

2021 Summer Rankings

(June 02, 2021– September 6, 2021)

50 Plus Club

Best of 2015

Best of 2016

Best of 2017

Best of 2018

Best of 2019

Best of 2020

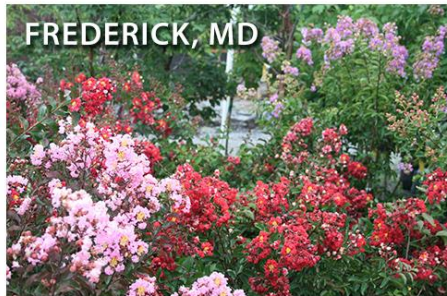


By [James Moreland](#)

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In the first table, we show the average totals over the years.

Average 2005-2021

	Major	Total	Percent	Ranked	Runners
Winter	49	239	3.37%	3417	101493
Spring	51	308	2.04%	3525	173144
Summer	37	272	3.64%	3252	89398
Fall	39	282	2.20%	2996	135882

Back in 2020, we combined three period, spring, summer, and fall because so few races occurred. The table lists 2019 for reference and then breaks down the three combined seasons. Lastly, the total of the three seasons is shown. It is still woefully short of even one season.

	Major	Total	Percent	Ranked	Runners
Spring 2019	76	491	1.97%	4689	238119
Summer 2019	42	379	4.11%	3322	80923
Fall 2019	50	431	2.47%	3967	160690
Spring 2020	0	12	4.04%	37	916
Summer 2020	0	63	8.98%	408	4542
Fall 2020	0	93	11.92%	695	5832
Spring-Summer-Fall 2020	0	168	10.10%	1140	11290

Next, we combined the winter and spring as races began to resurface. It was still quite a bit smaller. The table lists 2019 for reference and then breaks down the two combined seasons. Lastly, the total of the two seasons is shown. One can see that progress is being made in the return to normal, though most events are still small. The larger events still go virtual or attract only about 40-50% as many racers as usual

	Major	Total	Percent	Ranked	Runners
Winter 2019	62	341	3.09%	4193	135744
Spring 2019	76	491	1.97%	4689	238119
Spring 2020	0	12	4.04%	37	916
Winter 2020	76	447	3.61%	5900	163448
Winter-spring 2021	5	303	8.13%	2561	31506

Summer is traditionally the smallest season but has always done well competitively with the highest percentage of ranked runners versus runners.

2021	Major	Total	Percent	Ranked	Runners
Summer	19	283	4.88%	2403	49221

Though only half as large as on average, this summer has rebounded enough to run the rankings as a regular season. Hopefully the trend will continue in the fall and by 2022 we will approach a near normal racing year.

To help explain the table below take for example the 65-69 men's division. Twenty-four runners (Total of Ranked Men) among themselves combined to race 40 times (Men Ranked Races of qualifiers). One Hundred and thirty-seven-runners (Total Men's qualifying racers) means that 33 (112-79) 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	21	149	48	20	146	59
90 & older	2	2	2	1	1	1
85-89	6	8	8	6	8	8
80-84	15	99	71	5	31	17
75-79	27	140	94	8	60	42
70-74	19	88	64	25	154	92
65-69	24	112	79	40	234	149
60-64	27	137	85	31	185	115
55-59	26	119	81	19	101	55
50-54	17	65	48	3	68	29
45-49	7	38	18	3	35	6
40-44	7	43	23	15	73	36
35-39	12	58	34	11	65	27
Open	24	113	65	29	163	70
Total 2021	234	1171	720	216	1324	706

With the pandemic still in force, it was the larger races that struggled most. Little races could cancel, or worse go virtual, without causing much of a ripple. Their investments were relatively small. The larger races definitely had to plan ahead and were often met by conditions beyond their control. Inconsistent rulings for local government, always an issue, came to the forefront. The politicians wanted to be sure they appeared to be on the right side of the ever-changing issue. Some large races such as Annapolis wisely closed early. They did not want to close the always popular event but they also wanted to respect runners and not throw them a last-minute disappointment. The most common news spread among runners these days is. "Did you hear that **** race went virtual?"

Of course, virtual is the polite way of slipping your hand into a runner's wallet without offering anything of value in return and duping runners that are not really canceling. Many runners began waiting until the last minute to enter events, usually paying a premium, as a way of being sure that they actually got what they paid for. The summer did have nineteen major events but that is fewer than half of normal. Nearly all had fifty per cent or fewer than normal as well. Just six of

those races contained more than a thousand participants. Only of seven of them led the way in ranked runners. Most of the other larger races were not very competitive.

The Rock 'n' Roll event as always rolled out their results late, awkwardly, and still incomplete. That seem to be the trend these days. The Cherry Blossom 10 Mile got rescheduled for the second week of the fall season. Their usually competent results came up with name, bib number, and net time. Does anyone really care what their bib number is? At least for these rankings, that sort of results is woefully lacking. Age is vital to determine age group. Hometown is vital to determine which runners are from this region. Gun time is vital to know their official time and place.

The Army ten miler waited a long time before turning virtual. One would guess they collected all they thought they would get before canceling. As with Cherry Blossom and Army, the Marine Corps Marathon events has always been one of the most potent events in the region, even the country. They folded their tent in late September as well and their races, which one has to sign up many months in advance or get shut out, are not inexpensive. Now, everyone is shut out. Their reasons for canceling are not yet clear but they sure are disappointing. For some reason, the Across the Bay 10K was scheduled as the same day with Marine Corps. Did they know something? Or will they show solidarity and fold as well as it gets close to race time. Remember they have a history a canceling with the fraudulent "no refund" policy. At one point, they snuck away in the night three times in five years with runner's entry fees.

There were four major half marathons of twelve such events. Rock 'n' Roll lead all races in size and with ranked runners (100). The Charles Street 12M gets thrown into this section as a major race with (68), the second most ranked runners. There were just twelve five milers with only one having more than 400 racers. The most competitive was the FARC Heritage Festival 5 Mile Run (29) with 11 percent ranked.

The 5K was by far the most prolific of the races with 200 events. Nine were major races. Still, just three of the top four that were in the top ten in size appeared in the top ten in ranked runners. The Reston Firecracker 5K the third largest 5K in size as well as first in the 5K as well as third overall in ranked runners with sixty-six. The Bel Air Town Run was next with fifty-six ranked runners though it was the smallest of the nineteen major events. The third most competitive 5K was the fast Kentlands/Lakelands 5K with 46 ranked runners.

The 10 mile would have been invisible if not for the, by far largest of just three events, the Baltimore 10M. That race was the third largest event and had the seventh most ranked runners with 37. Of the ten 4 milers, three were good sized races but only the Charlottesville 4 Miler was a major event. This race contained 26 ranked runners, while the third largest 4 miler, the Hometown Bank Four on

the Fourth 4M, produced the most (28) ranked runners. There were thirty-three 10Ks with the Ukrops Monument Avenue 10K dominating as the second largest event with the third largest ranked runner total (60). The Arbutus Firecracker 10K cracked the top ten in ranked runners with thirty-six.

Virtual races are, of course not races any more than dreams are reality. Unfortunately, you cannot extend a racing streak with a virtual time reported. By all means, continue to train and to run hard. Through most of my running years, I have been accused of racing my training runs. I have even accumulated PRs (personal records) on these runs but they are not races, not even virtually. The precursor to virtual racing is of course net timing. Neither are legitimate except for your own personal recording. Train hard as if it were a race and you will be leading the way when we do return to real racing.

As all road racing is on different courses and conditions, the human touch is definitely more accurate than a pure numbers content from a fully computerized model. Computers do not account for incorrect race distances, or weather differences, or even different difficulty levels of terrain. The goal of any objective rankings system is to have the fewest surprises. A runner generally knows his or her own pecking order and can exult the rewards when they have a special race that catapults them above their normal place.

Racing, unlike many other sports, is fully age and sex-based. Though many times older runners can excel in the open section of an event, mostly runners are competing against runners of the same sex and in a narrow (usually five year) age grouping. Often when races do not know the runner's age, they use 99 or 0. For some reason they continue having the age group 70-99 or 0-19, instead of 70-98 or 1-19, causing silly division errors. It seems unlikely that too many 99-year-olds or pre-anniversary babies are being gipped out of awards. However, often elder runners and teens have been. More and more, the model for race results is ad-based with bells and whistles. Runners are urged, and many times forced, to click on separate pages to get necessary information such as their age and sex even as they are bombarded by more frivolous information. If a runner's age is listed, anyone can ascertain which age group they are in. If only their age group is listed, one cannot tell their age and cannot be sure which of the standard age groups that they belong in. It seems obvious that a runner already knows his or her own time and is really looking at results for comparison with others runners.

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

For the summer, seven women's divisions provided at least one **National Class** racer ranked, the total was 19. In the Open division, there were 12 though three double dipped from other groups. The men were even more impressive with 45 **National Class** racers with at least one from nine divisions, though none older than 69. In the Open division, there were 23, though seven double dipped from other groups.

In the "you got to play to win" category, i.e. you only ran one event an additional 36 men and 32 women ran a National Class race.

No runners made World Class status: **90% Age Grade: David Angell, 44, was highest for the men at 88.92%. Julie Hayden, 61, was highest for the women at 88.18%.**

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

Age Group	Men 10K=	Age Group	Women 10K=
19 and younger	00:33:24	19 and younger	00:38:01
20-34	00:33:24	20-34	00:37:55
35-39	00:33:42	35-39	00:38:11
40-44	00:34:39	40-44	00:39:03
45-49	00:36:02	45-49	00:40:34
50-54	00:37:33	50-54	00:42:50
55-59	00:39:12	55-59	00:45:33
60-64	00:41:00	60-64	00:48:36
65-69	00:42:58	65-69	00:52:08
70-74	00:45:11	70-74	00:56:10
75-79	00:48:27	75-79	01:00:55
80-84	00:53:37	80-84	01:06:45
85-89	01:01:52	85-89	01:16:40
90-90	01:15:50	90-90	01:35:26
95 and older	01:42:57	95 and older	02:17:03

Runners who win the race or win their division in a race earn an asterisk beside their name. Open runners only earn an asterisk for an overall win. The Speed Alone, cited at the start of each division, is the fastest qualifying time run for each

division. In **red**, it designates that the division champion ran it. Otherwise, we have added the name of the runner who 10K equivalent time was the fastest but only ran one qualifier.

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

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

Now let's see who made the top.

Open Men

Krumpe's Donut Alley Rally 5K 14:47, 10K = 30:50

Our champion Henry Schmidt was second overall at the Krumpe's Donut Alley Rally 5K in 14:47 behind an out-of-town speedster Darren Harmen who ran 14:37. Thirteenth ranked David Butts was third overall in 15:34. His second race, an overall victory at the Greg Shank 5K in 15:25 was bettered by nine other racers. Butts was second at that event in 15:37 to confirm his crown among the teenagers. Third ranked Jeremy Ardanuy won it all at the Bel Air Town Run 5K in 14:58. That helped define five other racers who had met their match there. Eighth ranked Ethan Gonzales was third overall in 15:13 while ninth overall Langston Gash ran 15:18. Omari Daughtridge ran 15:48 to take fifteenth place. Ardanuy added two more overall wins but his next best at the Baltimore 10M in 56:05 did not crack the top 50 times.

Runner-up Harrison Toney won the Ashland Half Marathon in 1:08:42 ahead of fifth place Matthew Novak who was the runner-up in 1:09:20. The month before, they ran the same relative places at the Pony Pasture 5K with Toney winning 15:00 to 15:05. Fourth place goes to Matthew Denlinger who won the Valley 4th 5K in 14:59 as well as the Race to the Bottom 5K in 15:29. Submaster champion Nicolas Crouzier won it all in by far his best race at the Groovin' Woodstock 7K in 21:52 to take sixth place.

Seventh goes to Dustin Jutras for his two big wins, best was the season's fastest 10M at Devil's Den in 52:52. Two weeks later he topped fourteenth ranked Gary Mariano by a step (32:28) and eleventh ranked Matt Deters (33:11) with a fine

32:26. Mariano would outrank Deters in the submaster with the head-to-head win but in the open with many others racers nearby in time, Deters gets moved up with his better time at Feed Fairfax 5K where he won in 15:24. Daughtridge is right behind Mariano with the fastest 5M at the Outrun ALS 5M in 25:43.

Tenth place Roger Hopper matched his best 5K with twelfth ranked Peter Smith in 15:32, both overall winners. Smith ran the Allen Stone Memorial 5K and Hopper ran the YMCA Independence Day 5K. Hopper stockpiled five more overall wins including his best race at the Democracy Dash 10K in 32:18. His only 'loss' was a second place finish to Adam Otstot, 15:42 to 15:54. It was somewhat of a surprise that Otstot could not get a second open qualifier. One might guess that Hopper could move up a few places by picking a couple of big races but he clearly prefers quantity to go with his quality. Sixteenth ranked Mulue Berhe secured two overall wins and was a beast at the Hugh Jascourt 4M in 20:14. His Mountain Valley 10K in 34:16 was the slowest qualifier which cost him a few spots.

The division has twenty-four qualifiers in the elite rankings with six coming from other divisions. Christopher Pruitt, 39, was the eldest.

National Class times (80%) = 33:24 – World Class (90%) = 29:50

PI	Name	Age	Hometown	10K=	AG=
1	Schmidt, Henry*	20	Boonsboro, MD	30:50	87.82%
2	Toney, Harrison*****	27	Richmond, VA	31:10	84.98%
3	Ardanuy, Jeremy***	28	Baltimore, MD	31:13	86.75%
4	Denlinger, Matthew**	27	Harrisonburg, VA	31:15	86.65%
5	Novak, Matthew	24	Glen Allen, VA	31:27	86.08%
6	Crozier, Nicolas**	36	Darnestown, MD	31:31	85.69%
7	Jutras, Dustin**	25	Fairfax, VA	31:49	83.23%
8	Gonzales, Ethan	25	Baltimore, MD	31:45	85.32%
9	Gash, Langston*	24	Edgewood, MD	31:55	84.86%
10	Hopper, Roger*6	30	Chesapeake, VA	32:18	83.58%
11	Deters, Matt**	36	Fairfax, VA	32:07	86.58%
12	Smith, Peter**	21	Chesapeake, VA	32:24	83.58%
13	Butts, David	19	Hagerstown, MD	32:28	83.40%
14	Mariano, Gregory*	35	Alexandria, VA	32:28	83.06%
15	Daughtridge, Omari*	35	Fort Washington, MD	32:26	83.93%
16	Berhe, Mulue**	29	Harrisonburg, VA	32:21	83.53%
17	Taylor, Ryan**	28	Westminster, MD	33:00	81.56%
18	Smith, Jonah	23	Smithsburg, MD	32:51	82.43%
19	Pruitt, Christopher***	39	Sandy Spring, MD	33:06	83.23%
20	Conder, Gabe	19	Hagerstown, MD	33:02	82.00%
21	Ross, Campbell	28	Charlottesville, VA	33:10	

22	Haynes, Samuel	22	Cana, VA	33:06	81.83%
23	Heilman, James*	26	Timonium, MD	33:18	81.32%
24	Gregory, David	25	Virginia Beach, VA	33:31	80.81%

19 & Younger Men

Gary Brown Memorial C&O Canal 5 Miler 25:28, 10K = 32:07 (Zane Chalker)

Head-to head makes the scoring so much easier. Our champion David Butts met runner-up Gabe Conder thrice and was victorious all three times. First at the Greg Shank 5K, he was second overall in 15:37 with Conder crossing in 16:20. In August at the Krumpe's Donut Alley Rally 5K, they were much closer with Butts home in a third overall 15:34, while Conder finished in 15:50. Sixth ranked Ryan Rasco ran 16:39. A week later, Butts again vanquished Conder, this time 26:48 to 27:22 at the Gary Brown Memorial C&O Canal 5 Miler

Fifth place Sam Eig ran the slightly shorter Summer Solstice 8K for a second overall 27:19. Third and fourth place was decided when at the Old Dominion 5K, Wesley Bond (15:57) and overall winner bested Lucas Simmons (16:31). Simmons finished second overall. Seventh ranked Justin Polcha ran a solid Heritage Festival 5 Mile in 27:41. At twice the distance, his win at the Devil's Den 10M was in 58:27. Eighth place Draven Fernandez ran the Democracy Dash 10K in a third overall 35:11.

Twenty-one runners qualified for the division.

National Class times (80%) = 33:24

PI	Name	Age	Hometown	10K=	AG=
1	Butts, David***	19	Hagerstown, MD	32:38	83.40%
2	Conder, Gabe**	19	Hagerstown, MD	33:02	82.00%
3	Bond, Wesley**	18	Virginia Beach, VA	33:16	81.40%
4	Simmons, Lucas**	17	Chesapeake, VA	34:27	
5	Eig, Sam**	19	Clarksburg, MD	34:40	
6	Rasco, Ryan	18	Hagerstown, MD	34:44	
7	Polcha, Justin**	17	Fredericksburg, VA	34:55	
8	Fernandez, Draven**	17	Virginia Beach, VA	35:11	
9	Breton, Sebastien**	17	Ellicott City, MD	35:15	
10	Milliken, Joshua**	19	New Market, MD	35:55	
11	Roach, Kyle**	14	Roanoke, VA	35:51	
12	Barton, Xander**	17	Ellicott City, MD	35:49	
13	Knaggs, Wesley	16	Great Falls, VA	37:18	
14	Snyder, Ari***	14	Westminster, MD	37:13	
15	Fontek, Jonny**	19	Gaithersburg, MD	37:39	

16	McGreevy, Finn*	17	Hagerstown, MD	37:56
17	Knipp, Griffin	18	Williamsport, MD	38:08
18	O'Neil, Jacob	16	Hagerstown, MD	37:56
19	Mills, Josh**	17	Hardy, VA	38:17
20	Pearl, Garrett**	15	Fredericksburg, VA	38:21
21	Duncan, Eric**	13	Blacksburg, VA	38:23

35-39 Men

Groovin' Woodstock 7K 21:52, 10K = 31:31

We understand why Nicolas Crozier's Little Bennett 10K victory in 34:12 was just barely Open Class. His Eastern County almost 8K in 26:48 just missed the open standard but again it was hilly and muddy as well as muggy. So how did he crush the division at the definitely hilly Groovin' Woodstock 7K in an implausibly fast 21:52? Sixth ranked Christopher Pruitt, was next to finish and rightly proud of his 22:58, was still a good deal better than his overall wins at the fast College Park Park Run 5K in 16:01 and 16:17. Matt Deters had a superb 15:24 overall win at the Feed Fairfax 5K but he lost twice to runner-up Gregory Mariano. First Deters was third overall (15:48) to Mariano's overall win in 15:39 at the Reston Firecracker 5K. The next month Mariano improved with a second overall at the Southlakes 10K in 32:28 while Deters slowed a tad to 33:11.

Fourth ranked Omari Daughtridge never faced the other two and though his times were nearly identical to Mariano he falls behind Deters who owns the fastest event. Daughtridge ran the Outrun ALS 5M to a triumphant 25:43 and added a fine Bel Air Town Run 5K in 15:48. Fifth position goes to Adam Otstot, who like Pruitt is 39. Thirty-nine makes their age grade much stronger. Otstot won the Kingswood Klam 5K in 15:42.

The division drifted down to twelve qualifiers.

National Class times (80%) = 33:42

PI	Name	Age	Hometown	10K=	AG=
1	Crozier, Nicolas***	36	Darnestown, MD	31:31	85.69%
2	Mariano, Gregory**	36	Alexandria, VA	32:28	83.06%
3	Deters, Matt****	36	Fairfax, VA	32:07	86.58%
4	Daughtridge, Omari***	35	Fort Washington, MD	32:26	83.93%
5	Otstot, Adam**	39	Williamsburg, VA	32:45	86.73%
6	Pruitt, Christopher****	39	Sandy Spring, MD	33:06	83.23%
7	Jacoby, Bert**	38	Earlysville, VA	34:22	
8	Parkins, Andrew****	37	Salem, VA	34:42	
9	Curran, Sean**	36	Westminster, MD	34:44	
10	Ban, Charlie**	39	Washington, DC	34:56	

11	Booker, Travis***	36	Midlothian, VA	35:28
12	Lane, Edward**	35	Lynchburg, VA	35:44

40-44 Men

FAB 5K 15:44, 10K = 32:49

Lightly racing David Angell is going to miss the open class for the first time as his first effort at 16:30 at the Downtown Sundown 5K was three seconds off the open standard. Mark Eissens, as runner-up, also had only one open class race, the Greg Shank 5K in 16:48 for eight overall 16:48. In mid-August, Eissens took on the young guys at the Krumpe's Donut Alley Rally 5K with a masterful 34:04. A week later, Angell was back on track at the FAB 5K in a highly competitive event to cruise to the crown in 15:44.

Third ranked Christopher Pirch was on the cusp of stardom as well, racing the Heritage Festival 5 Mile in 27:29 for third overall. He had already matched Angell's second-best race with his best, the SPCA Run for Shelter 5K where he was likewise second overall in 16:30.

Fifth ranked Benn Thomas collected three overall wins and two second place finishes in his six events. His best was the Fletcher's Cove Park Run 5K in 17:19. It was not quite enough to catch Vinnie Derocco who ran the two main PRR= races course. In Fairfax, at the Great American Labor Day 5K with its smaller field he was second overall. In Reston, for the holiday in a field five times as large he ran the Reston Firecracker 5K in an inspired 16:58.

Only seven runners qualified for the division.

National Class times (80%) = 34:39

PI	Name	Age	Hometown	10K=	AG=
1	Angell, David**	44	Blue Ridge, VA	32:49	89.62%
2	Eissens, Mark*	40	Williamsport, MD	34:04	83.98%
3	Pirch, Christopher**	41	Spotsylvania, VA	34:25	83.64%
4	Derocco, Vinnie**	41	Leesburg, VA	35:24	
5	Thomas, Benn*6	41	Arlington, VA	36:07	
6	Monnier, Steve**	44	Catonsville, MD	36:25	
7	Ridge, Clark*7	40	Berwyn Heights, MD	37:08	

45-49 Men

Old Dominion 5K 17:11, 10K = 35:51

Thomas Hicks is not getting older he is getting faster. He made hay at his last chance in the division by winning top master at the huge Old Dominion 5K in 17:11 to edge Anderson Norton and earns his first title. Norton had run the Downtown Sundown 5K in 17:13. They both ran their second best race the week after Hick's best race. Norton ran the super-fast FAB 5K in 17:27. Even more impressive, Hicks was the overall winner at the Dismal Swamp 10M in 1:00:57.

Third ranked Jason Tripp stayed near home, cashing in the next three fastest events. He was best at the Charles Street 12M in 1:15:15. Fourth ranked Bill McNary had two overall wins at the Kensington Park Run 5K as well as an even faster second overall in 18:21. Fifth place Randy Shelton picked up his qualifiers at the same weekend at the Rock 'n' Roll event in Virginia Beach. He ran the 5K in 18:23 and followed the next day with the half marathon in 1:26:37

As with the 40-44 division, only seven runners qualified for the division.

National Class times (80%) = 36:02

PI	Name	Age	Hometown	10K=	AG=
1	Hicks, Thomas**	49	Virginia Beach, VA	35:51	85.16%
2	Norton, Anderson**	47	Salem, VA	35:55	83.74%
3	Tripp, Jason**	49	Ellicott City, MD	37:12	
4	McNary, Bill****	45	Bethesda, MD	38:17	
5	Shelton, Randy*	46	Midlothian, VA	38:21	
6	Shadrick, Brian**	48	Ellicott City, MD	38:58	
7	Lenkowski, Paul***	47	Roanoke, VA	39:33	

50-54 Men

Arbutus Firecracker 10K 35:36

Conrad Orloff made the decision easy, running the four fastest events at three different distances. None of the races, especially for the last year plus, have been large races. Still, he was third overall at the River Hill 5K in 17:49 as well as winning the PVTC Go Fourth 8K overall in 28:23. That was particularly impressive as just the day before he finished his fastest race, the Arbutus Firecracker 10K in 35:36. Like Matt Boyd, who had his fastest race on our nation's birthday, so did Alexander Hetherington. Boyd ran the Heritage Festival 5 Mile Run in 29:41 while Hetherington raced the Reston Firecracker 5K in 18:05. Boyd doubled the distance at the Devil's Den 10M in 1:03:17. But between his two races the elder by two years Hetherington added three more fine efforts, including a fine Rock 'n' Roll Half Marathon in 1:23:30. Hetherington had run a solid 18:31 at the Rock 'n' Roll 5K the day before. Thus, Hetherington is the runner-up and Boyd earns a swell third place.

Fifth ranked Ignacio Moore had a special Shawsville 5K in 18:23, much faster than his second effort. Former champion Antonio Eppolito had two fine 4 miler, including an overall win at the DCRRRC Age-Handicapped 4 Mile in 24:08 as well as maintaining a sub-6:00 pace at the DCRRRC Cross Country 3M on a too-humid- to-race night. From the southern edge of the region, Andy Brockmyre raced a fine Railroad Days 5K in 18:32 to take sixth place. Jeff Harrington ran the Percival's Island Five Miler in 31:00 flat to take seventh place.

Seventeen runners qualified for the division.

National Class times (80%) = 37:33

PI	Name	Age	Hometown	10K=	AG=
1	Orloff, Conrad****	51	Columbia, MD	35:36	85.11%
2	Hetherington, Alexander****	53	Vienna, VA	37:43	83.05%
3	Boyd, Matt**	51	Fredericksburg, VA	37:26	81.75%
4	Eppolito, Antonio***	53	Alexandria, VA	38:18	
5	Moore, Ignacio**	50	Blacksburg, VA	38:20	
6	Brockmyre, Andy**	54	Bristol, VA	38:40	
7	Harrington, Jeff**	51	Lynchburg, VA	39:05	
8	Bennett, Danny**	50	Dunkirk, MD	39:23	
9	Marquiss, Will**	52	Hagerstown, MD	39:32	
10	Frame, Richard**	51	Alexandria, VA	39:46	
11	Chasse, Craig***	51	Reston, VA	39:44	
12	Sipe, Jeremy**	51	Waynesboro, VA	39:51	
13	Yinger, Tom*	51	Westminster, MD	40:27	
14	Phillips, Colin*****	51	University Park, MD	40:45	
15	Oddono, Jim**	54	Richmond, VA	40:57	
16	Matzke, Tom*	50	Forest, VA	40:55	
17	Calkins, Joe*	50	Lanexa, VA	41:31	

55-59 Men

Two Virginias 5K 17:24, 10K = 36:18

This division may be the most competitive with the top eight runners earning the National standard of 80%. Former champion Steve Kartalia gets things underway, winning the hilly WRRC Run with the Knights 5K in 18:24 with perhaps two of the toughest hills in a 5K. The following week Pete Wergin topped tenth ranked Peter Bandettini at the Summer Solstice 8K, 29:58 to 31:27. Kartalia responded the following week as third overall at another hill monster race, the Francis Scott Key 6K, in 22:04. That race toggled their places briefly but Kartalia was sent back to fifth place when third ranked Wergin upset multi-year champion Mark Neff, 59, at the Kentlands/Lakelands 5K, 18:08 to 18:10. That nudged Neff to his lowest ever... sixth place.

Mid-summer Colin Munsey met Edward Dickenson at the Hometown Bank Four on the Fourth 4M and won a close one, 23:34 to 23:37. Dickenson would add a fine FAB 5K in 18:16 to take fourth in the division. Early on, Ed Wilson including some solid wins such as the Frederick Half Marathon in 1:29:05 but he lost to seventh ranked David Phipps at the Baltimore 10M, 1:06:47 to 1:07:51. Neither time were in the top thirty. Phipps would rebound first beating twelfth ranked Pater Tango at the Dawson's Father's Day 10K, 38:58 to 39:57. On the final week, Wilson exploded at the Charles Street 12M in 1:15:42, rocketing to the second fastest race and the runner-up spot

Munsey took the title in a little race between states, the Two Virginias 5K, in 17:24 as August waned. Former champion Hernan Garbini won it all at the Summer Spectacular 10K in 39:01 to close on Phipps. Both had 5K wins but the masters title at the Saint Michael's Half Marathon in 1:27:07 by Phipps kept Garbini in eighth place. Ninth ranked Rob Bowen ran the Rock 'n' Roll Half Marathon in 1:26:16 making it close. Still another multi-year champion got pushed back down the rankings. As with Garbini, John Piggott was famous for his half marathons. Neither ran won this time. Piggott finished with a first, second, and a third overall at the three-race Trailzilla series. He earns eleventh place winning it all at the Trailzilla 4M in 25:03.

Twenty-six runners qualified for the division.

National Class times (80%) = 39:12

PI	Name	Age	Hometown	10K=	AG=
1	Munsey, Colin**	55	Pearisburg, VA	36:18	88.12%
2	Wilson, Ed***	59	Ellicott City, MD	37:25	83.33%
3	Wergin, Pete**	55	Gaithersburg, MD	37:50	84.56%
4	Dickenson, Edward***	58	Roanoke, VA	37:46	86.52%
5	Kartalia, Steve***	55	Westminster, MD	37:51	83.99%
6	Neff, Mark*	59	Derwood, MD	37:54	87.16%
7	Phipps, David*****	57	Perry Hall, MD	38:58	81.91%
8	Garbini, Hernan***	59	Charlottesville, VA	39:01	83.03%
9	Bowen, Rob	57	Herndon, VA	39:08	
10	Bandettini, Peter*	55	Bethesda, MD	39:55	
11	Piggott, John*6	56	Williamsburg, VA	40:03	
12	Tango, Peter*	57	Deale, MD	39:57	
13	Feinberg, Michael*	57	Bel Air, MD	40:05	
14	Giegel, John	55	Waynesboro, VA	40:22	
15	Hovermale, Rob	57	Smithsburg, MD	40:22	
16	Silver, David*6	55	Washington, DC	40:41	
17	Meeks, David*	58	Centreville, VA	40:53	
18	Holland, Troy	57	Warrenton, VA	41:01	

19	Pelletier, Paul****	56	Williamsburg, VA	41:10
20	Ricker, Russ*	55	Virginia Beach, VA	41:31
21	Calos, Stefan**	59	Richmond, VA	41:28
22	Rippey, Brad*	55	Fredericksburg, VA	41:43
23	Hirsche, Evan****	58	Washington, DC	41:44
24	Kern, Rick*	55	Frederick, MD	42:29
25	Way, John*	56	Silver Spring, MD	42:25
26	Poulos, Ted**	59	McLean, VA	43:23

60-64 Men

Valley 4th 5K 19:20, 10K = 40:20 (Dwight Denlinger)

The title was a nail biter. The H.E.A.R.T 5K produced the two best times and Robert Whitaker bested Rick Samaha, 19:26 to 19:32 on the first week of August. But then Samaha ran every other Saturday to finish the month. He added four wins for the month and on the final Saturday they meet again at the Democracy Dash 10K. Samaha prevailed by more than a minute, 41:18 to 42:37, to snatch the crown. Whitaker is awarded the runner-up spot.

Third ranked Terry McLaughlin has been running twice weekly track workouts all year. Just a few years ago, it thought his running days were through and took up race walking. He takes his position racing the SPCA Run for Shelter 5K in 20:43. He also owned the second fastest 5M, racing the Heritage Festival 5 Mile in 35:05. Fourth ranked Preston Evans laid down the fastest one, winning at the Percival's Island Five Miler in 34:38. The next two spots were settled Labor Day weekend as fifth ranked Marty Horan used home field advantage to dispatch sixth ranked Mark Adams at the Kentlands/Lakelands 5K, 20:58 to 21:33.

Seventh ranked Matt Mace was golden at the Dawson's Father's Day 10K in 44:20. Mark Droski owned the Bishop Tuesday Night 5K, winning all three of the summer events. His best was 21:40. Lloyd Rawley matched that exactly to take ninth place with his Bel Air Town Run 5K. Eleventh ranked Fran Mergler was next across the line in 21:48. Tenth place goes to the prolific Brian Daugherty, racing the Great American Labor Day 5K in 21:49.

Twenty-seven men were qualifiers in this division.

National Class times (80%) = 41:00

PI	Name	Age	Hometown	10K=	AG=
1	Samaha, Rick****	63	Williamsburg, VA	40:45	82.87%
2	Whitaker, Robert*	62	Yorktown, VA	40:26	83.53%
3	McLaughlin, Terry***	60	Spotsylvania, VA	43:13	
4	Evans, Preston**	64	Madison Heights, VA	43:40	

5	Horan, Marty**	61	Gaithersburg, MD	43:44
6	Adams, Mark**	61	Gaithersburg, MD	44:20
7	Mace, Matthew**	60	Arnold, MD	44:57
8	Drosky, Mark***	60	Alexandria, VA	45:12
9	Rawley, Lloyd***	60	Greenbelt, MD	45:12
10	Daugherty, Brian***	61	Edgewater, MD	45:31
11	Mergler, Fran	62	Bel Air, MD	45:28
12	Mendelson, Dan***	60	Washington, DC	45:28
13	Alberg, Ken*	60	Suffolk, VA	45:30
14	Chall, John*7	64	Crownsville, MD	45:39
15	Morrison, Jack	62	Fredericksburg, VA	45:38
16	Glaven, Richard**	60	Washington, DC	46:08
17	Schuler, Greg	60	Laurel, MD	46:20
18	Tinta, Elias***	63	Rockville, MD	46:56
19	Lovegrove, David	64	Fredericksburg, VA	47:03
20	Burrier, Randy**	62	Blacksburg, VA	47:04
21	Karl Cover*	61	Montpelier, VA	47:21
22	Cerny, Mark****	61	Midlothian, VA	47:46
23	Rapavi, Paul**	64	Springfield, VA	47:57
24	Westfall, Timothy**	63	Norfolk, VA	48:38
25	Stahr, Bill**	60	The Plains, VA	48:47
26	Robinson, Tom*	63	Williamsburg, VA	49:28
27	Wilson, Bryan*	62	Staunton, VA	49:28

65-69 Men

H.E.A.R.T 5K 19:26, 10K = 40:42

Stephen Chantry is still the man with the four best races, all 5Ks. At the H.E.A.R.T 5K with stiff competition in men older than sixty, he was well placed with an excellent 19:26. His times put him in the mix with runners fifteen years younger but pretty much along at the head of his division. In the next tier, Eugene Myers is in a battle with Vic Barthelemy for the runner-up spot. Myers has been in division three years longer so his portfolio is much larger. Both runners ran 21:01 at a 5K. Myers added three more wins including a 20:56 at the Mermaid Run 5K to clinch the higher ranking spot. Barthelemy also added a fine Devil's Den 10M in 1:14:20 to put some distance between himself and fourth ranked Jim Duffy who ran the Dismal Swamp 10M in 1:16:10.

Duffy beefed up his résumé at the Democracy Dash 10K with a fine 45:46 with Bill Loomis and Mike Kearney just over the horizon. Kearney laid down a couple of Tidal Basin 5Ks, tops at 22:00. Of course, it has been some time since that race has been run at the pancake-flat Tidal Basin. It is now at Bluemont Park which has a challenging middle of the race with a long uphill. Loomis ran an

identical 22:00 at the Bel Air Town Run 5K which is just a little more rolling. His second race on the very challenging Autism Speaks 5K in 22:39 gives him fifth, pushing Kearney to sixth. Eighth ranked Bob Draim ran a fine 22:45 on the Bluemont course with another race name. Seventh ranked Jim Riordan slips ahead of him with a slightly better SPCA Run for Shelter 5K in 22:37. Former champion Jim Thornton takes ninth place at the Bow Wow & Meow 5K in 22:50 that Chantry won in 20:05.

Twenty-four men qualified for the division.

National Class times (80%) = 42:58

PI	Name	Age	Hometown	10K=	AG=
1	Chantry, Stephen****	66	Williamsburg, VA	40:42	86.45%
2	Myers, Eugene****	69	Columbia, MD	43:40	82.46%
3	Barthelemy, Vic*	66	Spotsylvania, VA	43:50	
4	Duffy, Jim****	69	Poquoson, VA	45:46	
5	Loomis, Bill**	67	Silver Spring, MD	45:54	
6	Kearney, Michael**	65	Mount Airy, MD	45:54	
7	Riordan, Jim*	67	Fredericksburg, VA	47:11	
8	Draim, Bob****	67	Alexandria, VA	47:27	
9	Thornton, Jim*	67	Toano, VA	47:38	
10	Elmore, Ed***	69	Gloucester, VA	48:17	
11	Myles, Bruce*	68	Montgomery Village, MD	48:47	
12	Eddy, Dan*	69	Alexandria, VA	48:49	
13	Washington, Larry*	69	College Park, MD	48:47	
14	Michael, Gary***	66	Churchville, VA	48:57	
15	Gordon, Kirk*7	65	Glenn Dale, MD	49:24	
16	Bousel, Paul*	68	Alexandria, VA	49:26	
17	Goldberg, Joel****	66	College Park, MD	49:53	
18	Royle, David**	65	Washington, DC	50:10	
19	Morgans, Gary	68	Arlington, VA	50:24	
20	Gullo, Jim	66	Williamsburg, VA	50:37	
21	Grant, Richard*	68	Suffolk, VA	50:41	
22	Grimsley, Gary	67	Springfield, VA	50:52	
23	Southwood, Michael**	67	Fairfax, VA	51:00	
24	Wentworth, Bruce*	69	Westminster, MD	51:19	

70-74 Men

DCRRC Bluemont 5K 22:11, 10K = 46:16

Dan Eddy and Larry Washington both just aged up and having been battling for the College Park Park Run course record. Washington has lots more practice on

the course but so far Eddy has the edge. Eddy ran 22:26 to take the division runner-up spot. Washington earns sixth place when he ran the DCRRRC Age-Handicapped 4 Mile in 31:21. Eddy finished in 30:37. Our division champion Paul Ryan skipped that DCRRRC event but ran one of their other 4-mile events, the Hugh Jascourt 4M, in 30:07. He holds serve for the title with the best 5K of the year at the DCRRRC Bluemont 5K in 22:11.

Third ranked Patrick McCarthy won it big at the Charles Street 12M in 1:39:30, while ninth ranked Graham Davidson was third there in 1:44:13. Former champion Bill Hart edges Davidson with his 1:53:30 win at the Rock 'n' Roll Half Marathon to take eighth place. The next place is a battle with Bill Senseney winning at the Kentlands/Lakelands 5K in 23:56 while fourth ranked Charles Beverage ran at another competitive 5K, the Pony Pasture, in 23:54. Senseney added the Gary Brown Memorial C&O Canal 5 Miler in 40:33 to earn fifth place. Beverage ran a slew of races (7 wins) with his next best the Ukrops Monument Avenue 10K in 51:48. Seventh place Roland Parsons is right in the mix, winning the Democracy Dash 10K in 50:58

Nineteen runners qualified for the division.

National Class times (80%) = 45:11

PI	Name	Age	Hometown	10K=	AG=
1	Ryan, Paul*6	71	Arlington, VA	46:16	79.71%
2	Eddy, Dan**	70	Alexandria, VA	46:48	
3	McCarthy, Patrick***	72	Baltimore, MD	49:11	
4	Beverage, Charles*7	70	Henrico, VA	49:51	
5	Senseney, Bill**	72	Charles Town, WV	49:55	
6	Washington, Larry**	70	Rockville, MD	50:08	
7	Parsons, Roland**	70	Petersburg, VA	50:58	
8	Hart, Bill**	72	Virginia Beach, VA	51:39	
9	Davidson, Graham*	72	Westminster, MD	51:31	
10	Murphy, Vincent*	71	Woodbridge, VA	51:44	
11	Vaughan, Allen***	70	Stafford, VA	52:38	
12	Woodfin, Bobby**	74	Prince Georges, VA	52:46	
13	Carrigan, George	72	Williamsburg, VA	54:16	
14	Verdirame, Joseph***	72	Suffolk, VA	54:36	
15	Dominguez, Bert**	73	Gaithersburg, MD	56:05	
16	Blount, Jimmy**	70	Williamsburg, VA	56:05	
17	Raley, George*	74	Idlewylde, MD	56:14	
18	Garner, Paul*	70	College Park, MD	57:45	
19	Wong, Ronnie*	74	Catonsville, MD	58:41	

75-79 Men

DCRRC Age-Handicapped 4 Mile 32:38, 10K = 52:11

Jason Page is fully charged up and ready to go. He looks even more unbeatable than usual but runner-up Ken Mitchell has joined the party to give him still another rival. Mitchell completed the three fastest 5Ks, including the Rock 'n' Roll 5K in 25:06. Page matched up at four DCRRC races with fourth ranked Eamonn McEvilly who is running very well. However, not well enough to notch a victory over Page. Two of the events were brutally hot and humid cross-country races so the times suffered. McEvilly was best at the Hugh Jascourt 4M, finishing 35:26 behind Page's 33:39. Page, who likes to be a front runner, took off in the staggered start DCRRC Age-Handicapped 4 Mile and won the division with an excellent 32:38.

Jim Noone has not regained his running legs back yet and raced sparingly, finishing in his lowest ranking (third) in a long, long time. He even finished in an unheard of second place in one event. His best race was the PRR Birthday Bash 5K in 26:15. During the summer the 4-mile event is very popular. Fifth ranked Harold Ingram ran the Hometown Bank Four on the Fourth 4M in 35:40.

Sixth ranked Louis Dwyer is a name to watch out for. He ran a half and a 10M both are rarities for this division. His Rock 'n' Roll Half Marathon was a fine 2:08:18. Seventh place Ronald Kellum raced six different distances, including the three Trailzilla events. He was best at the Trailzilla 5K with 28:38.

With twenty-seven runners qualified for the division, the division is nearly back to full strength.

National Class times (80%) = 48:27

PI	Name	Age	Hometown	10K=	AG=
1	Page, Jason***	78	Hamilton, VA	52:11	79.42%
2	Mitchell, Ken***	76	Williamsburg, VA	52:22	
3	Noone, Jim**	77	Fairfax, VA	54:45	
4	McEvilly, Eamonn	78	Springfield, VA	56:39	
5	Ingram, Harold***	78	Henry, VA	57:05	
6	Dwyer, Louis**	77	Kitty Hawk, NC	58:13	
7	Kellum, Ronald**	77	Hampton, VA	59:44	
8	Jefferson, Richard***	75	Germantown, MD	1:00:38	
9	Starnes, Jack****	77	Wise, VA	1:01:36	
10	Behnke, Richard	75	Vienna, VA	1:02:18	
11	Snyder, Frank*10	79	Gaithersburg, MD	1:02:39	
12	Greene, Joe	78	Fredericksburg VA	1:03:31	
13	Lvovskyi, Igor**	77	Derwood, MD	1:04:47	
14	Rugh, Jack*	78	Vienna, VA	1:05:40	

15	Arata, Larry	76	Williamsburg, VA	1:06:01
16	Moore, William*	75	Williamsburg, VA	1:07:10
17	Chaconas, Greg*	76	Washington, DC	1:12:25
18	Quirk, Rory*	77	Washington, DC	1:16:10
19	Witlin, Michael	79	Oak Hill, VA	1:16:56
20	Hudson, Vernon*	75	Vinton, VA	1:19:52
21	Fennell, Skip**	77	Westminster, MD	1:20:13
22	Montgomery, John	78	Reston, VA	1:21:14
23	Anderson, Phil*	76	Bel Air, MD	1:21:44
24	Wyatt, Alvah*	75	Glen Allen, VA	1:23:35
25	Revanna, Krupakar*	78	Falls Church, VA	1:24:23
26	Koletty, John**	79	Pasadena, MD	1:25:52
27	Campbell, Gus**	75	College Park, MD	1:26:32

80-84 Men

PVTC Go Fourth 8K 50:00, 10K = 1:03:27 (John Elliott)

The top three runners stayed the same position but they are still getting their pandemic-class times back down to normal. Thomas Spasojevich led the way with the top three times among his seven triumphs at the Deep Run Park Run 5K. His best time was 32:13. Even more prolific, Ron Chiariello generated ten wins, owning the Kensington Park Run 5K with a best time of 32:42. Already in the fall, Ron has a couple of times faster than Spasojevich had run in the summer.

Third ranked Henry Wood did without a Park Run but was quite good running a Firecracker 5K in 32:51 for third place ahead of sixth ranked John Gorsica, III (34:58). Fourth ranked Stan Neumann still has his eye on another title, sitting not far back at the Mermaid Run 5K in 33:30.

Again, fifteen men representing more than a twelve hundred years were ranked. Twenty-eight other men had one qualifier.

National Class times (80%) = 53:37

PI	Name	Age	Hometown	10K=	AG=
1	Spasojevich, Thomas*7	82	Richmond, VA	1:07:12	67.67%
2	Chiariello, Ronald*10	82	Rockville, MD	1:08:13	
3	Wood, Henry*	82	Fishersville, VA	1:08:32	
4	Neumann, Stan***	82	Timonium, MD	1:09:53	
5	Gorsica, III, John	81	Waynesboro, VA	1:12:56	
6	Skelton, Lowell*	81	Moneta, VA	1:14:05	

7	Quincy, Ken**	83	Vienna, VA	1:15:39
8	Munday, John***	81	Chesapeake, VA	1:16:44
9	Reynolds, Dewey***	82	Henrico, VA	1:27:17
10	Rhoads, Richard****	82	Arlington, VA	1:31:04
11	Branson, Donald	82	Henrico, VA	1:32:43
12	Conn Jr., Harry*6	83	Powhattan, VA	1:33:25
13	Coates, Chet	81	Silver Spring, MD	1:33:36
14	Schwartz, Bill	83	Glen Arm, MD	1:38:43
15	McClellan, Michael*6	82	College Park, MD	1:44:58

85-89 Men

Four on the Fourth 4M 52:03, 10K = 1:23:14

The ever-present George Yannakakis is still the fastest as he joins two other ranked runners on the cusp of ninety. His former arch rival Jack McMahon is already there and is turning 91 for the fall season but has not been seen at the races for the summer. Yannakakis displayed the three best races. He joined in at the BRRC Lady Distance Festival 5K with two family members in a swift 44:21. But he was still much better at the longer Four on the Fourth 4M in 52:03 for another crown.

Alan Rider is still making it work, racing the Losing to Live 5K in 49:27 to take the runner-up spot. Ed Longest takes third coming out on top over sixth place Rodney Word at the Ukrops Monument Avenue 10K. Between the two, fourth ranked PJ Mendola, 89, ran the Smart Smiles 5K in 55:34 ahead of fifth place Joe Maranto, also 89, who finished the Reedville Firecracker 5K in 1:03:58.

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

PI	Name	Age	Hometown	10K=	AG=
1	Yannakakis, George	89	Towson, MD	1:23:14	70.12%
2	Rider, Alan*	85	Reston, VA	1:43:09	
3	Longest, Ed	87	Mechanicsville, VA	1:56:01	
4	Mendola, PJ*	89	Newport News, VA	1:55:55	
5	Maranto, Joe	89	Reedville, VA	2:13:26	
6	Word, Rodney	85	Mechanicsville, VA	2:22:02	

90 & Older Men

Kentlands/Lakelands 5K 56:57, 10K = 1:58:48

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

Dilawar Sin Dhatt of Laurel, MD raced the Kentlands/Lakelands 5K in 56:57.

PI	Name	Age	Hometown	10K=	AG=
1	Dhatt, Dilawar Sin*	91	Laurel, MD	1:58:48	53.56%

Open Women

Roosevelt Island Park Run 5K #173 16:24, 10K = 34:09 (Martha Nelson)

It was somewhat surprising the Suzie Jakes was the only qualifier who ran at the Bel Air Town Run 5K. She won the race in 17:29 for the third fastest 5K. The season started with Robyn Mildred winning the Baltimore 10M in a sparkling 59:40 ahead of sixth ranked Natalie Atabek (1:03:53) who finished in second place. Fourth ranked Nina Zarina showed which Park Run was faster. First, she won the cross-country Roosevelt Island 5K in 19:24. A week later, she blitzed the College Park 5K course in 17:18.

Earlier on the first week of July, Jessica Probst was having the best of her three wins at the Valley 4th 5K in 17:03. That same morning Mildred was beating submaster champion Jakes at the Arbutus Firecracker 10K, 35:30 to 37:40 and her time matched Probst exactly. That would make deciding the champion between those two more difficult. Jakes stepped up the final weekend and made it moot with a stupendous Charles Street 12M in 1:09:49 that would wash away her previous loss and take the division crown. Fifth ranked Meaghan Murray was second in 1:13:29 while third overall Atabek edged seventh ranked Caryn Just, 1:13:44 to 1:14:01. Fourteenth ranked Caroline Bauer would run 1:18:07. Probst added a solid 18:20 FAB 5K but settles for third as Mildred's overall win at a major race (Baltimore) was too much to overcome.

Talk about close; ninth ranked Laura Labuschaigne won it all at the Ashland Half Marathon (1:21:42), a place ahead of twelfth ranked Tressa Breindel (1:25:10). Eighth place Bethany Spector won it all at the Dismal Swamp 10M in 1:01:35. Then a week later, she won it all again the Democracy Dash 10K in 37:03. Labuschaigne was second overall at the Pony Pasture 5K in 18:00 to fall just short. Tenth place Julie Hartenbach was second overall at the Feed Fairfax 5K in 18:10. Anna Staats is next in eleventh, winning it all at the DCRRC Bluemont 5K in 18:27.

Thirteenth place goes to Kerri Toney whose best of two wins was the Big Run 5K in 18:32. Sixteenth place Suzie Muller had two overall wins but her second race was more than a minute slower. Her best race was the Georgetown 5K in 18:48. Runner-up in the masters division, Lindsay Wilkins would run an identical time at the Reston Firecracker 5K. Wilkins gets the nod for fifteenth place as her second race was her own overall at the Run with Dad 4M in 24:53.

Twenty-nine women qualified for the division, including 12 from other divisions. The eldest trio at 43 includes Tracy Dzibela, Sherry Stick, and Lindsay Wilkins.

National Class times (80%) = 37:55 – World Class (90%) = 33:51

PI	Name	Age	Hometown	10K=	AG=
1	Jakes, Suzie**	36	White Hall, MD	34:30	86.17%
2	Mildred, Robyn*	27	Baltimore, MD	35:30	85.45%
3	Probst, Jessica***	30	Eagle Rock, VA	35:30	86.61%
4	Zarina, Nina***	30	Arlington, VA	36:01	85.36%
5	Murray, Meaghan*	33	Baltimore, MD	36:19	81.38%
6	Atabek, Natalie*	29	Baltimore, MD	36:27	80.75%
7	Just, Caryn	33	Baltimore, MD	36:35	80.45%
8	Spector, Bethany***	31	Virginia Beach, VA	37:01	80.14%
9	Labuschaigne, Laura*	25	Henrico, VA	36:55	82.04%
10	Hartenbach, Julie	34	Springfield, VA	37:49	81.28%
11	Staats, Anna*	20	Arlington, VA	38:25	
12	Breindel, Tressa*	43	Richmond, VA	38:29	80.78%
13	Toney, Kerri**	26	Richmond, VA	38:25	
14	Bauer, Caroline	38	Elkridge, MD\	38:37	
15	Wilkins, Lindsay*	43	Arlington, VA	38:48	83.10%
16	Muller, Suzie*	19	Ashburn, VA	38:48	
17	Pollack, Jillian*	32	Arlington, VA	38:56	
18	Altizer, Hannah*	21	Riner, VA	39:11	
19	Dietz, Jenn	36	Fairfax, VA	39:23	
20	Rea, Jenna*	24	Radford, VA	39:31	
21	Hirsche, Katie****	18	Washington, DC	39:38	
22	Keller, Priscilla*	16	Roanoke, VA	40:03	
23	Fridrichova, Jana**	42	Hagerstown, MD	40:03	
24	McKenzie, Gabrielle*	30	Arlington, VA	40:07	
25	Ezer, Neta	39	Columbia, MD	40:25	
26	Davis, Allison*	25	Baltimore, MD	40:24	
27	Honeycutt, Emily**	29	Newport News, VA	40:55	
28	Lemos, Kristin**	40	Bethesda, MD	40:48	
29	Stick, Sherry**	43	Eldersburg, MD	40:51	

19 & Younger Women

FARC Heritage Festival 5 Mile Run 29:24 10K = 37:04 (Lira Holland)

Katie Hirsche plowed through eight Park Runs in College Park, winning it all six of those times. She needs to get into some competitive big-time races to really lower her times further. Still, her 19:02 earns her runner-up and makes her an Open class racer as well. That race had sent her past third ranked Priscilla Keller of three overall wins. Keller had her best race challenging the elite racers at the FAB 5K with a fine 19:14 for her only race not a win.

Our champion Suzie Muller added two overall wins but was still sitting in third as August rounded the corner. Her best so far was the PRR Birthday Bash 5K in 19:30. Then she burst to the lead at the Georgetown 5K with an outstanding

18:38. Position number four is handed to Maggie Winstead for her 19:39 at the Oakland Mills 5K. She was third overall. Second overall at the Shawsville 5K in 19:44 grants Mariah Reed fifth place. At age ten, she earned six wins during the summer.

Sixth ranked Sophia Pommerenk had the only non-5K in the first 13 fastest times. The only other non-5K in the top 32 times was a 4 mile. Pommerenk's Dismal Swamp 10M in 1:08:51 was third overall and just missed landing her in the Open class division. Seventh place Michelle Weaver raced a fine 20:14 at the HCS WDF 5K

Twenty women qualified for the division.

National Class times (80%) = 38:01

PI	Name	Age	Hometown	10K=	AG=
1	Muller, Suzie***	19	Ashburn, VA	38:48	79.25%
2	Hirsche, Katie*8	19	Washington, DC	39:48	
3	Keller, Priscilla****	16	Roanoke, VA	40:03	
4	Winstead, Maggie**	18	Baltimore, MD	40:55	
5	Reed, Mariah*6	10	Salem, VA	41:05	
6	Pommerenk, Sophia**	16	Virginia Beach, VA	41:23	
7	Weaver, Michelle**	18	Ellicott City, MD	42:08	
8	Carter, Eleanor	17	Harrisonburg, VA	43:35	
9	Roach, Caitlyn***	12	Ferrum, VA	43:41	
10	Jean, Soreena**	19	Williamsburg, VA	43:50	
11	Barron, Faith*	13	Clifton Forge, VA	44:25	
12	Lowman, Kiera*	12	Clifton Forge, VA	44:33	
13	Jerwick, Jillian*	19	Hagerstown, MD	44:33	
14	Wells, Ysabel**	14	Virginia Beach, VA	45:23	
15	Barron, Gracie*	16	Clifton Forge, VA	45:42	
16	Prior, Sophia*	13	Abingdon, VA	45:52	
17	Smith, Sydney**	19	Falls Church, VA	45:48	
18	Lloyd, Nina***	14	Springfield, VA	46:22	
19	Richardson, Cora***	19	Westminster, MD	46:40	
20	Hawkins, Hannah*	13	Henrico, VA	48:24	

35-39 Women

Charles Street 12M 1:09:49, 10K = 34:30

Suzie Jakes took on the tough Arbutus Firecracker 10K in a fine 37:40 well ahead of runner-up Caroline Bauer (40:35). A month later, she bolted further away from the field winning it all at the Bel Air Town Run 5K in 17:29. For comparison, third ranked Jenn Dietz holds the next best 5K as third overall at the Feed Fairfax 5K in 18:55. Fifth ranked Rebecca Haynes won at the Pony Pasture 5K in 19:28. But Jakes was far from done. Labor Day weekend she won it all at the unique distance Charles Street 12M in a marvelous 1:09:49 that was fast

enough for her to claim the Open crown as well. Bauer finished in 1:18:07 with sixth ranked Jessica Ponds coming home in 1:22:44. Fourth ranked Neta Ezer claimed victory at the Frederick Half Marathon in 1:29:05. Jakes' Charles Street is equal to a 1:16:21 half marathon.

At least three former champions only recorded one race. None were fast enough to take down Jakes.

Eleven women qualified for the division.

National Class times (80%) = 38:11

PI	Name	Age	Hometown	10K=	AG=
1	Jakes, Suzie***	35	White Hall, MD	34:30	86.17%
2	Bauer, Caroline	38	Elkridge, MD	38:37	
3	Dietz, Jenn***	36	Fairfax, VA	39:23	
4	Ezer, Neta*	39	Columbia, MD	40:25	
5	Hayes, Rebecca**	36	Richmond, VA	40:32	
6	Ponds, Jessica	38	Columbia, MD	40:54	
7	Burrell, Teal**	36	Henrico, VA	41:38	
8	Taylor, Laura*	35	Glen Allen, VA	42:35	
9	Schulze, Megan**	38	Glen Allen, VA	42:47	
10	Leonard, Cat****	37	Fredericksburg, VA	43:25	
11	Courtney, Sincleia*	39	Alexandria, VA	43:39	

40-44 Women

Roosevelt Island Park Run 5K #173 16:24, 10K = 34:09 (Martha Nelson)

Our top two combatants ran sub-40:00 10K equivalents in their five offerings. Champion Tressa Breindel began with an overall win at the Boxer Brief Battle 5K in 19:02. Six weeks later she slowed imperceptively to 19:03 at the Pony Pasture 5K. In between the two races runner-up Lyndsay Wilkins won it all at the Run with Dad 4M in 24:53. On the fourth of July, she still had the edge with her 18:38 win at the Reston Firecracker 5K. In August, Breindel allowed only one runner to get to the finish line ahead of her at the Ashland Half Marathon. Her sparkling time of 1:25:10 left no room for Wilkins and she secured the title.

Third ranked Jana Fridchova was the overall victor in both of her events. She was best at the Greg Shank 5K in 19:14. Perhaps more impressive was the thirteenth largest race, the Krump's Donut Alley Rally 5K, with runners not just there for the doughnuts. She finished tops in 19:25. As usual, former champion Sherry Stick was the overall winner in at least half of her events. This summer she settles for fourth position with her season ending triumph at the Labor Day Rogue 5K in 19:37.

Entering the new division, Kristin Lemos tried her stuff at the Fletcher's Cove Park Run 5K and it played well. Her best of two overall wins was in 19:36. Sixth ranked Sara Neilon was top master at the elite field race FAB 5K in 19:35 with the fifth most ranked runners among the 5Ks.

Fifteen women qualified for the division.

National Class times (80%) = 39:03

PI	Name	Age	Hometown	10K=	AG%
1	Breindel, Tressa***	43	Richmond, VA	38:29	80.78%
2	Wilkins, Lindsay**	43	Arlington, VA, VA	38:48	83.10%
3	Fridrichova, Jana**	42	Hagerstown, MD	40:03	
4	Stick, Sherry****	43	Sykesville, MD	40:51	
5	Lemos, Kristin**	40	Bethesda, MD	40:48	
6	Neilon, Sara**	43	Crozet, VA	40:46	
7	Reilly, Hyunsun**	40	Bel Air, MD	41:32	
8	Fitzgerald, Jennie***	41	Woodbridge, VA	41:36	
9	Wheeler, Pam**	41	Bel Air, MD	41:43	
10	Hayden, Dana**	44	Powhattan, VA	41:57	
11	Ward, Stacy*	42	Bel Air, MD	43:07	
12	Dzibela, Tracey**	43	Fredericksburg, VA	43:23	
13	Patrick, Susanna*	40	Burke, VA	44:04	
14	Brand, Rachel	42	Falls Church, VA	44:17	
15	McNew, Megan**	42	Baltimore, MD	45:29	

45-49 Women

Reston Firecracker 5K 19:11, 10K = 39:56 (Jackie Gruendel)

Numbers are coming back to many of the divisions but this one settled on its smallest ever. Just three women qualified for the division. Twenty-nine other women could only manage to compete in one qualifying event.

From the western region, Cheryl Scholl possesses the three top events, all victories. She improved on her Greg Shank 5K in 21:08 to win the division at the mystical cult race Krumpel's Donut Alley Rally 5K in 20:47. Runner-up Lisa Levin displayed a fine talent, winning at the Frederick Half Marathon in 1:41:27. She saved her best for the last day of the period so that Scholl had some company, winning it all at the MOCO Interfaith 5K in 22:03. Indeed, Scholl may have been alone as third ranked Cathy Ross won it all at the Losing to Live 5K in 23:21 before aging up and leaving the division.

National Class times (80%) = 40:34

PI	Name	Age	Hometown	10K=	AG%
1	Scholl, Cheryl***	49	Hagerstown, MD	43:16	78.67%
2	Levin, Lisa**	47	Gaithersburg, MD	45:51	
3	Ross, Cathy*	49	Burke, VA	48:37	

50-54 Women

Rock 'n' Roll Half Marathon 1:31:29, 10K = 41:29 (Yoko England)

Being in the top ten is a lock when there are only ten qualifiers. Joy Harrington made her first entry a good one by ringing all the bells. She owned the fastest time and won it all at the Bishop Tuesday Night 5K in 21:31. And she did that by beating the former champion and the third fastest racer Samantha Cole (22:18). Cole would answer back, winning it all at the Summer Georgetown 5K in 21:47 to take the runner-up spot. Harrington also ran the hilly PRR Birthday Bash 5K in 21:55.

Third ranked Debbie Goodpasture was right in that heady company, winning all five of her events, including all three of the RRRC Cul De Sac Series 5Ks. However, her best race was the Pony Pasture 5K in 21:46 a razor thin margin from Cole. Fourth ranked Tammy Liu is rooted in Howard County, racing there at the WDF 5K in 22:21. Fifth placed Ruth Taylor is mostly about Frederick County but she ventured down to Montgomery County to race a fine Kentlands/Lakelands 5K in 23:01.

Ten women qualified for the division.

National Class times (80%) = 42:50

PI	Name	Age	Hometown	10K=	AG=
1	Harrington, Joy**	51	Arlington, VA	44:48	77.61%
2	Cole, Samantha***	52	Arlington, VA	45:21	
3	Goodpasture, Debbie*****	52	Midlothian, VA	45:19	
4	Liu, Tammy**	53	Ellicott City, MD	46:32	
5	Taylor, Ruth*	53	Ijamsville, MD	47:55	
6	Pels, Paula**	54	Bethesda, MD	48:16	
7	Simon, Sandi***	54	Perry Hall, MD	48:43	
8	Hicks, Rebekah	50	Floyd, VA	48:47	
9	Kraynak, Kelly*	50	Virginia Beach, VA	48:55	
10	Bibb, Wendy*	50	Centreville, VA	50:44	

55-59 Women

Kiwanis Club Independence Day 5K 21:20, 10K = 44:25

Kendall Tata is still on top in her last year in the division, a tough thing to accomplish. Runner-up Carol David responded with three of the top four races, all 5Ks, including the SPCA Run for Shelter 5K in 21:57. Still, as before, Tata wins at the Kiwanis Club Independence Day 5K (21:20) and takes the crown. Her Charlottesville 4M in 29:16 was a little more sobering, falling behind three more runners.

The battle for third place was extremely close. Anita Freres, a speedster prone to 5Ks, won third overall at the Summer Georgetown 5K in 22:27. A week later, fourth ranked Linda Boring, preferring long versus short ran the Georgetown Half Marathon in 1:43:27 for an identical value. Freres was still in the neighborhood with her Dare2Tri 5K in 23:13. Boring chose a tough cross country 10K where time is trumped by place.

Fifth ranked Kelly Dworak knocked on the door in the same neighborhood as these two with her fine HCS WDF 5K in 22:30. She also defeated seventh place Kerry Patrick at the Baltimore 10M, 1:20:38 to 1:23:39. Sixth ranked Amy Sachs ran the Saint Michael's Half Marathon in 1:48:58 while Patrick added her best race at the Frederick Half Marathon in 1:45:49. Sachs would come back on the final weekend with a just-squeezed-past Charles Street 12M in 1:36:32 to get the lean on this coin flip matchup.

Nineteen women qualified for the division.

National Class times (80%) = 45:33

PI	Name	Age	Hometown	10K=	AG%
1	Tata, Kendall**	59	Stanardsville, VA	44:25	84.84%
2	David, Carol***	57	Stafford, VA	45:42	81.47%
3	Freres, Anita**	56	Vienna, VA	46:44	
4	Boring, Linda*	56	Middletown, MD	46:45	
5	Dworak, Kelly*	58	Carlisle, PA	46:51	
6	Sachs, Amy	56	Ellicott City, MD	47:43	
7	Patrick, Kerry*	59	Rising Sun, MD	47:49	
8	Jockin, Deb	55	Fredericksburg, VA	48:51	
9	Kopacz, Margaret**	56	Chesapeake, VA	49:14	
10	Hackman, Christine**	57	Arlington, VA	50:19	
11	Robinson, Deelyn****	55	Williamsburg, VA	50:31	
12	Demaree, Marsha***	58	Marriottsville, MD	50:33	
13	Rickard, Pam**	59	Rocky Mount, VA	51:11	
14	Stachowiak, Barbara**	56	Kingsville, MD	51:34	
15	Reinhardt, Mona***	59	Ashburn, VA	51:42	
16	Webster, Kathy	56	Potomac Falls, VA	52:13	
17	Norman, Eveline*	57	Centreville, VA	52:34	
18	Shea, Stacey*	58	Baltimore, MD	53:03	

19 Horan, Catherine

56 Clifton, VA

54:14

60-64 Women

Reston Firecracker 5K 21:17, 10K 44:19

Favored Cindy Conant took on the division opening week with an overall win at the College Park Park Run 5K in 21:42, good enough to qualify for *any* master division. But champion Julie Hayden who produced a third overall Run with Dad 4M in 29:24 was not ready to concede. Hayden, known for her mile speed, took on the hilly Reston Firecracker 5K in 21:17 to hold off Conant and retain her crown. Conant later added an excellent third overall of her own on a muggy day at the Eastern County 8K with its insidious final half mile climb out of the woods to the finish. Her time was 35:44.

Third ranked Suzanne Porter likes to run at least half of her races as half marathons. However, Bishop Events halves are never on fast courses. The Southlakes 10K is a rolling course and it was a muggy weekend but one could not tell with Porter's excellent 46:23 victory there. Amber Rader ran four at the Powhatan Village 4M to improve on her best RRRC Cul De Sac Series 5K (24:23) and secure fourth place. Fifth place Nancy Hill supplied two fine 5Ks, led by the Mermaid Run 5K in 23:44.

Sixth ranked Win Persina does not always race hard when she goes to a Park Run but when she does good things happen. Her best College Park Park Run 5K was in 24:24. The next three are very close. Eighth ranked Martha Wright had one very good race, winning the Ashland Half Marathon in 1:53:07. Seventh ranked former champion Jill Snyder had two good ones, both wins, including a challenging cross country race the AS Dog Days 8K in 42:40. Ninth place Kathy Cea made good at the Kentlands/Lakelands 5K, where she regularly trains, in 24:46. We cannot neglect to mention racing legend Marcia Byerley who won 27 of her 32 events, earning tenth place at the Explore the Shore 5K in 26:02

The division bulked up to thirty-one qualifiers.

National Class times (80%) = 48:36

PI	Name	Age	Hometown	10K=	AG=
1	Hayden, Julie***	61	Ashburn, VA	44:19	88.18%
2	Conant, Cindy**	60	Kensington, MD	45:11	85.41%
3	Porter, Suzanne****	60	Reston, VA	46:23	83.83%
4	Rader, Amber****	62	Moseley, VA	49:15	
5	Hill, Nancy**	63	Havre De Grace, MD	49:30	
6	Persina, Win****	61	Washington, DC	50:48	
7	Snyder, Jill**	60	Annapolis, MD	51:13	

8	Wright, Martha*	60	Richmond, VA	51:07
9	Cea, Kathy***	61	Gaithersburg, MD	51:19
10	Byerley, Marcia*27	63	Woodbridge, VA	53:31
11	Phillips, Norma*****	60	Williamsburg, VA	53:43
12	Gray, Sandra	62	Glen Allen, VA	54:39
13	Brookhouser, Debra*	62	Tilghman, MD	55:02
14	Miscan, Daniela	62	Reston, VA	55:08
15	Kennedy, Karen**	61	Timonium, MD	55:11
16	Durland-Jones, Karen*	60	Charlottesville, VA	55:17
17	DeVries, Jewel*	62	Ellicott City, MD	55:22
18	Peck, Leigh*	64	Lutherville, MD	56:02
19	Yao, Pamela***	61	Ellicott City, MD	56:00
20	Perry, Charlotte***	60	Washington, DC	56:07
21	Smeltzer, Nina*	62	Bel Air, MD	56:29
22	Ellen Larkin, Mary**	62	Fulton, MD	57:00
23	Donovan, Kathy**	61	Virginia Beach, VA	57:17
24	Cohen, Deborah	64	Ellicott City, MD	57:49
25	McCrorie, Diane****	63	Roanoke, VA	58:44
26	Eichberg, Carolyn	63	Potomac, MD	58:45
27	Freeman, Gloria	60	Hampton, VA	59:35
28	Washington, Myra	64	Montgomery Village, MD	59:47
29	Dean, Connie	62	Centreville, MD	1:00:12
30	Larsen, Susan*	62	Richmond, VA	1:00:23
31	Vanlandingham, Winnie**	62	North Dinwiddie, VA	1:00:52

65-69 Women

Dismal Swamp 10M 1:23:48, 10K = 50:22

Traditionally, one of the largest divisions, it did not disappoint with a massive forty runners. The always prolific Mary Lowe Mayhugh won 8 of her 9 events. She prefers the 5K and collected four of the fastest, including the three best. Her EOD Warrior Foundation 5K in 25:05 was looking golden. She had traveled to Iowa for the National Masters and produced an excellent 24:43. Carolyn Harrison aged up and was again dipping into the pool, running the YMCA Independence Day 5K in 25:30. Still, she was not really a true middle-distance runner such as Mayhugh. Then in August, she powered to the top, winning the Dismal Swamp 10M in a time of 1:23:48, fast enough to qualify for the 50-54 division.

Former champion Ida Draim secures third behind these two by winning all five of her DCRRC events. Her best race near the towpath from Fletcher's Cove was the Hugh Jascourt 4M in 33:28. Each of the first seven runners possessed a 10K equivalence that was about minute apart. Fourth ranked Marcy Foster took on the Reston Firecracker 5K in 26:22. Further south in the state Susan Snead

celebrates fifth place with a solid YMCA Independence Day 5K in 26:51. Going long worked for sixth ranked Lydia Johnson who ran the Charles Street 12M in 1:55:19.

Eighth place Karen Craney ran a credible 27:43 at the Baltimore Women's Classic 5K. Seventh ranked Linda Gulick improved on her opening salvo 58:58 at the Ukrops Monument Avenue 10K to snatch seventh place with her TCRR Race for the Cause 5K in 27:32.

Numbers are rising back up with forty runners qualified for the division.

National Class times (80%) = 52:08

PI	Name	Age	Hometown	10K=	AG=
1	Harrison, Carolyn**	65	Virginia Beach, VA	50:22	81.58%
2	Mayhugh, Mary Lowe*8	65	Washington, DC	52:13	
3	Draim, Ida*****	66	Alexandria, VA	53:35	
4	Foster, Marcy**	67	Reston, VA	54:39	
5	Snead, Susan*	66	Virginia Beach, VA	55:54	
6	Johnson, Lydia*	67	Street, MD	57:00	
7	Gulick, Linda*****	69	Richmond, VA	57:19	
8	Craney, Karen*	65	North Potomac, MD	57:42	
9	Phelan, Jean*	65	Virginia Beach, VA	58:22	
10	Renardy, Yuriko**	66	Blacksburg, VA	58:47	
11	Ashlock, Joyce	67	Nottingham, MD	59:35	
12	Worthington, Helen***	67	Bena, VA	59:43	
13	Hitchins, Jean*	66	Roanoke, VA	59:51	
14	Bone, Jean	68	Henrico, VA	1:00:00	
15	Cromer, Vicki	65	Boones Mill, VA	1:00:49	
16	Hansen-Vessa, Carol*****	67	Reston, VA	1:02:11	
17	Kohinke, Anne*	68	Salem, VA	1:02:07	
18	Von Bargaen, Lynda	65	Brookeville, MD	1:02:26	
19	Willis, Nancy***	65	Westminster, MD	1:02:44	
20	Irion, Mary	66	Richmond, VA	1:03:01	
21	Hennes, Kathy**	69	Annapolis, MD	1:03:15	
22	Kroll, Aileen*6	66	Greenbelt, MD	1:03:22	
23	Close, Jean	66	Towson, MD	1:03:55	
24	Frazho, Leslie****	68	Henrico, VA	1:04:01	
25	Gullo, Martha***	68	Williamsburg, VA	1:04:05	
26	Warnacut, Joyce*	65	Locust Grove, VA	1:04:20	
27	Johnson, Mary*	67	Bel Air, MD	1:04:37	
28	Barron, Carol**	65	Kensington, MD	1:05:27	
29	Cronley, Rita*6	65	Washington, DC	1:05:45	
30	Blank, Betty*	68	Falls Church, VA	1:07:22	

31	Moody, Amanda	68	Chester, VA	1:07:55
32	Butler, Michelle***	66	Washington, DC	1:07:58
33	Fernkas, Diana	67	Perry Hall, MD	1:09:34
34	Eberhard, Dawn*	67	Richmond, VA	1:09:57
35	Sullivan, Agnes****	66	College Park, MD	1:11:43
36	Wilson, Cristi	66	Henrico, VA	1:11:50
37	Gianotti, Lauren	65	Richmond, VA	1:12:21
38	White, Diane	67	Annandale, VA	1:12:44
39	Larrison, Jeanne	66	Chesapeake Beach, MD	1:13:38
40	Sandlford, Heather*	68	Great Falls, VA	1:13:53

70-74 Women

Dismal Swamp 10M 1:31:03, 10K = 54:53

The division almost did not have its usual queen as Betty Brothers waited until late August to get underway. She could not have been too tired as she ran two of the five races among contenders that were ten miles or longer. Note that while all races are converted to a 10K equivalent, the 5K is always the best race to earn a fast equivalence. Third ranked Patricia Travis probably was tired by the end of the period. She won five or her six events but started the summer with the only marathon raced in the division. Her fastest race was her sixth at the Democracy Dash 10K ahead of seventh ranked Roswitha Goossens-Winter, 1:02:11 to 1:06:28. Fifth ranked Virginia Davis ran 1:10:13 but she had already won the Delightfully Different 3.5M in 35:34.

A week before the 10K, Brothers scooted away from the field at the Dismal Swamp 10M in 1:31:03. She would produce a superlative Rock 'n' Roll Half Marathon in 2:13:20, ahead of nine other women. Low key Chris Reese aged up with a nifty WRRC Pleasant Valley 4M in 39:14 to close of Travis' Traizilla 5K in 30:09. Let me tell you the return to the finish back up from the valley is not all that pleasant. Earlier, as the summer got underway, Reese had stunned the new division at the more than just a valley roller coaster WRRC Run with the Knights 5K in an unprecedented 28:21 for the second fastest race in the division and the runner-up spot.

Fourth ranked Laurie Fisher took on the challenge of the new division by upping her game at her weekly College Park Park Run 5K. She ran her best of six wins in July with 30:41. She has not yet battled Maryvonne Mauprivez-Mack who owns the Kensington Park Run 5K, a slightly slower course with a double out and back. Mauprivez-Mack ran best in 31:26 to hold onto the sixth position.

Twenty-five runners qualified for the division.

National Class times (80%) = 56:10

PI	Name	Age	Hometown	10K=	AG=
1	Brothers, Betty***	74	Virginia Beach, VA	54:53	86.40%
2	Reese, Chris**	70	Westminster, MD	59:01	
3	Travis, Patricia*****	70	Williamsburg, VA	1:02:11	
4	Fisher, Laurie*6	70	Hyattsville, MD	1:03:53	
5	Davis, Virginia**	71	Norfolk, VA	1:05:07	
6	Mauprivez-Mack, Maryvonne**	70	Kensington, MD	1:05:27	
7	Goossens-Winter, Roswitha**	72	Williamsburg, VA	1:06:28	
8	Certosimo, Donna***	70	Henrico, VA	1:09:57	
9	Weddle, Mary*****	70	Washington, DC	1:11:10	
10	Barton, Pat*	74	Copper Hill, VA	1:11:12	
11	Kemper, Catherine***	70	Nellysford, VA	1:11:16	
12	Imholtz, Clare*7	73	Beltsville, MD	1:14:03	
13	Smith, Susan**	72	Charlottesville, VA	1:13:29	
14	Schwabe, Regina**	71	Pamplin, VA	1:15:53	
15	Dodson, Christina	74	Henrico, VA	1:16:29	
16	Mason, Judy**	72	Kensington, MD	1:17:40	
17	Norton, Lou*	74	Richmond, VA	1:17:58	
18	Heidel Gontasz, Sharon	70	Sparrows Point, MD	1:20:22	
19	Mitchell, Brenda	71	Williamsburg, VA	1:20:27	
20	Harman, Mary	70	Newport News, VA	1:20:30	
21	McClure, Doris	72	Baltimore, MD	1:20:36	
22	Delaney, Marie	72	Severn, MD	1:22:36	
23	Robertson, Judi Faye*	74	Colonial Heights, VA	1:23:08	
24	Akers, Donna*	72	Narrows, VA	1:27:23	
25	Fromel, Virginia	71	New Carrollton, MD	1:27:33	

75-79 Women

Kentlands/Lakelands 5K 28:56, 10K = 1:00:14

Gretchen Bolton is all about cross country racing and her marvelous time on the challenging Little Bennett 10K in 1:13:09 moved her ahead of fourth ranked Nancy Berger who ran a hilly road race Arbutus Firecracker 10K in 1:16:53. Third ranked Molly Sherwood ran the flat and fast, albeit toasty warm, Dawson's Father's Day 10K in 1:18:53. Pat Welch ran the second fastest event winning the Reston Firecracker 5K in 31:53. That event from the Reston Town Center is always fun but the rolling hills in mid-summer sun plus a generous nearly tenth of a mile added to the distance put favored Welch title chances in jeopardy.

It would all come down to the last weekend. Bolton had been adding some track workouts to her regimen and with only one hill and a very fast finishing half mile course, the Kentlands/Lakelands 5K was the place to be. Sherwood would ease

past Berger with her solid 35:16. Sherwood usually prefers the longer events. But Bolton was a lightning bolt crushing the course in a fantastic 28:56 to pull away from any contender. Welch, who had already locked the runner-up spot, spent that weekend testing the Rock 'n' Roll Half Marathon in Virginia Beach. But even with her net time her victory there barely matched even her own 5K and Bolton runs away with the title.

Even in these sparser pandemic racing days, fifth ranked Rosemary Swartzbard, the queen of the Roosevelt Island Park Run, won eight times. Seventh ranked Jeanette Novak doubled that with her always prolific racing, sixteen wins among her twenty-two events.

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

PI	Name	Age	Hometown	10K=	AG=
1	Bolton, Gretchen**	75	Bethesda, MD	1:00:14	78.2%
2	Welch, Pat**	76	Vienna, VA	1:06:23	
3	Sherwood, Molly*	79	Annapolis, MD	1:13:26	
4	Berger, Nancy*	76	Huntley, MD	1:14:09	
5	Schwartzbard, Rosemary*8	79	Arlington, VA	1:22:14	
6	Toth, Mary	75	Baltimore, MD	1:29:11	
7	Novak, Jeanette*16	77	Damascus, MD	1:33:00	
8	Anderson, Lynn**	76	Midlothian, VA	1:33:18	

80-84 Women

Reston Firecracker 5K 37:04, 1K = 1:17:10

Ecris Williams is always fussing about not being able to go fast enough. She took a spill at her final race of the season, the Great American Labor Day 5K, that may have cost her the best time of the period. But it did not matter as she already was fast enough (owned) the best time of the year racing the Reston Firecracker 5K in 37:04. The week preceding Labor Day, she ran the only 10K in the division, the Southlakes 10K in 1:19:30. In all, Williams racked up the five fastest races, winning four of them. Finally, after more than two years in the 80-84 division, Potomac River Running added an 80 and older division so that Williams did not have to battle the up-and-coming speedsters from the former 75 and older division.

Lois Dicker usually walks her events and very fast I might add. At the PVTTC Go Fourth 8K, she race walked her way to the runner-up spot in 1:08:20. Third ranked Tami Graf won the elder division at the end of July in 46:36 at the College Park Park Run 5K. A day before the nation's birthday and less than a week before her 85th birthday, she took down that same course in 44:42. At the MCRRC Run for the Roses 5K in June, Dicker bested Graf, 45:11 to 48:23

The College Park Park Run 5K is the fastest of the six local Park Runs and the closest for Graf. When she is elsewhere, fourth ranked Gloria Morey steps up to win that division. Morey's best time there was 56:37. Fifth ranked Maxine Drewry has been just out of the rankings until this year when she entered the new division. Her best of three events was the FAB 5K in 59:35.

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

PI	Name	Age	Hometown	10K=	AG=
1	Williams, Ecris****	82	Reston, VA	1:17:10	69.02%
2	Dicker, Lois**	81	Silver Spring, MD	1:26:47	
3	Graf, Tami**	84	Lusby, MD	1:33:04	
4	Morey, Gloria**	80	College Park, MD	1:57:53	
5	Drewry, Maxine***	80	Roanoke, VA	1:58:11	

85-89 Women

College Park Park Run 5K #191 46:36, 10K = 1:37:01

Our new champion aged up in early July and by the end of the month had blitzed records on the track at the 5K (46:00.64) and the 10K (1:36:39.48) at the National Masters. Tami Graf capped off the final day of birthday month, racing the College Park Park Run 5K in 46:36. George Yannakakis, 89, is still racing with his *younger* wife. The prolific Zoena, 85, ran two women's 5K events. She joined George to race the Four on the Fourth 4M. Her best race, the Baltimore Women's Classic 5K In 52:24, earns her the runner-up.

Speaking of the Women's Distance Festivals, third ranked Joanne Mallet has been a major player, as a runner and volunteer since their inception. She takes third place at the Frederick Steeplechasers version in 58:08. As I type this, I am wearing the colorful Krumpe's Donut Alley Rally 5K T-shirt. Fourth ranked Mary Gilbert was there too enjoying the race and the trays and trays fresh and delicious post-race doughnuts. She finished the event in 1:01:52. Our eldest runner, Yvonne Aasen turned ninety at the end of the summer. While she races mostly in Westminster these days, she is well remembered for her past successes with the Annapolis Striders. In July, she took possession of fifth place running their WDF 5K in 1:04:02. Sixth ranked Lorraine Patterson ran the longest event. This year the Ukrops Monument Avenue 10K left the spring and started the summer instead. Her time of 2:27:12 is her a tribute to her running strength.

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

PI	Name	Age	Hometown	10K=	AG=
1	Graf, Tami*	85	Lusby, MD	1:37:01	59.33%

2	Yannakakis, Zoena	85	Towson, MD	1:49:06
3	Mallet, Joanne*	87	Rockville, MD	2:01:02
4	Gilbert, Mary	86	Frederick, MD	2:08:48
5	Aasen, Yvonne*	89	Westminster, MD	2:13:19
6	Patterson, Lorraine*	85	Henrico, VA	2:27:12

90 & Older Women

Blueberry Boogie 5K 1:01:58, 10K = 2:09.10

Betty Lockwood won the division running the Blueberry Boogie 5K in 1:01:58. Yvonne Aasen celebrated her 90th in late August. So, perhaps there will be a battle for the title in the fall.

National Class times (80%) = 1:35:26 for 90-94; 2:17:03 for 95 and older

PI	Name	Age	Hometown	10K=	AG=
1	Lockwood, Betty*	90	Sudlersville, MD	2:09:10	53.79%

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

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

- * Take place in Washington, DC, Maryland, or Virginia
- * Full results listed on the Web Site
- * Must list age (and preferably also city and state of residence) of all runners
- * Standard distance--5K, 4M, 8K, 5M, 10K, 12K, 15K, 10M, 20K, 1/2 Marathon, 25K, 30K, 20M, or Marathon
- * Road race or cross-country
- * Gun Time

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

Sometimes runners are confused by the race tracking terms. Chip time simply means that it was electronically timed, not manually. Gun time is the official time. Net time, which is confused with chip time, is merely a feel good time which is tracked by when the runner's chip first crosses the starting line. Net time will always be faster than the official gun time. Runners are welcome to note net time for their personal use but it has no place

in the rankings. In large races, where it is impossible for runners to get to the start for many minutes after the official gun start, we do allow a net time to count as one of the necessary two qualifiers to allow a runner to be evaluated. However, that time and any net based age award placement in that race does NOT count towards their placement in the rankings.

Runners will be ranked by age divisions for both men and women, with the divisions being open, 19 & younger, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 & older.

The rankings are established using a nearly completely objective rating procedure. A preliminary sort, followed by an intensive analysis of competitive results, forms the rankings. The preliminary sort is based on the number of qualifying marks and best times. The final ranking is based on head-to-head competitive results against the other top placers (fifty percent), with time playing a major but secondary role (forty percent). Our general philosophy is that competition is about beating other runners and we intend to place an increased emphasis on competitive results.

To qualify for the end-of-year rankings, a runner must run two qualifying races in each of at least two of the four ranking periods. A runner can qualify for two different age groups in a year. As with the individual seasons, a runner can use a qualifying race from the elder division if it is fast enough to help qualify them for the younger division. Thus, the minimum number of races to double dip and qualify for two divisions would be six races. For example, a 60-64 runner runs a qualifying race twice in the winter or spring and then turns sixty-five after the winter and/or the two 60-64 qualifying races in the spring and qualifies for two of the next three seasons with times fast enough for qualification in the 60-64 division. A preliminary sort, followed by a more involved analysis of competitive results, also forms these rankings. The preliminary sort is based on seasonal rankings and best times. The final ranking is again based on head-to-head competitive results, with time playing a secondary role, though at times a deciding role. One special race can at times put a runner over the top, though consistency is a valued asset. I have devised the **Moreland Racing Factor** to help in deciding close contests.

Qualifying times are set in each age division for the 10K, and then adjusted for other distances. I believe in a constant time so that, while a runner may not make the top ten, he or she may consider himself or herself a ranked runner. My primary concern is that of believability. There should be few surprises. Competitiveness will always find a few disputes. Most runners know who they can best and who remains unbeatable. The rankings should fairly reflect that. If you have comments and questions or would like to receive a more complete explanation of individual rankings contact me at runjames3@aol.com.

Moreland Racing Factor

The Moreland Racing Factor (MRF) has been developed to serve as a check on the ranking process and to provide a status report on this ranking period. This new ranking

system is not meant to supplant the old system. It will enhance and refine. It will give runners another look at the ranking process and help make the system more objective.

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

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

Category	Race points	Major Race points	Best Case Race	Best Case Major
Overall Winner	10	15	50	75
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 single 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 race - 8 major race (points for victor, negative points against loser)
 10K Equivalent 1 (point for each second faster than opponent's best race versus their best race)

- Additional points can be earned by prevailing over your competition in the same races or by qualifying in more than five races (especially major races).
- Overall winners will be presumed as the 1st in the age group as well. Runners younger than 20 and older than 34 can earn overall winner points.
- Age groups will be determined by the races' scoring system (not necessarily five-year age groups). Runners who are in the overall award category of larger races will be presumed age group winners as well. (Allowing for multiple 1sts in the age group.) For instance, at the Twilight 8K, the top three masters in that special category are all age group winners as well as the winners in each of the individual age groups.
- The same applies for 2nd and 3rd in the age groups.
- The runners with the fastest times in individual distances will be awarded 3 points for each distance from 3M to marathon in that period. Ties give multiple runners points.
- Each time a runner qualifies with a race, he or she will get 1 point. It is possible to run more than five races in a period for additional points.
- Major races are defined as a race with more than 500 finishers or where more than 20% of the runners in that race qualify for the rankings.
- Major races score higher points.
- Each time a runner prevails over a runner with a ranked time in their division, he or she will receive 1 point. The point applies even if the runners beaten do not have a second qualifying race to make the rankings.

The current qualifying standards for the 10K are:

Age Group	Men	Women
Open	34:20	41:15
19 & Younger	38:20	48:45
35-39	36:40	44:10
40-44	38:20	46:05
45-49	39:45	48:45
50-54	42:00	51:45
55-59	43:55	54:30
60-64	49:45	62:05
65-69	52:50	75:00
70-74	59:27	89:40
75-79	1:32:30	1:39:00
80 & Older	1:45:00	1:50:00

The ranking periods for the 2021 ranking year:

* Fall 2021 – September 7, 2021 – November 14, 2021

* Best of 2021 (November 08 20 through November 14, 2021) - reported March 2022

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

Event	Location	Date
Big Run 5K	Richmond, VA	2-Jun-21
College Park Park Run 5K #183	College Park, MD	5-Jun-21
Fletcher's Cove Park Run 5K #215	Washington, DC	5-Jun-21
Roosevelt Island Park Run 5K #171	Washington, DC	5-Jun-21
Dare2Tri 5K	Arlington, VA	5-Jun-21
Deep Run Park Run 5K #120	Richmond, VA	5-Jun-21
Jackson River Trail 10K	Covington, VA	5-Jun-21
Jackson River Trail 5K	Covington, VA	5-Jun-21
Jackson River Trail Half Marathon	Covington, VA	5-Jun-21
Jackson River Trail Marathon	Covington, VA	5-Jun-21
Kingswood Klam 5K	Williamsburg, VA	5-Jun-21
Feed Fairfax 5K	Fairfax, VA	5-Jun-21
Eagle Express 5K	Roanoke, VA	5-Jun-21
Clinch River Festival 5.5K	St. Paul 5K	5-Jun-21
Little Bennett 10K	Clarksburg, MD	5-Jun-21
Baltimore 10 Miler	Baltimore, MD	5-Jun-21
Ukrops Monument Avenue 10K	Richmond, VA	5-Jun-21
Mountain Valley 10K	Grottoes, VA	5-Jun-21
Dash Through the Dirt 5K	Carderock, MD	6-Jun-21
Dash Through the Dirt 10K	Carderock, MD	6-Jun-21
Schechter on the Move 5K	Pikesville, MD	6-Jun-21
National Trails Day 5K	Farmville, VA	8-Jun-21
Bishop Tuesday Night #3	Springfield, VA	8-Jun-21
WRRRC Run with the Knights 5K	Sykesville, MD	10-Jun-21
College Park Park Run 5K #184	College Park, MD	12-Jun-21
Fletcher's Cove Park Run 5K #216	Washington, DC	12-Jun-21
Kensington Park Run 5K #107	Kensington, MD	12-Jun-21
Deep Run Park Run 5K #121	Richmond, VA	12-Jun-21
Roosevelt Island Park Run 5K #172	Washington, DC	12-Jun-21
Lake Accotink 5K	Springfield, VA	12-Jun-21
Lake Accotink 10K	Springfield, VA	12-Jun-21
Anchor Fast Cruise 5K	Chesapeake, VA	12-Jun-21
Bunny Hop 5K	Arlington, VA	12-Jun-21
Varmint Half Marathon	Burke Gardens, VA	12-Jun-21
Delightfully Different 3.5M	Petersburg, VA	12-Jun-21
Boxer Brief Battle 5K	Richmond, VA	12-Jun-21
Run for Justice 5K	Danville, VA	12-Jun-21
Don Glick 5K	Penn Laird, VA	12-Jun-21
EOD Warrior Foundation 5K	Washington, DC	13-Jun-21
SPCA Run for Shelter 5K	Fredericksburg, VA	13-Jun-21
HCS WDF 5K	Columbia, MD	13-Jun-21
Trailzilla 5K	Hampton, VA	15-Jun-21
Tidal Basins Runs	Arlington, VA	16-Jun-21
Oakland Mills 5K	Fulton, MD	18-Jun-21
Losing to Live 5K	Annandale, VA	19-Jun-21
Bishop Father's Day 5K	Fredericksburg, VA	19-Jun-21
Bishop Father's Day 10K	Fredericksburg, VA	19-Jun-21
College Park Park Run 5K #185	College Park, MD	19-Jun-21

Kensington Park Run 5K #108	Kensington, MD	19-Jun-21
Fletcher's Cove Park Run 5K #217	Washington, DC	19-Jun-21
Roosevelt Island Park Run 5K #173	Washington, DC	19-Jun-21
Deep Run Park Run 5K #122	Richmond, VA	19-Jun-21
MCRRC Run for the Roses 5K	Wheaton, MD	19-Jun-21
Outrun ALS 5M	Cumberland, MD	19-Jun-21
Kindness Classic 5K	Lynchburg, VA	19-Jun-21
Blueberry Boogie 5K	Sudlersville, MD	19-Jun-21
Summer Solstice 8K	Walkersville, MD	19-Jun-21
Downtown Sundown 5K	Blacksburg, VA	19-Jun-21
Casa Super Hero 5K	Springfield, VA	19-Jun-21
Baltimore Women's Classic 5K	Baltimore, MD	19-Jun-21
Semper Fi 5K	Lorton, VA	20-Jun-21
GBMC Father's Day 5K	Towson, MD	20-Jun-21
Thanks Dad 5K	Midlothian, VA	20-Jun-21
Boulder Crest 5K	Purcellville, VA	20-Jun-21
Hugh Jascourt 4M	Washington, DC	20-Jun-21
Dawson's Father's Day 10K	Severna Park, Md	20-Jun-21
Run with Dad 4M	Reston, VA	20-Jun-21
Run the Gate 5K	Gate City, VA	20-Jun-21
Francis Scott Key 6K	Union Bridge, MD	24-Jun-21
Kensington Park Run 5K #109	Kensington, MD	26-Jun-21
Run for the Wounded Half Marathon	Triangle, VA	26-Jun-21
Run for the Wounded 5K	Triangle, VA	26-Jun-21
College Park Park Run 5K #186	College Park, MD	26-Jun-21
Fletcher's Cove Park Run 5K #218	Washington, DC	26-Jun-21
Deep Run Park Run 5K #123	Richmond, VA	26-Jun-21
Rehab Heroes Run 5K	Norton, VA	26-Jun-21
Chesty Puller Memorial Twin Bridge 10K	West Point, VA	26-Jun-21
Twisted Trail 10K	Roanoke, VA	26-Jun-21
Freedom 5K	Fairfax, VA	27-Jun-21
Bishop Freedom 5K	Fredericksburg, VA	27-Jun-21
Bishop Freedom 10K	Fredericksburg, VA	27-Jun-21
Trailzilla 4M	Hampton, VA	29-Jun-21
Kensington Park Run 5K #110	Kensington, MD	3-Jul-21
Fletcher's Cove Park Run 5K #219	Washington, DC	3-Jul-21
College Park Park Run 5K #187	College Park, MD	3-Jul-21
Roosevelt Island Park Run 5K #175	Washington, DC	3-Jul-21
1781 Brewery 5K	Spotsylvania, VA	3-Jul-21
1781 Brewery 10K	Spotsylvania, VA	3-Jul-21
Independence Day 5K	Aberdeen, MD	3-Jul-21
Arbutus Firecracker 10K	Arbutus, MD	3-Jul-21
Reedville Firecracker 5K	Reedville, VA	3-Jul-21
Independence Day 4 Miler	Bel Air, MD	3-Jul-21
Deltaville 5K	Deltaville, VA	3-Jul-21
Percival's Island Five Miler	Lynchburg, VA	3-Jul-21
Shawsville 5K	Shawsville, VA	3-Jul-21
Four on the Fourth 4M	Towson, MD	3-Jul-21
Heritage 6K	Dundalk, MD	3-Jul-21
Let Freedom Ring 7.4K	Springfield, VA	3-Jul-21

Let Freedom Ring 17.76K	Springfield, VA	3-Jul-21
Kiwanis Club Independence Day 5K	Charlottesville, VA	3-Jul-21
Valley 4th 5K	Harrisonburg, VA	3-Jul-21
Valley 4th 10K	Harrisonburg, VA	3-Jul-21
Brandermill 7.4K	Midlothian, VA	4-Jul-21
Fireworks 5K	Fairfax Station, VA	4-Jul-21
Firecracker 5K	Staunton, VA	4-Jul-21
FARC Heritage Festival 5 Mile Run	Fredericksburg, VA	4-Jul-21
PVTC Go Fourth 8K	Alexandria, VA	4-Jul-21
Yorktown Independence Day 8K	Yorktown, VA	4-Jul-21
YMCA Independence Day 5K	Virginia Beach, VA	4-Jul-21
Hometown Bank Four on the Fourth 4M	Roanoke, VA	4-Jul-21
OPA Freedom 5K	Ocean Pines, MD	4-Jul-21
Montgomery Village 5K	Gaithersburg, MD	4-Jul-21
DCRRC Age-Handicapped 4 Mile	Carderock, MD	4-Jul-21
Reston Firecracker 5K	Reston, VA	4-Jul-21
Autism Speaks 5K	Potomac, MD	4-Jul-21
Culpeper 4th of July Freedom 5K	Culpeper, VA	4-Jul-21
Greg Shank 5K	Williamsport, MD	4-Jul-21
RRRC Cul De Sac Series 5K #1	Richmond, VA	5-Jul-21
Howard HS 5K	Ellicott City, MD	9-Jul-21
Kensington Park Run 5K #111	Kensington, MD	10-Jul-21
Roosevelt Island Park Run 5K #176	Washington, DC	10-Jul-21
College Park Park Run 5K #188	College Park, MD	10-Jul-21
Fletcher's Cove Park Run 5K #220	Washington, DC	10-Jul-21
Trailzilla 5M	Hampton, VA	10-Jul-21
Deep Run Park Run 5K #125	Richmond, VA	10-Jul-21
Carderock Charge 10K	Carderock, MD	10-Jul-21
Carderock Charge 5K	Carderock, MD	10-Jul-21
AS WDF 5K	Annapolis, MD	10-Jul-21
AS Run after the Women 5K	Annapolis, MD	10-Jul-21
Twilight 5K	Frederick, MD	10-Jul-21
Summer Spectacular 10K	Waynesboro, VA	10-Jul-21
Summer Spectacular 5K	Waynesboro, VA	10-Jul-21
Frederick Half Marathon	Frederick, MD	11-Jul-21
Hagerstown 5K	Hagerstown, MD	11-Jul-21
Summer Forest 5K	Triangle, VA	11-Jul-21
Summer Forest Half Marathon	Triangle, VA	11-Jul-21
RRRC Cul De Sac Series 5K #2	Richmond, VA	12-Jul-21
Bishop Tuesday Night 5K #4	Reston, VA	13-Jul-21
Kensington Park Run 5K #112	Kensington, MD	17-Jul-21
Roosevelt Island Park Run 5K #177	Washington, DC	17-Jul-21
College Park Park Run 5K #189	College Park, MD	17-Jul-21
Deep Run Park Run 5K #90	Richmond, VA	17-Jul-21
Night Owl 9K	Williamsburg, VA	17-Jul-21
Allen Stone Memorial 5K	Virginia Beach, VA	17-Jul-21
No Whining 10K	Prince Frederick, MD	18-Jul-21
No Whining 5K	Prince Frederick, MD	18-Jul-21
BRRC Lady Distance Festival 5K	Parkville, MD	18-Jul-21
RRRC Cul De Sac Series 5K #3	Richmond, VA	19-Jul-21

Tidal Basins Runs	Arlington, VA	21-Jul-21
DCRRC Bluemont 5K	Arlington, VA	21-Jul-21
WRRC Pleasant Valley 4M	Westminster, MD	22-Jul-21
River Hill 5K	Clarksville, MD	23-Jul-21
Kensington Park Run 5K #113	Kensington, MD	24-Jul-21
College Park Park Run 5K #190	College Park, MD	24-Jul-21
Roosevelt Island Park Run 5K #178	Washington, DC	24-Jul-21
Explore the Shore 5K	Colonial Beach, VA	24-Jul-21
Pony Pasture 5K	Richmond, VA	24-Jul-21
Fletcher's Cove Park Run 5K #222	Washington, DC	24-Jul-21
Run for the Pie 10K	Mountandale, MD	24-Jul-21
Chick fil A 5K	Newport News, VA	24-Jul-21
PRR Birthday Bash 5K	Fairfax, VA	25-Jul-21
Running with the Pigs 5K	Elkton, MD	25-Jul-21
Freedom Fighters 5K	Triangle, VA	25-Jul-21
Freedom Fighters Half Marathon	Triangle, VA	25-Jul-21
Mel Williams Memorial Scholarship 5K	Norfolk, VA	27-Jul-21
Kensington Park Run 5K #114	Kensington, MD	31-Jul-21
College Park Park Run 5K #191	College Park, MD	31-Jul-21
Roosevelt Island Park Run 5K #191	Washington, DC	31-Jul-21
Fletcher's Cove Park Run 5K #223	Washington, DC	31-Jul-21
Deep Run Park Run 5K #128	Richmond, VA	31-Jul-21
EOD Warrior 10K	Springfield, VA	31-Jul-21
EOD Warrior 5K	Springfield, VA	31-Jul-21
Summer Georgetown 5K	Washington, DC	1-Aug-21
Summer Georgetown Half Marathon	Washington, DC	1-Aug-21
AS Dog Days 8K	Arnold, MD	1-Aug-21
Steve Thompson 8K	Springfield, VA	3-Aug-21
Runnymede 8K	Westminster, MD	5-Aug-21
Kensington Park Run 5K #115	Kensington, MD	7-Aug-21
Fletcher's Cove Park Run 5K #224	Washington, DC	7-Aug-21
Roosevelt Island Park Run 5K #180	Washington, DC	7-Aug-21
College Park Park Run 5K #192	College Park, MD	7-Aug-21
Deep Run Park Run 5K #129	Richmond, VA	7-Aug-21
Summer Fletcher's 5K	Washington, DC	7-Aug-21
Summer Fletcher's 10K	Washington, DC	7-Aug-21
Railroad Days 5K	Appalachia, VA	7-Aug-21
Kingdom Run 5K	Roanoke, VA	7-Aug-21
Casey Cares 5K	Baltimore, MD	7-Aug-21
H.E.A.R.T 5K	Williamsburg, VA	7-Aug-21
FSC WDF 5K	Frederick, MD	7-Aug-21
Blue Crab Bolt 10K	Clarksburg, MD	7-Aug-21
Georgetown 5K	Washington, DC	8-Aug-21
Georgetown Half Marathon	Washington, DC	8-Aug-21
Groovin Woodstock 7K	Dickerson, MD	8-Aug-21
Bel Air Town Run 5K	Bel Air, MD	8-Aug-21
Bishop Tuesday Night 5K #5	Reston, VA	10-Aug-21
Krumpe's Donut Alley Rally 5K	Hagerstown, MD	13-Aug-21
Roosevelt Island Park Run 5K #181	Washington, DC	14-Aug-21
Fletcher's Cove Park Run 5K #225	Washington, DC	14-Aug-21

Kensington Park Run 5K #116	Kensington, MD	14-Aug-21
College Park Park Run 5K #193	College Park, MD	14-Aug-21
Carderock Charge 5K	Carderock, MD	14-Aug-21
Deep Run Park Run 5K #130	Richmond, VA	14-Aug-21
Super Heroes 5K	Williamsburg, VA	14-Aug-21
Run Baby Run 5K	Silver Spring, MD	14-Aug-21
TCRR Race for the Cause 5K	Colonial Heights, VA	14-Aug-21
Old Dominion 5K	Norfolk, VA	14-Aug-21
Friends of W&OD 10K	Vienna, VA	14-Aug-21
Devil's Den 10M	Culpeper, VA	15-Aug-21
Summer Dash 5K	Falmouth, VA	15-Aug-21
Boordy Vineyard 5K	Hydes, MD	15-Aug-21
Lake Matoaka 4.3 Mile Trail Challenge	Williamsburg, VA	10-Aug-21
DCRRC Paul Thurston 4.5M	Burke, VA	17-Aug-21
Swamp Bridge 5K	Williamsburg, VA	17-Aug-21
Tidal Basin Runs 5K	Arlington, VA	18-Aug-21
Reservoir HS 5K	Columbia, MD	20-Aug-21
Eastern County 8K	Silver Spring, MD	21-Aug-21
Semper Fi 5K	Fredericksburg, VA	21-Aug-21
Semper Fi 10K	Fredericksburg, VA	21-Aug-21
College Park Park Run 5K #194	College Park, MD	21-Aug-21
Kensington Park Run 5K #117	Kensington, MD	21-Aug-21
Leakin Park Run 5K #149	Baltimore, MD	21-Aug-21
Mermaid Run 5K	Aberdeen, MD	21-Aug-21
Deep Run Park Run 5K #131	Richmond, VA	21-Aug-21
Two Virginias 5K	Bluefield, VA	21-Aug-21
Smart Smiles 5K	Newport News, VA	21-Aug-21
Dismal Swamp 10M	Chesapeake, VA	21-Aug-21
Bow Wow & Meow 5K	Williamsburg, VA	21-Aug-21
FAB 5K	Salem, VA	21-Aug-21
Gary Brown Memorial C&O Canal 5 Miler	Williamsport, MD	21-Aug-21
Saint Michael's Half Marathon	Saint Michaels, MD	21-Aug-21
Saint Michael's 10K	Saint Michaels, MD	21-Aug-21
Saint Michael's 5K	Saint Michaels, MD	21-Aug-21
Margarita 5K	Waynesboro, VA	21-Aug-21
College Park Park Run 5K #195	College Park, MD	28-Aug-21
Kensington Park Run 5K #118	Kensington, MD	28-Aug-21
Leakin Park Run 5K #150	Baltimore, MD	21-Aug-21
Fletcher's Cove Park Run 5K #227	Washington, DC	28-Aug-21
Deep Run Park Run 5K #132	Richmond, VA	28-Aug-21
Beef up your Health 5K	Richmond, VA	28-Aug-21
Beef up your Health 10K	Richmond, VA	28-Aug-21
Democracy Dash 10K	Williamsburg, VA	28-Aug-21
Family Fun Day 5K	Baltimore, MD	28-Aug-21
Fort Lewis Baptist Church 5th Quarter 5K	Salem, VA	28-Aug-21
Appomattox Firetruck 5K	Appomattox, VA	28-Aug-21
Light up the Night 5K	Roanoke, VA	28-Aug-21
DCRRC Cross Country 3M	Springfield, VA	28-Aug-21
Ashland Half Marathon	Ashland, VA	28-Aug-21
Southlakes 10K	Reston, VA	29-Aug-21

Burke Lake 5K	Fairfax Station, VA	29-Aug-21
Catch a Pig 5K	Bel Air, MD	29-Aug-21
Roosevelt Island Park Run 5K #184	Washington, DC	4-Sep-21
College Park Park Run 5K #196	College Park, MD	4-Sep-21
Emmancipation Day 5K	Laurel, MD	4-Sep-21
Powhatan Village 4M	Powhatan, VA	4-Sep-21
Deep Run Park Run 5K #133	Richmond, VA	4-Sep-21
Fletcher's Cove Park Run 5K #228	Washington, DC	4-Sep-21
Leakin Park Run 5K #151	Baltimore, MD	4-Sep-21
American Legion 10K	Roanoke, VA	4-Sep-21
American Legion 5K	Roanoke, VA	4-Sep-21
Duffield Daze 5K	Duffield, VA	4-Sep-21
Camp Bethel Pep 5K	Fincastle, VA	4-Sep-21
Cobbler Mountain 5K	Delaplane, VA	4-Sep-21
Potomac Valley Games 5K	Alexandria, VA	4-Sep-21
Charlottesville 4 Miler	Charlottesville, VA	4-Sep-21
Knights of Columbus 10K	Ellicott City, MD	4-Sep-21
Knights of Columbus 5K	Ellicott City, MD	4-Sep-21
Charles Street 12M	Towson, MD	4-Sep-21
Glowstick 10K	Fredericksburg, VA	4-Sep-21
Glowstick 5K	Fredericksburg, VA	4-Sep-21
Kentlands/Lakelands 5K	Gaithersburg, MD	4-Sep-21
Rock 'n' Roll 5K	Virginia Beach, VA	4-Sep-21
Rock 'n' Roll Half Marathon	Virginia Beach, VA	5-Sep-21
Great American Labor Day 5K	Fairfax, VA	5-Sep-21
Fort Hunt Park 5K	Alexandria, VA	5-Sep-21
Fort Hunt Park 10K	Alexandria, VA	5-Sep-21
Race to the Bottom 5K	Bridgewater, VA	5-Sep-21
Health Focus of SW Virginia Salem 10K	Salem, VA	6-Sep-21
Health Focus of SW Virginia Salem 5K	Salem, VA	6-Sep-21
Labor Day 5K	Lorton, VA	6-Sep-21
Labor Day 10K	Lorton, VA	6-Sep-21
MOCO Interfaith 5K	Boyds, MD	6-Sep-21
Labor Day Rogue 5K	Eldersburg, MD	6-Sep-21