boring ran more than three times as far to win the Charm City 20M in 2:45:01.

Seventh place Deb Jockin displayed two late season victories, including the Salute to Veterans 5K in 22:51. Bridget Lalley Ryder lands in eighth place, winning the Richmond 8K in 37:53. Tenth ranked Anita Freres looked good, winning the Navy Federal 5K in 23:52.

Twenty-four runners made the division. A total of one hundred and thirty-one other women ran just one qualifying event.

## Regional Class 70%
National Class times (80%) = 45:33
World Class status (90%) for age 55 = 40:29

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Robinson, Deelyn*** | 58 | Williamsburg, VA | 43:50 | 83.41% |
| 2 | Smith, Shannon** | 57 | Washington, DC | 44:37 | 83.18% |
| 3 | Friedrichs, Marjorie*** | 56 | Williamsburg, VA | 45:23 | 81.31% |
| 4 | Glueck, Connie** | 59 | Williamsburg, VA | 46:21 | 82.78% |
| 5 | Boring, Linda** | 58 | Frederick, MD | 47:26 | 75.08% |
| 6 | Spraker, Rosemary** | 59 | Lorton, VA | 47:18 | 81.11% |
| 7 | Jockin, Deb** | 57 | Fredericksburg, VA | 47:34 | 78.26% |
| 8 | Lalley Ryder, Bridget** | 56 | Kensington, MD | 48:06 | 76.77% |
| 9 | Welsh, Teri* | 56 | Timonium, MD | 48:37 | 74.72% |
| 10 | Freres, Anita** | 58 | McLean, VA | 49:41 | 75.48% |
| 11 | Hilliard, Mary Ann* | 58 | McLean, VA | 49:43 | 75.00% |
| 12 | Deck, Deveny* | 55 | McLean, VA | 50:22 | 71.21% |
| 13 | Demaree, Marsha*** | 58 | Marriottsville, MD | 50:08 | 75.16% |
| 14 | Kopacz, Margaret*** | 58 | Chesapeake, VA | 50:36 | 74.49% |
| 15 | Tate-Siertsema, Ancolien | 57 | Charlottesville, VA | 50:34 | 73.93% |
| 16 | Laughon, Kathryn* | 58 | Charlottesville, VA | 50:36 | 74.84% |
| 17 | Callahan, Lori* | 59 | Salem, VA | 51:08 | 72.54% |
| 18 | Peitsch, Julie** | 55 | Ellicott City, MD | 51:28 | 70.67% |
| 19 | Cuff, Patricia* | 59 | Alexandria, VA | 51:37 | 72.25% |
| 20 | Taylor, Ruth* | 55 | Jefferson, MD | 51:35 | 70.93% |
| 21 | Lopez Fahey, Patricia* | 58 | Ellicott City, MD | 52:01 | 72.45% |
| 22 | Ollison, Sheila* | 56 | Woodbridge, VA | 52:11 | 70.55% |
| 23 | Kernan, Jill** | 58 | Westminster, MD | 53:15 | 71.11% |

## 60-64 Women

### Western Maryland Half Marathon 1:30:58, 10K = 41:06

Sometimes it is easy to win the Kensington Park Run for Cindy Conant. The next to last week she ran 20:59 and was ushered back to bronze (in the overall). The last week she added a bit and won it all in 20:53. Of course, she had already clinched the division with an open class Western Maryland Half Marathon in 1:30:58. Runner-up Jill Snyder has been among the best for more than twenty years. This fall at the unique Stevensville Metric Half Marathon (8.15M) she ran a **World Class** time of 1:00:38, well ahead of thirteenth ranked Helen Bennett (1:10:25). Snyder would also race the fastest 5M, coming home at the Downs Park 5M in 39:07. Another former champion, Kendall Tata, was scoring big near her with a fine Pepsi 10K in 44:36. Fourth ranked Julie Hayden still has the wheels and finishes second overall at the Berryville Turkey Trot 5K in 22;'43.

The best marathon came from fifth ranked Lynn Case, running Richmond in 3:49:02, ahead of sixteenth ranked Pam Rowe (4:07:58). Kelly Dworak looked good taking third at the Army Ten Miler in 1:21:40. On a slightly more rolling hills course, eighth ranked Suzanne Porter took honors at the Perfect 10 10M in 1:22:04, Between these two, seventh place Lisa Christie ran a very nifty Food Market 10K in 49:03. Robin Lerner ran the Rockville 10K, of course… but gained ninth place, racing the Parks Half Marathon in 1:49:22. That kept her ahead of both of Margaret de Cuevas' events, the Baltimore Half Marathon (1:52:30) and the Charles Street 12M (1:41:10). The 12M bested twelfth ranked Linda Kennedy (1:43:37). Karen Manos matched the best of De Cuevas exactly with her Monster Mash Dash 5K in 24:01. However, De Cuevas takes tenth ahead of her eleventh place as Manos' second event was a less dominant George Washington Patriot Run 10M in 1:26:15.

Fourteenth ranked Kathy Cea was third overall at the Kensington Park Run 5K #233 in 24:49 to match Bennett exactly and beat fifteenth ranked Win Persina (25:05). However, Bennett boasted more wins, 4 to 1, adding a Great Allegany 15K in 1:20:48. Cea was second at the Rockville 5K in 25:34. Persina was tops five times at Kensington which is basically her home base for training and racing.

Sixty-one runners lit it up to make the largest division. A huge total of one hundred and ninety-seven other women ran just one qualifying event, with seven at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 48:36
World Class status (90%) for age 60 = 43:12

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|

| | | | | | |
|---|---|---|---|---|---|
| 1 | Conant, Cindy*** | 62 | Kensington, MD | 41:06 | 95.14% |
| 2 | Snyder, Jill** | 63 | Annapolis, MD | 44:22 | 91.36% |
| 3 | Tata, Kendall** | 60 | Stanardsville, VA | 44:36 | 87.68% |
| 4 | Hayden, Julie** | 63 | Lake Frederick, VA | 47:18 | 84.74% |
| 5 | Case, Lynn | 64 | Silver Spring, MD | 48:58 | 81.49% |
| 6 | Dworak, Kelly** | 61 | Carlisle, PA | 49:05 | 79.12% |
| 7 | Christie, Lisa** | 62 | Columbia, MD | 49:03 | 80.36% |
| 8 | Porter, Suzanne*** | 62 | Reston, VA | 49:19 | 79.83% |
| 9 | Lerner, Robin | 60 | Bethesda, MD | 49:25 | 76.99% |
| 10 | De Cuevas, Margaret*** | 60 | Baltimore, MD | 50:00 | 75.89% |
| 11 | Manos, Karen**** | 63 | Clifton, VA | 50:00 | 80.15% |
| 12 | Kennedy, Karen | 63 | Lutherville Timonium, MD | 51:13 | 77.22% |
| 13 | Bennett, Helen**** | 62 | Chester, VA | 51:40 | 77.35% |
| 14 | Cea, Kathy* | 63 | Gaithersburg, MD | 51:40 | 77.57% |
| 15 | Persina, Win***** | 62 | Washington, DC | 52:11 | 75.80% |
| 16 | Rowe, Pam* | 62 | Clarksville, MD | 53:00 | 73.05% |
| 17 | Gray, Sandra**** | 64 | Glen Allen, VA | 52:39 | 77.85% |
| 18 | Crissy, Roberta*8 | 63 | Moneta, VA | 53:35 | 74.81% |
| 19 | Olsen, Ruth** | 61 | Fredericksburg, VA | 54:04 | 71.37% |
| 20 | Jacob, Maria* | 64 | Virginia Beach, VA | 54:04 | 74.41% |
| 21 | Horkan, Miho | 60 | Rockville, MD | 54:08 | 71.73% |
| 22 | Kim, Jeong* | 62 | Washington, DC | 54:23 | 71.19% |
| 23 | Black, Beverly** | 63 | Fairfield, PA | 54:24 | 74.30% |
| 24 | Foy Jones, Valor*6 | 60 | Newport News, VA | 55:08 | |
| 25 | Gentry, Mary | 64 | Nokesville, VA | 55:05 | 74.61% |
| 26 | Donohue, Deborah* | 61 | Towson, MD | 55:26 | 71.11% |
| 27 | Hennis, Melanie*** | 61 | Portsmouth, VA | 55:41 | 70.79% |
| 28 | Cornell, Pam* | 61 | Fredericksburg, VA | 55:46 | 70.07% |
| 29 | Banes, Eloisa** | 63 | Hagerstown, MD | 55:48 | 71.96% |
| 30 | Prince, Susan* | 63 | Montgomery Village, MD | 55:50 | 72.60% |
| 31 | Degerberg, Katherine | 60 | Ellicott City, MD | 56:13 | |
| 32 | Schaffner, Christine* | 60 | Yorktown, VA | 56:17 | |
| 33 | Layson, Lynda | 63 | Severn, MD | 56:15 | 71.25% |
| 34 | Schimmels, Sarah | 61 | Henrico, VA | 56:16 | 70.05% |
| 35 | Gasparini, Joanne | 62 | Monkton, MD | 56:40 | 70.95% |
| 36 | Dickison, Peggy* | 60 | Bethesda, MD | 56:23 | |
| 37 | Micsan, Daniela** | 64 | Reston, VA | 56:51 | 72.30% |
| 38 | Kennedy, Linda | 63 | Alexandria, VA | 57:00 | 71.11% |
| 39 | Chen-Mayer, Heather* | 61 | Garrett Park, MD | 56:50 | |
| 40 | Anderson, Maura** | 60 | Washington, DC | 58:09 | |
| 41 | Johnston, Cynthia** | 61 | Baltimore, MD | 58:20 | |
| 42 | Dunnavant, Kim* | 60 | Lynchburg, VA | 58:18 | |

| 43 | Anderson, Jill* | 62 | Phoenix, MD | 58:38 |
|----|-----------------|----|-------------|-------|
| 44 | Johnson, Patricia | 64 | Culpeper, VA | 58:54 |
| 45 | Gibson, Wendy | 62 | Sparks Glencoe, MD | 59:08 |
| 46 | Anderson, Angela | 64 | Dumfries, VA | 59:26 |
| 47 | Jollie, Sharon | 61 | Bowie, MD | 59:26 |
| 48 | Strauss Levin, Julie | 64 | Leesburg, VA | 59:42 |
| 49 | Tschiffley, Joann | 61 | College Park, MD | 59:41 |
| 50 | Steinkamp, Melanie | 60 | Bethesda, MD | 59:45 |
| 51 | Bjork, Janie* | 61 | Columbia, MD | 59:51 |
| 52 | Larsen, Susan | 64 | Richmond, VA | 59:58 |
| 53 | Williams, Mary Ann* | 63 | Chester, VA | 59:54 |
| 54 | Williams, Christine | 61 | Poquoson, VA | 1:00:08 |
| 55 | Haid, Rebecca | 62 | Ellicott City, MD | 1:00:14 |
| 56 | Bowen, Cindi** | 62 | Amherst, VA | 1:01:28 |
| 57 | Burrell, Linda | 64 | Derwood, MD | 1:01:30 |
| 58 | Sherman, Lori | 64 | Rockville, MD | 1:01:32 |
| 59 | Whelan, Jennifer | 60 | Baltimore, MD | 1:01:40 |
| 60 | Lane, Cybele | 61 | Check, VA | 1:01:44 |
| 61 | Garver, Julie | 60 | Baltimore, MD | 1:04:04 |

## 65-69 Women

**Army 10 Mile 1:13:43, 10K = 44:18   Dee Dee Loughran**  age graded at **92.74%**

Nancy Hill is a 5K winning machine. She laid down the three fastest 5Ks, including the two fastest races, led by the Cats and Bats Haunted 5K in 24:59. The Bay Bridge 10K is an adventure more than a race even though many did have swift times. Runner-up Janice Uthe just did crack the 50th best qualifier, albeit third place. Thus she needed her excellent Oktoberfest 5M in 42:41 the previous month to take her spot. Third ranked Linda Burrell did the deuce, finishing second place in both of her events. First, she ran Army in 1:32:13 ahead of fourteenth place Marcy Foster (1:37:35). Then she ended the season at the Richmond Marathon in 4:12:50 for the fourth fastest event. For a marathon, that is impressive. Fifth ranked Sharon Wake ran that same weekend, doing the 8K in 43:57. Ninth ranked Susan Shepherd could be seen at the half marathon in 2:05:01.

Fourth place was earned by Marie Shay with a swift Grove Trotter 10K in 54:19. Sixth ranked Janelle Fricke narrowly ran the fastest half qualifier, the Crawlin' Crab Half Marathon in 2:04:15. Seventh place Val Indye had by far her best race at the Fighter 5K in 26:54. Jean Phelan was wonderful at the Weighted Angels 5K in 27:12 to upset Shay (28:12) and Fricke (27:19) and best prolific racer Carol Hansen-Vessa who spends her days traveling between Williamsburg and Reston to race. She finished in 28:21 to take tenth place.

Former champion Mary Lowe Mayhugh competed in a slew of races. Her best was the Bishop Tuesday Night 5K #7 in 27:22. Next up is the true definition of prolificacy. Marcia Byerley won 17 of her nineteen qualifiers. She ran best at the Shenandoah River 5K in 27:38 to earn twelfth place. Lucky thirteen fell to Susann Beck who finished behind Hansen*Vessa at the Fall Foliage 10K, 57:32 to 57:59.

Forty-five runners made the division. A massive two hundred and sixteen other women ran just one qualifying event.

## Regional Class 70%
National Class times (80%) = 52:08
World Class status (90%) for age 65 = 46:20

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Hill, Nancy*** | 65 | Havre De Grace, MD | 52:01 | 78.99% |
| 2 | Uthe, Janice | 67 | Bowie, MD | 53:49 | 79.46% |
| 3 | Burrell, Linda* | 65 | Derwood, MD | 54:03 | 74.95% |
| 4 | Shay, Marie** | 67 | Williamsburg, VA | 54:19 | 79.04% |
| 5 | Wake, Sharon* | 68 | Henrico, VA | 55:48 | 77.74% |
| 6 | Fricke, Janelle* | 65 | Hayes, VA | 56:09 | 72.70% |
| 7 | Indye, Val** | 67 | New Market, MD | 56:00 | 75.34% |
| 8 | Phelan, Jean*** | 67 | Virginia Beach, VA | 56:38 | 74.51% |
| 9 | Sheppard, Susan* | 65 | Winchester, VA | 56:30 | 72.26% |
| 10 | Hansen-Vessa, Carol**** | 69 | Williamsburg, VA | 56:45 | 76.88% |
| 11 | Mayhugh, Mary Lowe*9 | 67 | Washington, DC | 56:59 | 74.06% |
| 12 | Byerley, Marcia*17 | 66 | Woodbridge, VA | 57:32 | 72.38% |
| 13 | Beck, Susan | 65 | Afton, VA | 57:59 | 71.92% |
| 14 | Foster, Marcy* | 69 | Reston, VA | 58:25 | 74.40% |
| 15 | Worthington, Helen | 69 | Bena, VA | 58:51 | 73.64% |
| 16 | Washington, Myra | 66 | Montgomery Village, MD | 1:00:20 | 70.11% |
| 17 | Kritter, Lynn* | 67 | Culpeper, VA | 1:00:08 | 71.40% |
| 18 | Archibald, Connie | 66 | Henrico, VA | 1:01:34 | |
| 19 | Fout, Mary | 69 | Williamsburg, VA | 1:02:08 | |
| 20 | Coppedge, Cynthia*** | 69 | Suffolk, VA | 1:02:28 | |
| 21 | Ashlock, Joyce** | 69 | Nottingham, MD | 1:03:11 | |
| 22 | Biermann, Gail** | 65 | Virginia Beach, VA | 1:03:36 | |
| 23 | Craney, Karen | 68 | North Potomac, MD | 1:03:50 | |
| 24 | Hatem, Carol | 66 | Bel Air, MD | 1:03:26 | |
| 25 | McDonald, Terry | 67 | Baltimore, MD | 1:04:01 | |
| 26 | Myers, Elizabeth* | 68 | Westminster, MD | 1:04:24 | |
| 27 | Stephens, Shirley* | 67 | Williamsburg, VA | 1:04:30 | |
| 28 | Warnacut, Joyce* | 67 | Locust Grove, VA | 1:04:59 | |
| 29 | Kroll, Aileen**** | 66 | College Park, MD | 1:05:06 | |

| 30 | Deshler, Amanda | 65 | Fredericksburg, VA | 1:05:06 |
|----|----|----|----|----|
| 31 | Aquino, Cleotilde | 65 | Kensington, MD | 1:06:02 |
| 32 | Wilckens, Peggy* | 66 | Annapolis, MD | 1:07:05 |
| 33 | Ganoe, Thea | 65 | Hampton, VA | 1:07:17 |
| 34 | Grimshaw, Marianne* | 65 | Charlottesville, VA | 1:07:23 |
| 35 | Whitacre, Sue* | 68 | Lynchburg, VA | 1:07:44 |
| 36 | Graham, Jamie | 65 | Richmond, VA | 1:08:15 |
| 37 | Frye, Deb* | 68 | Frederick, MD | 1:08:59 |
| 38 | Cranfill, Amanda | 68 | Columbia, MD | 1:09:26 |
| 39 | Farish, Nancy | 67 | Charlottesville, VA | 1:09:33 |
| 40 | Solomotis, Marianne | 68 | Columbia, MD | 1:09:51 |
| 41 | Shen, Grace* | 69 | Potomac, MD | 1:10:18 |
| 42 | Rondeau, Tong Ae*** | 65 | Bethesda, MD | 1:10:26 |
| 43 | Bassett, Jeanette | 65 | Charlotte Hall, MD | 1:10:56 |
| 44 | Eberhard, Dawn* | 69 | Richmond, VA | 1:12:04 |
| 45 | McMackin, Kathleen | 69 | Crownsville, MD | 1:14:31 |

## 70-74 Women

**Richmond 8K 46:34, 10K = 59:07**

As with many of the divisions, this fall is showing quality as well as enhanced quantity. Linda Gulick won the division with her Richmond 8K, This year she was even faster (46:54), winning again with third ranked Jean Bone (47:43) closing. Bone had produced a solid Neptune Festival 8K in 48:48 before winning it all at the Anthem Wicked 10K in 1:00:46 for the fourth best race in the division, Ahead of her, former champion Chris Reese takes the runner-up spot, racing the Mayberry 7M in 1:08:12. Fourth ranked Liz Sadoff posted three wins, including a solid Rockville 10K in 1:01:05.

Fifth place Jan Barry released three wins as well with her most impressive win being at the stacked Weighted Angels 5K in 29:42. That race had one fewer ranked runner than the leader, the Baltimore United Way 5K, that contained nine times as many runners. Sixth ranked Susan Terwiliger bested eleventh ranked Donna Nixon at the Richmond Marathon, 4:50:46 to 5:01:58. Long distance racer Maria Shields did not go quite as far, racing the Charles Street 12M (2:11:03) and the Charm City 20M (3:38:25 to take seventh place. Eighth ranked Claudia Wolfe enjoyed three wins, all at least 10K in length. Her Army Ten Miler in 1:44:57 did the trick best. Laurie Fisher is often at the Park Run in College Park but she mostly plays there. When she is serious, like at the Race for Our Kids 10K (1:04:46). She shows she has wheels and gains the ninth spot. Kathy Hennes succumbed to the lure of the fabled Great Allegany 15K PR maker and finished with a strong improvement from last year's event (1:38:56) to take tenth place.

Historic numbers as forty runners made the division. A total of one hundred and eighteen other women ran just one qualifying event.

## Regional Class 70%
National Class times (80%) = 56:10
World Class status (90%) for age 70 = 49:56

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | **Gulick, Linda*** | **72** | **Richmond, VA** | **59:07** | **77.92%** |
| 2 | **Reese, Chris**** | **72** | **Westminster, MD** | **59:46** | **77.61%** |
| 3 | **Bone, Jean*** | **70** | **Henrico, VA** | **1:00:35** | **73.77%** |
| 4 | **Sadoff, Lizzie***** | **74** | **Washington, DC** | **1:01:05** | **78.44%** |
| 5 | **Barry, Jan***** | **70** | **Williamsburg, VA** | **1:01:46** | **71.18%** |
| 6 | **Terwilliger, Susan***** | **72** | **Blacksburg, VA** | **1:02:09** | **73.04%** |
| 7 | **Shields, Maria**** | **72** | **Davidsonville, MD** | **1:02:47** | **71.89%** |
| 8 | **Wolfe, Claudia******* | **71** | **Alexandria, VA** | **1:03:04** | **71.38%** |
| 9 | **Fisher, Laurette***** | **72** | **Hyattsville, MD** | **1:04:16** | **72.17%** |
| 10 | **Hennes, Kathy**** | **71** | **Annapolis, MD** | **1:04:20** | **70.45%** |
| 11 | Nixon, Donna* | 70 | Lynchburg, VA | 1:04:33 | |
| 12 | **Travis, Patricia****** | **72** | **Williamsburg, VA** | **1:04:46** | **71.62%** |
| 13 | Rockhill, Amy** | 71 | Roanoke, VA | 1:04:52 | |
| 14 | Hannam, Linda** | 71 | Frederick, MD | 1:05:06 | |
| 15 | Doswell, Kathleen** | 74 | Columbia, MD | 1:05:04 | |
| 16 | Frazho, Leslie*** | 70 | Henrico, VA | 1:05:13 | |
| 17 | Somers, Jennifer** | 70 | Bel Air, MD | 1:06:08 | |
| 18 | Kohinke, Anne**** | 70 | Salem, VA | 1:06:06 | |
| 19 | Gullo, Martha* | 70 | Williamsburg, VA | 1:06:10 | |
| 20 | Danielle-Kay, Patricia | 72 | Reston, VA | 1:07:06 | |
| 21 | Weddle, Mary*6 | 73 | McLean, VA | 1:08:03 | |
| 22 | Carroll, Katie** | 70 | Gaithersburg, MD | 1:08:48 | |
| 23 | Williams, Penny* | 72 | Trappe, MD | 1:09:59 | |
| 24 | Wimer, Ruth**** | 70 | Washington, DC | 1:10:14 | |
| 25 | Greenlees, Karen | 71 | Frederick, MD | 1:12:44 | |
| 26 | Pruitt, Susan* | 71 | Mechanicsville, VA | 1:13:07 | |
| 27 | Coffin, Carol** | 73 | Severna Park, MD | 1:13:34 | |
| 28 | Rose, Audie | 73 | Annapolis, MD | 1:13:44 | |
| 29 | Davis, Virginia** | 74 | Suffolk, VA | 1:14:01 | |
| 30 | Heidel Gontasz, Sharon** | 73 | Sparrows Point, MD | 1:18:11 | |
| 31 | Hansen, Jane** | 71 | Fairfax, VA | 1:18:34 | |
| 32 | Rosenthal, Ann | 74 | Bethesda, MD | 1:20:16 | |
| 33 | McDermaid, Marion | 73 | Glen Burnie, MD | 1:20:37 | |
| 34 | Gerber, Kathy** | 70 | Lynchburg, VA | 1:20:45 | |
| 35 | Humphreys, Dottie | 71 | Newport News, VA | 1:21:10 | |

| 36 | Beach, Susan* | 73 | Nottingham, MD | 1:22:37 |
|----|----------------|-----|----------------|---------|
| 37 | Walters, Wanda** | 73 | Bethesda, MD | 1:22:31 |
| 38 | Kaushal, Santosh | 74 | Chevy Chase, MD | 1:24:25 |
| 39 | Akers, Donna** | 74 | Narrows, VA | 1:24:55 |
| 40 | Delaney, Mary | 74 | Severn, MD | 1:28:35 |

## 75-79 Women

### Neptune Festival 8K 43:00, 10K = 54:35

Betty Brothers is used to winning the title these days but as she found out, this spring, one cannot rest on one's laurels. Even the upset winner Alice Franks was a little surprised when she learned that she had prevailed. Brothers ran three marathons and five events at least ten miles in length. In the summer, she proffered a couple of victories out of the range of the division. Franks, fresh off her victory in the new division, quietly set to work improving her game. For the fall, Brothers laid down a title clenching Neptune Festival 8K in 43:00 and was off training for the marathon. Franks owned the next three best times and her final race for the season was a fine 56:30 at the Rockville 10K that will have Brothers looking around.

It is often a challenge when runners have a startling swift time on a 5K because just a little distance can wreak havoc with times. Third ranked Fran Hostetler was nearly four minutes faster at her second 5K the Pink Ribbon 5K in 31:43. The race contained few regular ranked runners but those who were there enjoyed a fabulous day. In fourth place, Barbara Biasi glided through a couple of wins, including the Riverwatch on the Piankatank 5K in 33:01. Roswitha Goossens-Winter was able to best the competition three times. Her best event was the Democracy Dash 10K in 1:12:22 to earn her fifth place.

Sixth ranked Jane Abbott was very close, with both of her 5Ks. Her best race was the 5K on the Runway in 34:50.Seventh position goes to Patricia Lesniak for her George Washington Patriot Run 5K in 37:56. Clare Imholtz shows off her talents at Park Runs and WDFs. This fall she ran best at the Kensington Park Run 5K in 38:08 to earn eighth place.

Fourteen women qualified for the division. A total of thirty-seven other women ran just one qualifying event, with two at least **National Class**.

**Regional Class 70%**
National Class times (80%) = 1:00:55
World Class status (90%) for age 75 = 54:09

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Brothers, Betty** | 76 | Virginia Beach, VA | 54:35 | 91.28% |
| 2 | Franks, Alice**** | 75 | Rockville, MD | 56:30 | 86.99% |

| | | | | | |
|---|---|---|---|---|---|
| **3** | **Hostetler, Fran**** | **78** | **Frederick, MD** | **1:06:10** | **74.88%** |
| 4 | Biasi, Barbara** | 76 | Yorktown, VA | 1:08:44 | |
| 5 | Goossens-Winter, Roswitha*** | 75 | Williamsburg, VA | 1:12:22 | |
| 6 | Abbott, Jane* | 76 | Hampton, VA | 1:12:31 | |
| 7 | Lesniak, Patricia* | 75 | Copper Hill, VA | 1:18:59 | |
| 8 | Imholtz, Clare***** | 77 | Greenbelt, MD | 1:19:24 | |
| 9 | McClure, Doris* | 75 | Baltimore, MD | 1:21:50 | |
| 10 | Glover, Bet*** | 78 | Bethesda, MD | 1:22:00 | |
| 11 | Ross, Susan** | 76 | Richmond, VA | 1:24:23 | |
| 12 | Friend, Connie* | 77 | Charlottesville, VA | 1:25:24 | |
| 13 | Canestra-Heenan, Patty** | 75 | Arlington, VA | 1:27:10 | |
| 14 | Robertson, Judi Faye** | 76 | Colonial Heights, VA | 1:28:21 | |

## 80-84 Women

**Army 10 Mile 2:09:51, 10K = 1:18:02**

A total of forty-four other women ran just one qualifying event. Only four persistent runners ran at least two qualifying times. Oft-times champion Ecris Williams, who will be 85 as the winter 2024 season begins, ran just once. Another favorite Mary Kate Berglund waited until the final weekend to produce her sole event, the Richmond 8K in 1:03:36. They would have been duking it out for bronze as the silver and gold were already spoken for.

Runner-up Jane Chretien is a regular at the Kensington Park Run, racing eight times to victory. Her best time was 37:31 was even faster than her last fall's title time. As with third ranked Rosemary Schwartzbard (Roosevelt Island – 46:26), for Chretien the Park Run is similar to the Saturday version of church. Park runners are dedicated and some race every week all year long. This fall's champion, Molly Sherwood rarely runs short stuff (10K or shorter). She owned the division's best event, winning the Army 10 Miler in 2:09:51. As the season waned, she chose the "short" jaunt to the eastern shore over the Bay Bridge, winning in 1:25:08 for her second qualifier. Edith Donohue is fourth, racing the Race for Our Kids 5K in 54:49.

**Regional Class 70%**
National Class times (80%) = 1:06:45
World Class status (90%) for age 80 = 59:20

| Pl | Name | Age | Hometown | 10K= | AG% |
|---|---|---|---|---|---|
| 1 | Sherwood, Molly** | 81 | Annapolis, MD | 1:18:02 | 69.89% |
| 2 | Chretien, Jane*8 | 82 | Kensington, MD | 1:18:16 | 68.19% |
| 3 | Schwartzbard, Rosemary** | 81 | Arlington, VA | 1:36:40 | |
| 4 | Donohue, Edith** | 84 | Towson, MD | 1:54:08 | |

A total of forty-four other women ran just one qualifying event.

## 85-89 Women

### Freedoms Run Festival 5K 40:19, 10K = 1:23:56

Runner-up Tami Graf is back competing, winning at the Park Run 5K in College Park. The same day as her first win, Janet Hughes was securing the title with fine Laurel Ridge 5K in 41:39. Hughes improved in October at the Freedoms Run Festival 5K in 40:19. Eighth ranked Nancy Valor ran the accompanying 10K in 2:09:43. As Halloween approached, Hughes ran the only other 10K, reprising her win at the Greasy Gooney 10K in 1:30:42 for one of two other events not a 5K. Third place Evelyn Hagenbrock knew there was a 10K option at her event but she stuck with the 5K, racing the Dulles Day 5K on the Runway in 55:21. Fifth ranked Evelyn Reader took on the Richmond 8K a week later, winning in 1:34:13. Seventh position goes to Saran Kemble who ran the Police Pace 5K in 59:28.

Fourth ranked Dot Bennet was not far behind, running the 5K for 5-0 in 56:04. Sixth place Evelyn Reader out dueled ninth ranked Sandra Finzi at the Rockville 5K, 57:12 to 1:03:48,

**Regional Class 70%**
National Class times (80%) = 1:16:40
World Class status (90%) for age 70 = 1:08:09

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | **Hughes, Janet*** | **86** | **Winchester, VA** | **1:23:56** | **70.73%** |
| 2 | Graf, Tami** | 87 | Lusby, MD | 1:44:27 | |
| 3 | Hagenbrock, Evelyn | 86 | Herndon, VA | 1:55:14 | |
| 4 | Bennett, Dot* | 86 | Danville, VA | 1:56:44 | |
| 5 | Kirchoffer, Judy* | 85 | Richmond, VA | 1:59:36 | |
| 6 | Reader, Evelyn | 87 | Rockville, MD | 1:59:05 | |
| 7 | Kemble, Sarah* | 85 | Columbia, MD | 2:03:49 | |
| 8 | Vader, Nancy | 86 | Derwood, MD | 2:09:43 | |
| 9 | Finzi, Sandra | 85 | Rockville, MD | 2:12:50 | |

## 90 & Older Women

### Bay Bridge 10K 2:20:37

Except for Kathleen Anderson, 95, who continues the yearly tradition at the Ukrops 10K in the spring, runners in this age group rarely race longer than a 5K. Dorothy Critcher ran the Bay Bridge 10K last year before joining this division and decided to reprise her effort. Success. She takes the division traveling from shore to shore at the Bay Bridge in 2:20:37 to take the title. Runner-up Jeanette

Fairbanks is the only runner in the division to race more than one event for the year. For the fall, she ran the Police Pace 5K in 1:12:01.

National Class times (80%) = 1:35:26 for 90-94; 2:17:03 for 95 and older
World Class status (90%) = 1:24:50 for 90-94; 2:01:49 for 95 and older

| Pl | Name | Age | Hometown | 10K= | AG% |
|----|------|-----|----------|------|-----|
| 1 | Critcher, Dorothy | 90 | Crownsville, MD | 2:20:37 | 54.30% |
| 2 | Fairbanks, Jeanette | 91 | Clarksville, MD | 2:29:56 | |

**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 that the race can be 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 after the official gun start, we do allow a net time to count as one of the necessary two qualifiers to allow 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, a runner must run two qualifying races in each of at least two of the four ranking periods. A runner can qualify for two different age groups in a year. As with the individual seasons, a runner can use a qualifying race from the elder division if it is fast enough to help qualify them for the younger division. Thus, the minimum number of races to double dip and qualify for two divisions would be six races. For example, a 60-64 runner runs a qualifying race twice in the winter or spring and then turns sixty-five after the winter and/or the two 60-64 qualifying races in the spring and qualifies for two of the next three seasons with times fast enough for qualification in the 60-64 division. 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 receive a more complete explanation of individual rankings contact me at runjames3@aol.com.

## Moreland Racing Factor

The Moreland Racing Factor (MRF) has been developed to serve as a check on the ranking process and to provide a status report on this ranking period. This new ranking system is not meant to supplant the old system. It will enhance and refine. It will give runners another look at the ranking process and help make the system more objective.

Just as with the quarterback rating in the NFL, the MRF will be loosely based on 95 points (140 with major races), with the premium coming from runners beaten either in the open category or in the age divisions. Runners earn points on their best races in a period based on the qualifiers below. A runner who wins five major races of five different distances would earn a perfect score of one hundred pure points. (75 for win, 15 for fastest, 5 for major, 5 for qualifier)

Masters runners are able to achieve higher numbers. Certainly, a masters runner who earned a hundred pure points is even more impressive than an open aged (20-34) competitor.

| Category | Race points | Major Race points | Best Case Race | Best Case Major |
|---|---|---|---|---|
| Overall Winner | 10 | 15 | 50 | 75 |
| 2nd overall | 8 | 12 | 40 | 60 |
| 3rd overall | 6 | 10 | 30 | 50 |
| 1st AG | 5 | 8 | 25 | 40 |
| 2nd AG | 3 | 5 | 15 | 25 |
| 3rd AG | 2 | 3 | 10 | 15 |
| Fastest @ each single distance | 3 | 3 | 15 | 15 |
| Qualified Runner | 1 | 1 | 5 | 5 |
| Major Race | 0 | 1 | 0 | 5 |
| 1st master | 3 | 5 | 15 | 25 |
| 2nd master | 2 | 3 | 10 | 15 |
| 3rd master | 1 | 2 | 5 | 10 |
| Special Awards | 1 | 2 | 5 | 10 |

(such as places 4 through 10 that are not age group i.e. money winners, masters, grandmasters, seniors, and Clydesdale/Athena)

| Each Ranked runner beaten | 1 | 1 | Unlimited | unlimited |
|---|---|---|---|---|

After the pure points have been parsed, we use the following to criteria to delineate racers in the same age group.

 Head-to-Head 4 race - 8 major race (points for victor, negative points against loser)
 10K Equivalent - 1 (point for each second faster than opponent's best race versus their best race)

-- Additional points can be earned by prevailing over your competition in the same races or by qualifying in more than five races (especially major races).
-- Overall winners will be presumed as the 1st in the age group as well. Runners younger than 20 and older than 34 can earn overall winner points.
-- Age groups will be determined by the races' scoring system (not necessarily five-year age groups). Runners who are in the overall award category of larger races will be presumed age group winners as well. (Allowing for multiple 1sts in the age group.) For instance, at the Twilight 8K, the top three masters in that special category are all age group winners as well as the winners in each of the individual age groups.

-- The same applies for 2nd and 3rd in the age groups.

-- The runners with the fastest times in individual distances will be awarded 3 points for each distance from 3M to marathon in that period. Ties give multiple runners points.

-- Each time a runner qualifies with a race, he or she will get 1 point. It is possible to run more than five races in a period for additional points.

-- Major races are defined as a race with more than 500 finishers or where more than 20% of the runners in that race qualify for the rankings.

-- Major races score higher points.

-- Each time a runner prevails over a runner with a ranked time in their division, he or she will receive 1 point. The point applies even if the runners beaten do not have a second qualifying race to make the rankings.

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 2023 ranking year:*

* Winter 2023 - November 14, 2022 – March 5, 2023

* Spring 2023 - March 6, 2023 – May 29, 2023

* Summer 2023 - May 30, 2023 – September 4, 2023

* Fall 2023 - September 5, 2023 – November 12, 2023

* Best of 2023 (November 14, 2022 through November 12, 2023) - reported March 2024

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

| Event | Location | Date |
|---|---|---|
| Run for Refugees 5K | Roanoke, VA | 8-Sep-23 |
| VHTRC Women's Half Marathon | Fairfax Station, VA | 9-Sep-23 |
| Fahass Chocolate Run 10K | Fredericksburg, VA | 9-Sep-23 |

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|---|---|---|
| Fahass Chocolate Run 5K | Fredericksburg, VA | 9-Sep-23 |
| Mulberry Island 5K | Fort Eustis, VA | 9-Sep-23 |
| Mulberry Island Half Marathon | Fort Eustis, VA | 9-Sep-23 |
| Gene Montague 5K | Triangle, VA | 9-Sep-23 |
| Dashing to Summer's End 10K | Washington, DC | 9-Sep-23 |
| Dashing to Summer's End 5K | Washington, DC | 9-Sep-23 |
| Deep Run Park Run 5K #217 | Richmond, VA | 9-Sep-23 |
| Anacostia Park Run 5K #206 | Washington, DC | 9-Sep-23 |
| Leakin Park 5K #254 | Baltimore, MD | 9-Sep-23 |
| Baltimore and Annapolis Trail Park Run 5K #99 | Pasadena, MD | 9-Sep-23 |
| Roosevelt Island Park Run 5K #286 | Washington, DC | 9-Sep-23 |
| Kensington Park Run 5K #224 | Kensington, MD | 9-Sep-23 |
| Fletcher's Cove Parkrun 5K #335 | Washington, DC | 9-Sep-23 |
| College Park Park Run #300 | College Park, MD | 9-Sep-23 |
| Food for Others 5K | Tysons, VA | 9-Sep-23 |
| Run for Tanzania 5K | Powhatan, VA | 9-Sep-23 |
| Bra Ha Ha 5K | Chesapeake, VA | 9-Sep-23 |
| Odyssey Half Marathon | Douthat State Park, VA | 9-Sep-23 |
| Odyssey Marathon | Douthat State Park, VA | 9-Sep-23 |
| Odyssey 6M | Douthat State Park, VA | 9-Sep-23 |
| Abebe Bikila Day International Peace Half Marathon | Washington, DC | 9-Sep-23 |
| Abebe Bikila Day International Peace Marathon | Washington, DC | 9-Sep-23 |
| Chic's Beach 5K | Virginia Beach, VA | 9-Sep-23 |
| **Charles Street 12M** | Towson, MD | 9-Sep-23 |
| **Arlington Police Fire & Sheriff 9/11 Memorial 5K** | Arlington, VA | 9-Sep-23 |
| 5K for 5-0 | Danville, VA | 9-Sep-23 |
| 911 Memorial 5K | Washington, DC | 10-Sep-23 |
| 911 Memorial Half Marathon | Washington, DC | 10-Sep-23 |
| Pet Day 5K | North Beach, MD | 10-Sep-23 |
| Eliza Hope Foundation Pinecone Run 5K | Virginia Beach, VA | 10-Sep-23 |
| Police Pace 5K | Columbia, MD | 10-Sep-23 |
| Police Pace 10K | Columbia, MD | 10-Sep-23 |
| **Parks Half Marathon** | Rockville, MD | 10-Sep-23 |
| Super H 5K | McLean, VA | 10-Sep-23 |
| **George Washington Patriot Run 10M** | Alexandria, VA | 10-Sep-23 |
| **George Washington Patriot Run 5K** | Alexandria, VA | 10-Sep-23 |
| Tahoma Roller Coaster 5M | Westminster, MD | 10-Sep-23 |
| Bishop Tuesday Night 5K #6 | Vienna, VA | 12-Sep-23 |
| Verdun Adventure Bound 5K #1 | Rixxeyville, VA | 12-Sep-23 |
| Johns Hopkins University | Laurel, MD | 14-Sep-23 |
| My Sole Knows 5K | District Heights, MD | 16-Sep-23 |
| Tekau Heart Memorial 5K | Oxon Hill, MD | 16-Sep-23 |
| Anacostia Park Run 5K #207 | Washington, DC | 16-Sep-23 |
| Laura Teague Curry Memorial 5K | Henrico, VA | 16-Sep-23 |
| Amelia 5K | Amelia, VA | 16-Sep-23 |
| Deep Run Park Run 5K #218 | Richmond, VA | 16-Sep-23 |
| Baltimore and Annapolis Trail Park Run 5K #100 | Pasadena, MD | 16-Sep-23 |
| College Park Park Run #301 | College Park, MD | 16-Sep-23 |
| Roosevelt Island Park Run 5K #287 | Washington, DC | 16-Sep-23 |
| Kensington Park Run 5K #225 | Kensington, MD | 16-Sep-23 |

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|---|---|---|
| Fletcher's Cove Parkrun 5K #336 | Washington, DC | 16-Sep-23 |
| Lost Dog 5K | Lorton, VA | 16-Sep-23 |
| Lost Dog 10K | Lorton, VA | 16-Sep-23 |
| Heart of Virginia 5K | Lynchburg, VA | 16-Sep-23 |
| Heart of Virginia 10K | Lynchburg, VA | 16-Sep-23 |
| Fall Burke Lake 5K | Springfield, VA | 16-Sep-23 |
| Fall Burke Lake 10K | Springfield, VA | 16-Sep-23 |
| Stef Ripple 5K | Arnold, MD | 16-Sep-23 |
| Baron "Deuce" Braswell II Run Against Teen Violence 5K | Spotsylvania, VA | 16-Sep-23 |
| Jessica Meredith Jacobsen Memorial Charge of the Knights 5K | Towson, MD | 16-Sep-23 |
| Eagle Strut 5K | Rocky Mount, VA | 16-Sep-23 |
| Chas Foundation 5K | Suffolk, VA | 16-Sep-23 |
| Laurel Ridge Community College 5K | Middletown, VA | 16-Sep-23 |
| Democracy Dash 10K | Williamsburg, VA | 16-Sep-23 |
| Margarita 5K | Waynesboro, VA | 16-Sep-23 |
| Pepsi 10K | Charlottesville, VA | 16-Sep-23 |
| Zebra Dazzle 5K | Washington, DC | 16-Sep-23 |
| 5K on the Runway | Newport News, VA | 16-Sep-23 |
| Freedom 5K at Lincoln's Cottage | Washington, DC | 16-Sep-23 |
| Go for Bo! Sierra Leone Benefit 5K | Stafford, VA | 16-Sep-23 |
| Race for DC Kids 5K | Arlington, VA | 16-Sep-23 |
| Give a Dog a Job 5K | Richmond, VA | 16-Sep-23 |
| Paws and Claws 5K | Frederick, MD | 16-Sep-23 |
| Valley View Fall 5K | Delaplane, VA | 17-Sep-23 |
| Valley View Fall 10K | Delaplane, VA | 17-Sep-23 |
| Valley View Fall Half Marathon | Delaplane, VA | 17-Sep-23 |
| **Asha-Jyothi 5K** | Fairfax, VA | 17-Sep-23 |
| 911 Heroes 5K | Oakton, VA | 17-Sep-23 |
| Lighthouse Shelter Half Marathon | Annapolis, MD | 17-Sep-23 |
| Jogging Joe 5K | Annapolis, MD | 17-Sep-23 |
| HCS Hammond 5K | Laurel, MD | 17-Sep-23 |
| Charm City 20M | Freeland, MD | 17-Sep-23 |
| Get Ready! Get Set! Get Fit! 5K Run | Rosedale, MD | 17-Sep-23 |
| **DC Half Marathon** | Washington, DC | 17-Sep-23 |
| Verdun Adventure Bound 5K #2 | Rixxeyville, VA | 19-Sep-23 |
| Hokie 5K | Blacksburg, VA | 17-Sep-23 |
| **Hokie Half Marathon** | Blacksburg, VA | 17-Sep-23 |
| Tidal Basin 5K | Arlington, VA | 20-Sep-23 |
| War Dog 5K | Lovingston, VA | 23-Sep-23 |
| Run on the Rocks Half Marathon | Point of Rocks, MD | 23-Sep-23 |
| Run on the Rocks 10M | Point of Rocks, MD | 23-Sep-23 |
| Run on the Rocks 20M | Point of Rocks, MD | 23-Sep-23 |
| College Park Park Run #302 | College Park, MD | 23-Sep-23 |
| Kensington Park Run 5K #226 | Kensington, MD | 23-Sep-23 |
| Fletcher's Cove Parkrun 5K #337 | Washington, DC | 23-Sep-23 |
| Leakin Park 5K #255 | Baltimore, MD | 23-Sep-23 |
| Anacostia Park Run 5K #208 | Washington, DC | 23-Sep-23 |
| Baltimore and Annapolis Trail Park Run 5K #101 | Pasadena, MD | 23-Sep-23 |
| Wildlife Rescue 5K | Lorton, VA | 23-Sep-23 |
| Wildlife Rescue 10K | Lorton, VA | 23-Sep-23 |

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| Harry McPherson 5K for K9 | Richmond, VA | 23-Sep-23 |
| Poolesville Day 5K | Poolesville, MD | 23-Sep-23 |
| Lake Needwood 5K | Derwood, MD | 23-Sep-23 |
| Dulles Day 10K on the Runway | Dulles, VA | 23-Sep-23 |
| **Dulles Day 5K on the Runway** | Dulles, VA | 23-Sep-23 |
| Creek's Edge 5K | Lovettsville, VA | 23-Sep-23 |
| Firebolt 5K | Staunton, VA | 23-Sep-23 |
| Chatham Sartomer Arkema 5K | Chatham, VA | 23-Sep-23 |
| National Capital 20M | Carderock, MD | 24-Sep-23 |
| National Capital 5M | Carderock, MD | 24-Sep-23 |
| Run for the Schools 5K | Falls Church, VA | 24-Sep-23 |
| Perfect 10K | Reston, VA | 24-Sep-23 |
| Perfect 10M | Reston, VA | 24-Sep-23 |
| Autumn Georgetown 5K | Washington, DC | 24-Sep-23 |
| Autumn Georgetown Half Marathon | Washington, DC | 24-Sep-23 |
| Notre Dame 5K | Baltimore, MD | 24-Sep-23 |
| Run Geek Run 5K | Fairfax, VA | 24-Sep-23 |
| Stevensville Metric Half Marathon | Stevensville, MD | 24-Sep-23 |
| HCS Patuxent Valley 4M | Jessup, MD | 24-Sep-23 |
| Verdun Adventure Bound 5K #3 | Rixxeyville, VA | 26-Sep-23 |
| Run Baby Run 5K | Wheaton, MD | 30-Sep-23 |
| Glory Days 5K | Centreville, VA | 30-Sep-23 |
| Anacostia Park Run 5K #209 | Washington, DC | 30-Sep-23 |
| College Park Park Run #303 | College Park, MD | 30-Sep-23 |
| Roosevelt Island Park Run 5K #288 | Washington, DC | 30-Sep-23 |
| Kensington Park Run 5K #227 | Kensington, MD | 30-Sep-23 |
| Fletcher's Cove Parkrun 5K #338 | Washington, DC | 30-Sep-23 |
| Leakin Park 5K #256 | Baltimore, MD | 30-Sep-23 |
| Deep Run Park Run 5K #219 | Richmond, VA | 30-Sep-23 |
| Baltimore and Annapolis Trail Park Run 5K #102 | Pasadena, MD | 30-Sep-23 |
| Pennington Blue Jay 5K | Manassas, VA | 30-Sep-23 |
| Falcon & Bruin 5K | Manassas, VA | 30-Sep-23 |
| Fall Sweet T 5K | Lake Ridge, VA | 30-Sep-23 |
| Get Your Rear in Gear 5K | Lorton, VA | 30-Sep-23 |
| Locust Shade 5K | Triangle, VA | 30-Sep-23 |
| Locust Shade 10K | Triangle, VA | 30-Sep-23 |
| Vetfest 5K | Lebanon, VA | 30-Sep-23 |
| Take the Hill 5K | Roanoke, VA | 30-Sep-23 |
| Marion House 5K | Baltimore, MD | 30-Sep-23 |
| Travis Manion 5K | Chesterfield, VA | 30-Sep-23 |
| Wellesley 5K | Henrico, VA | 30-Sep-23 |
| Run Wild 5K | Moseley, VA | 30-Sep-23 |
| Run Wild 10K | Moseley, VA | 30-Sep-23 |
| Crazy 8 Trail 8 Miler | Williamsburg, VA | 30-Sep-23 |
| **Neptune Festival 8K** | Virginia Beach, VA | 30-Sep-23 |
| Run Richmond 16.19K | Richmond, VA | 30-Sep-23 |
| **Run Richmond 6.19K** | Richmond, VA | 30-Sep-23 |
| **Moore & Giles Virginia 10 Mile** | Lynchburg, VA | 30-Sep-23 |
| **Virginia 7.1K** | Lynchburg, VA | 30-Sep-23 |
| **Navy Federal 5K** | Vienna, VA | 30-Sep-23 |

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| Father Darrin Didier 5K | Emmitsburg, MD | 30-Sep-23 |
| GPS Trail Half Marathon | Sparks, MD | 1-Oct-23 |
| Heritage Challenge Trail 5K | Keswick, VA | 1-Oct-23 |
| Heritage Challenge Trail 10K | Keswick, VA | 1-Oct-23 |
| ZERO Prostate Cancer 5K | Towson, MD | 1-Oct-23 |
| Kosciuszko Freedom Run 5K | Washington, DC | 1-Oct-23 |
| Sowebo Landmark 5K | Baltimore, MD | 1-Oct-23 |
| Run Fur their Lives 5K | Abingdon, VA | 1-Oct-23 |
| Pink Ribbon 5K | Frederick, MD | 1-Oct-23 |
| Bridging the Health Gap Joy Run 5K | Petersburg, VA | 1-Oct-23 |
| Food Market 10K | Columbia, MD | 1-Oct-23 |
| Windmill Creek Vineyard Wine Run 5K | Berlin, MD | 1-Oct-23 |
| Cedar Mountain Rally 5K | Rapidan, VA | 1-Oct-23 |
| Cedar Mountain Rally 10K | Rapidan, VA | 1-Oct-23 |
| Finish the Fight 5K | Christiansburg, VA | 1-Oct-23 |
| AS Metric Marathon | Harwood, MD | 1-Oct-23 |
| Back to School 8K | Chevy Chase, MD | 1-Oct-23 |
| Paw N Pints 5K | Chantilly, VA | 1-Oct-23 |
| March for Marrow 5K | Arlington, VA | 1-Oct-23 |
| Verdun Adventure Bound 5K #4 | Rixxeyville, VA | 3-Oct-23 |
| College Park Park Run #304 | College Park, MD | 7-Oct-23 |
| Roosevelt Island Park Run 5K #289 | Washington, DC | 7-Oct-23 |
| Kensington Park Run 5K #228 | Kensington, MD | 7-Oct-23 |
| Fletcher's Cove Parkrun 5K #339 | Washington, DC | 7-Oct-23 |
| I walk for Acts 5K | Woodbridge, VA | 7-Oct-23 |
| Healthy Start Mind & Body 5K | Lorton, VA | 7-Oct-23 |
| Leakin Park 5K #256 | Baltimore, MD | 7-Oct-23 |
| Deep Run Park Run 5K #220 | Richmond, VA | 7-Oct-23 |
| Anacostia Park Run 5K #210 | Washington, DC | 7-Oct-23 |
| Baltimore and Annapolis Trail Park Run 5K #103 | Pasadena, MD | 7-Oct-23 |
| Caleb's Corner 5K | Laurel, MD | 7-Oct-23 |
| Barrel Oak 6K | Delaplane, VA | 7-Oct-23 |
| Valley View Fall 5K | Delaplane, VA | 7-Oct-23 |
| Three Fox 5K | Delaplane, VA | 7-Oct-23 |
| Run for the Hills 5K | Williamsburg, VA | 7-Oct-23 |
| University of Maryland FCA 5K | Greenbelt, MD | 7-Oct-23 |
| Black Hill 10K | Boyds, MD | 7-Oct-23 |
| Jaunt for Justice 5K | Roanoke, VA | 7-Oct-23 |
| Nasty 9 Trail Run 9M | Lexington, VA | 7-Oct-23 |
| Nasty 9 Trail Run 4M | Lexington, VA | 7-Oct-23 |
| McLean 5K | McLean, VA | 7-Oct-23 |
| Michael Pennefather 5K | Manassas Park | 7-Oct-23 |
| Hawktoberfest 5K | Hagerstown, MD | 7-Oct-23 |
| Freedoms Run Festival Marathon | Shepherdstown, WV | 7-Oct-23 |
| Freedoms Run Festival 10K | Shepherdstown, WV | 7-Oct-23 |
| Freedoms Run Festival 5K | Shepherdstown, WV | 7-Oct-23 |
| Freedoms Run Festival Half Marathon | Shepherdstown, WV | 7-Oct-23 |
| High Bridge 5K | Farmville, VA | 7-Oct-23 |
| High Bridge Half Marathon | Farmville, VA | 7-Oct-23 |
| CCS All Terrain 5K | Charlottesville, VA | 7-Oct-23 |

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| Great Allegany 15K | Cumberland, MD | 7-Oct-23 |
| Great Allegany 5K | Cumberland, MD | 7-Oct-23 |
| Light up the Night against Crime 5K | Chesterfield, VA | 7-Oct-23 |
| High Knob 10K | Norton, VA | 7-Oct-23 |
| Potomac River Run Half Marathon | Carderock, MD | 7-Oct-23 |
| Potomac River Run Marathon | Carderock, MD | 7-Oct-23 |
| Louie Fields 5K | Danville, VA | 7-Oct-23 |
| Heart of Virginia Council 5K | Maidens, VA | 7-Oct-23 |
| Indian River 5K | Pocahontas, VA | 7-Oct-23 |
| Indian River 8K | Pocahontas, VA | 7-Oct-23 |
| Williamsburg Landing 5K Run for Arc Awareness | Williamsburg, VA | 7-Oct-23 |
| Every Steps Counts 5K | Ellicott City, MD | 7-Oct-23 |
| **Bayport Foundation Crawlin' Crab 5K** | Hampton, VA | 7-Oct-23 |
| **Bayport Foundation Crawlin' Crab Half Marathon** | Hampton, VA | 8-Oct-23 |
| 5K Run for Affordable Housing | Occoquan Park, VA | 8-Oct-23 |
| HCS Hebron 5M | Ellicott City, MD | 8-Oct-23 |
| Making Strides 5K | Fredericksburg, VA | 8-Oct-23 |
| Making Strides 10K | Fredericksburg, VA | 8-Oct-23 |
| Rick's Run 5M | Mount Airy, MD | 8-Oct-23 |
| Race for Our Kids 10K | Baltimore, MD | 8-Oct-23 |
| Race for Our Kids 5K | Baltimore, MD | 8-Oct-23 |
| Superhero 5K | Midlothian, VA | 8-Oct-23 |
| Chester River Challenge 5K | Chestertown, MD | 8-Oct-23 |
| Chester River Challenge Half Marathon | Chestertown, MD | 8-Oct-23 |
| Red Shoe 5K | Reston, VA | 8-Oct-23 |
| Community Church 5K | Petersburg, VA | 8-Oct-23 |
| Frosty Pumpkin 10K | Westminster, MD | 8-Oct-23 |
| **Army 10 Mile** | Washington, DC | 8-Oct-23 |
| Fighter 5K | New Market, MD | 8-Oct-23 |
| Merrie Mill Farm 5K | Keswick, VA | 9-Oct-23 |
| Merrie Mill Farm 10K | Keswick, VA | 9-Oct-23 |
| Highlands School 5K | Bel Air, MD | 9-Oct-23 |
| Verdun Adventure Bound 5K #5 | Rixxeyville, VA | 10-Oct-23 |
| Bishop Tuesday Night 5K #7 | Reston, VA | 10-Oct-23 |
| GROC Fall 10K | Greenbelt, MD | 11-Oct-23 |
| Gretna Spooky 5K | Gretna, VA | 14-Oct-23 |
| College Park Park Run #305 | College Park, MD | 14-Oct-23 |
| Roosevelt Island Park Run 5K #290 | Washington, DC | 14-Oct-23 |
| Kensington Park Run 5K #229 | Kensington, MD | 14-Oct-23 |
| Fletcher's Cove Parkrun 5K #340 | Washington, DC | 14-Oct-23 |
| River Valley Ranch 5K | Manchester, MD | 14-Oct-23 |
| River Valley Ranch Half Marathon | Manchester, MD | 14-Oct-23 |
| River Valley Ranch 10K | Manchester, MD | 14-Oct-23 |
| Leakin Park 5K #257 | Baltimore, MD | 14-Oct-23 |
| Anacostia Park Run 5K #211 | Washington, DC | 14-Oct-23 |
| Baltimore and Annapolis Trail Park Run 5K #104 | Pasadena, MD | 14-Oct-23 |
| 5K on the Runway | Roanoke, VA | 14-Oct-23 |
| Racin to Beat Cancer 5K | Fredericksburg, VA | 14-Oct-23 |
| Racin to Beat Cancer 10K | Fredericksburg, VA | 14-Oct-23 |
| Racin to Beat Cancer Half Marathon | Fredericksburg, VA | 14-Oct-23 |

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| Emerging Stars 5K | Spotsylvania, VA | 14-Oct-23 |
| Bernard Greene Memorial 5K | Richmond, VA | 14-Oct-23 |
| NCH Heart-One Cardiac Rehab 5K | Wise, VA | 14-Oct-23 |
| Retriever 5K Dawg Chase | Baltimore, MD | 14-Oct-23 |
| Phoenix Falls 5K | Baskerville, VA | 14-Oct-23 |
| Salem 8K | Salem, VA | 14-Oct-23 |
| Salem Gale Half Marathon | Salem, VA | 14-Oct-23 |
| Beach to Beer 5K | Colonial Beach, VA | 14-Oct-23 |
| Mendota Cut to the Chase 5K | Bristol, VA | 14-Oct-23 |
| Chase for A Cure 5K | Lorton, VA | 14-Oct-23 |
| Chase for A Cure 10K | Lorton, VA | 14-Oct-23 |
| Dead Man's Run 5K | Washington, DC | 14-Oct-23 |
| Danville River City 5K | Danville, VA | 14-Oct-23 |
| Danville Half Marathon | Danville, VA | 14-Oct-23 |
| Colleen's BA 5K | Kensington, MD | 14-Oct-23 |
| Georgetown Half Marathon | Washington, DC | 14-Oct-23 |
| Calvert Memorial 5K | Solomons, MD | 14-Oct-23 |
| Beach to Beer 10K | Colonial Beach, VA | 14-Oct-23 |
| **Baltimore United Way 10K** | Baltimore, MD | 14-Oct-23 |
| **Baltimore Half Marathon** | Baltimore, MD | 14-Oct-23 |
| **Baltimore Marathon** | Baltimore, MD | 14-Oct-23 |
| **Baltimore United Way 5K** | Baltimore, MD | 14-Oct-23 |
| Mason Nation Thriving Together 5K | Fairfax, VA | 14-Oct-23 |
| Joe Howser 5K | Cumberland, MD | 14-Oct-23 |
| Hyattsville Zombie Run 5K | Hyattsville, MD | 14-Oct-23 |
| Vida Thrive 5K | Washington, DC | 14-Oct-23 |
| Fall Foliage 10K | Waynesboro, VA | 14-Oct-23 |
| Fall Foliage 5K | Waynesboro, VA | 14-Oct-23 |
| Grove Trotter 10K | Williamsburg, VA | 14-Oct-23 |
| Boo Ridge 5K | Hillsville, VA | 14-Oct-23 |
| Storm the Bay 10K | Norfolk, VA | 14-Oct-23 |
| 5K for the Arts | Upper Marlboro, MD | 14-Oct-23 |
| Storm the Bay 5K | Norfolk, VA | 14-Oct-23 |
| Western Maryland Half Marathon | Hancock, MD | 15-Oct-23 |
| Western Maryland Marathon | Hancock, MD | 15-Oct-23 |
| Western Maryland 10K | Hancock, MD | 15-Oct-23 |
| Key School 10K | Annapolis, MD | 15-Oct-23 |
| Key School 5K | Annapolis, MD | 15-Oct-23 |
| We got your Back 5K | Reston, VA | 15-Oct-23 |
| Foley Freedom 5K | Washington, DC | 15-Oct-23 |
| Friends of Reston Fall 5K | Reston, VA | 15-Oct-23 |
| 10K Run Through History | Spotsylvania, VA | 15-Oct-23 |
| In Their Shoes 5K | Washington, DC | 15-Oct-23 |
| How Far is a 13K | Washington, DC | 15-Oct-23 |
| How Far is a 4M | Washington, DC | 15-Oct-23 |
| Get Your Rear in Gear 5K | Arnold, MD | 15-Oct-23 |
| Luray Half Marathon | Luray, VA | 15-Oct-23 |
| Luray 5K | Luray, VA | 15-Oct-23 |
| Kinhaven 5K | Arlington, VA | 15-Oct-23 |
| Tidal Basin 5K | Arlington, VA | 18-Oct-23 |

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| Screech's Night Owl 5K | Bel Air, MD | 20-Oct-23 |
| Race to End Veteran Suicide Half Marathon | Fredericksburg, VA | 21-Oct-23 |
| Race to End Veteran Suicide 5K | Fredericksburg, VA | 21-Oct-23 |
| Race to End Veteran Suicide 10K | Fredericksburg, VA | 21-Oct-23 |
| Columbia Island 5K | Arlington, VA | 21-Oct-23 |
| Columbia Island 10K | Arlington, VA | 21-Oct-23 |
| Drug Demand Reduction Dash 5K | Triangle, VA | 21-Oct-23 |
| Two Rivers Run around the Lake 5K | Odenton, MD | 21-Oct-23 |
| Leakin Park 5K #259 | Baltimore, MD | 21-Oct-23 |
| Baltimore and Annapolis Trail Park Run 5K #105 | Pasadena, MD | 21-Oct-23 |
| Anacostia Park Run 5K #212 | Washington, DC | 21-Oct-23 |
| College Park Park Run #306 | College Park, MD | 21-Oct-23 |
| Roosevelt Island Park Run 5K #291 | Washington, DC | 21-Oct-23 |
| Kensington Park Run 5K #230 | Kensington, MD | 21-Oct-23 |
| Fletcher's Cove Parkrun 5K #341 | Washington, DC | 21-Oct-23 |
| Ashland Harvest 10K | Ashland, VA | 21-Oct-23 |
| Ashland Harvest 5K | Ashland, VA | 21-Oct-23 |
| Deep Run Park Run 5K #221 | Richmond, VA | 21-Oct-23 |
| From Here to Eternity Twilight 5K | Norfolk, VA | 21-Oct-23 |
| Oktoberfest 5K | Potomac, MD | 21-Oct-23 |
| Bank of Fincastle 10K | Fincastle, VA | 21-Oct-23 |
| Bank of Fincastle 5K | Fincastle, VA | 21-Oct-23 |
| Run the Rock 5K | Rockville, VA | 21-Oct-23 |
| Cinnamon Bun 5K | Smithburg, MD | 21-Oct-23 |
| Neighbors Helping Neighbors Fall 5K | Sweet Briar, VA | 21-Oct-23 |
| Deep Hollow 5K | Lynchburg, VA | 21-Oct-23 |
| Deep Hollow Half Marathon | Lynchburg, VA | 21-Oct-23 |
| Apple Dumpling 5K | Stuart, VA | 21-Oct-23 |
| Osprey 10K | Roanoke, VA | 21-Oct-23 |
| Osprey 5K | Roanoke, VA | 21-Oct-23 |
| Galax Autumn Days 5K Run | Galax, VA | 21-Oct-23 |
| Run on the Wild Side 5K | South Chesterfield, VA | 21-Oct-23 |
| Wilderness 5K | Spotsylvania, VA | 21-Oct-23 |
| Wilderness 10K | Spotsylvania, VA | 21-Oct-23 |
| All American Beach Ford 5K | Virginia Beach, VA | 21-Oct-23 |
| Spook Hill Cider & Wine 4 Mile | Frederick, MD | 21-Oct-23 |
| **Race for Every Child 5K** | Washington, DC | 21-Oct-23 |
| GPS Cross Country 5K | Baltimore, MD | 21-Oct-23 |
| Weighted Angels 5K | Williamsburg, VA | 21-Oct-23 |
| Haunted Troll Trail 5K | Appalachia, VA | 21-Oct-23 |
| Frank Schaeffer 5K | New Windsor, MD | 21-Oct-23 |
| Those Damn Hills 5K | Lorton, VA | 22-Oct-23 |
| Those Damn Hills Half Marathon | Lorton, VA | 22-Oct-23 |
| Those Damn Hills 10K | Lorton, VA | 22-Oct-23 |
| Fall Classic 10K | Ashburn, VA | 22-Oct-23 |
| Ainsley's Angels 5K | King George, VA | 22-Oct-23 |
| Savage 7K | Savage, MD | 22-Oct-23 |
| **Oktoberfest 5M** | Columbia, MD | 22-Oct-23 |
| HCS Thunder Hill 10K | Columbia, MD | 22-Oct-23 |
| Scarecrow Classic 5K | Sykesville, MD | 22-Oct-23 |

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| College Park Park Run #307 | College Park, MD | 28-Oct-23 |
| Roosevelt Island Park Run 5K #292 | Washington, DC | 28-Oct-23 |
| Kensington Park Run 5K #231 | Kensington, MD | 28-Oct-23 |
| Fletcher's Cove Parkrun 5K #342 | Washington, DC | 28-Oct-23 |
| Leakin Park 5K #260 | Baltimore, MD | 28-Oct-23 |
| Anacostia Park Run 5K #213 | Washington, DC | 28-Oct-23 |
| Baltimore and Annapolis Trail Park Run 5K #106 | Pasadena, MD | 28-Oct-23 |
| Semper Fi 5K | Washington, DC | 28-Oct-23 |
| Semper Fi Half Marathon | Washington, DC | 28-Oct-23 |
| Halloween 5K | Stafford, VA | 28-Oct-23 |
| Zombie Zoom 5K | Baltimore, MD | 28-Oct-23 |
| BARCStoberfest 5K | Baltimore, MD | 28-Oct-23 |
| Cats and Bats Haunted 5K | Aberdeen, MD | 28-Oct-23 |
| Halloween Hustler 5K | Henrico, VA | 28-Oct-23 |
| Crush Cancer 5K | Boydton, VA | 28-Oct-23 |
| Run for the Bulls 5K | Poquoson, VA | 28-Oct-23 |
| Timberwolf Trot and Treat 5K | Poolesville, MD | 28-Oct-23 |
| West End Spooky Sprint 5K | Roanoke, VA | 28-Oct-23 |
| Book it for Books 5K | Arlington, VA | 28-Oct-23 |
| St. Andrew Color Run 5K | Clifton, VA | 28-Oct-23 |
| St. Andrew Color Run 10K | Clifton, VA | 28-Oct-23 |
| Boulder Dash 5M | Williamsport, MD | 28-Oct-23 |
| Boulder Dash 5K | Williamsport, MD | 28-Oct-23 |
| Key City Brew 5K | Frederick, MD | 28-Oct-23 |
| Ghosts, Ghouls, and Goblins 5K | Ashburn, VA | 28-Oct-23 |
| Crusaders Cross Country Challenge 5K | Hagerstown, MD | 28-Oct-23 |
| I am Woman 5K | Lynchburg, VA | 28-Oct-23 |
| Great Goblin Gallop 5K | Roanoke, VA | 28-Oct-23 |
| Getting Scary on the Huckleberry 5K | Christiansburg, VA | 28-Oct-23 |
| Harvest Hustle 10K | Covington, VA | 28-Oct-23 |
| Harvest Hustle 5K | Covington, VA | 28-Oct-23 |
| Harvest Hustle Half Marathon | Covington, VA | 28-Oct-23 |
| Hallowiener 5K | Damascus, VA | 28-Oct-23 |
| Old Bust Head 5K | Vint Hill Farms, VA | 28-Oct-23 |
| Rocketts Landing Cap Trail 10M | Richmond, VA | 28-Oct-23 |
| Rocketts Landing Cap Trail 5K | Richmond, VA | 28-Oct-23 |
| City Point 5K River Run | Hopewell, VA | 28-Oct-23 |
| Monster Mash 5K | Nellysford, VA | 28-Oct-23 |
| Greasy Gooney 10K | Browntown, VA | 28-Oct-23 |
| Into the Darkness 4M | Roanoke, VA | 28-Oct-23 |
| Headless Horseman 5K | Frederick, MD | 28-Oct-23 |
| Ocean City Marathon | Ocean City, MD | 28-Oct-23 |
| **Ocean City Half Marathon** | Ocean City, MD | 28-Oct-23 |
| Ocean City 8K | Ocean City, MD | 28-Oct-23 |
| Ocean City 5K | Ocean City, MD | 28-Oct-23 |
| **Believe In Tomorrow's Port to Fort 6K** | Baltimore, MD | 28-Oct-23 |
| **Anthem Wicked 10K** | Virginia Beach, VA | 28-Oct-23 |
| **Anthem Wicked 5K** | Virginia Beach, VA | 28-Oct-23 |
| Jamestown Half Marathon | Williamsburg, VA | 28-Oct-23 |
| Virginia Company 5K | Williamsburg, VA | 28-Oct-23 |

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| St. Mary's Riviera 10 Mile | Piney Point, MD | 29-Oct-23 |
| Monster Mash Dash 5K | McLean, VA | 29-Oct-23 |
| Halloween Horror 5K | Gainesville, VA | 29-Oct-23 |
| Halloween Horror 10K | Gainesville, VA | 29-Oct-23 |
| One Family Brewing 5K | Lovettsville, VA | 29-Oct-23 |
| **Donate Life Family 5K** | Baltimore, MD | 29-Oct-23 |
| BG 5K | Bel Air, MD | 29-Oct-23 |
| Head & Tails 5K | Owings, MD | 29-Oct-23 |
| Smithsonian Environmental Research Center Zombie Run 5K | Edgewater, MD | 29-Oct-23 |
| **Marine Corps 10K** | Washington, DC | 29-Oct-23 |
| **Marine Corps Marathon** | Washington, DC | 29-Oct-23 |
| College Park Park Run #308 | College Park, MD | 4-Nov-23 |
| Roosevelt Island Park Run 5K #293 | Washington, DC | 4-Nov-23 |
| Kensington Park Run 5K #232 | Kensington, MD | 4-Nov-23 |
| Fletcher's Cove Parkrun 5K #343 | Washington, DC | 4-Nov-23 |
| Leakin Park 5K #261 | Baltimore, MD | 4-Nov-23 |
| Deep Run Park Run 5K #222 | Richmond, VA | 4-Nov-23 |
| Anacostia Park Run 5K #214 | Washington, DC | 4-Nov-23 |
| Baltimore and Annapolis Trail Park Run 5K #107 | Pasadena, MD | 4-Nov-23 |
| Shenandoah River Half Marathon | Bentonsville, VA | 4-Nov-23 |
| Shenandoah River 5K | Bentonsville, VA | 4-Nov-23 |
| Shenandoah River 5K Cross Country | Bentonsville, VA | 4-Nov-23 |
| Shenandoah River 10K | Bentonsville, VA | 4-Nov-23 |
| Stride for SPAN Turkey Trot 5K | Millersville, MD | 4-Nov-23 |
| Downs Park 5 Mile | Pasadena, MD | 4-Nov-23 |
| Jug Bay 10K | Upper Marlboro, MD | 4-Nov-23 |
| Jug Bay 5K | Upper Marlboro, MD | 4-Nov-23 |
| Zoo Zoom 5K | Baltimore, MD | 4-Nov-23 |
| Rock your Socks 5K | Baltimore, MD | 4-Nov-23 |
| Run for Donuts 5K | Salem, VA | 4-Nov-23 |
| Battlefield Half Marathon | Winchester, VA | 4-Nov-23 |
| Battlefield 5K | Winchester, VA | 4-Nov-23 |
| Virginia Brain Tumor 5K | Richmond, VA | 4-Nov-23 |
| CASA Superhero 5K | Lynchburg, VA | 4-Nov-23 |
| Shelter for Help in Emergency 5K | Charlottesville, VA | 4-Nov-23 |
| Yorktown Battlefield 10 Miler | Yorktown, VA | 4-Nov-23 |
| Yorktown Battlefield 5K | Yorktown, VA | 4-Nov-23 |
| Chessie Trail 5K | Lexington, VA | 4-Nov-23 |
| Chessie Trail Half Marathon | Lexington, VA | 4-Nov-23 |
| Chessie Trail Marathon | Lexington, VA | 4-Nov-23 |
| Chessie Trail 10K | Lexington, VA | 4-Nov-23 |
| Fill the Shoes 5K | Alexandria, VA | 4-Nov-23 |
| Cobb Island 5K | Cobb Island, MD | 4-Nov-23 |
| We got your Six Half Marathon | White Plains, MD | 5-Nov-23 |
| We got your Six Marathon | White Plains, MD | 5-Nov-23 |
| Sugarloaf Mountain View 5K | Ijamsville, MD | 5-Nov-23 |
| Run through the Grapevine 8K | Mount Airy, MD | 5-Nov-23 |
| Salute to Veterans 5K | Fredericksburg, VA | 5-Nov-23 |
| Veterans Day 5K | Fairfax, VA | 5-Nov-23 |
| Sprout 5K | Ashburn, VA | 5-Nov-23 |

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| Run of for the Dogs in Blue 5K | Annapolis, MD | 5-Nov-23 |
| Bill Steers 4M | Charlottesville, VA | 5-Nov-23 |
| Red Hot Run 5K | Baltimore, MD | 5-Nov-23 |
| For the Health of it 5K | Fairfax Station, VA | 5-Nov-23 |
| Ecco Adesso 10K | Fairfield, VA | 5-Nov-23 |
| Ecco Adesso 5K | Fairfield, VA | 5-Nov-23 |
| Strider Classic 5K | Chesapeake, VA | 5-Nov-23 |
| Friends 10K | Thurmont, MD | 5-Nov-23 |
| Friends 5K | Thurmont, MD | 5-Nov-23 |
| **Rockville 5K** | Rockville, MD | 5-Nov-23 |
| Rockville 10K | Rockville, MD | 5-Nov-23 |
| College Park Park Run #306 | College Park, MD | 11-Nov-23 |
| Roosevelt Island Park Run 5K #294 | Washington, DC | 11-Nov-23 |
| Kensington Park Run 5K #233 | Kensington, MD | 11-Nov-23 |
| Fletcher's Cove Parkrun 5K #344 | Washington, DC | 11-Nov-23 |
| Leakin Park 5K #262 | Baltimore, MD | 11-Nov-23 |
| Heroes 5K | Williamsburg, VA | 11-Nov-23 |
| Deep Run Park Run 5K #223 | Richmond, VA | 11-Nov-23 |
| Feed a Veteran 5K | Woodbridge, VA | 11-Nov-23 |
| Anacostia Park Run 5K #215 | Washington, DC | 11-Nov-23 |
| Baltimore and Annapolis Trail Park Run 5K #108 | Pasadena, MD | 11-Nov-23 |
| Orchard Run 5K | Germantown, MD | 11-Nov-23 |
| Launch Cares 5K | Rockville, MD | 11-Nov-23 |
| Launch Cares 10K | Rockville, MD | 11-Nov-23 |
| Lorton Station Veterans 5K | Lorton, VA | 11-Nov-23 |
| Lorton Station Veterans 10K | Lorton, VA | 11-Nov-23 |
| Miriam's Kitchen 5K | Washington, DC | 11-Nov-23 |
| Miriam's Kitchen 10K | Washington, DC | 11-Nov-23 |
| Lake Accotink Evening 10K | Springfield, VA | 11-Nov-23 |
| Lake Accotink Evening 5K | Springfield, VA | 11-Nov-23 |
| Schaeffer Half Marathon | Germantown, MD | 11-Nov-23 |
| Schaeffer 10K | Germantown, MD | 11-Nov-23 |
| Narrow Way 5K | Cumberland, MD | 11-Nov-23 |
| Narrow Way 10K | Cumberland, MD | 11-Nov-23 |
| Berryville Turkey Trot 5K | Berryville, VA | 11-Nov-23 |
| Riverwatch On The Piankatank 5K | Gloucester, VA | 11-Nov-23 |
| Westminster 5K | Annandale, VA | 11-Nov-23 |
| **Richmond Marathon** | Richmond, VA | 11-Nov-23 |
| **Richmond 8K** | Richmond, VA | 11-Nov-23 |
| **Richmond Half Marathon** | Richmond, VA | 11-Nov-23 |
| Freedom is Never Free 5K | Potomac, MD | 12-Nov-23 |
| Freedom is Never Free Half Marathon | Potomac, MD | 12-Nov-23 |
| Freedom is Never Free 10K | Potomac, MD | 12-Nov-23 |
| Veterans 5K | Fredericksburg, VA | 12-Nov-23 |
| Veterans 10K | Fredericksburg, VA | 12-Nov-23 |
| Semper K9 9K | Fredericksburg, VA | 12-Nov-23 |
| Tysons Rotary Turkey Trot 5K | Tysons, VA | 12-Nov-23 |
| Angel Park 5K | Perry Hall, MD | 12-Nov-23 |
| Friends of the National Arboretum 5K | Washington, DC | 12-Nov-23 |
| Meadowbrook 3M | Ellicott City, MD | 12-Nov-23 |

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| Meadowbrook 10K | Ellicott City, MD | 12-Nov-23 |
| Rosaryville 20K | Rosaryville, MD | 12-Nov-23 |
| Mayberry 7M | Mayberry, MD | 12-Nov-23 |
| **Bay Bridge 10K** | Annapolis, MD | 12-Nov-23 |