

2024 Winter Rankings Racing is Back to Full Force

(November 13, 2023 – March 10, 2024)

50 Plus Club

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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 of work from data entry, formulation, writing, and editing before there are posted online at [Regional Runner Rankings – Potomac River Running](#).

I, as one of the donors, am asking those who are able to support his efforts in providing what I believe is the best and most comprehensive analysis of ranking for any region in the country. Please feel free to contact me 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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Year	Major Races	Total Races	Percent of Ranked Runners	Ranked Times	Runners raced
Winter 2019	62	341	3.09%	4193	135744
Winter 2020	76	447	3.61%	5900	163448
Winter 2021	5	303	8.13%	2561	31506
Winter 2022	44	377	4.59%	4217	91859
Winter 2023	57	397	4.28%	4977	116305
Winter 2024	72	525	3.90%	5862	150399

To help explain the table below take for example the 65-69 women's division. Eighty-seven runners (Total of Ranked Women) among themselves combined to race 304 times (Women Ranked Races of qualifiers). Four hundred and eighty-five runners (Total Women's qualifying racers) means that 181 (485-304) women ran just one race at a ranked time and did not qualify.

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	36	457	87	41	451	105
90 & older	1	4	4	1	1	1

85-89	29	59	39	3	18	8
80-84	22	155	88	8	104	43
75-79	56	326	236	19	108	66
70-74	43	234	185	46	295	171
65-69	38	196	146	87	485	304
60-64	64	347	242	78	463	266
55-59	32	153	101	55	283	166
50-54	28	144	96	29	179	80
45-49	25	124	71	28	194	102
40-44	48	200	147	57	225	148
35-39	24	128	69	38	181	108
Open	46	298	123	64	356	178
Total 2024	492	2825	1634	554	3343	1746
Total 2023	412	2369	453	2814	1283	1444
Total 2022	367	1966	380	2322	1188	1152
Total 2021	218	1339	864	220	1369	858
Total 2020	476	2632	1555	605	3469	1925
Total 2019	365	1934	1083	424	2445	1240

With so many smaller events, it is not surprising that 25 races met the gold standard of competition with 20% or more ranked runners and 95 made the silver standard of 10% ranked runners. Racing is back to full strength and also due to the usual plethora of large Thanksgiving events a huge 71 races were major events, 500 or more runners. Thirty-four contained more than 1,000 runners. There were 350 5Ks and 66 10Ks. The half marathon was held 27 times and the full marathon five times. The 8K/5M combined for twenty-four events and the ten-mile appeared sixteen times. Nearly every distance was twenty percent or more than last year.

Lisa McNichols, 38, was the oldest of thirty-five runners not from the open division (20-34) to qualify for the women's Elite Division that increased to 64 qualifiers. Twenty-four female runners were outright winners who were not (20-34). Perry Shoemaker, 52, was the eldest. Sixteen male runners qualified for the Elite Division from another division, the oldest being Scott Wallace, 44. Seven runners were outright winners who were not (20-34). Adam Otstot, 41, was the eldest. The men's Elite Division increased to 46 qualifiers.

For the women, a masters runner was the overall winner 80 times, nearly twice as many as last winter; for the men, 47 times. For the women, Linda Gulick, 72, was the oldest outright winner. For the men, Henry Wigglesworth, John Chall, and Paul Beers, all 66, were the oldest outright winners.

We are posting in **blue** all the runners with **National Class** times (80%) of the top-rated times for each division based on their best time in 10K equivalence. Also, we are posting in **purple** all the runners with **World Class** times (90%) of

the top-rated times for each division based on their best time in 10K equivalence. The time standards 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. In the past, the division champions received their age grading based on their 10K equivalent. However, each race distance has a different age grading that does not always match up with the expected 10K equivalence. Also, we are now basing on their actual age as well as the actual distance they ran. Thus, it is possible for an older runner in the same division to have a better age graded event than the champion. There will be some runners who are up to the 80% level by being on the older side of the 5-year division that get missed. However, in this manner, everyone in **blue** will be at least 80%; everyone in **purple** will be at least 90%.

For the winter, ten women's divisions provided at least one **National Class** racer ranked, the total was 47. In the Open division, there were 31 though twenty-one double dipped from other divisions. The men were even more impressive with 74 **National Class** racers with at least one from ten divisions. In the Open division, there were 36, though fifteen double dipped from other divisions.

In the "you got to play to win" category, i.e. (you only qualified in one race) an impressive additional 129 men and 69 women ran a **National Class** race.

Seven runners made **World Class** status: 90% Age Grade: Betty Brothers, 77, 93.72%, Willy Fink, 29, 93.36%, Cindy Conant, 62, 93.24%, Perry Shoemaker, 52, 92.28%, Pete Gibson, 67, 91.95%, Samantha Nadel, 28, 91.21%, and Amy Subar, 67, 90.07%.

The only female qualifier above 88% are Lisa McNichols, 58, 89.78%, Allie Zealand, 17, 89.54%, Susanna Sullivan, 34, 89.16%, Serena Burla, 41, 89.01

The top male qualifiers above 88% are Brian Flynn, 40, 89.31%, Braden Forest, 40, 89.26%, Adam Otstot, 41, 89.22%, Pete Wergin, 58, 88.96%, Philippe Rolly, 51, 88.67%, Thomas Hicks, 52, 88.48%, Mark Neff, 61, 88.48%,

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

National Class			World Class		
Age Group	Men 10K=	Women 10K=	Age Group	Men 10K=	Women 10K=
19 and younger	00:33:24	00:38:01	19 and younger	00:29:41	00:33:48
20-34	00:33:24	00:37:55	20-34	00:29:41	00:33:42
35-39	00:33:42	00:38:11	35-39	00:29:58	00:33:57
40-44	00:34:39	00:39:03	40-44	00:30:48	00:34:42
45-49	00:36:02	00:40:34	45-49	00:32:02	00:36:03

50-54	00:37:33	00:42:50	50-54	00:33:23	00:38:04
55-59	00:39:12	00:45:33	55-59	00:34:51	00:40:29
60-64	00:41:00	00:48:36	60-64	00:36:27	00:43:12
65-69	00:42:58	00:52:08	65-69	00:38:12	00:46:20
70-74	00:45:11	00:56:10	70-74	00:40:10	00:49:56
75-79	00:48:27	01:00:55	75-79	00:43:04	00:54:09
80-84	00:53:37	01:06:45	80-84	00:47:40	00:59:20
85-89	01:01:52	01:16:40	85-89	00:55:00	01:08:09
90-90	01:15:50	01:35:26	90-90	01:07:24	01:24:50
95 and older	01:42:57	02:17:03	95 and older	01:31:30	02:01:49

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

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 four or eight points (major race) as well as gain four or eight points (major race) depending on which end of the head-to-head they fall on.

We now list the 10K equivalent of each runner's fastest race next to their spot in the ranking list. Remember, the fastest time is not always the best race and each runner has at least two races to qualify. We make an exception for runners 85 and older.

Now let's see who made the top.

Open Men

Alexandria Turkey Trot 5M 22:50, 10K = 28:48 Willy Fink – **93:36%**

As always, the Alexandria Turkey Trot 5M is a big mover for the top racers. Keith Carlson finished strongly in 24:14, so even with a disappointing National Cross-Country Championships 10K in 33:30 he settled in as the runner-up. Fourth ranked Max McNeil had a potent 24:24 at the big five miler and ran an excellent RRCA Challenge 10 Mile, another main destiny maker, to a second overall 51:36. However, third ranked Jeremy Ardanuy upped his game from the tenth

best race, winning the Northern Central Trail Half Marathon in 1:08:33, to winning the Challenge in 51:13.

Meanwhile, defending champion Harrison Toney pumped out the third best race, winning the Frostbite 10.6K in 33:29, ahead of top master and sixth overall Brian Flynn (33:47), ninth ranked Ryan McCracken (34:01), and twentieth ranked Matthew Peart (34:49). Then Toney backslides at the Dahlgren Railroad Heritage Trail Half Marathon, finishing a place behind tenth ranked Zachary Prescott who won it all, 1:09:19 to 1:09:48. With the season slipping away, Toney held on to his crown with a wonderful second overall at the One City Half Marathon in 1:06:45, ahead one place on Flynn (1:09:12), as well as fourteenth place Mason Joiner (1:09:51) and eighteenth ranked Forest Braden (1:10:54)

Back in Baltimore, Robert Creese takes fifth place with an overall win at the Kelly's Shamrock 5K in 14:51, ahead of seventh ranked Pieter Heesters (14:57), Ardanuy in third place with 15:00, and sixteenth ranked James Heilman (15:14). The speedy Heilman would break 4:00, winning the Westminster Main Street mile in April. Creese also bore an unsatisfactory National Cross-Country Championships 10K in 31:50 though it was the fastest among the qualifiers, beating fifteenth ranked Aaron Bratt (32:13). Moving west to Columbia, Creese was third at the RRCA Challenge 10 Mile in 52:22, ahead of twelfth ranked and top submaster Thomas Bean (52:38) and seventeenth ranked Zach Zaminski (52:45) as well as nineteenth ranked Ben Szuhaj (53:49).

Eighth ranked Eric Beyerle was solid at the Alexandria Turkey Trot 5M in 24:38, ahead of Bratt (25:04), Szuhaj (25:22), and Prescott (25:37). Devin Horseman-Guy snuck past a few into eleventh place with a second overall at the Annapolis Running Festival Half Marathon in 1:09:35. Joe Lorusso takes thirteenth place by virtue of his runner-up placement at the Ashburn Farm 5K in 15:11.

Forty-six runners qualified for the division with sixteen coming from other divisions. Thirty-six qualifiers made at least one [National Class](#) time with 80% age grading. We have noted the exact age graded times for all racers from other divisions.

[National Class times \(80%\) = 33:24](#)

[World Class status \(90%\) = 29:41](#)

PI	Name	Age	Hometown	10K=	AG%
1	Toney, Harrison*	30	Richmond, VA	30:17	87.67%
2	Carlson, Keith	27	Washington, DC	30:33	87.96%
3	Ardanuy, Jeremy****	30	Baltimore, MD	30:49	85.91%
4	McNeill, Max	30	Arlington, VA	30:46	87.36%
5	Creese, Robby**	30	Mount Airy, MD	30:59	87.65%
6	Flynn, Brian*	40	Ashland, VA	31:02	89.31%
7	Heesters, Pieter*	19	Baltimore, MD	31:11	86.65%

8	Beyerle, Eric	31	Washington, DC	31:04	86.67%
9	McCracken, Ryan*	24	Henrico, VA	31:15	85.49%
10	Prescott, Zachary*	27	Arlington, VA	31:27	84.23%
11	Horseman-Guy, Devin*	24	Churchton, MD	31:34	83.90%
12	Bean, Thomas*	35	North East, MD	31:40	84.14%
13	LoRusso, Joe*	33	Herndon, VA	31:40	86.50%
14	Joiner, Mason*	23	Centreville, VA	31:42	85.14%
15	Bratt, Aaron	22	Bethesda, MD	31:37	85.04%
16	Heilman, James***	29	Lutherville Timonium, MD	31:47	85.34%
17	Kaminski, Zach	32	Baltimore, MD	31:44	83.44%
18	Braden, Forest**	40	Williamsburg, VA	32:03	89.26%
19	Szuhaj, Ben*	27	Washington, DC	31:59	84.03%
20	Peart, Matthew*	27	Richmond, VA	31:59	83.53%
21	Shugart, Cole	26	Richmond, VA	32:14	82.17%
22	Otstot, Adam*	41	Williamsburg, VA	32:16	89.22%
23	Lamprecht, Isaac*	17	New Kent, VA	32:22	84.32%
24	Crouzier, Nicolas****	38	Gaithersburg, MD	32:38	82.64%
25	Derrick, Joshua	26	Baltimore, MD	32:45	80.90%
26	James, Peter	40	Alexandria, VA	32:57	85.14%
27	Doescher, Scott	30	Gainesville, VA	32:55	84.47%
28	Wright, Kevin	35	Sterling, VA	33:03	80.55%
29	Sachs, Adam	28	Ellicott City, MD	33:06	
30	Renjifo, Carlos	41	Fulton, MD	33:08	83.02%
31	Free, Christopher***	38	Virginia Beach, VA	33:11	81.15%
32	Jauregui-Volpe, Marcelo	28	Washington, DC	33:16	
33	Hopper, Roger*	33	Chesapeake, VA	33:30	
34	Mazzarella, Brandon	29	Reston, VA	33:25	81.17%
35	Sutor, Jake	28	Chesapeake, VA	33:31	80.81%
36	Romanow, Nicholas	24	Washington, DC	33:29	80.29%
37	Morgan, Ian*	31	Bethesda, MD	33:33	
38	Ladson, Jonathan*	32	Woodbridge, VA	33:31	
39	Mercer, Dickson	42	Takoma Park, MD	33:31	84.95%
40	Leyhe, Travis	37	Frederick, MD	33:35	
41	Baxley, Will	25	Arlington, VA	33:37	80.56%
42	Taylor, Trent*	21	Sykesville, MD	33:39	80.48%
43	Harlow, Michael	42	Glen Allen, VA	33:40	83.61%
44	Levine, Louis	27	Frederick, MD	33:41	80.39%
45	Redfern, Jeffrey*	40	Washington, DC	33:45	83.13%
46	Wallace, Scott	44	New Market, MD	33:52	86.86%

19 & Younger Men

National Cross-Country Championships 8K 24:25, 10K = 30:59 Birhanu Harriman – **86.89%**

Runner-up Addison Brooks bookended the season with impressive range, He bolted out on day one with a swift overall win at the MVHS Cares Turkey Trot 5K in 15:00. Then on the final weekend, he traveled to Annapolis for a win at the Annapolis Running Festival Half Marathon in 1:16:02. Our champion Pieter Heesters traced a similar path, racing first on Thanksgiving at the Baltimore YMCA Turkey Trot 5K for a tape-breaking 15:24. Then on the final day of the season, he squeezed past Brooks, racing a fabulous 14:57 at the competitive Kelly's Shamrock 5K. Third ranked Isaac Lamprecht took gold at the First Day 5K with 15:31. Later in the month, he raced a potent National Cross-Country Championships 8K in 26:02.

Duncan did his damage leading the field to the finish at the Peaks of Otter 5K in 16:21 to earn fourth place. Fifth place goes to Owen Hogeboom who finished second twice, including the Frosty 5K in Fairfax at 16:26. Sixth ranked Ezra Weissman lost a photo finish with Susanna Sullivan (16:36 each) to be the first finisher at the Reston New Year's Day 5K. Eric Johnson is a Park Run sycophant. While he is known for winning it all at the B&A Trail version (17:04), this winter he ran best at College Park (16:42).

Eighth place goes to Carson Rico for his runner-up spot at the Lansdowne Turkey Trot 5K in 16:46. Moss Hunter was first at the First Day 5K in 16:49 to take ninth place. Shane Stevens won it all at the Deck the Heels 5K in 16:54 to round out the top ten.

The division bulked up to thirty-six qualifiers. Five runners provided **National Class** times (age grade 80% or better).

National Class times (80%) = 33:24
World Class status (90%) = 29:41

PI	Name	Age	Hometown	10K=	AG%
1	Heesters, Pieter**	19	Baltimore, MD	31:11	86.65%
2	Brooks, Addison***	18	Fort Belvoir, VA	31:17	86.56%
3	Lamprecht, Isaac*	17	New Kent, VA	32:22	84.32%
4	Duncan, Eric**	16	Roanoke, VA	34:06	81.04%
5	Hogeboom, Owen	18	Fairfax Station, VA	34:17	
6	Weissman, Ezra*	17	Washington, DC	34:38	
7	Johnson, Eric**	18	Baltimore, MD	34:50	
8	Rico, Carson**	16	Chantilly, VA	34:59	
9	Moss, Hunter**	19	Mechanicsville, VA	35:05	
10	Stevens, Shane**	16	Altavista, VA	35:15	
11	Ahmad, Ayaan**	15	Clarksburg, MD	35:32	

12	Thessen, Emmett***	14	Rockville, ND	35:51	
13	Cochran, Nate**	16	Newport News, VA	35:50	
14	Steis, Roman*	17	Arlington, VA	35:59	
15	Whitaker, Cole****	18	Chesapeake, VA	36:29	
16	Kavanagh, Teddy*	19	Bethesda, MD	36:26	
17	Saunders, Jaleb**	19	College Park, MD	36:39	
18	Small, Zern	11	Manakin Sabot, VA	39:41	84.83%
19	Helmke, Jack*	19	Charlottesville, VA	36:45	
20	Van Houten, Andrew**	17	Arlington, VA	36:51	
21	Johnson, Carter	19	Winchester, VA	36:47	
22	Jones, Grayson**	14	Henrico, VA	36:57	
23	Lutz, Hunter***	18	Culpeper, VA	37:04	
24	Foley, Michael****	17	Ridgeway, VA	37:18	
25	Hemler, Andrew*	16	Nottingham, MD	37:29	
26	Horton, Landon****	14	Paris, VA	37:37	
27	Leith, Wesley	16	Baltimore, MD	37:35	
28	Demato, Michael*	14	Front Royal, VA	37:37	
29	Nebbia, Jack****	17	Baltimore, MD	37:58	
30	Rothery, Joshua*	15	Frederick, MD	38:10	
31	Travis, Kenny***	17	Pasadena, MD	38:29	
32	Henderson, Lucas**	15	Williamsburg, VA	38:29	
33	Lorusso, Daniel*	17	South Riding, VA	38:44	
34	Graustein, Tim***	17	Pasadena, MD	38:54	
35	Miller, Cole*	15	Bel Air, MD	39:13	
36	Clark, Henry	17	Chantilly, VA	39:21	

35-39 Men

Winter Hains Point 5K 15:08, 10K = 31:34 Zach Pistilli – 87.67%

Thomas Bean started the year with an overall victory at the Resolution 5K in Perryville with 15:36. That might have been enough to take the title as he bettered runner-up Nicolas Crouzier who had been the top 5K racer by winning it all Christmas week at the tiny Anacostia Park Run 5K in 15:46. But February customarily ends with the mighty RRCA Challenge 10 Mile where all the clubs in the region send their top dogs to compete for bragging rights. Bean earns the title winning his age group in 52:38 with Crouzier taking third in 54:15. Third ranked Noah Eisenberg was next in 54:47 just slightly better than the overall triumph for Crouzier at the Park Run in College Park (15:50). Sixth ranked Travis Leyhe ran the 10 miler in 55:49 though he was the only racer in the top nine not to earn a **National Class** time. The 5K always produces better age grading than the 10 mile.

At the big time One City Half Marathon fourth ranked Kevin Wright edges fifth ranked Christopher Free, 1:12:51 to 1:13:08. Free provided a better 5K for his second overall win at the Resolution Run 5K in 16:02 then did Wright when he won it all at the Dash around the Point 5K in 16:10. Seventh place Sam Sharp was just around the corner, finishing the St. Rita's 5K in 16:12, while besting eighth ranked James Parker (16:26). The Alexandria Turkey Trot was perhaps the most potent race of the season where Willy Fink (22:50) displayed the top race for the entire season. However, they employed ten-year age groups so Matt Deters was sixth rather than second in his age group with a solid 27:02. No other qualifying submaster ran in that event.

Tenth ranked James Erickson was second overall at the Blue Gray Half Marathon in 1:16:45. Andrew Parkins scooped up the last **National Class** time, racing the Drumstick Dash 5K in 16:49.

The submasters division becomes nearly the Elite division with nine of the twenty-four qualifiers in the division displaying **National Class** times (age grade 80% or better).

National Class times (80%) = 33:42

World Class status (90%) = 29:58

PI	Name	Age	Hometown	10K=	AG%
1	Bean, Thomas**	35	North East, MD	31:40	84.14%
2	Crouzier, Nicolas****	38	Darnestown, MD	32:38	82.64%
3	Eisenberg, Noah***	39	Alexandria, VA	32:58	82.29%
4	Wright, Kevin*	35	Sterling, VA	33:03	80.55%
5	Free, Christopher***	38	Virginia Beach, VA	33:11	81.15%
6	Leyhe, Travis*	37	Frederick, MD	33:35	
7	Sharp, Sam**	38	Alexandria, VA	33:48	83.44%
8	Deters, Matt*	38	Fairfax, VA	34:05	81.13%
9	Parker, James**	37	Falls Church, VA	34:17	81.56%
10	Erickson, James**	37	Woodberry Forest, VA	34:49	
11	Parkins, Andrew**	39	Salem, VA	35:05	80.97%
12	Adams, Benjamin***	39	Ellicott City, MD	35:22	
13	Farber, Jason*	39	Baltimore, MD	35:26	
14	Preston, Steven**	35	California, MD	35:28	
15	Ford, Kevin	36	Baltimore, MD	35:32	
16	Bertoglio, Jordan****	37	Quantico, VA	35:36	
17	Craig, Michael**	36	Lynchburg, VA	35:38	
18	Sewell, Sean*	35	Henrico, VA	35:42	
19	Ridzel, Andrei*****	35	Rockville, MD	35:42	
20	Sandhu, Varinder	38	Hanover, MD	35:40	
21	Minix, Rusty**	36	Aldie, VA	35:53	
22	Kane, Joe*	37	Washington, DC	35:56	

23	Camp, Kevin*6	35	Silver Spring, MD	35:55
24	Anderson, James	38	Bethesda, MD	36:29

40-44 Men

Frostbite 10.6K 33:47, 10K = 31:02

Brian Flynn aged up but he made no plans to end his propensity for top three finishes. He started with the Blue Gray Half Marathon, breaking the tape in 1:10:48. He slowed a mere two seconds in February at the Dahlgren Railroad Heritage Trail Half Marathon but was ushered back to third overall. Earlier, he sealed the crown at the 10.6K Frostbite 10.6K (normally a 15K) in 33:47, ahead of eighth ranked Michael Harlow (36:39). He wrapped up his season taking down runner-up Forest Braden and third ranked Adam Otstot, both former champions, with a third overall One City Half Marathon in 1:09:12. Braden ran 1:10:54, while Otstot finished with 1:11:57. Those two events were essential as Braden had previously won it all at the National Cross-Country Championships 8K in 25:35, well ahead of runner-up-placing Flynn (25:52). Third place Otstot finished in 26:19. Also racing there were twelfth ranked Matt Barresi (26:52), seventeenth ranked Christopher Pirch (27:05) and twenty-second Andoni Bujan (27:34), as well as thirteenth ranked Charlie Ban and fourteenth ranked Peter Derby who finished in tandem with 27:10. The latter two enjoyed another better race for their spot. Ban ran the Alexandria Turkey Trot 5M in 26:57 and was fourth age group behind fourth ranked winner Peter James (26:08). Seventh ranked Dickson Mercer (26:35) was next ahead of ninth ranked Jeffrey Redfern (26:46).

Otstot edged Braden on their first encounter at the Busch Gardens Christmas Town Dash 8K, 26:15 to 26:18. Braden came storming back two weeks later at the Jingle Jog 5K in 15:22 to dispense Otstot (15:28) who was second overall at the event. At the difficult Sentara Colonial Half Marathon in February, Braden as third overall in 1:12:08 again had the measure of Otstot who placed one spot behind him in 1:12:21. Eighteenth ranked Scott Ickes ran 1:15:52 to finish ninth overall. Later, in the shortest month, fifth ranked Patrick Blair nipped out sixth ranked Carlos Renijifo, 54:58 to 55:04 ahead of Mercer (56:08) and eleventh ranked Charlie Stern (56:17).

Tenth ranked Scott Wallace is known for blistering middle distance speed (see his win at the Sheppard Pratt Frederick Turkey Trot 5K in 16:14). Still, he was not too shabby as third overall at the Northern Central Trail Half Marathon with 1:14:43. Jimmy Sosinsky is rewarded with sixteenth place, running the River City Half Marathon in 1:15:15. Aaron Anderson is known for blistering speed. In April, he ran the division's fastest mile at the Main Street Mile in Westminster in 4:18. He earns fifteenth place as third overall at the YMCA Turkey Chase 10K in 34:05.

We normally do not go so deep into a division but with nineteenth ranked Todd Burns winning it all at the Stuffing Stomp 5K in 16:30 and tying with Ickes as the

first times not an Elite division qualifier, it would be a shame not to mention all of these **National Class** racers. Twenty first ranked Charlie Hurt was third overall at the Boar's Head Turkey Trot 5K in 16:39. Just ahead of him in twentieth place resides Jon Ladesic who finished second at the Tidewater Striders Tune-up 15M in 1:28:18.

The division more than doubled to the largest number of qualifiers ever with forty-eight. The division displayed twenty-two **National Class** times (age grade 80% or better) easily the most ever by a division.

National Class times (80%) = 34:39

World Class status (90%) = 30:48

PI	Name	Age	Hometown	10K=	AG%
1	Flynn, Brian*6	40	Ashland, VA	31:02	89.31%
2	Braden, Forest*****	40	Williamsburg, VA	32:03	89.26%
3	Otstot, Adam*6	41	Williamsburg, VA	32:16	89.22%
4	James, Peter**	40	Alexandria, VA	32:57	85.14%
5	Blair, Patrick**	42	Catonsville, MD	33:04	83.84%
6	Renjifo, Carlos**	41	Fulton, MD	33:08	83.02%
7	Mercer, Dickson*	42	Takoma Park, MD	33:31	84.95%
8	Harlow, Michael*****	42	Glen Allen, VA	33:40	83.61%
9	Redfern, Jeffrey**	40	Washington, DC	33:45	83.13%
10	Wallace, Scott**	44	New Market, MD	33:52	86.86%
11	Stern, Charlie**	42	Silver Spring, MD	33:52	81.88%
12	Barresi, Matthew**	40	Palmyra, VA	34:09	82.23%
13	Ban, Charlie*	41	Washington, DC	33:59	82.75%
14	Derby, Peter*	42	Richmond, VA	34:04	85.10%
15	Anderson, Aaron*	40	Gaithersburg, MD	34:05	81.32%
16	Sosinski, Jimmy**	44	Haymarket, VA	34:09	82.30%
17	Pirch, Christopher*	43	Spotsylvania, VA	34:22	83.57%
18	Ickes, Scott*****	42	Williamsburg, VA	34:25	80.29%
19	Burns, Todd***	43	Arlington, VA	34:25	84.85%
20	Ladesic, Jon**	42	Olney, MD	34:35	81.40%
21	Hurt, Charlie**	40	Charlottesville, VA	34:44	82.38%
22	Bujan, Andoni	40	Washington, DC	34:46	80.29%
23	Koehler, Scott**	40	Odenton, MD	35:02	
24	Smith, Mike***	40	Bethesda, MD	35:16	
25	Klapper, Bradley*	44	Washington, DC	35:19	
26	Saelens, Andrew*	43	Alexandria, VA	35:27	
27	Varney, Stephen***	42	Kensington, MD	35:27	
28	Naegele, Philipp Alexander*****	40	Rockville, MD	35:28	
29	Sohn, Joshua	42	Washington, DC	35:31	
30	Young, Chad*	42	Gaithersburg, MD	35:48	

31	Chen, Eddie**	43	Ashburn, VA	35:53
32	Singsaas, Joshua	42	Arlington, VA	35:54
33	Ridge, Clark*8	41	Berwyn Heights, MD	36:07
34	Magar, Tanka****	41	Nottingham, MD	36:07
35	Mason, Mike**	40	Stafford, VA	36:07
36	Cheng, Jonathan**	40	Baltimore, MD	36:31
37	Meeker, Dustin**	42	Baltimore, MD	36:35
38	Sucup González, Anastacio*	43	Glen Burnie, MD	36:30
39	Michels, Matthew	42	Virginia Beach, VA	36:41
40	Greszler, Timothy	44	Bethesda, MD	36:39
41	Cotton, John*	40	Kensington, MD	36:43
42	Dwyer, Jason	44	Sterling, VA	37:05
43	Qureshi, Ahmed*	42	Fairfax, VA	37:09
44	Addison, Alex**	44	Midlothian, VA	37:10
45	Evans, Adam**	41	Burke, VA	37:14
46	Addisu, Yared*	43	Bristow, VA	37:23
47	Jacoby, Bert*	40	Fredericksburg, VA	37:31
48	Highsmith, Jim**	41	Newport News, VA	37:37

45-49 Men

Northern Central Trail Marathon 2:37:33, 10K = 33:49

Michael Wardian will soon be the big 50 so this winter he rushed to take care of the business of winning the title.... again. He owned the second fastest race with an excellent Alexandria Turkey Trot 5M in 27:38. It is a little misleading getting sixth place in the division as the race employs ten-year age groups and the 40-44 division is perhaps the strongest field ever this winter. Two days later, the man with infinite endurance was second overall at the Northern Central Trail Marathon in 2:37:33. Winning a division with a marathon is rare. Runner-up Colin Fishwick had the third best race as third overall at the MCRRC Jingle Bell Jog 8K in 28:07. He also bolstered his creds taking on the new Kemp Mill Chills 10K in 36:01, This event is earning its reputation as one of the most challenging 10Ks in the region.

Did someone say Challenge? Third ranked Jim Dahlem out lasted fourth ranked Michael Mbagu at the RRCA Challenge 10 Mile, 59:33 to 59:36 with sixth ranked Danny Muehlschlege (1:00:12) not far behind. Dahlem added six age group wins, including the Turkey Burnoff 10M in 1:00:35) and a slew of Park Run 5Ks. Fifth ranked Mark Tompkins showed off to division's best. He raced 17:24 at the Blue Talon Bistro Turkey Trot 5K early on and was never caught. At the end of the season who boasted the best at the One City Half Marathon in 1:20:16. Eighth ranked Sam Sharp was a little faster at the Megsmiles 5K for the Journey in 17:41 than was Matt Wisnioski, winning at the Blacksburg Classic 10M in 1:01:48. However when they met at the National Cross Country Championships 8K, Wisnioski got to the finish first in 29:16 to take seventh place ahead of

Sharp's 29:42. Tenth ranked Daniel Kolasa ran 29:24 but it was not quite enough to overcome Sharp's 5K. Also, Kolasa finished behind Wisnioski at Blacksburg with 1:04:06.

Ninth ranked Matthew Barnes posted two swift 5Ks, including the Turkey Day 5K in 17:53. The second event, the Run with Santa 5K, is known to be long. Still, Barnes could only spare 1 more second, finishing second overall in 17:54. Eleventh ranked Rick Nelson matched that time exactly at the Columbia Turkey Chase 5K.

The division contains twenty-five qualified runners. One fifth of the runners (5 provided **National Class** times (age grade 80% or better).

National Class times (80%) = 36:02

World Class status (90%) = 32:02

PI	Name	Age	Hometown	10K=	AG%
1	Wardian, Michael*	49	Arlington, VA	33:49	86.33%
2	Fishwick, Colin**	46	Silver Spring, MD	35:41	82.45%
3	Dahlem, Jim*6	46	Gaithersburg, MD	35:50	
4	Mbagu, Michael	46	Baltimore, MD	35:52	
5	Tompkins, Mark**	48	Williamsburg, VA	36:18	83.52%
6	Muehlschlegel, Danny**	49	Baltimore, MD	36:13	81.09%
7	Wisnioski, Matt*	45	Arlington, VA	37:08	
8	Sharp, John*	49	Richmond, VA	36:53	82.75%
9	Barnes, Matthew****	45	Fairfax, VA	37:18	
10	Kolasa, Daniel	45	Blacksburg, VA	37:19	
11	Nelson, Rick**	45	Columbia, MD	37:20	
12	Pattee, Jon *	45	Reston, VA	37:35	
13	Shaw, Christopher**	48	Silver Spring, MD	37:32	
14	Lilley, Brendan**	47	Baltimore, MD	37:50	
15	Perkins, Matt****	45	Kensington, MD	37:41	
16	Hobbs, Hasan	49	Poolesville, MD	37:50	
17	Byrd, Kevin	45	Blacksburg, VA	38:03	
18	Voelzke, Will**	47	Richmond, VA	38:29	
19	Paye, Bradley	49	Blacksburg, VA	38:44	
20	Cobb, Kenneth*	47	Ashburn, VA	38:57	
21	Tian, Qiang*	48	Ellicott City, MD	38:53	
22	Cahak, Mike*****	45	Winchester, VA	39:05	
23	Christiansen, Bryan*	47	Chesapeake, VA	39:16	
24	Hadley, Ryan**	45	Silver Spring, MD	39:26	
25	Fogg, James*	45	Kensington, MD	39:25	

50-54 Men

Alexandria Turkey Trot 5M 27:22, 10K = 34:19

Thomas Hicks, often the favorite, laid down a slew of excellent races starting with an inspiring weekend in Norfolk as third overall at the 5K (17:09) and the next day top master at the half marathon in 1:20:06. Thanksgiving came and Philippe Rolly posted an unbeatable 27:22 at the Alexandria Turkey Trot 5M. While he waited to see if Rolly would get that second qualifier, Hicks tamped down in runner-up spot with an overall win at a Jingle Jog 5K in 16:56. He realized success at the three Tidewater Striders Tune-ups events of 10M, 15M, and 20M. At the 10M, he won it all in 58:55 with six ranked Toby Worm next across the line in 1:10:07. As January waned, Rolly raced the National Cross-Country Championships 8K in 27:56, ahead of sixth ranked Norton Anderson (29:07) to walk away with the crown.

Third ranked David Storper upset seventh ranked former champion Alan Dixon at the RRCA Challenge 10 Mile, 1:00:04 to 1:01:18 as well as tenth ranked Jason Tripp (1:02:49), another former division champion. Fourth place goes to Danny Bennett for a fine Anniversary 15K in 56:07. Anderson was nearby, racing the Blacksburg Classic 10M in 1:00:57. Potomac River Running's Ray Pugsley found time to race three holiday 5Ks. He was best at the Turkey Day 5K in 17:53 to take eighth place. Ninth ranked Timothy Suhr bested eleventh ranked Bronson Lee at the National Cross-Country Championships 8K in a close one, 30:31 to 30:34. Suhr would add a Jingle Jog 5K in 17:51.

Twenty-eight qualified for the division just like last year. Nearly a half of the runners (13) provided **National Class** times (age grade 80% or better).

National Class times (80%) = 37:34

World Class status (90%) = 33:23

PI	Name	Age	Hometown	10K=	AG%
1	Rolly, Philippe*	51	McLean, VA	34:19	88.67%
2	Hicks, Thomas*7	52	Virginia Beach, VA	35:24	88.48%
3	Storper, David***	50	Bethesda, MD	36:08	81.99%
4	Bennett, Danny**	53	Chesapeake Beach, MD	36:22	83.81%
5	Norton, Anderson*	50	Blacksburg, VA	36:40	80.80%
6	Worm, Toby****	50	Smithfield, VA	36:53	80.58%
7	Dixon, Alan****	52	Takoma Park, MD	36:46	81.73%
8	Pugsley, Ray***	54	Potomac Falls, VA	37:18	85.09%
9	Suhr, Timothy***	52	Williamsburg, VA	37:14	83.94%
10	Tripp, Jason*	51	Columbia, MD	37:31	82.67%
11	Lee, Bronson****	50	Midlothian, VA	37:45	80.09%
12	Yeager, Brian*	50	Bel Air, MD	37:48	
13	Moore, Ignacio**	52	Martinsville, VA	37:59	

14	Liu, Jicheng***	52	Ellicott City, MD	38:29	81.21%
15	Wolfe, Robert*	52	Washington, DC	38:27	
16	Yinger, Tom*****	53	Westminster, MD	38:50	
17	Downie, Kevin*9	54	Gaithersburg, MD	38:58	
18	Cole, David***	50	Arlington, VA	39:12	
19	Blanchard, Michael*	52	Richmond, VA	39:26	
20	Szabos, Brian*	50	South Riding, VA	39:20	
21	Hicks, Sean*	51	Manassas Park, VA	40:15	
22	Neeson, Tommy**	54	Virginia Beach, VA	40:12	
23	Gibson, Brendon*	53	Reston, VA	40:22	
24	Rasmussen, Adam*	53	Arlington, VA	40:53	
25	Ford, Gregg*	52	Baltimore, MD	40:56	
26	Calkins, Joe**	53	Lanexa, VA	41:20	
27	Harrison, John	50	Midlothian, VA	41:18	
28	Reed, Bill	51	Virginia Beach, VA	41:45	

55-59 Men

Tidewater Striders Turkey Trot 10K 36:44

Steve Speirs has won the title in two younger divisions. Pete Wergin had won this division twice but not as a younger runner. Opening week and Wergin trotted out an excellent Sheppard Pratt Frederick Turkey Trot 5K in 17:40. That same morning, Speirs, the long-distance runner, took a little longer to finish, racing the Tidewater Striders Turkey Trot 10K in 36:44 for a slightly better event. Wergin waited until the final weekend to get his second qualifier, racing the Kelly's Shamrock 5K in 18:08 to take the runner-up spot. Speirs tried a 5K on New Year's in a credible 18:21 but soon he was back to long racing ways. He ran the Tidewater Striders Tune-up 15M and 20M and as predicted helped him to continue his sub 3:00 marathon streak, racing the One City Marathon in 2:54:07. That gives him four of the five best races and his first 55-59 division title.

Ken Zimmerman owned the title last winter. This year he takes third as the best at the RRCA Challenge 10 Mile in 1:03:37, ahead of fifth ranked Gene Park (1:05:18). Kevin McGuire takes the fourth spot, racing the National Cross-Country Championships 8K in 30:34. Steven Kast is also a former titlist here. This time he ranks sixth place, finishing the Maritime 5K in 18:47. Seventh ranked Miguel Sanchez-Ruano was second master at the MCM Turkey Trot 10K in 39:43. Eighth ranked Peter Pommerenk was second age group at the Tidewater Striders Turkey Trot 10K but also in 39:43. Sanchez-Ruano added the MCRRC Jingle Bell Jog 8K in 32:55. Pommerenk was a little further off the pace at the Dismal Swamp Marathon in 3:17:17 for his next best event.

Ninth ranked Daniel List showed us two big wins. First was the First Day 5K in 18:56, followed by a season ending River City Half Marathon in 1:26:58. Matthew

Ervin takes tenth place, racing the AS Anniversary 15K in 1:01:35. Just down the road, Roy Reeder earned one of his three victories at the Baltimore and Annapolis Trail Park Run 5K #109 in 19:12 to snatch up eleventh place just ahead of the dean of the College Park Park Run, Colin Phillips who ran 19:22 for twelfth place.

This division contained thirty-two qualifiers. The top nine runners all produced **National Class** times (age grade 80% or better).

National Class times (80%) = 39:12

World Class status (90%) = 34:51

PI	Name	Age	Hometown	10K=	AG%
1	Speirs, Steve*****	57	Virginia Beach, VA	36:44	86.89%
2	Wergin, Pete***	58	Gaithersburg, MD	36:51	88.96%
3	Zimmerman, Ken**	57	Chester, MD	38:17	82.34%
4	McGuire, Kevin*	58	Blacksburg, VA	38:47	83.75%
5	Park, Gene	56	Kensington, MD	39:17	
6	Kast, Steven***	59	Yorktown, VA	39:11	84.29%
7	Sanchez-Ruano, Miguel***	56	Woodbridge, VA	39:23	80.32%
8	Pommerenk, Peter*	57	Virginia Beach, VA	39:23	81.04%
9	List, Daniel**	58	Midlothian, VA	39:28	83.01%
10	Ervin, Matthew*	59	Clarksville, MD	39:55	80.62%
11	Reeder, Roy***	55	Baltimore, MD	40:03	
12	Rhee, Brian*	59	Williamsburg, VA	40:25	
13	Phillips, Colin*6	56	University Park, MD	40:24	
14	Zuniga, Mario****	59	Front Royal, VA	40:49	
15	Frost, Howard***	58	Falls Church, VA	41:11	
16	Grieve, Alan****	55	Springfield, VA	41:20	
17	Watt, Paul*	55	Kensington, MD	41:20	
18	Lemieux, Bruce	58	Gaithersburg, MD	41:47	
19	Henderson, Jerry	58	Bel Air, MD	41:49	
20	Chang, Ivan*	55	Ashburn, VA	41:57	
21	Way, John*	58	Silver Spring, MD	41:56	
22	Benitez, Marvin	59	Rockville, MD	41:53	
23	Sabzevari, Cyrus*	56	Chantilly, VA	42:21	
24	Campbell, Chris*	59	Louisa, VA	42:23	
25	Dawson, Greg***	58	Williamsburg, VA	42:25	
26	Jacobson, Paul*	59	Gaithersburg, MD	42:27	
27	Mo, Shangdi	56	West Friendship, MD	42:48	
28	Clements, Ian*	59	Alexandria, VA	42:45	
29	Dexter, Dennis**	56	Forest, VA	43:02	
30	Forni, Lorenzo***	55	Washington, DC	43:15	

31	Bartholomew, Robert**	59	Baltimore, MD	43:23
32	Lang, Phil	56	Columbia, MD	43:25

60-64 Men

Sheppard Pratt Frederick Turkey Trot 18:13, 10K = 37:31

Hernan Garbini put in his bid for the title early at the Charlottesville Turkey Trot 5K in 18:29 but he was sixteen seconds too late as Mark Neff had already finished the Sheppard Pratt Frederick Turkey Trot 5K in 18:13 for another title. Neff added three more of the top five times, including a season ending Kelly's Shamrock 5K in 18:28, ahead of twelfth ranked Mark Sheely (19:56). Garbini, usually known for the half marathon had his next best race as the CTC New Year's 5K in 18:54. Though Garbini was top grandmaster at the Sentara Colonial Half Marathon in 1:30:15, fourth ranked Layne Party owned the fastest half. He bested ninth ranked Ed Wilson at the Northern Central Trail Half Marathon, 1:28:34 to 1:30:39. Later in December behind Neff's win (30:51). Wilson (33:05) returned the favor besting Party's 33:18 at the Celtic Solstice 5M.

Third ranked David Meeks prevailed at the Al Lewis 10M in 1:06:21 to go with the fastest marathon, One City in 3:14:36. Neff possessed the fastest qualifier at the RRCA Challenge 10 Mile in 1:05:47 though he was upset by only one racer, Frank Perna's 1:04:28. Fifth ranked Akintunde Morakinyo outlasted sixth ranked David Haaga, 1:07:04 to 1:07:57. Ed Wilson nipped tenth ranked newcomer David Phipps, 1:09:40 to 1:09:41. Seventh ranked Mic Westmoreland ran a swift Reston 10M in 1:07:57 that was ultra-close to the fine Jingle All the Way 15K raced by eighth ranked Larry Grossman (1:03:10). Westmoreland added a special Reston New Year's 5K in 19:54, while Grossman followed with a Run with Santa 5K in 20:00. Both races start and end at the same spot at the Reston Town Center but are very different courses.

Is eleventh ranked Kevin D'Amanda addicted to the Kensington Park Run 5K? He did run all but three of his races there, winning every time with his best Park Run being 20:16. His best event was the MCRRC Jingle Bell Jog 8K in 32:41. Thirteenth place goes to Jon Leiding who races the Tidewater Striders Turkey Trot 10K in 41:58 just ahead of fourteenth place Aaron Baronowski (42:02). Fifteenth place Timothy Coady was second overall at the Donna Wyatt 5K in 20:22. Paul Jacobson, as number sixteen, finishes in the top quarter of the qualifiers with two identically paced events. His first was the Turkey Burnoff 5 Mile win in 33:48, followed by the MCRRC Jingle Bell Jog 8K in 33:35.

With sixty-four qualifiers, the division is heading back to its position as the most prolific. The top six runners all earned **National Class** times (age grade 80% or better).

National Class times (80%) = 41:00

World Class status (90%) = 36:27

PI	Name	Age	Hometown	10K=	AG%
1	Neff, Mark****	61	Derwood, MD	37:31	88.38%
2	Garbini, Hernan*****	62	Waynesboro, VA	38:33	86.46%
3	Meeks, David****	60	Centreville, VA	39:55	81.19%
4	Party, Layne**	64	Towson, MD	40:11	83.74%
5	Morakinyo, Akintunde*	60	Columbia, MD	40:21	80.32%
6	Haaga, Dave*	62	Rockville, MD	40:34	81.41%
7	Westmoreland, Mic**	60	Leesburg, VA	40:53	
8	Grossman, Larry***	60	Washington, DC	40:56	
9	Wilson, Ed*	61	Ellicott City, MD	41:08	
10	Phipps, David***	60	Perry Hall, MD	41:33	
11	D' Amanda, Kevin*20	61	Bethesda, MD	41:29	
12	Sheely, Michael	64	Perry Hall, MD	41:35	
13	Leiding, Jon*****	61	Virginia Beach, VA	41:58	
14	Baranowski, Aaron*	62	Virginia Beach, VA	42:02	
15	Coady, Timothy****	62	Danville, VA	42:29	
16	Jacobson, Paul**	60	Gaithersburg, MD	42:37	
17	Stanmore, John*	61	Baltimore, MD	42:49	
18	Chalke, Steve***	64	Remington, VA	42:50	
19	Carter, Jim**	61	Manakin Sabot, VA	42:40	
20	Frank, Steven*	62	Lutherville Timonium, MD	43:04	
21	Carlat, Louis**	60	Baltimore, MD	43:00	
22	Scott, RJ**	60	Roanoke, VA	43:48	
23	Worford, Peter	64	Midlothian, VA	43:46	
24	Capone, Charles*	64	Clinton, MD	44:00	
25	Clem, William	64	Bethesda, MD	44:13	
26	Downing, Bill**	61	Virginia Beach, VA	44:37	
27	McLaughlin, Terry*****	63	Spotsylvania, VA	44:20	
28	Wheeler, William**	61	Washington, DC	44:45	
29	Calos, Stefan	61	Richmond, VA	44:48	
30	Harfst, Rich*	60	Annandale, VA	45:03	
31	Collins, Timothy	62	Williamsburg, VA	44:58	
32	Montesinos, Hector**	60	Silver Spring, MD	45:14	
33	Perez, Orlando*	61	Newport News, VA	45:14	
34	Junta, Donald	62	Springfield, VA	45:36	
35	Ortiz, Vincent	62	Chesapeake, VA	45:36	
36	Horan, Marty*	64	Bethesda, MD	45:32	
37	Adams, Mark	64	Gaithersburg, MD	45:42	
38	Rawley, Lloyd****	63	Greenbelt, MD	45:44	
39	Kieft, Ken***	60	Virginia Beach, VA	45:50	
40	Alberg, Ken*	62	Suffolk, VA	45:50	

41	Maestrello, Christopher*	61	Henrico, VA	46:03
42	McEnerney, Jeremiah*	64	Springfield, VA	46:21
43	Kammerer, Jack*12	61	Washington, DC	46:24
44	Tavenner, Bill	60	Henrico, VA	46:40
45	Mason, Geoffrey**	60	College Park, MD	46:44
46	Mace, Matthew**	63	Arnold, MD	46:46
47	Shields, Stephen*	60	Forest, VA	46:46
48	Morrison, Jack*	64	Fredericksburg, VA	46:48
49	Frumkin, Kenneth**	60	Olney, MD	47:00
50	Simpson, Rich	63	Virginia Beach, VA	47:29
51	Johnston, Eric**	60	Ellicott City, MD	47:29
52	McGinnis, Lawrence	60	Ridgeway, VA	47:49
53	Shaffer, Glenn*	60	Dundalk, MD	48:03
54	Biddle, Robert	64	Annapolis, MD	48:07
55	Williamson, Duane*	60	Warrenton, VA	48:13
56	Poulos, Ted***	62	McLean, VA	48:20
57	Alston, Keith	63	Chesapeake, VA	48:28
58	Hendy, Jay**	60	Frederick, ND	48:24
59	Volinsky, John*	63	Winchester, VA	48:32
60	Jones, Jeffrey*	60	Front Royal, VA	48:38
61	Hendricks, Benjamin	61	Silver Spring, MD	48:39
62	Moran, John**	60	Washington, DC	48:51
63	Payne, Joseph	60	Oakton, VA	49:10
64	Whitaker, Ty*	64	Chesapeake, VA	49:31

65-69 Men

Tidewater Striders Tune-up 15M 1:36:54, 10K = 37:52

We are not sure how he does it. Pete Gibson was total domination with the top twelve events. What is his secret? He owned the top time in seven different distances, including a 1:36:54 at the Tidewater Striders Tune-up 15M. At his sixth best event, the Sentara Sleighbell 5K, he took down runner-up Robert Whitaker, 18:42 to 19:50. At his eleventh best race, the Busch Gardens Christmas Town Dash 8K, he defeated many times division champion Stephen Chantry, 31:30 to 33:41. Chantry added the Run for the Wounded Warriors 10K in 43:50 to maintain fifth place. Whitaker added the Jingle Jog 5K in 19:36. The only time Gibson was not first is when he beat eighth ranked Scott Brown at the National Cross-Country Championships 8K, 31:25 to 35:04. How does he do it?

Henry Wigglesworth was the main man in getting the Fletcher's Cove Parkrun 5K started. At the oldest local Park Run, Wigglesworth became the oldest overall winner in January (21:15). His best time on the course this winter was 19:53 and edges him past speedster Paul Beers into third place. Fourth ranked Beers was

an overall winner as well at the Johnny Casa 5K in 20:47. His best race was the Jogging for your Noggin 5K in 20:08. Former champion Maurice Pointer has won a Park Run or two himself. His favorite stomping ground is the Baltimore and Annapolis Trail Park Run 5K where he raced a nifty 20:54 to take sixth place in the division.

Seventh ranked Bill Loomis ran an excellent Turkey Burnoff 10M in 1:12:53. Ninth ranked Steve Kudla defeated tenth ranked John Chall at the Kelly's Shamrock 5K, 21:21 to 21:54 to end the season. Pointer won the race in 21:04. Chall, who volunteers at races as much as he races, had a fine Celtic Solstice 5M in 35:24.

The division contained thirty-eight qualifiers. The top seven runners all earned **National Class** times (age grade 80% or better).

National Class times (80%) = 42:59

World Class status (90%) = 38:12

PI	Name	Age	Hometown	10K=	AG%
1	Gibson, Pete*11	67	Murfreesboro, NC	37:52	91.95%
2	Whitaker, Robert**	65	Yorktown, VA	40:53	84.95%
3	Wigglesworth, Henry***	66	Washington, DC	41:29	84.49%
4	Beers, Paul****	66	Roanoke, VA	42:00	83.44%
5	Chantry, Stephen*	68	Williamsburg, VA	42:45	83.28%
6	Pointer, Maurice*****	68	Baltimore, MD	43:36	81.82%
7	Loomis, Bill**	69	Silver Spring, MD	43:51	80.72%
8	Brown, Scott*	65	Ashburn, VA	44:30	
9	Kudla, Steve	67	Forest Hill, MD	44:32	
10	Chall, John*****	66	Crownsville, MD	44:38	
11	Finch, Frank*	65	Roanoke, VA	45:42	
12	Fitzgerald, Andrew*****	66	Potomac, MD	46:16	
13	McCarthy, Tom*	69	Alexandria, VA	46:07	
14	Kearney, Michael*	68	Mount Airy, MD	46:09	
15	Copeland, Gary**	66	Virginia Beach, VA	46:13	
16	Wriston, Dave***	68	Lynchburg, VA	46:08	
17	Wingo, Jim**	65	Richmond, VA	46:08	
18	Barthelemy, Vic*	69	Spotsylvania, VA	46:21	
19	Smith, Tony*	67	Lynchburg, VA	46:44	
20	Smith, Duncan	65	Cockeysville, MD	47:07	
21	Pei, Luqi*	67	Gaithersburg, MD	47:15	
22	Bacon, John*	67	Arlington, VA	47:25	
23	Abelt, Chris**	67	Williamsburg, VA	47:42	
24	Washington, Perry	65	Monrovia, MD	47:42	
25	Halpin, Bruce**	67	Broadlands, VA	47:54	

26	Lovegrove, David**	67	Fredericksburg, VA	48:00
27	Edson, Jim*6	65	Linden, VA	48:13
28	Anderson, Jack**	66	Westminster, MD	48:09
29	Drain, Bob****	69	Alexandria, VA	48:37
30	O'Neill, Terry	66	Hampton, VA	49:25
31	Gordon, Kirk*11	68	Glenn Dale, MD	49:28
32	Robinson, Tom**	65	Williamsburg, VA	49:41
33	Berg, Bruce	66	Fredericksburg, VA	49:43
34	Burleson, Rahn**	65	Newport News, VA	50:00
35	Zawadzki, Michael	67	Boyce, VA	50:23
36	Bailey, Steven**	65	College Park, MD	51:01
37	El-Safadi, Bader*	65	Williamsburg, VA	51:20
38	Bevan, Matthew	65	Silver Spring, MD	51:56

70-74 Men

Columbia Turkey Chase 5K 21:17, 10K = 44:24

Newcomer Isaac Luther raced only twice but his triumph at the Columbia Turkey Chase 5K in 21:17 was just enough to get him over the top for a division title. Runner-up John Kilduff did his racing in East Potomac Park, winning two Ed Barron Series races, including the By George 5K in 21:33. He added the best 5 miler, winning the Al Lewis 5M in 36:17. After being the Best of 2022 champion, third ranked Eugene Myers took a much hillier route for his 5 miler, winning the Celtic Solstice 5M in 37:05, just ahead of sixth ranked Bob Burns (37:12). Myers had his best race at the Annapolis Running Festival Half Marathon in 1:39:31.

After a solid First Day 5K in 22:18, fourth ranked Bob Becker was looking to take on the most competitive 15K in the region. Unfortunately, this year the Frostbite course was changed last minute to just a 10.6K that Becker finished in 50:04. Fifth ranked Tom Nolan looked sharp at his hometown Kensington Park Run 5K in 22:15...twice. Bill Hart was already making plans to take down the new division. His parting shot at the Norfolk Harbor Half Marathon in 1:47:06 earns him seventh place. Eighth ranked Jim Duffy was golden at the Tidewater Striders Turkey Trot 10K in 49:22. Ninth place Tom Murphy ran the longer Tidewater Striders Tune-up 10M in 1:22:28 ahead of Bob Astrop who capped the top dozen with 1:23:51.

Tenth ranked Scott Busby was just fine with the 10K winning 24 of his 26 events at that distance. His best 10K was the Kiss my Asphalt 10K in 50:21. Felix Lopez was next at the Deck the Heels 5K in 24:08 for eleventh place.

The division grew to forty-two qualifiers. The top four men ran **National Class** times with 80% age grading or better.

National Class times (80%) = 45:11

World Class status (90%) = 40:10

PI	Name	Age	Hometown	10K=	AG%
1	Isaac, Luther**	70	Bowie, MD	44:24	82.07%
2	Kilduff, John***	72	Falls Church, VA	44:57	83.14%
3	Myers, Eugene*9	71	Columbia, MD	45:09	80.10%
4	Becker, Bob**	72	Midlothian, VA	46:00	80.54%
5	Nolan, Tom****	71	Kensington, MD	46:25	
6	Burns, Bob**	71	Columbia, MD	46:55	
7	Hart, Bill***	74	Virginia Beach, VA	48:08	
8	Duffy, Jim***	71	Poquoson, VA	49:22	
9	Murphy, Tom**	70	Virginia Beach, VA	49:37	
10	Busby, Scott*26	71	Spotsylvania, VA	50:21	
11	Lopez, Felix*****	71	Lynchburg, VA	50:21	
12	Astrop, Rob**	71	Henrico, VA	50:27	
13	Ryan, Paul*6	73	Arlington, VA	50:41	
14	Rosenberg, Duane*16	72	New Carrollton, MD	50:52	
15	Payton, Lee	72	Chevy Chase, MD	50:57	
16	Sharpe, Steve**	72	Westminster, MD	51:25	
17	Washington, Larry**	73	Rockville, MD	51:25	
18	Petrucci, David	72	Frederick, MD	51:29	
19	Loney, Michael*	71	College Park, MD	52:03	
20	Johnson, Robert***	71	Richmond, VA	52:15	
21	Abrahamson, Dale*****	74	Yorktown, VA	52:26	
22	O'Keefe, Tim**	70	Middletown, MD	52:22	
23	Morgans, Gary**	70	Arlington, VA	52:47	
24	Jones, Steven*	71	Henrico, VA	53:43	
25	Bousel, Paul*7	70	Alexandria, VA	53:45	
26	Brenton, Charles*	74	Baltimore, MD	54:05	
27	Dancy, Bill**	70	Smithfield, VA	54:33	
28	Visotsky, Tom	72	Richmond, VA	54:57	
29	Wills, John	71	Virginia Beach, VA	55:05	
30	Pardee, William*	74	Virginia Beach, VA	54:50	
31	Verdirame, Joseph*****	74	Suffolk, VA	55:11	
32	Senft, David**	70	Gaithersburg, MD	54:40	
33	Krehbiel, Ken**	70	Washington, DC	54:57	
34	Conover, David**	73	Great Falls, VA	56:05	
35	Brooks, James**	71	Burke, VA	56:05	
36	Shin, Donghwan	74	Richmond, VA	56:02	
37	Pinkard, Johnny***	71	Ridgeway, VA	56:24	
38	Rantanen, Robert	71	Virginia Beach, VA	56:44	
39	Anders, Mike	74	Virginia Beach, VA	57:13	

40	Guerieri, Al**	72	Severna Park, MD	57:37
41	Williams, Wayne*	70	Poquoson, VA	57:47
42	Tracy, Bill**	70	Burke, VA	58:10

75-79 Men

One City Marathon 3:43:29, 10K = 47:37

Jason Page was looking for one more crown before leaving the division and Jim Wright stepping onto the stage. Always a good middle distance man Page looked good with peaking in February with a 26:11 at the College Park Park Run 5K. On that day, Bill Hart was still too young for the division. Two weeks later, he joined the fray at the Tidewater Striders Tune-up 20M in 2:56:06. For the winter Hart would race five times at ten miles or longer. The first week of March he snatched away the crown from Page with his longest event, the One City Marathon in 3:43:29. Fourth ranked George Carrigan finished behind Hart at three of the Tidewater Striders Tune-up series races though only the 20M that he ran in 3:24:18 was against a man in his own division.

Third ranked former champion Langston Shelton and fifth ranked Ken Mitchell both hail from Williamsburg but this season did not go head-to-head. Langston prevails with a swift Sentara Sleighbell 5K in 26:52. Mitchell was best at the Sentara Colonial 5K in 27:27. Sixth place gets handed to Russell Rosenberger for a fine Annapolis Running Festival 10K in 59:09. Seventh ranked William Vislay takes down eleven ranked Joe Clare at the Turkey Day 5K, 28:29 to 29:23.

Looking for William Scott? You can find him at Anacostia Park Saturday mornings teaching a primer on the art of winning the 5K. His best of nine victories was a nifty 28:55, earning him eighth place. Ed Mayhew wins a close battle for ninth place by virtue of four wins, including the Berryville Turkey Trot 5K in 29:11 over first timer Jeff Jones. Jones crack the rankings at tenth place with his Hagerstown Turkey Trot 5K in 29:14.

The division augmented to fifty-six qualified runners, the highest number ever.

National Class times (80%) = 48:28

World Class status (90%) = 43:04

PI	Name	Age	Hometown	10K=	AG%
1	Hart, Bill**	75	Virginia Beach, VA	47:37	79.40%
2	Page, Jason***	79	Hamilton, VA	54:37	
3	Shelton, Langston*	76	Williamsburg, VA	56:03	
4	Carrigan, George	75	Williamsburg, VA	56:59	
5	Mitchell, Ken*	79	Williamsburg, VA	57:14	
6	Rosenberger, Russell*	78	Clifton, VA	59:09	

7	Vislay, William**	77	Ashburn, VA	59:25
8	Scott, William*9	76	Seabrook, MD	1:00:19
9	Mayhew, Ed*****	78	Winchester, VA	1:00:53
10	Jones, Jeff*	76	Maugansville, MD	1:00:59
11	Clare, Joe*	79	Fairfax, VA	1:01:18
12	Chase, Bob*	78	Falls Church, VA	1:01:22
13	Jefferson, Richard**	77	Germantown, MD	1:02:19
14	Lovell, Carroll Frank**	77	Roanoke, VA	1:03:42
15	Worthington, Ron	79	Bena, VA	1:04:34
16	Plank, Jeffrey*	76	Scottsville, VA	1:04:48
17	Porzel, Walter*11	75	Falls Church, VA	1:05:07
18	Kellum, Ronald**	79	Hampton, VA	1:06:16
19	Griffith, Jeff**	75	Kensington, MD	1:06:20
20	Johnson, Chuck*	79	Glenwood, MD	1:07:18
21	Talkington, Doyle****	76	Haymarket, VA	1:07:31
22	Breese, David	77	Reston, VA	1:07:46
23	Chadim, William*8	77	Midlothian, VA	1:09:13
24	Gregory, Arthur	79	Jefferson, MD	1:09:11
25	Hawthorne, Randy	78	Williamsburg, VA	1:09:22
26	Moon, Richard*	77	Charlottesville, VA	1:10:03
27	Sisson, George*	76	Owings Mills, MD	1:10:20
28	Swanson, Greg*	75	Bentonville, VA	1:11:46
29	Swebilius, Tony	79	Williamsburg, VA	1:12:32
30	Sushinsky, George*	76	Rockville, MD	1:12:43
31	Hildreth, Richard	75	Virginia Beach, VA	1:12:36
32	Cook, Randy*	75	Norfolk, VA	1:12:59
33	Moore, William**	77	Williamsburg, VA	1:12:56
34	Hitchins, John	76	Roanoke, VA	1:13:17
35	Keatley, Danny***	77	White Sulphur Spring, WV	1:13:55
36	Young, Nick*7	76	Arlington, VA	1:15:00
37	Gersh, John	76	Columbia, MD	1:14:55
38	Cleva, Gregory**	76	Falls Church, VA	1:15:05
39	Kirley, Brad	78	Orange, VA	1:16:48
40	Russell, Marvin*11	75	Hyattsville, MD	1:17:09
41	Morrison, John	75	Essex, MD	1:17:48
42	Pinkley, Dennis*	76	Hardy, VA	1:17:30
43	O'Connor, Kevin***	76	Midlothian, VA	1:17:57
44	Lydecker, Ryck	79	Stephens City, VA	1:18:05
45	Evans, David	75	Greenbush, VA	1:19:26
46	Nason III, Noah	75	Manassas, VA	1:19:49
47	Deger, David	76	Arnold, MD	1:20:00
48	Fisher, Stephen*	75	Fredericksburg, VA	1:21:30

49	Young, Joe	76	Midlothian, VA	1:22:07
50	Harrah, Dave	77	Virginia Beach, VA	1:24:21
51	White, George	77	Williamsburg, VA	1:25:35
52	Green, Rodney**	75	Hyattsville, MD	1:26:57
53	Allman, Elliott*	75	Gaithersburg, MD	1:27:43
54	Thompson, Larry	75	Stafford, VA	1:27:47
55	Fennell, Skip***	79	Westminster, MD	1:29:13
56	Lvovskyi, Igor	79	Derwood, MD	1:29:15

80-84 Men

College Park Park Run #316 29:13, 10K = 1:00:57

Frank Snyder matched the elder division octogenarian, Michal McClellan with 14 wins at the Park Run in College Park. Snyder was not just joy riding but smoking down the road with the top eight times in the division that included an excellent 29:13. Joe Greene slides into the runner-up spot with a very nice 31:01 at one of the many Frosty 5Ks that abound during the winter. A couple of weeks later, Tim Casey displayed his prowess at the Reindeer Run 5K to take the third position. Fourth ranked Harold Ingraham showed a fine holiday 5K, racing the Drumstick Dash 5K in 33:46 but he earns his strips, winning the Star City 10K in 1:08:23.

Art Gregory aged up mid-season and choose a real challenge for his fifth place ticket, the Forest if Needwood 5M that he ran in a respectable 56:46. Sixth ranked Jimmy Gates added a couple of quick 5Ks, including the Farmville Jingle Bell 5K in 34:27. Seventh ranked Jerry Frankenheim bolstered his creds at the iconic Celtic Solstice 5M in 58:15. Ron Chiariello was on the comeback trail for most of the season but weighs in at eighth place, racing the Kensington Park Run 5K in 36:08. He has already lowered his time a lot during the early spring but will be spending his currency in the 85-89 division.

Ninth ranked Paul Graf ran his best of four PRR= races showing us a fine 37:45 at the Run Your Heart Out 5K.

The division contain twenty-two qualifiers with sixty-seven more racers having run just one event.

National Class times (80%) = 53:37

World Class status (90%) = 47:40

PI	Name	Age	Hometown	10K=	AG%
1	Snyder, Frank*14	80	Gaithersburg, MD	1:00:57	70.96%
2	Greene, Joe	81	Fredericksburg, VA	1:04:42	
3	Casey, Tim	80	Phoenix, MD	1:05:18	
4	Ingram, Harold	80	Henry, VA	1:08:23	

5	Gregory, Art*	80	Jefferson, MD	1:11:35
6	Gates, Jimmy	81	Rice, VA	1:11:52
7	Frankenheim, Jerry**	80	Germantown, MD	1:13:17
8	Chiariello, Ronald**	84	Rockville, MD	1:15:22
9	Graf, Paul****	80	Chantilly, VA	1:18:45
10	Ord, Keith*11	81	Potomac, MD	1:20:35
11	Witlin, Michael*	81	Oak Hill, VA	1:21:42
12	Beran, Bob*6	80	Winchester, VA	1:25:17
13	Balto, Art**	84	Baltimore, MD	1:27:24
14	Munday, John*	83	Chesapeake, VA	1:29:18
15	Panizza, Antonio	84	Reston, VA	1:33:52
16	Terrell, Charles	84	Newport News, VA	1:34:51
17	Walsh, Tom	80	Norfolk, VA	1:36:02
18	Finney, John	84	Arlington, VA	1:36:50
19	Bayrer, Ralph**	84	Washington, DC	1:41:46
20	Wycherly, Alan*6	81	Annapolis, MD	1:43:05
21	Litwinski, Victor*	80	McLean, VA	1:44:15
22	Delambo, Nick	82	Baltimore, MD	1:44:58

85-89 Men

Sheppard Pratt Frederick Turkey Trot 28:29, 10K = 59:25

The jaunt through Baker Park in Frederick has nary a hill with our champion John Clarke making it look easy in a blistering 29:22. That earned him a [National Class](#) rating, something rarely seen in the older divisions. His second event was the notoriously hilly Forest of Needwood that returned from a 5K to its normal tortuous 5M. Clarke managed the ascent with aplomb, finishing in a very nice 54:25. Usually these gents go for the 5K. This winter, third ranked Stan Neumann, a former champion, duked it out with sixth ranked Warren Pitt at the huge Celtic Solstice 5M. This is a race so large that they can afford to give single age "group" awards. Neumann ran 1:03:00 to Pitts' 1:12:43. In February, eighth place Bill Schwartz joined the 5M craze at the Cupid's Crush 5M in 1:25:26. Michael McKee was joining in as well at the 8K Race to Benefit the Haven in 1:14:10.

Runner-up Thomas Spasojevich keeps churning out Deep Run Park Run 5Ks, winning all eight of them with a best time of 33:01. Look out for Ron Chiariello, the king of the Kensington Park Run, who aged up in mid-march and will be looking for a crown. Fourth ranked John Borkowski ran best at the apt named First Day 5K in 42:36. Just down the road, fifth ranked McKee negotiated a win at the CTC New Year's 5K in 43:42, while seventh ranked Charles Terrell spoke up for the Tidewater region that same morn, racing the PTC New Year's Day 5K in 44:42.

Ninth ranked Michael McClellan commanded the Park Run in College Park with 14 triumphs. Tenth ranked Joseph Polinsky ran nearly twice as far at the Tidewater Striders Tune-up 6M in 1:49:00 to be rated number ten in the division.

The number of racers climbed to thirty qualifiers though twenty of them only produced one event.

National Class times (80%) = 1:01:52

World Class status (90%) = 55:00

PI	Name	Age	Hometown	10K=	AG%
1	Clarke, John*	86	Woodsboro, MD	1:01:16	84.00%
2	Spasojevich, Thomas*8	85	Henrico, VA	1:08:22	
3	Neumann, Stan*	85	Lutherville Timonium, MD	1:19:27	
4	Borkowski, John**	85	Midlothian, VA	1:28:52	
5	McKee, Michael*	86	Charlottesville, VA	1:31:09	
6	Pitts, Warren	85	Baltimore, MD	1:31:22	
7	Terrell, Charles	85	Newport News, VA	1:33:15	
8	Schwartz, Bill**	85	Lutherville Timonium, MD	1:44:26	
9	McClellan, Michael*14	86	College Park, MD	1:49:10	
10	Polinski, Joseph	85	Smithfield, VA	1:52:55	

90 & Older Men

Columbia Island 5K 40:56, 10K = 1:25:23

At times when a runner is listed as ninety or older and only gets one event, we think it may be an age error. The year for thanksgiving we had two on the very same morn: Steven Thomas at the Blue Talon Bistro Turkey Trot 5K in 57:29 and Robert Walde at the Columbia Island 5K in 40:56. Walde was not a one-trick pony and raced a couple more times during the winter to claim the title. He also ran the Christmas Eve 5K in 52:55.

National Class times (80%) = 1:15:50 for 90-94; 1:42:57 for 95 and older

World Class status (90%) = 1:07:34 for 90-94; 1:31:30 for 95 and older

PI	Name	Age	Hometown	10K=	AG%
1	Walde, Robert*	91	Washington, DC	1:50:23	74.51%
2	Thomas, Steven	98	Williamsburg, VA	1:59:25	

Open Women

Alexandria Turkey Trot 5M 26:32, 10K = 33:28 Samantha Nadel – 91.21%

Carter Norbo was the top finisher, men included, at the Dismal Swamp Marathon in 2:38:14. Three time Best of the year racer Susanna Sullivan (2015-17) reprised her all runner overall win at the Reston New Year's 5K in 16:36. Then she outdid Carter three weeks later at the National Cross-Country Championships 10K, 35:25 to 36:54 but still fall just short of the title. Third ranked Hannah Betman showed some fancy wheels with the third and fourth best races, both in March, winning it all at the Maritime 5K in 16:40 and then at the competitive Kelly's Shamrock 5K in 16:53, ahead of returning masters champion Julia Roman Duval (17:52). All of that, after finishing second at the RRCA Challenge 10 Mile in 58:59, the first time two women have busted an hour there the same year. Fourth ranked Emma Rogers claimed the next best 5K, winning it all at the Drumstick Dash 5K in 17:35. Then she was golden winning the Sentara Colonial Half Marathon in 1:18:11, ahead of Laurel Le Moigne (1:21:26).

Fifth ranked top submaster Julie Hartenbach was best in the only race she did not win, finishing second overall at the One city Half Marathon, ahead of eighth ranked Le Moigne, 1:19:33 to 1:20:12 with ninth ranked Kerri Toney in her slipstream (1:20:20) and twentieth ranked Tiffany Sloan following across the line in 1:23:25. Sixth place Tessa Barrett was crowned golden at the Ashburn Farm 10K in 36:04, while top teen Gilliam Bushee cruised home with a swift 21:02 at the National Cross Country Championships 6K to take seventh place.

Tenth ranked Natalie Daniels was the top devil dog at the MCM Turkey Trot 10K in 36:15. MCM Turkey Trot 10K. Shauneen Werlinger won the tiny Al Lewis 5M in 28:54 to take eleventh place. At the massive Alexandria Turkey Trot 5M, Elena Barham ran 29:06 to take thirteenth place, ahead of fourteenth place Kelly Calway (29:13), fifteenth ranked Anna Staats (29:20), nineteenth ranked Maura Carroll (29:43). Back at the RRCA Challenge 10 Mile, twelfth ranked Rachel ran 1:01:05 to beat sixteenth ranked Kristen Gray (1:01:54) and seventeenth ranked Roman-Duval (1:03:28). Eighteenth ranked Julia Siegel Breton ran a wondrous River City Half Marathon in 1:21:55.

It is worth mentioning that **World Class** racer Cindy Conant, 62, missed the division...this time but look for her return in the spring. Multiple American grandmaster record holder Perry Shoemaker, 52, made the top half of the rankings at twenty-second with three overall wins, including the Turkey Day 5K in 18:18. Both of these titans set age group records at the Credit Union Cherry Blossom, Cindy 1:07:55 and Shoemaker 1:00:34.

More than half of the qualifiers (35) came from other division as the Elite field grew to 64 qualifiers. Thirty-one qualifiers raced at least one **National Class** time with 80% age grading. One made the vaunted **World Class** time with 90% age grading. We have noted the exact age graded times for all racers from other divisions.

National Class times (80%) = 37:55

World Class status (90%) = 33:42

PI	Name	Age	Hometown	10K=	AG%
1	Norbo, Carter*	34	Charlottesville, VA	33:49	85.98%
2	Sullivan, Susanna*	33	Reston, VA	34:34	89.16%
3	Betman, Hannah**	32	Baltimore, MD	35:09	88.70%
4	Rogers, Emma***	23	Williamsburg, VA	35:20	82.34%
5	Hartenbach, Julie***	37	Springfield, VA	35:57	83.43%
6	Barrett, Tessa**	27	Arlington, VA	36:04	84.10%
7	Bushee, Gillian*	18	Herndon, VA	36:07	85.82%
8	Le Moigne, Laurel	38	Springfield, VA	36:14	83.17%
9	Toney, Kerri*	28	Richmond, VA	36:18	81.16%
10	Daniels, Natalie*	31	Fredericksburg, VA	36:15	83.68%
11	Werlinger, Shauneen*	38	Fairfax Station, VA	36:27	85.70%
12	Cluett, Rachel**	36	Garrett Park, MD	36:43	81.91%
13	Barham, Elena	30	Washington, DC	36:42	83.16%
14	Calway, Kelly	39	McLean, VA	36:51	84.77%
15	Staats, Anna*	24	Arlington, VA	36:59	82.50%
16	Gray, Kristen*	30	Columbia, MD	37:12	
17	Roman-Duval, Julia	41	Columbia, MD	37:12	85.35%
18	Siegel Breton, Julia*	40	Richmond, VA	37:01	82.34%
19	Carroll, Maura	34	Arlington, VA	37:28	81.77%
20	Sloan, Tiffany**	39	Virginia Beach, VA	37:42	80.38%
21	Paul, Jennifer**	36	Washington, DC	37:45	82.17%
22	Shoemaker, Perry***	52	Vienna, VA	38:06	92.26%
23	Palmer, Ashley***	40	Lynchburg, VA	38:02	83.03%
24	Aaron, Ekaterina**	26	Norfolk, VA	38:08	
25	Lewis, Joy***	39	Columbia, MD	38:05	82.01%
26	Wetzel, Christie*	36	Falls Church, VA	38:12	
27	Duarte, Nilani***	36	Fairfax, VA	38:16	81.05%
28	Lemos, Kristin*	42	Bethesda, MD	38:17	81.27%
29	Bauer, Caroline	40	Elkridge, MD	38:27	
30	Digregorio, Megan**	35	Baltimore, MD	38:25	
31	Mazur, Ann***	38	Charlottesville, VA	38:25	81.37%
32	McKenzie, Gabrielle**	33	Arlington, VA	38:29	
33	Petrie, Jilane	39	Washington, DC	38:37	
34	Atchison, Cheryl	41	Henrico, VA	36:45	
35	Lambkin, Mary**	36	Vienna, VA	36:48	
36	Reiser, Mary	29	Riva, MD	36:48	
37	Ozeki, Liz*	35	Rockville, MD	40:38	
38	Merkel, Samantha*	26	Laurel, MD	39:06	
39	Hirsche, Katie****	20	Washington, DC	39:06	
40	Smith, Jessica	29	Portsmouth, VA	39:13	

41	Austin, Alexandra	28	Baltimore, MD	38:19	
42	Luke, Rayanne	30	Fairfax, VA	39:23	
43	Honeycutt, Emily***	32	Newport News, VA	39:28	
44	Pollack, Jillian	34	Arlington, VA	39:38	
45	Snyder, Erin**	25	Jefferson, MD	39:40	
46	Heavner, Whitney	40	Bethesda, MD	39:54	
47	Ardrey, Kaitlyn*	25	Ashburn, VA	39:54	
48	Hansen, Megan****	44	Middletown, VA	39:53	81.52%
49	Lash, Frances**	41	Roanoke, VA	40:07	
50	Ponds, Jessica	41	Ellicott City, MD	40:07	
51	Govatos, Kaitlyn*	29	Edgewater, MD	40:07	
52	Harlow, Ellie**	13	Glen Allen, VA	40:11	83.51%
53	Catherine Nesaw, Mary*	31	Lynchburg, VA	40:17	
54	Zgorski, Katie	23	Reisterstown, MD	40:19	
55	Ally, Eva**	18	Owings Mills, MD	40:26	
56	Ledford, Jennifer*	43	Alexandria, VA	40:26	
57	Sprock, Margaret	33	Silver Spring, MD	40:23	
58	Clor, Elizabeth	45	Chantilly, VA	40:31	80.09%
59	Lawrence, Kris*	43	Virginia Beach, VA	40:37	
60	Homany, Grace	25	Baltimore, MD	40:39	
61	Valenti, Amelia*	13	Williamsburg, VA	40:38	82.58%
62	Buesseler, Amy	40	Bristow, VA	40:43	
63	Ansell, S. Konnar	30	Chesapeake, VA	40:57	
64	McNichols, Lisa	55	Alexandria, VA	41:05	89.78%

19 & Younger Women

National Cross-Country Championships 6K 20:32, 10K = 35:15 Allie Zealand – **89.54%**

Gillian Bushee was electric at the National Cross-Country Championships 6K, finishing seventh overall in 21:02, ahead of fourth ranked Whitney Bruch (23:35). That is a solid time for a 5K within this division. Her overall win at the Frosty 5K in 18:26 helped to catapult her into the elite division. Last winter's champion Ellie Harlow bolstered her claim for the runner-up spot with two overalls wins both open-class good. Her best was the West End Orthotics 5K in 19:18. Third ranked Eva Ally boasted an overall win at three of her five races. The other two events were mega events with thousands of racers. Her open-class time of 19:25 at the Reindeer Run 5K glides her past Bruch who pumped up her résumé with a second overall at the hilly DCRRC New Year's Day Predictions and Resolutions 5K in 20:00.

Sixth ranked Maya Kashyap won seven of her eighth events out right that included three 10Ks and a 12K race. Her only loss was to Bushee at the Frosty

5K. Kashyap ran best holding off seventh ranked Hannah Hawkins at the Christmas Eve 5K, 19:37 to 19:44. Hawkins just missed getting a second open qualifier by a whisper, winning at the Alexandria Turkey Trot 5M in 32:46. Kashyap ran the Snow Dash 5K in 20:10. Just ahead of the two women, Amelia Valenti planted a fine overall win at the Sentara Sleighbell 5K in 19:35. She cemented fifth place at the end of the season with a third overall at the very competitive Eagle Way Swamp Run 5K in 19:37.

Eighth ranked Julia Hemler's claim to fame was catching Ally off guard at the Kelly's Shamrock 5K with a 20:10 victory. Ninth place Reilly Teague won it all at the Candy Cane Dash 5K 20:35. She holds down her spot with an even faster 20:17 at the massive Sheppard Pratt Frederick Turkey Trot 5K as third overall. Tenth ranked Sienna Bailey wins it all at the Southside 10K in 42:22.

Forty-one runners qualified for the division. Six of them ran a [National Class](#) time with 80% age grading or better.

[National Class times \(80%\) = 38:01](#)

[World Class status \(90%\) = 33:48](#)

PI	Name	Age	Hometown	10K=	AG%
1	Bushee, Gillian*	18	Reston, VA	36:07	85.82%
2	Harlow, Ellie**	13	Glen Allen, VA	40:11	83.51%
3	Ally, Eva****	18	Owings Mills, MD	40:26	
4	Bruch, Whitney*	15	Alexandria, VA	40:30	80.78%
5	Valenti, Amelia**	13	Williamsburg, VA	40:38	82.58%
6	Kashyap, Maya*7	15	Fairfax, VA	40:55	
7	Hawkins, Hannah****	15	Arlington, VA	41:10	
8	Hemler, Julia****	12	Nottingham, MD	41:53	81.94%
9	Teague, Reilly***	18	Jefferson, MD	42:14	
10	Baley, Sienna**	18	Ridgeway, VA	42:22	
11	Carr, Lily*	17	Washington, DC	42:24	
12	Boyle, Devon***	17	Columbia, MD	42:35	
13	Breckenridge, A.**	12	Midlothian, VA	42:35	80.60%
14	Ornelas, Isabella*	18	Hampton, VA	42:50	
15	Aponte, Claire**	15	Alexandria, VA	43:06	
16	Euripides, Chrysanthi*	15	Fredericksburg, VA	43:18	
17	Ford, Lindsay**	13	Salisbury, MD	43:27	
18	Harding, Lilah**	12	Roanoke, VA	43:34	
19	Bartlett, Harper**	14	Purcellville, VA	43:31	
20	Coppler, Amelia**	14	Midlothian, VA	43:31	
21	Miller, Avery**	15	Oakton, VA	43:52	
22	Sentman, Sadie*	11	Fulton, MD	44:17	
23	Casey, Aurora**	16	Huntingtown, MD	44:31	

24	Borowski, Willow*	14	Edgewood, MD	44:52
25	Glaven, Sally***	11	Washington, DC	44:54
26	Ryan, Adelaide**	15	Gaithersburg, MD	44:58
27	Harlow, Austin*	15	Glen Allen, VA	45:11
28	Phelps, Cyndi*	16	Westminster, MD	45:17
29	Crook, Callie*	18	Chesapeake, VA	45:43
30	Schneider, Hannah*	14	Washington, DC	46:15
31	Rich, Lilah*	15	Chevy Chase, ND	45:42
32	Forster, Abigail**	14	Ijamsville, MD	46:26
33	Lippert, Maggie*	11	Virginia Beach, VA	46:26
34	Atchison, Elena**	14	Charlottesville, VA	46:51
35	Atchison, J.*	11	Charlottesville, VA	46:53
36	Palmer, Katelyn*	15	Gore, VA	47:03
37	Seymour, Peyton*	14	Virginia Beach, VA	46:57
38	Tsambikos, Maggie*	15	Finksburg, MD	47:28
39	Seniff, E.*	11	Winchester, VA	47:57
40	Rice, Maria**	13	Winchester, VA	48:16
41	Mulvaney, Rachel	19	Arlington, VA	49:44

35-39 Women

River City Half Marathon 1:16:15, 10K = 34:27 Keira D'Amato – **87.93%**

Age matters even within an age group and fifth ranked Kelly Calway touts the second-best age grading among the ten **National Class**. She posted the sixth fastest event racing the monster Alexandria Turkey Trot 5M in 29:13. That was better than eighth place Joy Lewis ran on the much hillier Celtic Solstice 5M (30:412). Still, the best age grading and the best 5 miler was earned by third ranked Shauneen Werlinger who enjoyed a windless day to race around Hains Point at the Al Lewis 5M in 28:54. That bested seventh ranked Jennifer Paul who was second overall in 30:32. Fourth ranked Rachel Cluett gets her designation with a swift 1:01:05 at the RRCA Challenge 10 Mile, ahead of Calway 1:03:52 and ninth ranked Christie Wetzel (1:03:34).

The remaining three runners of the top six places all met at the One City Half Marathon to start March. Laurel Le Moigne, who is becoming a half marathon specialist, dropped a notch to second place at the Sentara Colonial Half Marathon in 1:21:26 form last year. Tiffany Sloan won two races out right, including the Surf 'n' Santa 5M in 30:48. Julie Hartenbach also won two of her races, including the For the Love of It 10K (37:05) on rolling hills of Reston, ahead of tenth ranked Nilani Duarte. Sloan takes sixth place with a solid 1:23:25. She would later improve that in the spring at the Shamrock Half Marathon. Le Moigne set her PR there last year but did not make it three halves in a month this year. However, her third overall 1:20:12 at One City gave her the runner-up spot. Hartenbach takes the title with her second overall there in 1:19:33.

Duarte won ten of her events. She was top three overall in all with four wins. Thrice she was set down by **World Class** talent Perry Shoemaker and at the Reston New Year's 5K, Shoemaker and overall winner at the race bar none **World Class** talent Susanna Sullivan. In another event, she was nudged to second overall by this winter's teen champion Gillian Bushee. Duarte's best race was as third person finishing the Frosty 5K (18:23), behind Hartenbach (18:03). Eleventh ranked Megan DiGregorio was splendid, winning the Northern Central Trail Half Marathon in 1:25:00. Former champion Ann Mazur won it all at the huge Boar's Head Turkey Trot 5K 18:27 to cap the top dozen.

The division contained thirty-eight runners qualified for the division. Ten of them ran a **National Class** time with 80% age grading or better.

National Class times (80%) = 38:11

World Class status (90%) = 33:57

PI	Name	Age	Hometown	10K=	AG%
1	Hartenbach, Julie****	37	Springfield, VA	35:57	83.43%
2	Le Moigne, Laurel**	38	Springfield, VA	36:14	83.17%
3	Werlinger, Shauneen**	39	Fairfax Station, VA	36:31	85.70%
4	Cluett, Rachel**	35	Garrett Park, MD	36:43	81.91%
5	Calway, Kelly	39	McLean, VA	36:51	84.77%
6	Sloan, Tiffany***	39	Virginia Beach, VA	37:42	80.38%
7	Paul, Jennifer****	36	Washington, DC	37:45	82.17%
8	Lewis, Joy****	39	Columbia, MD	38:05	82.01%
9	Wetzel, Christie***	36	Falls Church, VA	38:12	
10	Duarte, Nilani*10	36	Fairfax, VA	38:16	81.05%
11	DiGregorio, Megan**	35	Baltimore, MD	38:25	
12	Mazur, Ann***	38	Charlottesville, VA	38:25	81.37%
13	Petrie, Jilane*	39	Washington, DC	38:37	
14	Lambkin, Mary**	36	Vienna, VA	38:48	
15	Ozeki, Liz**	35	Rockville, MD	40:38	
16	Craig, Ashley***	36	Lynchburg, VA	40:42	
17	Rosen, Sheryl***	39	Arlington, VA	40:47	
18	Schandevel, Vicky**	38	Ashburn, VA	40:57	
19	Dillen, Carly*	38	Baltimore, MD	40:57	
20	Holthuijzen, Maike**	37	Blacksburg, VA	41:15	
21	Lauzon, Liz*	36	Arlington, VA	41:11	
22	Somers, Julie**	36	Brentwood, MD	41:11	
23	Xang, Xi	39	Clarksville, MD	41:55	
24	Weaver, Lindsay*	38	Frederick, MD	41:32	
25	Santos, Mikki**	37	Washington, DC	41:49	
26	Brace, Christine*	39	Westminster, MD	41:57	

27	Lara, Cindy	37	Springfield, VA	42:18
28	Pearson, Hannah***	36	Herndon, VA	42:33
29	Bailey, Stephanie**	35	Winchester, VA	42:34
30	Denman, Meagan	39	Troy, VA	42:43
31	Schleppegrell, Christine**	37	Arlington, VA	42:56
32	Rhodes, Nicole**	36	Richmond, VA	42:58
33	Monson, Alexandra**	36	Charlottesville, VA	43:06
34	Gottschalk, Rachel	36	Frederick, MD	43:09
35	Ambinder, Emily	37	Ellicott City, MD	43:18
36	Grabowski, Karen**	39	Toano, VA	43:37
37	Fields, Syreeta***	37	Fairfax, VA	43:37
38	Seck, Hope***	36	Falls Church, VA	43:10

40-44 Women

Frosty 5K 17:08, 10K = 35:40 Serena Burla - **89.01%**

To get the title you have to take it away. Julia Siegel Breton won it all at the RRRC Candy Cane 5K in 18:37. Champion Julia Roman-Duval raced another excellent Celtic Solstice 5M as third overall in 29:40. Siegel Breton bested third ranked Ashley Palmer at the National Cross Country Championships 6K, 23:02 to 23:21. Roman-Duval dominated a strong field at the RRCA Challenge 10 Mile beating fourth ranked Kristin Lemos, 1:03:28 to 1:03:42. Also at the same event was fifth ranked Caroline Bauer (1:05:59), as well as sixth ranked Whitney Heavner (1:06:24), eighth ranked Reilly Hyunsun (1:08:52), twelfth ranked Jessica Ponds (1:06:46) and thirteenth ranked Marie-France Vidaver (1:06:59). On the final weekend Roman-Duval won the Kelly's Shamrock 5K in 17:52 ahead of Bauer's 18:28. That was just enough to stave off Siegel Breton who the day before put down the division's best event, the River City Half Marathon in 1:21:55.

Palmer was the overall winner at the Rivanna Half Marathon in 1:24:15 and the CTC New Year's 5K in 18:16 to solidify her hold on third place. Cheryl Atchison provided the swiftest marathon at the Dismal Swamp Marathon. Her second overall 3:01:18 gives her sixth place. Sarah Karpinski was also second overall at her marathon, the One City Marathon in 3:06:21 to gather in tenth place. Hyunsun takes her spot with a fine second overall at the Northern Central Trail Half Marathon in 1:27:48. Ninth ranked Megan Hansen won four of her races out right, including the Ran Run 5K in 19:07. Eleventh ranked Frances Lash posted her best of two overall wins at the Star City Half Marathon in 1:28:46.

With a gain of fifty percent, fifty-seven runners qualified for the division. Six of them ran a **National Class** time with 80% age grading or better.

National Class times (80%) = 39:03

World Class status (90%) = 34:42

PI	Name	Age	Hometown	10K=	AG%
1	Roman-Duval, Julia****	41	Columbia, MD	37:12	85.35%
2	Siegel Breton, Julia**	40	Richmond, VA	37:01	82.34%
3	Palmer, Ashley***	40	Lynchburg, VA	38:02	83.03%
4	Lemos, Kristin*6	43	Bethesda, MD	38:17	81.27%
5	Bauer, Caroline*	40	Elkridge, MD	38:27	82.13%
6	Atchison, Cheryl**	41	Henrico, VA	38:45	
7	Heavner, Whitney*	40	Bethesda, MD	39:54	
8	Reilly, Hyunsun*	43	Bel Air, MD	39:40	
9	Hansen, Megan*6	44	Middletown, VA	39:53	81.52%
10	Karpinski, Sarah**	43	Washington, DC	39:50	
11	Lash, Frances**	41	Roanoke, VA	40:07	
12	Ponds, Jessica*	41	Ellicott City, MD	40:07	
13	Vidaver, Marie-France*	44	Baltimore, MD	40:15	
14	Ledford, Jennifer**	43	Alexandria, VA	40:26	
15	Lawrence, Kris**	44	Virginia Beach, VA	40:37	
16	Buesseler, Amy*	40	Bristow, VA	40:43	
17	Ryan, Meg*	43	Takoma Park, MD	41:06	
18	Miller, Michelle***	43	Gaithersburg, MD	40:48	
19	Foley, Jacquelyn**	41	Leesburg, VA	41:15	
20	Fitzgerald, Jenny*	44	Woodbridge, VA	41:15	
21	Tallent, Kari****	41	Portsmouth, VA	41:22	
22	Ward, Emily**	41	Richmond, VA	41:41	
23	Pinkard, Sophie****	42	Washington, DC	41:49	
24	Merchant, Renee**	42	Norfolk, VA	41:59	
25	Rorison, Margaret**	40	Baltimore, MD	42:24	
26	Schneider, Monika*	40	Silver Spring, MD	42:24	
27	Badaracco, Maria**	43	Charlottesville, VA	42:35	
28	Courtney, Sincleia**	41	Alexandria, VA	42:44	
29	Pickett, Lindsay**	40	Clarksville, MD	42:49	
30	Burkholder, Bryn*	42	Baltimore, MD	42:56	
31	Nelson, Jennifer*	43	Forest, VA	43:00	
32	Enciu, Tabita**	43	Princess Anne, MD	43:12	
33	Rodman, Andrea***	41	Bealton, VA	43:29	
34	Hume, Kristin*	41	Arlington, VA	43:25	
35	Williamson, Elizabeth**	40	Chevy Chase, MD	43:35	
36	Samson, Meredith*	43	Aldie, VA	43:41	
37	Gunther, Kristin*	43	Chevy Chase, MD	43:40	
38	Coffill, Caroline**	40	Richmond, VA	43:38	
39	Moran, Lauren	44	Midlothian, VA	43:50	
40	Rider, Alicia***	42	Ridgeway, VA	43:49	

41	Schulze, Megan****	41	Yorktown, VA	44:06
42	Narrow, Liesl*	43	Locust Grove, VA	44:04
43	Fields, Emma*	43	Richmond, VA	44:11
44	Scott, Kate	40	Falls Church, VA	44:08
45	Gorman, Laurie**	44	Washington, DC	44:10
46	Soemod, Laura*	40	Virginia Beach, VA	44:16
47	Khatcheressian, Anne**	44	Fredericksburg, VA	44:36
48	Hemler, Rebecca	43	Nottingham, MD	44:35
49	Freeman, Denise	43	Richardsville, VA	44:52
50	Buroker, Kelly	43	Alexandria, VA	45:07
51	Frost, Jessica**	40	North Bethesda, MD	45:11
52	Blumer, Brittany	40	Gaithersburg, MD	45:09
53	Haas, Stephanie**	43	Lutherville Timonium, MD	45:15
54	Bergmann, Laura**	41	Winchester, VA	45:25
55	May, Jill*	43	Laurel, MD	45:30
56	Taylor, Alaina*	41	Springfield, VA	45:31
57	Trang, Vu*	43	Vienna, VA	45:32

45-49 Women

Virginia Run Turkey Trot 5K, 18:51, 10K = 39:15 Jacqueline Gruendel – **86.74%**

Runner-up Elizabeth Clor looked gorgeous for the crown with a special 40:31 at the For the Love of It 10K for her first **National Class** time. That scouted her by fourth ranked Kaari Liisi Linask who owns the division's best age grading by virtue of being on the cusp of grandmaster hood. Liisi Linask presented the two fastest ten milers, finishing third overall at the Turkey Burnoff 10 Mile with 1:08:57. She added a nearly identical 1:08:48 at the hilly RRCA Challenge 10 Mile, ahead of fifth ranked Kate Deanehan (1:09:34) as well as eighth ranked Lisa Levin (1:11:17). Deanehan skipped the Burnoff for the only other race that dared to run right after the biggest racing day of any year... Thanksgiving. Her time at the Northern Central Trail Marathon in 3:17:46 was the fastest marathon for the winter. Sixth ranked Christine Fernandez won six times but none faster than her 2024 starter, the Resolution Run 5K in 20:27.

Our champion bookended the season with halves. On opening day, Sarah Glenn was second overall at the Star City Half Marathon in 1:31:58. That first Sunday morn in March while Stick crossed the bridge and raced on the eastern shore (Salisbury), Clor ventured down to the Tidewater region for the big One City racing festival. She took down seventh ranked former champion Cristina Burbach, 1:29:54 to 1:34:12 to produce a half marathon PR. So close to the title as Glenn won that race in 1:29:39. Ironically, it matched Clor's 10K exactly.

As March entered the fray, former champion Sherry Stick sealed up slot number three with an overall win at the Tim Kennard River Run 5K in 19:38. In her nine events Stick was in the top three overall in all but two of her events with four overall triumphs.

It was almost a coin flip from two races purported to be a 15K. Ninth place Kristijana Cook ran the Anniversary 15K in 1:06:17, while eighth ranked Robyn Hartley took on the Frostbite 15K. However, the course had issues this year and ending up racing as a 10.6K making her time of 46:54 virtually identical to Cook's race. Cook also ran the RRCA Challenge 10 Mile in 1:12:44, while Hartley won at the RRRRC Turkey Trot 10K with 43:49. Eleventh place Laura Siegfried posted six wins, including yet another rolling hills 10 miler, the Reston 10M in 1:12:19.

Qualified runners stand at twenty-eight. Four of them ran a **National Class** time with 80% age grading or better.

National Class times (80%) = 40:34

World Class status (90%) = 36:03

PI	Name	Age	Hometown	10K=	AG%
1	Glenn, Sarah**	48	Roanoke, VA	40:31	80.78%
2	Clor, Elizabeth****	45	Chantilly, VA	40:31	80.09%
3	Stick, Sherry*9	46	Sykesville, MD	40:53	80.73%
4	Liisi Linask, Kaari***	49	Rockville, MD	41:21	80.83%
5	Deanahan, Kate*****	46	Baltimore, MD	41:48	
6	Fernandez, Christine*6	48	Virginia Beach, VA	42:35	
7	Burbach, Cristina**	49	Arlington, VA	42:34	
8	Levin, Lisa**	49	Gaithersburg, MD	42:44	
9	Hartley, Robyn**	48	Henrico, VA	43:05	
10	Cook, Kristjana*	49	Severna Park, MD	43:06	
11	Siefried, Laura*6	45	Clifton, VA	43:20	
12	Lully, Jennifer**	46	Lynchburg, VA	44:11	
13	Gianoukos, Aimee*****	48	Williamsburg, VA	44:42	
14	Bruch, Michelle*	45	Alexandria, VA	44:42	
15	Hill, Kim**	46	Fairfax, VA	44:59	
16	Stein, Erica	47	Baltimore, MD	44:55	
17	Diegoli, Toni*6	45	Potomac, MD	45:17	
18	Lowry, Michelle*	46	Blacksburg, VA	45:05	
19	Ansari, Almas	46	McLean, VA	45:59	
20	Alfonso, Mariana*	48	Chevy Chase, MD	46:04	
21	Simpson, Laura	46	Baltimore, MD	46:33	
22	Russell, Sarah	46	Lutherville, MD	46:22	
23	Hicks, Julie***	48	Virginia Beach, VA	46:36	
24	Buffington, Claire	45	Ashburn, VA	46:43	

25	Woronkowicz, Maggi**	48	Annapolis, MD	46:57
26	Romero, Jessie*	45	Midlothian, VA	47:22
27	Sisan, Heather*	47	Rockville, MD	47:22
28	Korman, Emily*	46	Mechanicsville, VA	48:20

50-54 Women

Turkey Day 5K 18:18, 10K = 38:06

Perry Shoemaker is still an Open Class racer so many of the excellent runners in this division have to be prepared to be dropped one place over normal expectation. When Shoemaker races she is usually going for an American record. Last year at Cherry Blossom, she took down Joan Benoit Samuelson's record of 1:00:52 with an American record of 1:00:42. This year she ran even faster lowering her record to 1:00:34.

Back to the winter, Shoemaker won three races out right, finishing second to multi-year Open winner Susanna Sullivan at the Reston New Year's 5K in 18:48. Elite grandmaster Ray Pugsley, 54, was a faux pace maker for her at three events. Shoemaker's best race was the winding hilly Turkey Fay 5K in 18:18. She also ran the Ringing in Hope event in 45:41 a very nice time for the 10K to be sure this year it was in realty a 12K.

Runner-up Rongkui Zhu usually choses the longer events. She skipped the Turkey Burnoff 10M this year but had time for two half marathons wins and 10M wins, including the Reston 10M in 1:11:14. At the RRCA Challenge 10 Mile, she took down fourth ranked Deb Hicks, 1:12:40 to 1:16:05. Fifth ranked Eliza Greer ran 1:14:57 but it was not fast enough to get by Hicks' powerful season ending Kelly's Shamrock 5K. Indeed, Greer bested Hicks at the Celtic Solstice 5M 36:36 to 36:45.

Third ranked Mary Davison is back on the roads again, smiting the field at the MCM Turkey Trot 10K in 44:05. Sixth ranked Karen Hottle displayed the fastest 5-mile, striding home at the Alexandria Turkey Trot 5M in 35:47. Seventh ranked Yuko Whitestone was third overall at the PVTTC Christmas Caper 5K in 21:45. Eight ranked Heather Schaeffer was tops at the For the Love of It 10K in 46:06. Ninth place Cathy Ross was the overall winner at the Bellehaven 5K (22:25).

The division contained twenty-nine qualifiers. Two runners ran a **National Class** time with 80% age grading or better.

National Class times (80%) = 42:50

World Class status (90%) = 38:04

PI	Name	Age	Hometown	10K=	AG%
1	Shoemaker, Perry****	52	Vienna, VA	38:08	92.26%

2	Zhu, Rongkui****	54	Chantilly, VA	42:29	82.73%
3	Davison, Mary*	51	Bristow, VA	43:45	
4	Hicks, Deb***	51	Catonsville, MD	44:12	
5	Greer, Eliza***	54	Baltimore, MD	45:03	
6	Hottle, Karen**	53	Vienna, VA	45:07	
7	Whitestone, Yuko****	52	Fairfax, VA	45:22	
8	Schaffer, Heather**	52	Potomac Falls, VA	46:06	
9	Ross, Cathy**	52	Burke, VA	46:40	
10	Hickey, Jennifer*	53	Washington, DC	47:01	
11	Sapper, Julie**	51	Rockville, MD	47:09	
12	Newkirk, Nancy**	50	Centreville, VA	47:07	
13	McShane, Linda*	54	Baltimore, MD	47:39	
14	Van Bebber, Stephanie	50	Fairfax, VA	47:49	
15	Singletary, Kristen*	52	Fairfax, VA	48:08	
16	Ramsey, Nicole***	52	Roanoke, VA	48:22	
17	Francoeur, Catherine**	54	College Park, MD	48:29	
18	Perry, Mary**	52	Rockville, MD	48:47	
19	Turner, LaTonya**	51	Fredericksburg, VA	48:51	
20	Hoening, Katherine**	54	South Riding, VA	48:58	
21	Ramsey, Stephanie*	51	Virginia Beach, VA	49:04	
22	Pearce, Rebecca*	51	Towson, MD	48:54	
23	Kelly, Kirsten***	53	Virginia Beach, VA	49:14	
24	Benson, Barbara	53	Springfield, VA	49:41	
25	Brochu, Shana*	52	Havre De Grace, MD	49:33	
26	Jennings, Kelly*	50	Bedford, VA	49:42	
27	Pressley, Michelle	54	Virginia Beach, VA	50:23	
28	Sinnott, Debbie*	50	Olney, MD	50:25	
29	Roth, Carrie	50	Midlothian, VA	50:41	

55-59 Women

St. Rita's 5K 19:44, 10K = 41:05

Lisa McNichols wrapped up the division and joined the elite division during the first week. First, she found herself runner-up at the St. Rita's 5K in 19:44. Then for Thanksgiving she earned a win at the Alexandria Turkey Trot 5M in 32:37. Third ranked Ann Faker realized the fastest half, winning the Northern Central Trail Half Marathon in 1:38:44, while Shannon Smith was putzing around with Park Runs, fastest was 23:04. At the RRCA Challenge 10 Mile, Smith sprang to life with a powerful 1:13:40 to blast past Fraker (1:15:00) to the runner-up spot. Fourth ranked Deelyn Robison capped her rash of swift 5Ks such as the Jingle Jog 5K in 21:45 and the Sentara Sleighbell 5K in 21:47 to post a win over fifth ranked Kelly Brown at the National Cross-Country Championships 6K, 27:17 to

27:40. Brown's best event was a super Ringing in Hope in 53:35. The course was supposed to be a 10K but was just shy of a 12K.

Sixth ranked Stacy Wannamaker was third overall at the Winter Hains Point 5K in 21:56. Former champion Denise Knickman does not race as much these days but she has a soft spot for 10 miler on the eastern shore. She was top master at the Tim Kennard River Run 10M in 1:16:12. She dipped her bill in the water at the Celtic Solstice narrowly defeating fifteenth ranked Amy Sachs. 38:00 to 38:03. Eighth ranked Paula Pels won it all at the Anacostia Park Run 5K #229 in 22:20. Terri Rath, 59, was **National Class** for the SOME Thanksgiving Day Trot for Hunger 5K in 22:37 earning ninth place. Tenth place Anita Freres still has the goods, taking her spot at the Turkey Day 5K in 22:44.

Deb Jockin ran her Frosty 5K in Stafford in 22:56 for eleventh place while Luz Blakney ran her Frosty 5K at Fairfax Corner in 22:59 for thirteenth place. Between the two, Marjorie Freidrichs squeezed in an Eagle Way Swamp Run 5K in 22:57. Fourteenth place Catherine Francoeur was second overall at the Park Run 5K in College Park at 22:59.

The division upped the ante big time and contained fifty-six qualified runners. Eight women ran **National Class** times with 80% age grading or better.

National Class times (80%) = 45:33

World Class status (90%) = 40:29

PI	Name	Age	Hometown	10K=	AG%
1	McNichols, Lisa**	56	Alexandria, VA	41:05	89.78%
2	Smith, Shannon***	58	Washington, DC	44:46	84.23%
3	Fraker, Ann**	57	Stevenson, MD	44:37	81.95%
4	Robinson, Deelyn*****	58	Williamsburg, VA	45:17	83.22%
5	Brown, Kelly**	59	Ashburn, VA	45:29	84.35%
6	Wanamaker, Stacy**	56	Arlington, VA	45:40	80.62%
7	Knickman, Denise**	55	Baltimore, MD	45:48	
8	Pels, Paula***	56	Bethesda, MD	46:30	
9	Rath, Terri*	59	Reston, VA	47:05	80.99%
10	Freres, Anita*	58	Vienna, VA	47:20	
11	Jockin, Deb***	58	Fredericksburg, VA	47:45	
12	Friedrichs, Marjorie**	56	Williamsburg, VA	47:47	
13	Blakney, Luz***	56	Oak Hill, VA	47:51	
14	Francoeur, Catherine**	55	College Park, MD	47:51	
15	Sachs, Amy**	59	Ellicott City, MD	47:51	
16	Arbaugh, Tonna****	56	Westminster, MD	47:53	
17	Taylor, Ruth**	56	Jefferson, MD	47:47	
18	Hoenig, Katherine**	55	South Riding, VA	48:00	
19	Welsh, Teri**	56	Lutherville Timonium, MD	48:20	

20	Kopacz, Margaret*7	59	Chesapeake, VA	48:34
21	Raab, Janice*	57	Free Union, VA	48:49
22	Liang, Ping***	57	Ashburn, VA	49:06
23	Ramsing, Becky**	56	Columbia, MD	49:06
24	Lang, Vicky**	55	Columbia, MD	49:16
25	Demaree, Marsha**	59	Marriottsville, MD	49:23
26	Glueck, Connie*****	59	Williamsburg, VA	49:31
27	Takakusaki, Yuko**	56	Arlington, VA	49:36
28	Anderson-Kratzer, Jill	56	Franktown, VA	50:07
29	Boyd, Margaret*	56	Washington, DC	50:25
30	Sullivan, Jamie*	59	Sykesville, MD	50:42
31	Siddique, Nadrat	55	Ellicott City, MD	50:46
32	Carrington, Shawn***	55	Fredericksburg, VA	50:45
33	Lopez Fahey, Patricia*	58	Ellicott City, MD	50:40
34	Shakespeare, Leslie*	58	Mechanicsville, VA	51:01
35	Mackintosh, Brenda**	58	Springfield, VA	51:06
36	Kreider, Susan	57	Virginia Beach, VA	51:15
37	Ehrreich, Marianne*	55	Midlothian, VA	51:26
38	Koprowski, Jennifer	57	Gainesville, VA	51:28
39	Ducker, Claudia	56	Annapolis, MD	51:24
40	Kelley, Caitlin	56	Owings Mills, MD	51:33
41	Strub, Gretchen	57	Fairfax, VA	51:34
42	Casey, Beth	55	Vienna, VA	51:56
43	Meng, Lei*	56	Potomac, MD	51:58
44	Bernard, Kimberly	56	Virginia Beach, VA	51:57
45	Carpentar, Jennifer*	55	Alexandria, VA	52:04
46	Aune, Guri*	56	Virginia Beach, VA	52:02
47	Russo, Andrea*	57	Baltimore, MD	52:03
48	Clark, Caren*	56	Frederick, MD	52:20
49	Urwin, Judy*	59	Virginia Beach, VA	52:30
50	McGovern, Christine	58	Baltimore, MD	52:53
51	Norouzi, Maryam	56	Rockville, MD	52:58
52	Malone, Amy	55	Gambrills, MD	52:43
53	Farinholt, Sharon**	56	Stephenson, VA	52:57
54	Farrell, Colleen	58	Winchester, VA	53:39
55	Bryant, Kelly*	56	Jarrettsville, MD	54:10
56	Andrews, Patti	59	Queenstown, MD	54:27

60-64 Women

RRCA Challenge 10 Mile 1:10:16, 10K = 42:14

Another season, another victory as Cindy Conant controls yet another title. At the first hilly 10 Miler, the Turkey Burnoff, she ran a fine 1:11:40 well ahead of fifth place Carol Braun (1:22:37). At the RRCA Challenge 10 Mile, Braun Improved to 1:19:07 defeating seventh ranked Kelly Dworak (1:20:33) but she was no match for Conant's brilliant 1:10:16. (Already in the spring, Conant's bettered last year's Cherry Blossom (1:07:59) with a 1:07:55 to reset the record of 1:07:56 formerly held by Joan Benoit Samuelson.) If her Challenge in 1:10:16 is **World Class** at 92.34% age grading, imagine what her Cherry Blossom will be. Her 43:27 at the hilly Kemp Mill Chills 10K crushes sixth ranked Suzanne Porter's Bellehaven 10K in 48:17, the second fastest 10K.

With Conant staying away from the 5K, runner-up Kendall Tata joined in with the two fastest, including the Charlottesville Turkey Trot 5K in 22:03. Park Run racer Julie Barclay takes third place with a swift Kensington Park Run 5K #235 in 22:29. As Julie Hayden reaches the upper end of the division, she still has the speed to take fourth with a fine Berryville Turkey Trot 5K in 22:49. Also 64, Amber Rader did well at the Frostbite 10.6K in 53:29 managing eighth place, ahead sixteenth place Martha Wright (56:37). Lise Willingham ran the Bold Blitzen 5K in 23:47 to perch on ninth place.

Age helped our next two racers finish at the **National Class** level. A former division champion, Jill Snyder was solid at the Hot Chocolate 5K in 23:54 for tenth place, Karen Manos is equally impressive racing the hilly For the Love of It 10K in 50:05. Kathy Cea cracks into the top dozen with a Sheppard Pratt Frederick Turkey Trot 5K fronting a fine 24:12.

Thirteenth place Win Persina looks good as always, winning seven times, including the Kensington Park Run 5K #239 in 24:27. Fourteenth ranked Linda Newman excels at the RRRC Turkey Trot 10K in 50:45. Sandra Gray takes fifteenth place at the First Day 5K in 25:02.

The division nearly doubled to a massive seventy-eight qualifiers. A potent ten of the qualifiers were **National Class** with 80% age grading or better.

National Class times (80%) = 48:36

World Class status (90%) = 43:12

PI	Name	Age	Hometown	10K=	AG%
1	Conant, Cindy***	62	Kensington, MD	42:14	93.24%
2	Tata, Kendall**	61	Stanardsville, VA	45:54	84.22%
3	Barclay, Julie**	60	Kensington, MD	46:49	82.43%
4	Hayden, Julie*9	64	Lake Frederick, VA	47:30	84.37%
5	Braun, Carol*	60	Rockville, MD	47:33	80.56%
6	Porter, Suzanne*****	63	Reston, VA	48:17	82.78%
7	Dworak, Kelly***	61	Carlisle, PA	48:24	80.72%
8	Rader, Amber*	64	Moseley, VA	49:08	83.65%

9	Willingham, Lise*	60	Earlysville, VA	49:31	
10	Snyder, Jill***	63	Annapolis, MD	49:46	80.54%
11	Manos, Karen	64	Clifton, VA	50:05	82.06%
12	Cea, Kathy***	64	Gaithersburg, MD	50:23	
13	Persina, Win*7	62	Washington, DC	50:54	
14	Newman, Linda**	62	Glen Allen, VA	50:45	
15	Gray, Sandra****	64	Glen Allen, VA	52:07	
16	Wright, Martha*	63	Richmond, VA	52:02	
17	Larkin, Mary Ellen**	64	Fulton, MD	52:31	
18	Jacob, Maria*	64	Virginia Beach, VA	52:39	
19	Black, Beverly	63	Fairfield, PA	52:46	
20	Sinsabaugh, Sarah*	62	Richmond, VA	52:57	
21	Furr, Suzanne*	62	Harwood, MD	52:47	
22	Thurtell, Becky**	60	Baltimore, MD	53:08	
23	Hutchings, Cynthia***	63	McLean, VA	53:30	
24	Fagnano, Jody***	62	Leonardtown, MD	53:31	
25	Price, Debra*	60	Newport News, VA	53:41	
26	Foy Jones, Valor*6	60	Newport News, VA	53:37	
27	Weiman, Paula	61	Winchester, VA	53:43	
28	Henry, Karen**	60	Bel Air, MD	54:01	
29	Johnson, Anne**	62	Glenwood, MD	53:58	
30	McAndrew, Ann	64	Charlottesville, VA	53:55	
31	Lerner, Robin	61	Bethesda, MD	53:58	
32	Hackman, Christine*****	60	Arlington, VA	54:25	
33	Horkan, Miho**	60	Rockville, MD	54:22	
34	Dudley, Codi***	64	Alexandria, VA	54:26	
35	Schaffner, Christine**	60	Yorktown, VA	54:22	
36	Bugen, Margery***	60	Richmond, VA	54:33	
37	Hennis, Melanie***	61	Portsmouth, VA	54:43	
38	Uffelmann, Louise*	60	Lexington, VA	54:49	
39	Alms, Linda**	60	Columbia, MD	54:49	
40	Cornell, Pam**	61	Fredericksburg, VA	54:54	
41	Shepherd, Sydney	60	McLean, VA	54:49	
42	Shea, Stacey*	60	Baltimore, MD	54:52	
43	Steinberg, Lisa	60	Mechanicsville, VA	55:04	
44	Eddy, Pamela	63	Williamsburg, VA	55:10	
45	Miscan, Daniela**	64	Reston, VA	55:29	
46	Rushin, Blake	62	Vienna, VA	55:33	
47	Kennedy, Linda	63	Alexandria, VA	55:36	
48	Bennett, Helen	62	Chester, MD	55:42	
49	Crissy, Roberta*7	63	Moneta, VA	55:48	
50	Horstmann, Laurie****	64	Centreville, VA	55:48	

51	Tenpas, Katie*	60	Chevy Chase, MD	55:56
52	Tindall, Bettie	60	Fort Defiance, VA	55:56
53	Doolan, Kelly*	60	Virginia Beach, VA	56:24
54	Swayne, Colleen*	61	Virginia Beach, VA	56:30
55	D'Antoni, Jeanne	60	Charlottesville, VA	56:38
56	Kirwan, Karen	62	Bethesda, MD	56:47
57	Johnston, Cynthia**	61	Washington, DC	56:59
58	Flora, Rebecca*	64	Chestertown, MD	57:05
59	Parker, Susan	60	Virginia Beach, VA	57:14
60	Eilenfield, Barbara	61	Stafford, VA	57:40
61	Rupp, Judy	62	Derwood, MD	57:43
62	Whelan, Jennifer	60	Baltimore, MD	57:50
63	Bartholomew, Cathleen*	64	Baltimore, MD	57:59
64	Johnson, Patricia**	64	Culpeper, VA	58:06
65	Friberg, Jeanne	61	Ashburn, VA	58:12
66	Burford, Roisin	61	Fairfax, VA	58:34
67	Davis, Ellen*	63	Mechanicsville, VA	58:41
68	Hawkins, Karen	60	Ashland, VA	58:49
69	Branch-Brioso, Karen	60	Fairfax, VA	58:49
70	Gasparini, Joanne*	62	Monkton, MD	58:53
71	McConaughey, Robin	62	Myersville, MD	59:08
72	Barrera, Brenda*	61	Williamsburg, VA	59:22
73	Morrisett, Linda*	62	Richmond, VA	59:37
74	Chang, Ruby	64	Rockville, MD	59:51
75	Williams, Christine*	61	Poquoson, VA	59:56
76	Banes, Eloisa*	63	Hagerstown, MD	59:56
77	McGowan, Diana*	62	Hampton, VA	1:00:37
78	Bjork, Janie	61	Columbia, MD	1:01:21

65-69 Women

YMCA Turkey Chase 10K 47:40

Amy Subar put away the division for sure with a monster 47:40 at the YMCA Turkey Chase 10K. To start the year the top three racers all met at the MCRRC New Year's 5K. Third ranked Angela Cason ran 25:41, while runner-up Erica Rubenstein defeated Subar, 24:02 to 24:47 in a shocker. Rubenstein had already dispatched Cason at the hilly Turkey Burnoff 10 Mile, 1:22:37 to 1:28:07. Pick your poison (hills). Subar ran the RRCA Challenge 10 Mile in 1:22:06 well ahead of eighth ranked Linda Burrell (1:31:33) and eleventh ranked Marie Friedland (1:33:18). Mary Gentry finished the Ringing in Hope 5K at 25:20 to take fourth place.

Janice Uthe fits well at fifth place, racing the Hot Chocolate 5K in 25:50. Sixth ranked Marie Shay placed a deuce of 5Ks next in 26:01, including the Jingle Jog 5K Nancy Hill is always good for a few powerful 5Ks and earns seventh place with a Bulle Rock Turkey Trot 5K in 26:14. Eighth place Carol Hansen-Vessa is still doing her regular dance between Williamsburg and Reston though she is doing more further south these days. At the Tidewater Striders Tune-up 10M, she boasted a fine 1:33:05. In Reston, she won the For the Love of It 10K in 56:35. Tenth ranked Stephanie Danahy rolled home at the SVR Jingle Bell 5K in 26:58.

Twelfth ranked Jean Phelan snuck by Hansen-Vessa's third best effort at the Jingle Jog 5K, 26:59 to 27:03. Thirteenth ranked June Scherer gained traction at the Columbia Turkey Chase 5K, ahead of seventeenth best Caryl Winter, 26:59 to 27:24. Former champion Ida Draim takes fourteenth place in 27:02 at the Vienna Turkey Trot 5K. Deborah Cohen enjoyed the pleasure of a second overall finish at the Baltimore and Annapolis Trail Park Run 5K #120 in 27:10 to take fifteenth place. Just outside to top fifth of this huge division. Wendy Fite races 2:06:03 at the Norfolk Harbor Half Marathon to take sixteenth place.

Shout out to 50 Plus Club racer Jeanne Larrison who makes her first entry into the runner rankings.

The monster division expanded to record eighty-seven qualifiers again making it the largest division. Three of the qualifiers were **National Class** times with 80% age grading or better.

National Class times (80%) = 52:08

World Class status (90%) = 46:20

PI	Name	Age	Hometown	10K=	AG%
1	Subar, Amy**	68	Potomac, MD	47:40	90.07%
2	Rubenstein, Erica**	65	Potomac, MD	49:39	82.75%
3	Cason, Angela	67	Damascus, MD	52:57	
4	Gentry, Mary*	65	Nokesville, VA	52:45	
5	Uthe, Janice*	67	Bowie, MD	53:47	
6	Shay, Marie***	67	Williamsburg, VA	54:10	
7	Hill, Nancy***	66	Havre De Grace, MD	54:06	
8	Burrell, Linda**	65	Derwood, MD	55:01	
9	Hansen-Vessa, Carol*8	69	Williamsburg, VA	55:56	
10	Danahy, Stephanie****	67	Winchester, VA	56:09	
11	Friedland, Marie	69	Annapolis, MD	56:04	
12	Phelan, Jean**	68	Virginia Beach, VA	56:11	
13	Sherer, June	65	West Friendship, MD	56:11	
14	Drain, Ida***	68	Alexandria, VA	56:17	
15	Cohen, Deborah***	67	Columbia, MD	56:34	
16	Fite, Wendy***	66	Amelia Court House, VA	56:58	

17	Winter, Caryl	66	Columbia, MD	57:03
18	Rodier, Sharon**	66	Norfolk, VA	57:19
19	Wake, Sharon***	68	Henrico, VA	57:31
20	Talley, Carol	69	Toano, VA	57:38
21	Simonsick, Eleanor	65	Baltimore, MD	57:33
22	Byerley, Marcia*22	66	Woodbridge, VA	57:43
23	Rieger, Torill**	66	Norfolk, VA	57:43
24	Peck, Leigh*	66	Lutherville, MD	58:14
25	Mayhugh, Mary Lowe*7	67	Washington, DC	58:32
26	Larsen, Susan**	65	Richmond, VA	58:34
27	Costello, Vicky*	65	Seaford, VA	59:24
28	Marotta, Rose**	66	Montpelier, VA	59:31
29	Archibald, Connie	66	Henrico, VA	59:45
30	Krzastek, Sue	67	Waynesboro, VA	59:45
31	Renardy, Yuriko*	69	Blacksburg, VA	1:00:08
32	Craney, Karen	68	Gaithersburg, MD	1:00:35
33	Worthington, Helen*	69	Bena, VA	1:00:54
34	Bernardes, Deborah*	65	King George, VA	1:01:27
35	Taylor, Kathi	66	Glen Allen, VA	1:02:07
36	Warnacut, Joyce*	67	Locust Grove, VA	1:02:40
37	Biermann, Gail	65	Virginia Beach, VA	1:02:48
38	Abreu, Beverly	67	Hyattsville, MD	1:03:05
39	Reihl, Valerie**	68	Rock Hall, MD	1:03:18
40	Washington, Myra	66	Montgomery Village, MD	1:03:38
41	Faulkner, Pamela	66	Henrico, VA	1:03:46
42	Ashlock, Joyce	69	Nottingham, MD	1:04:25
43	Hamill, Anne	67	Baltimore, MD	1:04:26
44	Schilling, Anita*	66	Midlothian, VA	1:04:49
45	Deshler, Amanda	65	Fredericksburg, VA	1:04:58
46	Mee, Paula	69	Ellicott City, MD	1:05:04
47	Burns, Nancy**	69	Columbia, MD	1:05:06
48	Grimshaw, Marianne*	66	Charlottesville, VA	1:05:20
49	Fout, Mary	69	Williamsburg, VA	1:05:50
50	Somerville, Betsy	65	Richmond, VA	1:05:56
51	Brown, Kathryn	67	Derwood, MD	1:06:08
52	Page, Patty***	68	Chantilly, VA	1:06:12
53	Sheppard, Susan*	65	Winchester, VA	1:06:25
54	Kroll, Aileen*7	67	College Park, MD	1:06:33
55	Doyle, Elizabeth*	65	Arlington, VA	1:06:34
56	Adams, Gail	65	Bel Air, MD	1:06:45
57	Rehm, Catherine	66	Gaithersburg, MD	1:06:47
58	Stephens, Shirley****	67	Williamsburg, VA	1:06:51

59	Strite, Dianne	66	Reston, VA	1:06:48
60	Close, Jean	68	Towson, MD	1:07:15
61	Rentz, Carol*	69	Fairfax, VA	1:07:21
62	Ganoe, Thea*	65	Hampton, VA	1:07:23
63	Kritter, Lynne	68	Culpeper, VA	1:07:21
64	Stumvoll, Sally*	65	Oak Hill, VA	1:07:38
65	Johnson, Julianne	69	Baldwin, MD	1:07:47
66	Lee, Cindy	66	Norfolk, VA	1:07:55
67	Storer, Valerie	66	Winchester, VA	1:08:09
68	Martin, Julie	69	Midlothian, VA	1:08:11
69	Shen, Grace*8	69	Potomac, MD	1:08:30
70	Benedict, Carol*	68	Arlington, VA	1:08:28
71	Mitchell, Michelle	66	Taneytown, MD	1:08:47
72	Grimes, Peggy*	67	Lynchburg, VA	1:09:47
73	Stettinius, Avis	65	Parkton, MD	1:09:49
74	Wilson, Cristi	68	Henrico, VA	1:10:01
75	Slaughter, Sandra	66	Emmitsburg, MD	1:10:10
76	Andrew, Deborah	65	Baltimore, MD	1:10:34
77	Eberhard, Dawn*	69	Richmond, VA	1:10:31
78	Hagen, Carol	66	Charlottesville, VA	1:10:37
79	Kowalski, Deb	65	Chesapeake, VA	1:10:43
80	McMackin, Kathleen	69	Crownsville, MD	1:10:47
81	Holechek, Mary Jo	65	Westminster, MD	1:11:19
82	Delp, Jose	69	Whiteford, MD	1:12:29
83	Grover, Debbie	68	Fort Meade, MD	1:12:35
84	Johnston, Victoria	67	Crozet, VA	1:12:44
85	Goodman, Laurie*****	65	College Park, MD	1:13:19
86	Lynch, Nancy*	65	Gretna, VA	1:13:21
87	Larrison, Jeanne	69	Chesapeake Beach, MD	1:13:36

70-74 Women

Norfolk Harbor Half Marathon 1:51:57, 10K = 50:35

Joey Hallock took command of the division the first week at the Norfolk Harbor Half Marathon in 1:51:57. Ninth ranked Susan Terwilliger was the next fastest purveyor of the half, cruising home at the Star City Half Marathon in 2:18:22. Third ranked Pat McNabb was a touch a rears at the Little Patuxent River Half Marathon in 2:19:11 but earns her mojo with a fancy Celtic Solstice 5M in 44:56. Fourth ranked Lizzie Sadoff ran well at the Reston New Year's 5K in 28:51, ahead of seventh ranked Suanne Shocket (30:49). Shocket was the first non-age group winner of the best 28 times. Back on Thanksgiving, Shocket raced the Prince William Turkey Trot 5K in 29:30, while sixth ranked Linda Scandore finished tops at the Boar's Head Turkey Trot 5K in 29:32. Scandore also won at

the CTC New Year's 5K in 29:59. Still, Hallock clapped down on her title that same morning, winning the Resolution Run 5K in 24:51.

Last winter's champion Ginny Hughes was eight for eight, winning all of her events that included the Reston 10M in 1:33:07. Fifth ranked Claudia Wolfe was next at that distance racing the decidedly flatter Al Lewis 10M in 1:42:25. Hughes possessed another top five time, winning the Museum of the Shenandoah Valley 4M in 35:38. To show the depth of the division the next fastest 4 miler came from former division champion Chris Reese, racing the Bear Run 4M in 39:35 to take eleventh place. Most of these talents eschewed the 10K with Sadoff leading with the fastest one at the hilly For the Love of It 10K in 59:48. Wolfe ran identical 1:03:01 Cranberry Crawl 10K and then the Christmas Eve 10K.

Eighth ranked Linda Gulick ran the first Day 5K in 29:56 to take eighth place. Tenth place Amy Rockhill ran the Peaks of Otter 5K in 30:25, ahead of twelfth ranked Patricia Travis who completed the Sentara Sleighbell 5K in 30:40. That was Rockhill's only victory while Travis took down four. However, Rockhill's second race was the Drumstick Dash 5K in 31:10 still ahead of Travis whose product was the Dash for CASA 5K in 31:15.

The division grew again to an amazing record forty-six qualifiers. Two of the qualifiers were **National Class** times with 80% age grading or better.

National Class times (80%) = 56:10

World Class status (90%) = 49:56

PI	Name	Age	Hometown	10K=	AG%
1	Hallock, Joey**	70	Virginia Beach, VA	50:35	87.02%
2	Hughes, Ginny*8	73	Warrenton, VA	55:35	83.01%
3	MacNabb, Pat**	70	Glenwood, MD	56:40	
4	Sadoff, Lizzie****	74	Washington, DC	59:48	
5	Wolfe, Claudia*****	71	Alexandria, VA	1:01:33	
6	Scandore, Linda**	73	Charlottesville, VA	1:01:29	
7	Shocket, Suanne*	70	Manassas, VA	1:01:25	
8	Gulick, Linda***	72	Richmond, VA	1:02:19	
9	Terwilliger, Susan**	73	Blacksburg, VA	1:02:31	
10	Rockhill, Amy*	71	Roanoke, VA	1:03:20	
11	Reese, Chris**	73	Westminster, MD	1:03:18	
12	Travis, Patricia****	72	Williamsburg, VA	1:03:51	
13	Harman, Jane*	71	Takoma Park, MD	1:04:53	
14	Ahlsted, Jackie*	72	Suffolk, VA	1:05:37	
15	Blank, Betty**	70	Falls Church, VA	1:05:30	
16	Hennes, Kathy****	71	Annapolis, MD	1:05:53	
17	Fisher, Laurie*11	72	Hyattsville, MD	1:07:17	
18	Frazho, Leslie*9	70	Richmond, VA	1:07:34	

19	Weddle, Mary*12	73	McLean, VA	1:08:09
20	Hallock, Bonnie****	71	Havre De Grace, MD	1:08:53
21	Pollitzer, Angela**	70	Kensington, MD	1:10:24
22	Woody, Natalie*	73	Roanoke, VA	1:11:00
23	Danielle-Kay, Patricia*****	73	Reston, VA	1:11:16
24	Mink, Suzanne	71	Washington, DC	1:11:29
25	Dalton, Jane**	73	Madison, VA	1:11:26
26	Pruitt, Susan*	72	Mechanicsville, VA	1:11:54
27	Kohinke, Anne***	70	Salem, VA	1:12:14
28	Adamo, Karen*	72	Severna Park, MD	1:12:19
29	Nusbaum, Maria	71	Reston, VA	1:12:28
30	Gilbert, Cynthia*	70	Chester, MD	1:15:20
31	Williams, Penny**	72	Trappe, MD	1:16:08
32	Levy, Christine	73	Frederick, MD	1:16:00
33	Lynch, Beth	70	Gaithersburg, MD	1:16:58
34	Harman, Mary**	73	Newport News, VA	1:17:10
35	Grant, Luisa*	71	Lake Frederick, VA	1:18:07
36	Delambo, Jeri***	74	Baltimore, MD	1:18:45
37	Gerber, Kathy*7	70	Henrico, VA	1:19:49
38	Mason, Judy***	72	Kensington, MD	1:21:06
39	Walters, Wanda	73	Bethesda, MD	1:23:02
40	Humphreys, Dottie*	72	Newport News, VA	1:23:06
41	Rosenthal, Ann	74	Bethesda, MD	1:24:34
42	Akers, Donna	74	Narrows, VA	1:24:55
43	Cronley, Rita**	70	Washington, DC	1:25:15
44	Smith, Margo	73	Frederick, MD	1:25:40
45	Brisker, Duyen	71	Bel Air, MD	1:26:51
46	Rodriguez, Ann**	72	Springfield, VA	1:27:41

75-79 Women

Tidewater Striders Tune-up 10M 1:28:26, 10K = 53:09

Betty Brothers is a racing fool. While looking for longer worlds to conquer she ran the best time for seven different distances. She ran the three TS Distance series events *after* she had already won the Dismal Marathon. Brothers began the season putting away the division with an unbeatable 54:19 at the huge Tidewater Striders Turkey Trot 10K. Runner-up Alice Franks spent the holidays, Turkey Day and New Year's, racing identical 28:41s at the Kensington Park Run 5K, beating fourth ranked Judith Sitkin-Porzell (32:32) on the latter. Brothers brought in the New Year at the Resolution Run 5K in 26:25. Franks is starting to lengthen her events from the 5K. Indeed, she was best at the MCRRC Jingle Bell Jog 8K in 46:06, ahead of Sitkin-Porzell (50:12) and former champion and fifth place Gretchen Bolton (55:30). Brothers won the Surf 'n' Santa 5M in 42:26.

Third ranked Pat Welch also likes to race the longer events. Her best 10K was the For the Love of It 10K in 1:04:14, though it is not quite as hilly as the Kemp Mill Chills 10K where Franks produced an excellent 1:02:41, besting Bolton there as well. Welch had her sights on a faster course back in December at the Ringing in Hope 10K but the course was mismanaged and runners ended up racing closer to a 12K. Sitkin-Porzal raced the Turkey Burnoff 10 Mile in 1:49:46, just ahead of Welch's Reston 10M in 1:49:54.

The division nearly doubled to nineteen qualifiers that included sixth ranked Paulette Shockey who raced the Sheppard Pratt Frederick Turkey Trot 5K in 35:06. Seventh ranked Roswitha Goossens-Winter flashed her best of two wins at the Sentara Sleighbell 5K in 35:35.

Two of the qualifiers were **National Class** times with 80% age grading or better.

National Class times (80%) = 1:00:55

World Class status (90%) = 54:09

PI	Name	Age	Hometown	10K=	AG%
1	Brothers, Betty*6	77	Virginia Beach, VA	53:09	93.72%
2	Franks, Alice*7	75	Rockville, MD	57:19	82.38%
3	Welch, Pat*6	77	Vienna, VA	1:03:09	
4	Sitkin-Porzal, Judith**	76	Silver Spring, MD	1:03:45	
5	Bolton, Gretchen	78	Bethesda	1:10:29	
6	Shockey, Paulette	75	Frederick, MD	1:13:05	
7	Goossens-Winter, Roswitha**	75	Williamsburg, VA	1:14:05	
8	Fishburne, Harriette**	76	Charlottesville, VA	1:17:12	
9	Norton, Lou****	77	Richmond, VA	1:18:17	
10	Imholtz, Clare*6	77	Beltsville, MD	1:19:57	
11	Delaney, Marie**	75	Severn, MD	1:20:52	
12	Peters, Sandra	75	Frederick, MD	1:22:14	
13	Glover, Bet***	78	Bethesda, MD	1:22:31	
14	Anderson, Lynn	79	Midlothian, VA	1:23:01	
15	Legrand, Maria*	75	Glen Allen, VA	1:23:41	
16	McGinn, Toby	76	Gaithersburg, MD	1:24:36	
17	Snowman, Adele	75	Upperco, MD	1:26:24	
18	Robertson, Judi Faye**	77	Colonial Heights, VA	1:31:30	
19	Canestra-Heenan, Patty**	75	Arlington, VA	1:36:32	

80-84 Women

Kensington Park Run 5K #239 37:19, 10K = 1:17:42

Jane Chretien continues to rule the Kensington Park Run. She lowered her best time to 37:19, adding two more sub-38:00s to garner twelve age group wins. Eighteen of the top twenty times came from Park Runs. Runner-up Rosemary Schwartzbard ventured down the road to the Fletcher's Cove Park Run for one of her nine age group wins. However, she planted the flag for her best time at her home course, the Roosevelt Island Park Run in 39:08. Third ranked Ecris Williams started her farewell tour at the hilly Turkey Day 5K in hometown Reston, finishing proudly with 39:30. Then she moved to capture the crown in the elder division.

Fourth ranked Susan Thomas was a bit out on an island time wise. Her CTC New Year's 5K in 45:04 was nowhere near the top three but light years ahead of the rest of the division. She ended the winter season, racing the 8K Race to Benefit the Haven in 1:12:47. That was the only non-5K in the division save for Chretien's YMCA Turkey Chase 10K in 1:20:18. Bonnie McClellan takes a victory bow at ten of the Park Runs in College Park. Normally prolific, Jeannette Novak was out of action for the last quarter. When she aged up to "20" on February the 29th, she got back on the roads, earning sixth place racing the Kensington Park Run 5K in 53:53.

National Class times (80%) = 1:06:45

World Class status (90%) = 59:20

PI	Name	Age	Hometown	10K=	AG%
1	Chretien, Jane*12	82	Kensington, MD	1:17:42	68.56%
2	Schwartzbard, Rosemary*9	81	Arlington, VA	1:21:56	
3	Williams, Ecris	84	Reston, VA	1:22:28	
4	Thomas, Susan**	81	Charlottesville, VA	1:32:50	
5	McClellan, Bonnie*10	82	College Park, MD	1:49:47	
6	Novak, Jeanette*	80	Damascus, MD	1:52:17	
7	Drewry, Maxine**	83	Roanoke, VA	2:04:47	
8	Smart, Kathy	81	Boyce, VA	2:14:06	

85-89 Women

Reston New Year's 5K 38:48, 10K = 1:20:06

This is a division where every year makes a difference. Last winter's champion Janet Hughes was gently reminded of that and escorted into third place. She ran the most events, winning five of the six and never losing to someone from her own decade. Her best race was the Heart and Soles 5K in 41:42. Ecris Williams dropped into the division mid-season with the top three races to take another crown. At the Frosty 5K in mid-December, she failed to crack 39:00 (39:01) for just the second time. Two weeks later, she made amends, racing the Reston New Year's 5K in 38:48.

Runner-up Laura Pitts showed us her best race early at the 5K, running the Zaching against Cancer 5K in 39:22. Still, she usually runs longer and raced the only two 5 milers in the division. Her best was the massive Celtic Solstice 5M in 1:06:20. Six other women ran one turkey day event.

National Class times (80%) = 1:16:40

World Class Status (90%) = 1:08:09

PI	Name	Age	Hometown	10K=	AG%
1	Williams, Ecris****	85	Reston, VA	1:20:06	71.26%
2	Pitts, Laura**	85	Baltimore, MD	1:22:39	
3	Hughes, Janet*****	86	Winchester, VA	1:26:49	

90 & Older Women

YWCA Turkey Trot 5K 1:05:16, 10K = 2:15:53

Maryanne Hanson raced her event on the busiest racing day of any year in the city that is both in Tennessee and Virginia.

National Class times (80%) = 1:36:20 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

PI	Name	Age	Hometown	10K=	AG%
1	Hanson, Maryanne	91	Bristol, TN	2:15:53	53.6%

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. 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—3M, 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 be able 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 permit 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 each in each of at least two of the four ranking periods. A runner can qualify in 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 two double dip and qualify for two divisions would be six races. For example, if a 60-64 runner runs a qualifying race twice in the winter or twice in the spring and then turns sixty-five after the winter and/or the two 60-64 qualifying races in the spring, and qualifies for two races in any of the next two/three seasons with times fast enough for qualification in the 60-64 division, that earns them qualification for the 60-64 division. The 65-69 qualification would come from two seasons each with two qualifiers.

i.e., a runner turning 65 on the first day of spring could qualify for the 60-64 division with two qualifiers in the winter if they had two qualifiers (at age 65) in the spring that were fast enough to qualify for the 60-64 division. Those two times would give them one season as 65-69 as well. Then all they would need is two qualifiers in either the summer or the fall to earn qualification for the 65-69 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 qualifying 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 earn 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
2 nd overall	8	12	40	60
3 rd overall	6	10	30	50
1 st AG	5	8	25	40
2 nd AG	3	5	15	25
3 rd AG	2	3	10	15
Fastest @ each distance	3	3	15	15
Qualified Runner	1	1	5	5
Major Race	0	1	0	5
1 st master	3	5	15	25
2 nd master	2	3	10	15
3 rd 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
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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	8 (points for victor, negative points against loser)
10K Equivalent	1	(point for each second faster than opponent's best race versus their best race)

- 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 firsts 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 be awarded 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 another 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 2024 ranking year:

- * Winter 2024 – November 13, 2023 – March 10, 2024
- * Spring 2024 – March 11, 2024 – May 27, 2024
- * Summer 2024 – May 28, 2023 – September 2, 2024
- * Fall 2024 – September 3, 2024 – November 10, 2024
- * Best of 2024 (November 13, 2023 through November 10, 2024) – reported March 2025

Event	Location	Date
Tidal Basin 5K	Arlington, VA	15-Nov-23
College Park Park Run #310	College Park, MD	18-Nov-23
Roosevelt Island Park Run 5K #295	Washington, DC	18-Nov-23
Kensington Park Run 5K #234	Kensington, MD	18-Nov-23
Fletcher's Cove Parkrun 5K #345	Washington, DC	18-Nov-23
Leakin Park 5K #263	Baltimore, MD	18-Nov-23
Deep Run Park Run 5K #224	Richmond, VA	18-Nov-23
Anacostia Park Run 5K #216	Washington, DC	18-Nov-23
Baltimore and Annapolis Trail Park Run 5K #109	Pasadena, MD	18-Nov-23
Star City 10K	Roanoke, VA	18-Nov-23
Star City Half Marathon	Roanoke, VA	18-Nov-23
Turkey Tumble for Autism 10K	Washington, DC	18-Nov-23
Turkey Tumble for Autism 5K	Washington, DC	18-Nov-23
Turkey Tumble for Autism Half Marathon	Washington, DC	18-Nov-23
Dominion Valley Turkey Trot 5K	Gainesville, VA	18-Nov-23
Zaching Against Cancer 5K	Ellicott City, MD	18-Nov-23
Zaching Against Cancer 10K	Ellicott City, MD	18-Nov-23
Cranberry Crawl 5K	Washington, DC	18-Nov-23
Cranberry Crawl 10K	Washington, DC	18-Nov-23
Trot the Trail 5K	Baltimore, MD	18-Nov-23
Dash for Casa 5K	Williamsburg, VA	18-Nov-23
Association of the US Army Southern Virginia 5K	Colonial Heights, VA	18-Nov-23
MVHS Cares Turkey Trot 5K	Alexandria, VA	18-Nov-23
Herndon Turkey Trot 5K	Herndon, VA	18-Nov-23
Kingdom Run 5K	Rocky Mount, VA	18-Nov-23
YWCA Turkey Trot 5K	Bristol, VA	18-Nov-23
Freeze Your Gizzard 5K	Leesburg, VA	18-Nov-23
St. Rita's 5K	Alexandria, VA	18-Nov-23
Run for Kendra 5K	Virginia Beach, VA	18-Nov-23

Jennifer Bush-Lawson 5K	Arlington, VA	18-Nov-23
Gobble Gobble Run or Wobble 5K	Warrenton, VA	18-Nov-23
4th Year 5K	Charlottesville, VA	18-Nov-23
Norfolk Harbor 5K	Norfolk, VA	18-Nov-23
MCM Turkey Trot 10K	Quantico, VA	18-Nov-23
MCRRC Run Under the Lights 5K	Gaithersburg, MD	18-Nov-23
Norfolk Harbor Half Marathon	Norfolk, VA	19-Nov-23
Norfolk Harbor 10K	Norfolk, VA	19-Nov-23
Vienna Turkey Trot 5K	Vienna, VA	19-Nov-23
Vienna Turkey Trot 10K	Vienna, VA	19-Nov-23
Run for the Wounded Warriors 5K	Triangle, VA	19-Nov-23
Run for the Wounded Warriors 10K	Triangle, VA	19-Nov-23
Run for the Wounded Warriors Half Marathon	Triangle, VA	19-Nov-23
Tuckahoe 25K	Queen Anne, MD	18-Nov-23
Donna Wyatt 5K	Danville, VA	18-Nov-23
Holiday Of Light 5K	Bluefield, VA	18-Nov-23
Spend Yourself 5K	Falls Church, VA	19-Nov-23
Twilight 5K	Midlothian, VA	19-Nov-23
Baltimore and Annapolis Trail Park Run 5K #110	Pasadena, MD	23-Nov-23
Fletcher's Cove Parkrun 5K #346	Washington, DC	23-Nov-23
Kensington Park Run 5K #235	Kensington, MD	23-Nov-23
College Park Park Run #311	College Park, MD	23-Nov-23
Columbia Island 10K	Arlington, VA	23-Nov-23
Columbia Island 5K	Arlington, VA	23-Nov-23
Can the Bird 5K	Kingstowne, VA	23-Nov-23
Fairfax Turkey Trot 5K	Fairfax, VA	23-Nov-23
Bulle Rock Turkey Trot 5K	Havre de Grace, MD	23-Nov-23
Ironwood 5K	Staunton, VA	23-Nov-23
Pulaski County Gobble Wobble 5K	Dublin, VA	23-Nov-23
Laurel Turkey Trot 5K	Laurel, MD	23-Nov-23
Camp Letts 10K	Edgewater, MD	23-Nov-23
Camp Letts 5K	Edgewater, MD	23-Nov-23
Gobble Gallop 5K	Lexington Park, MD	23-Nov-23
Giblet Jog 5K	Alta Vista, VA	23-Nov-23
West End Orthotics 5K	Glen Allen, VA	23-Nov-23
Fast Before the Feast 5K	Newport News, VA	23-Nov-23
YMCA Turkey Trot 5K	Fredericksburg, VA	23-Nov-23
Waynesboro Turkey Trot 5K	Waynesboro, VA	23-Nov-23
Stuffed Strut 5K	Wytheville, VA	23-Nov-23
Halifax Turkey Trot 5K	South Boson, VA	23-Nov-23
Danville Turkey Trot 5K	Danville, VA	23-Nov-23
Lansdowne Turkey Trot 5K	Lansdowne, VA	23-Nov-23
Hagerstown Turkey Trot 5K	Hagerstown, MD	23-Nov-23

Turkey Trot & Animal Food Drive 5M	Irvington, VA	23-Nov-23
RRRC Turkey Trot 10K	Richmond, VA	23-Nov-23
Boar's Head Turkey Trot 5K	Charlottesville, VA	23-Nov-23
Lexington Gobble Wobble 5K	Lexington, VA	23-Nov-23
Powell Wellness Turkey Trot 5K	Culpeper, VA	23-Nov-23
Chris Yung Turkey Trot 5K	Manassas, VA	23-Nov-23
Mountain Ridge Turkey Day 5K	Frostburg, MD	23-Nov-23
Berryville Turkey Trot 5K	Berryville, VA	23-Nov-23
Baltimore YMCA Turkey Trot 5K	Baltimore, MD	23-Nov-23
Turkey Day 5K	Reston, VA	23-Nov-23
Virginia Run Turkey Trot 5K	Centreville, VA	23-Nov-23
Ashburn Farm 10K	Ashburn, VA	23-Nov-23
Ashburn Farm 5K	Ashburn, VA	23-Nov-23
Columbia Turkey Chase 5K	Columbia, MD	23-Nov-23
FCPRD 5K	Stephen City, VA	23-Nov-23
Charlottesville Turkey Trot 5K	Charlottesville, VA	23-Nov-23
Tidewater Striders Turkey Trot 10K	Virginia Beach, VA	23-Nov-23
Prince William Turkey Trot 5K	Manassas, VA	23-Nov-23
Arnold Y Turkey Trot Charity 5K	Arnold, MD	23-Nov-23
YMCA Bel Air Turkey Trot 5K	Bel Air, MD	23-Nov-23
Y of Central Maryland Turkey Trot 5K	Westminster, MD	23-Nov-23
Towson YMCA Turkey Trot 5K	Towson, MD	23-Nov-23
YMCA Ellicott City 5K Turkey Trot 5K	Ellicott City, MD	23-Nov-23
Drumstick Dash 5K	Roanoke, VA	23-Nov-23
Humankind Turkey Trot 5K	Lynchburg, VA	23-Nov-23
Blue Talon Bistro Turkey Trot 5K	Williamsburg, VA	23-Nov-23
Sheppard Pratt Frederick Turkey Trot 5K	Frederick, MD	23-Nov-23
Alexandria Turkey Trot 5M	Alexandria, VA	23-Nov-23
Arlington Turkey Trot 5K	Arlington, VA	23-Nov-23
Fairfax Turkey Trot 4M	Fairfax, VA	23-Nov-23
Blacksburg Turkey Trot 5K	Blacksburg, VA	23-Nov-23
SOME Thanksgiving Day Trot for Hunger 5K	Washington, DC	23-Nov-23
YMCA Turkey Chase 10K	Bethesda, MD	23-Nov-23
Rocktown Turkey Trot 4M	Harrisonburg, VA	23-Nov-23
Black Friday 10K	Herndon, VA	24-Nov-23
Black Friday 5K	Herndon, VA	24-Nov-23
College Park Park Run #312	College Park, MD	25-Nov-23
Roosevelt Island Park Run 5K #296	Washington, DC	25-Nov-23
Kensington Park Run 5K #236	Kensington, MD	25-Nov-23
Fletcher's Cove Parkrun 5K #347	Washington, DC	25-Nov-23
Leakin Park 5K #264	Baltimore, MD	25-Nov-23
Deep Run Park Run 5K #225	Richmond, VA	25-Nov-23
Anacostia Park Run 5K #217	Washington, DC	25-Nov-23

Baltimore and Annapolis Trail Park Run 5K #111	Pasadena, MD	25-Nov-23
Wobble after Gobble 10K	Springfield, VA	25-Nov-23
Wobble after Gobble 5K	Springfield, VA	25-Nov-23
After Ate 8K	Williamsburg, VA	25-Nov-23
Stuffing Stomp 5K	Washington, DC	25-Nov-23
Stuffing Stomp 10K	Washington, DC	25-Nov-23
Turkey Burnoff 10 Mile	Gaithersburg, MD	25-Nov-23
Turkey Burnoff 5 Mile	Gaithersburg, MD	25-Nov-23
Northern Central Trail Marathon	Sparks, MD	25-Nov-23
Northern Central Trail Half Marathon	Sparks, MD	25-Nov-23
Langley Crew Turkey Trot 3M	McLean, VA	25-Nov-23
Santa Fun Run 5K for Hospice	Easton, MD	25-Nov-23
Henway Hard Cider 10K	Bluemont, VA	26-Nov-23
Henway Hard Cider 5K	Bluemont, VA	26-Nov-23
HCS Burleigh Manor 5M	Columbia, MD	26-Nov-23
College Park Park Run #313	College Park, MD	02-Dec-23
Roosevelt Island Park Run 5K #297	Washington, DC	02-Dec-23
Kensington Park Run 5K #237	Kensington, MD	02-Dec-23
Fletcher's Cove Parkrun 5K #348	Washington, DC	02-Dec-23
Leakin Park 5K #265	Baltimore, MD	02-Dec-23
Deep Run Park Run 5K #226	Richmond, VA	02-Dec-23
Anacostia Park Run 5K #218	Washington, DC	02-Dec-23
Baltimore and Annapolis Trail Park Run 5K #112	Pasadena, MD	02-Dec-23
Wright Stuff 8K	College Park, MD	02-Dec-23
St. Kateri's Run With the Son 5K	Tabb, VA	02-Dec-23
South Riding Jingle Dash 5K	Chantilly, VA	02-Dec-23
South Riding Jingle Dash 10K	Chantilly, VA	02-Dec-23
Wildcat 5K	McLean, VA	02-Dec-23
DeCesaris/Prout Cancer Foundation 5K	Annapolis, MD	02-Dec-23
Ugly Sweater 5K	Fairfax Station, VA	02-Dec-23
Ugly Sweater 10K	Fairfax Station, VA	02-Dec-23
Ugly Sweater Half Marathon	Fairfax Station, VA	02-Dec-23
HBI 5K	Washington, DC	02-Dec-23
Tacky Sweater 5K	Norfolk, VA	02-Dec-23
Reindeer Run 5K	King William, VA	02-Dec-23
Lexington Jingle Bell 5K	Lexington, VA	02-Dec-23
Reindeer Run 5K	Baltimore, MD	02-Dec-23
Holiday 5K	Williamsburg, VA	02-Dec-23
Holiday Half Marathon	Williamsburg, VA	02-Dec-23
Holiday 10K	Williamsburg, VA	02-Dec-23
Holiday Run Festival 5K	Ridgeway, VA	02-Dec-23
Southside 10K	Ridgeway, VA	02-Dec-23
Holiday Run Festival 15K	Ridgeway, VA	02-Dec-23

Bold Blitzen 5K	Nellysford, VA	02-Dec-23
Patterson Park 5K	Baltimore, MD	02-Dec-23
TRRC Championship 7M	Petersburg, VA	02-Dec-23
TRRC Championship 5K	Petersburg, VA	02-Dec-23
Moco Jingle Bell 5K	Boysds, MD	02-Dec-23
Dismal Swamp Marathon	Chesapeake, VA	02-Dec-23
Peaks of Otter 5K	Bedford, VA	02-Dec-23
Candy Cane Dash 5K	Frederick, MD	02-Dec-23
Blue Gray Half Marathon	Fredericksburg, VA	03-Dec-23
EOD Warrior Marathon	Washington, DC	03-Dec-23
EOD Warrior 7K	Washington, DC	03-Dec-23
EOD Warrior Half Marathon	Washington, DC	03-Dec-23
Gingerbread 5K	Hagerstown, MD	03-Dec-23
BRRRC Holiday Hustle 5K	Loch Raven, MD	03-Dec-23
DCRRC Gar Williams Half Marathon	Alexandria, VA	03-Dec-23
Run Like the Dickens 5K	Chestertown, MD	03-Dec-23
Rivanna Marathon	Charlottesville, VA	03-Dec-23
Rivanna Half Marathon	Charlottesville, VA	03-Dec-23
Run with Santa 5K	Reston, VA	03-Dec-23
Busch Gardens Christmas Town Dash 8K	Williamsburg, VA	03-Dec-23
Santa Run 10K	Frederick, MD	08-Dec-23
Santa Run 5K	Frederick, MD	08-Dec-23
RRRC Candy Cane 5K	Richmond, VA	08-Dec-23
College Park Park Run #314	College Park, MD	09-Dec-23
Roosevelt Island Park Run 5K #298	Washington, DC	09-Dec-23
Kensington Park Run 5K #238	Kensington, MD	09-Dec-23
Fletcher's Cove Parkrun 5K #349	Washington, DC	09-Dec-23
Leakin Park 5K #266	Baltimore, MD	09-Dec-23
Deep Run Park Run 5K #227	Richmond, VA	09-Dec-23
Anacostia Park Run 5K #219	Washington, DC	09-Dec-23
Baltimore and Annapolis Trail Park Run 5K #113	Pasadena, MD	09-Dec-23
Heart and Sole 5K	Newport News, VA	09-Dec-23
Frosty 5K	Stafford, VA	09-Dec-23
Winter Lake Anna Half Marathon	Fredericksburg, VA	09-Dec-23
Winter Lake Anna 10K	Fredericksburg, VA	09-Dec-23
Winter Lake Anna 5K	Fredericksburg, VA	09-Dec-23
Morais Vineyards 5K	Bealton, VA	09-Dec-23
Deck the Heels 5K	Alta Vista, VA	09-Dec-23
Farmville Jingle Bell 5K	Farmville, VA	09-Dec-23
Jingle Jog 5K	Chesapeake, VA	09-Dec-23
Jingle Bell Run Walk for Arthritis 5K	Baltimore, MD	09-Dec-23
Sentara Sleighbell 5K	Williamsburg, VA	09-Dec-23
Ringin in Hope 10K	Ashburn, VA	09-Dec-23

Ringing in Hope 5K	Ashburn, VA	09-Dec-23
Chanukah 8M	Washington, DC	10-Dec-23
AS Anniversary 15K	Annapolis, MD	10-Dec-23
What the Hill 8M	Westminster, MD	10-Dec-23
Run a Latke 5K	Richmond, VA	10-Dec-23
Hunger Heroes 5K	Afton, VA	10-Dec-23
Jingle All the Way 5K	Washington, DC	10-Dec-23
Jingle All the Way 15K	Washington, DC	10-Dec-23
Holiday Half Marathon	Annandale, VA	10-Dec-23
Holiday 4M	Annandale, VA	10-Dec-23
DCRRC Bread Run 10K	Glen Echo, MD	10-Dec-23
Seneca Slopes 9K	Gaithersburg, MD	10-Dec-23
Bridge and Trestle 17 Mile	Damascus, VA	10-Dec-23
College Park Park Run #315	College Park, MD	16-Dec-23
Roosevelt Island Park Run 5K #299	Washington, DC	16-Dec-23
Kensington Park Run 5K #239	Kensington, MD	16-Dec-23
Fletcher's Cove Parkrun 5K #350	Washington, DC	16-Dec-23
Leakin Park 5K #267	Baltimore, MD	16-Dec-23
Deep Run Park Run 5K #228	Richmond, VA	16-Dec-23
Anacostia Park Run 5K #220	Washington, DC	16-Dec-23
Baltimore and Annapolis Trail Park Run 5K #114	Pasadena, MD	16-Dec-23
Reindeer Romp 5K	Washington, DC	16-Dec-23
Reindeer Romp 10K	Washington, DC	16-Dec-23
Jingle Bell 5K	McLean, VA	16-Dec-23
Johnny Casa 5K	Rocky Mount, VA	16-Dec-23
Johnny Casa 5M	Rocky Mount, VA	16-Dec-23
Jingle Jog 5K	Williamsburg, VA	16-Dec-23
PVTC Christmas Caper 10K	Washington, DC	16-Dec-23
PVTC Christmas Caper 5K	Washington, DC	16-Dec-23
SVR Jingle Bell 5K	Boyce, VA	16-Dec-23
Surf 'n' Santa 5M	Virginia Beach, VA	16-Dec-23
Celtic Solstice 5M	Baltimore, MD	16-Dec-23
Holiday Hustle 5K	Bel Air, MD	17-Dec-23
MCRRC Jingle Bell Jog 8K	Rockville, MD	17-Dec-23
Pocohontas 10K	Chesterfield, VA	17-Dec-23
Pocohontas 5K	Chesterfield, VA	17-Dec-23
Pocahontas Half Marathon	Chesterfield, VA	17-Dec-23
Frosty 5K	Fairfax, VA	17-Dec-23
Tidal Basin 5K	Arlington, VA	20-Dec-23
College Park Park Run #316	College Park, MD	23-Dec-23
Roosevelt Island Park Run 5K #300	Washington, DC	23-Dec-23
Kensington Park Run 5K #240	Kensington, MD	23-Dec-23
Fletcher's Cove Parkrun 5K #351	Washington, DC	23-Dec-23

Leakin Park 5K #268	Baltimore, MD	23-Dec-23
Deep Run Park Run 5K #229	Richmond, VA	23-Dec-23
Anacostia Park Run 5K #221	Washington, DC	23-Dec-23
Baltimore and Annapolis Trail Park Run 5K #115	Pasadena, MD	23-Dec-23
Santa's Sleigh Half Marathon	Washington, DC	23-Dec-23
Santa's Sleigh 5K	Washington, DC	23-Dec-23
Rudolph Run 6K	Columbia, MD	23-Dec-23
Reindeer Run 5K	Aberdeen, MD	23-Dec-23
Christmas Eve 5K	Washington, DC	24-Dec-23
Christmas Eve 10K	Washington, DC	24-Dec-23
Frosty 5K	Blacksburg, VA	24-Feb-23
College Park Park Run #317	College Park, MD	30-Dec-23
Snow Dash 5K	Annandale, VA	30-Dec-23
Snow Dash 10K	Annandale, VA	30-Dec-23
Roosevelt Island Park Run 5K #301	Washington, DC	30-Dec-23
Kensington Park Run 5K #241	Kensington, MD	30-Dec-23
Fletcher's Cove Parkrun 5K #352	Washington, DC	30-Dec-23
Leakin Park 5K #269	Baltimore, MD	30-Dec-23
Deep Run Park Run 5K #230	Richmond, VA	30-Dec-23
Anacostia Park Run 5K #222	Washington, DC	30-Dec-23
Baltimore and Annapolis Trail Park Run 5K #116	Pasadena, MD	30-Dec-23
Visions New Year's Eve 5K	Lynchburg, VA	30-Dec-23
New Year's Eve Eve 8K	Arlington, VA	30-Dec-23
Running out of Time 5K	Great Falls, MD	31-Dec-23
Running out of Time 12K	Great Falls, MD	31-Dec-23
New Day New Year 5K	Broadlands, VA	01-Jan-24
New Day New Year 10K	Broadlands, VA	01-Jan-24
DCRRC New Year's Day Predictions and Resolutions 5K	Arlington, VA	01-Jan-24
Resolution 5K	Perryville, MD	01-Jan-24
New Year's Day 5K	Fredericksburg, VA	01-Jan-24
New Year's Day 10K	Fredericksburg, VA	01-Jan-24
Kensington Park Run 5K #242	Kensington, MD	01-Jan-24
College Park Park Run #318	College Park, MD	01-Jan-24
Fletcher's Cove Parkrun 5K #353	Washington, DC	01-Jan-24
Leakin Park 5K #270	Baltimore, MD	01-Jan-24
Baltimore and Annapolis Trail Park Run 5K #117	Pasadena, MD	01-Jan-24
Reston New Year's 5K	Reston, VA	01-Jan-24
MCRRC New Year's 5K	Gaithersburg, MD	01-Jan-24
PTC New Year's Day 5K	Newport News, VA	01-Jan-24
Resolution Run 5K	Virginia Beach, VA	01-Jan-24
First Day 5K	Midlothian, VA	01-Jan-24
Chesapeake City 5K	Chesapeake City, MD	01-Jan-24
CTC New Year's 5K	Free Union, VA	01-Jan-24

Father Time 5M	Phoenix, MD	01-Jan-24
Resolution 8K	Columbia, MD	01-Jan-24
Tidewater Striders Tune-up 10M	Chesapeake, VA	06-Jan-24
Tidewater Striders Tune-up 6M	Chesapeake, VA	06-Jan-24
Al Lewis 5M	Washington, DC	06-Jan-24
Al Lewis 10M	Washington, DC	06-Jan-24
College Park Park Run #319	College Park, MD	06-Jan-24
Roosevelt Island Park Run 5K #302	Washington, DC	06-Jan-24
Kensington Park Run 5K #243	Kensington, MD	06-Jan-24
Fletcher's Cove Parkrun 5K #354	Washington, DC	06-Jan-24
Leakin Park 5K #271	Baltimore, MD	06-Jan-24
Deep Run Park Run 5K #230	Richmond, VA	06-Jan-24
Anacostia Park Run 5K #223	Washington, DC	06-Jan-24
Baltimore and Annapolis Trail Park Run 5K #118	Pasadena, MD	06-Jan-24
Pirates 5K	Bel Air, MD	06-Jan-24
Pirates 10K	Bel Air, MD	06-Jan-24
Pirates Half Marathon	Bel Air, MD	06-Jan-24
Pirates 5K	Williamsburg, VA	06-Jan-24
Pirates 10K	Williamsburg, VA	06-Jan-24
Pirates Half Marathon	Williamsburg, VA	06-Jan-24
Snowy Owl 10M	Williamsburg, VA	07-Jan-24
Sandman 5K	Wytheville, VA	13-Jan-24
Sandman Half Marathon	Wytheville, VA	13-Jan-24
College Park Park Run #320	College Park, MD	13-Jan-24
Roosevelt Island Park Run 5K #303	Washington, DC	13-Jan-24
Kensington Park Run 5K #244	Kensington, MD	13-Jan-24
Fletcher's Cove Parkrun 5K #355	Washington, DC	13-Jan-24
Leakin Park 5K #272	Baltimore, MD	13-Jan-24
Deep Run Park Run 5K #231	Richmond, VA	13-Jan-24
Anacostia Park Run 5K #223	Washington, DC	13-Jan-24
Baltimore and Annapolis Trail Park Run 5K #119	Pasadena, MD	13-Jan-24
Lewis Memorial 10M	Emmitsburg, MD	13-Jan-24
Frozen Toe 10K	Roanoke, VA	13-Jan-24
Mystery Distance 3.6M	Middletown, VA	13-Jan-24
DCRRC MLK 5K	Washington, DC	13-Jan-24
DCRRC JFK 20K	Washington, DC	13-Jan-24
Megsmiles 5K for the Journey	Mechanicsville, VA	13-Jan-24
Phunt 25K	Elkton, MD	13-Jan-24
Mighty Medford 5K	Westminster, MD	14-Jan-24
HCS Clemmons Crossing 4M	Columbia, MD	14-Jan-24
Roosevelt Island Park Run 5K #304	Washington, DC	20-Jan-24
Run at the Boathouse 5K	Washington, DC	20-Jan-24
Run at the Boathouse 10K	Washington, DC	20-Jan-24

National Cross Country Championships 10K	Mechanicsville, VA	20-Jan-24
National Cross Country Championships 8K	Mechanicsville, VA	20-Jan-24
National Cross Country Championships 6K	Mechanicsville, VA	20-Jan-24
Deep Run Park Run 5K #232	Richmond, VA	20-Jan-24
Winter Wakefield 5K	Annandale, VA	20-Jan-24
Winter Wakefield 10K	Annandale, VA	20-Jan-24
Menchville Chill 2.8M	Newport News, VA	20-Jan-24
Snow Dash 5K	Berryville, VA	21-Jan-24
Snow Dash 10K	Berryville, VA	21-Jan-24
Briede Family Vineyard 5K	Winchester, VA	21-Jan-24
Winter Hains Point 5K	Washington, DC	27-Jan-24
Winter Hains Point 10K	Washington, DC	27-Jan-24
Deep Run Park Run 5K #233	Richmond, VA	27-Jan-24
Anacostia Park Run 5K #225	Washington, DC	27-Jan-24
Baltimore and Annapolis Trail Park Run 5K #120	Pasadena, MD	27-Jan-24
College Park Park Run #321	College Park, MD	27-Jan-24
Roosevelt Island Park Run 5K #305	Washington, DC	27-Jan-24
Kensington Park Run 5K #245	Kensington, MD	27-Jan-24
Fletcher's Cove Parkrun 5K #356	Washington, DC	27-Jan-24
Leakin Park 5K #273	Baltimore, MD	27-Jan-24
Ram Run 5K	Strasburg, VA	27-Jan-24
Schock & Shivers 5K	Chesapeake, VA	27-Jan-24
Tidewater Striders Tune-up 15M	Hampton, VA	27-Jan-24
Tidewater Striders Tune-up 10M	Hampton, VA	27-Jan-24
Forever 10M	Roanoke, VA	27-Jan-24
Forever 5M	Roanoke, VA	27-Jan-24
Winter Burke Lake 5K	Washington, DC	28-Jan-24
Winter Burke Lake 10K	Washington, DC	28-Jan-24
Winter Burke Lake Half Marathon	Washington, DC	28-Jan-24
HCS Hammond 5K	Laurel, MD	28-Jan-24
Frostbite 10.6K	Richmond, VA	28-Jan-24
Anacostia Park Run 5K #226	Washington, DC	03-Feb-24
Baltimore and Annapolis Trail Park Run 5K #121	Pasadena, MD	03-Feb-24
Winter City Views 5K	Arlington, VA	03-Feb-24
Winter City Views 10K	Arlington, VA	03-Feb-24
Roosevelt Island Park Run 5K #306	Washington, DC	03-Feb-24
Kensington Park Run 5K #246	Kensington, MD	03-Feb-24
Fletcher's Cove Parkrun 5K #357	Washington, DC	03-Feb-24
College Park Park Run #322	College Park, MD	03-Feb-24
Leakin Park 5K #174	Baltimore, MD	03-Feb-24
Deep Run Park Run 5K #234	Richmond, VA	03-Feb-24
For the Love of It 10K	Reston, VA	04-Feb-24
Cupid's Crush 5M	Baltimore, MD	04-Feb-24

Little Patuxent River Half Marathon	Columbia, MD	04-Feb-24
Little Patuxent River 10K	Columbia, MD	04-Feb-24
Paradise Springs 5K	Clifton, VA	04-Feb-24
Paradise Springs 10K	Clifton, VA	04-Feb-24
Froggy Hollow 4.3M	Clarksburg, MD	04-Feb-24
HCS Oakland Mills 5K	Columbia, MD	04-Feb-24
Anacostia Park Run 5K #227	Washington, DC	10-Feb-24
Baltimore and Annapolis Trail Park Run 5K #122	Pasadena, MD	10-Feb-24
Kiss my Asphalt 10K	Fredericksburg, VA	10-Feb-24
Kiss my Asphalt 5K	Fredericksburg, VA	10-Feb-24
Trail Demon 5K	Bluemont, VA	10-Feb-24
Trail Demon 10K	Bluemont, VA	10-Feb-24
Fletcher's Cove Parkrun 5K #358	Washington, DC	10-Feb-24
Leakin Park 5K #275	Baltimore, MD	10-Feb-24
Deep Run Park Run 5K #235	Richmond, VA	10-Feb-24
College Park Park Run #323	College Park, MD	10-Feb-24
Roosevelt Island Park Run 5K #307	Washington, DC	10-Feb-24
Kensington Park Run 5K #247	Kensington, MD	10-Feb-24
Hot Chocolate 5K	Saint Leonard, MD	10-Feb-24
Heart and Soles 5K	Middletown, VA	10-Feb-24
Blacksburg 5K	Blacksburg, VA	10-Feb-24
Blacksburg Classic 10M	Blacksburg, VA	10-Feb-24
Cupid's Chase 5K	Baltimore, MD	10-Feb-24
Cupid's Chase 5K	Silver Spring, MD	10-Feb-24
AS Valentine's Day 5K	Millersville, MD	10-Feb-24
Run for the Heart 10M	Yorktown, VA	10-Feb-24
DCRRC Langley 8K	Langley, VA	10-Feb-24
Valentine 5K	Perryville, MD	10-Feb-24
Lovers 10K	Burke Lake, VA	11-Feb-24
Lovers 5K	Burke Lake, VA	11-Feb-24
Lovers Half Marathon	Burke Lake, VA	11-Feb-24
Valentine 5K	Roanoke, VA	11-Feb-24
Valentine 14K	Roanoke, VA	11-Feb-24
Super Bowl Trail Run 7M	Baltimore, MD	11-Feb-24
Kemp Mill Chills 10K	Silver Spring, MD	11-Feb-24
Kemp Mill Chills 5K	Silver Spring, MD	11-Feb-24
Sweethearts 8K	Midlothian, VA	11-Feb-24
Run Your Heart Out 5K	Fairfax, VA	11-Feb-24
Bear Run 4M	Westminster, MD	11-Feb-24
RASAC Club Challenge 15K	Havre de Grace, MD	11-Feb-24
Falling for You Half Marathon	Great Falls, MD	17-Feb-24
Falling for You 10K	Great Falls, VA	17-Feb-24
Falling for You 5K	Great Falls, VA	17-Feb-24

Deep Run Park Run 5K #236	Richmond, VA	17-Feb-24
Anacostia Park Run 5K #228	Washington, DC	17-Feb-24
Baltimore and Annapolis Trail Park Run 5K #123	Pasadena, MD	17-Feb-24
College Park Park Run #324	College Park, MD	17-Feb-24
Roosevelt Island Park Run 5K #308	Washington, DC	17-Feb-24
Kensington Park Run 5K #248	Kensington, MD	17-Feb-24
Fletcher's Cove Parkrun 5K #359	Washington, DC	17-Feb-24
Leakin Park 5K #276	Baltimore, MD	17-Feb-24
Dahlgren Railroad Heritage Trail Half Marathon	King George, VA	17-Feb-24
Sentara Colonial Half Marathon	Williamsburg, VA	17-Feb-24
Sentara Colonial 5K	Williamsburg, VA	17-Feb-24
By George 5K	Washington, DC	17-Feb-24
By George 10K	Washington, DC	17-Feb-24
Holiday Lake 10K	Appomattox, VA	17-Feb-24
Holiday Lake 25K	Appomattox, VA	17-Feb-24
Manassas Battlefield 5K	Manassas, VA	18-Feb-24
Manassas Battlefield 10K	Manassas, VA	18-Feb-24
Sykesville Shiver Shuffle 5K	Sykesville, MD	18-Feb-24
Hot Chocolate 5K	Stevensville, MD	18-Feb-24
HCS Longfellow 10K	Columbia, MD	18-Feb-24
President's Day 5K	Fairfax Station, VA	19-Feb-24
President's Day 10K	Fairfax Station, VA	19-Feb-24
President's Day 10M	Fairfax Station, VA	19-Feb-24
Tidal Basin 5K	Arlington, VA	21-Feb-24
College Park Park Run #325	College Park, MD	24-Feb-24
Roosevelt Island Park Run 5K #309	Washington, DC	24-Feb-24
Kensington Park Run 5K #249	Kensington, MD	24-Feb-24
Fletcher's Cove Parkrun 5K #360	Washington, DC	24-Feb-24
Leakin Park 5K #277	Baltimore, MD	24-Feb-24
Deep Run Park Run 5K #237	Richmond, VA	24-Feb-24
Anacostia Park Run 5K #229	Washington, DC	24-Feb-24
Baltimore and Annapolis Trail Park Run 5K #124	Pasadena, MD	24-Feb-24
Explore Your Limits 10K	Roanoke, VA	24-Feb-24
Explore Your Limits 5K	Roanoke, VA	24-Feb-24
Bellehaven 10K	Alexandria, VA	24-Feb-24
Bellehaven 5K	Alexandria, VA	24-Feb-24
Spider Dash 5K	Richmond, VA	24-Feb-24
Race Around The Base 10 Miler	Langley AFB, VA	24-Feb-24
Race Around The Base 5K	Langley AFB, VA	24-Feb-24
Tidewater Striders Tune-up 12M	Fort Story, VA	24-Feb-24
Tidewater Striders Tune-up 20M	Fort Story, VA	24-Feb-24
Museum of the Shenandoah Valley 4M	Winchester, VA	24-Feb-24
Dash Around the Point 10K	Washington, DC	25-Feb-24

Dash Around the Point 5K	Washington, DC	25-Feb-24
Bear Creek 10M	Cumberland, VA	25-Feb-24
RRCA Challenge 10 Mile	Columbia, MD	25-Feb-24
Leap Year 10K	Lorton, VA	29-Feb-24
Leap Year 5K	Lorton, VA	29-Feb-24
Kensington Park Run 5K #250	Kensington, MD	02-Mar-24
Fletcher's Cove Parkrun 5K #361	Washington, DC	02-Mar-24
Leakin Park 5K #278	Baltimore, MD	02-Mar-24
Anacostia Park Run 5K #230	Washington, DC	02-Mar-24
Baltimore and Annapolis Trail Park Run 5K #125	Pasadena, MD	02-Mar-24
College Park Park Run #326	College Park, MD	02-Mar-24
Potomac Views 5K	Alexandria, VA	02-Mar-24
Potomac Views 10K	Alexandria, VA	02-Mar-24
Deep Run Park Run 5K #238	Richmond, VA	02-Mar-24
Roosevelt Island Park Run 5K #310	Washington, DC	02-Mar-24
Maritime 5K	Newport News, VA	02-Mar-24
Spring Cider 5K	Delaplane, VA	03-Mar-24
Spring Cider 10K	Delaplane, VA	03-Mar-24
Byron Avenue 10K	Springfield, VA	03-Mar-24
Byron Avenue 5K	Springfield, VA	03-Mar-24
Tartan 5K	Hagerstown, MD	03-Mar-24
Reston 10M	Reston, VA	03-Mar-24
DCRRC Burke Lake 12K	Burke Lake, VA	03-Mar-24
One City Marathon	Newport News, VA	03-Mar-24
One City Half Marathon	Newport News, VA	03-Mar-24
Tim Kennard River Run 10M	Salisbury, MD	03-Mar-24
Tim Kennard River Run 5K	Salisbury, MD	03-Mar-24
Huguenot Park Cross Country 3 Mile	Midlothian, VA	03-Mar-24
Big Foot 10M	Elkridge, MD	03-Mar-24
Big Foot 5M	Elkridge, MD	03-Mar-24
HCS Northfield 5K	Ellicott City, MD	03-Mar-24
Cancer Awareness 5K	Petersburg, VA	03-Mar-24
College Park Park Run #327	College Park, MD	09-Mar-24
Roosevelt Island Park Run 5K #311	Washington, DC	09-Mar-24
Kensington Park Run 5K #251	Kensington, MD	09-Mar-24
Fletcher's Cove Parkrun 5K #362	Washington, DC	09-Mar-24
Leakin Park 5K #279	Baltimore, MD	09-Mar-24
Deep Run Park Run 5K #239	Richmond, VA	09-Mar-24
Anacostia Park Run 5K #231	Washington, DC	09-Mar-24
Baltimore and Annapolis Trail Park Run 5K #126	Pasadena, MD	09-Mar-24
Indian Head Trail Rail 5K	Indian Head, MD	09-Mar-24
Indian Head Trail Rail 10K	Indian Head, MD	09-Mar-24
Caledon 5K	King George, VA	09-Mar-24

Caledon 10K	King George, VA	09-Mar-24
Fort Eustis 10K	Fort Eustis, VA	09-Mar-24
Run High Bridge 5K	Rice, VA	09-Mar-24
Montvale 8.4M	Montvale, VA	09-Mar-24
Montvale 5M	Montvale, VA	09-Mar-24
Jogging for your Noggin 5K	Roanoke, VA	09-Mar-24
Boxers and Briefs 5K	Ashburn, VA	09-Mar-24
8K Race to Benefit the Haven	Charlottesville, VA	09-Mar-24
Eagle Way Swamp Run 5K	Williamsburg, VA	09-Mar-24
Wig Out for Erin 5K	Richmond, VA	09-Mar-24
Annapolis Running Festival 5K	Annapolis, MD	09-Mar-24
Annapolis Running Festival 10K	Annapolis, MD	09-Mar-24
Annapolis Running Festival Half Marathon	Annapolis, MD	09-Mar-24
River City Half Marathon	Richmond, VA	09-Mar-24
River City 5K	Richmond, VA	09-Mar-24
Gambler 5K	Winchester, VA	09-Mar-24
Her Story 5K	Washington, DC	09-Mar-24
Celtic Canter 5K	Westminster, MD	09-Mar-24
Forest of Needwood 5M	Knoxville, MD	09-Mar-24
Kelly's Shamrock 5K	Baltimore, MD	10-Mar-24
Dirt Farm Brewing 5K	Bluemont, VA	10-Mar-24
Dirt Farm Brewing 10K	Bluemont, VA	10-Mar-24
Fox 5K	Bel Air, MD	10-Mar-24