

MILES & MINUTES

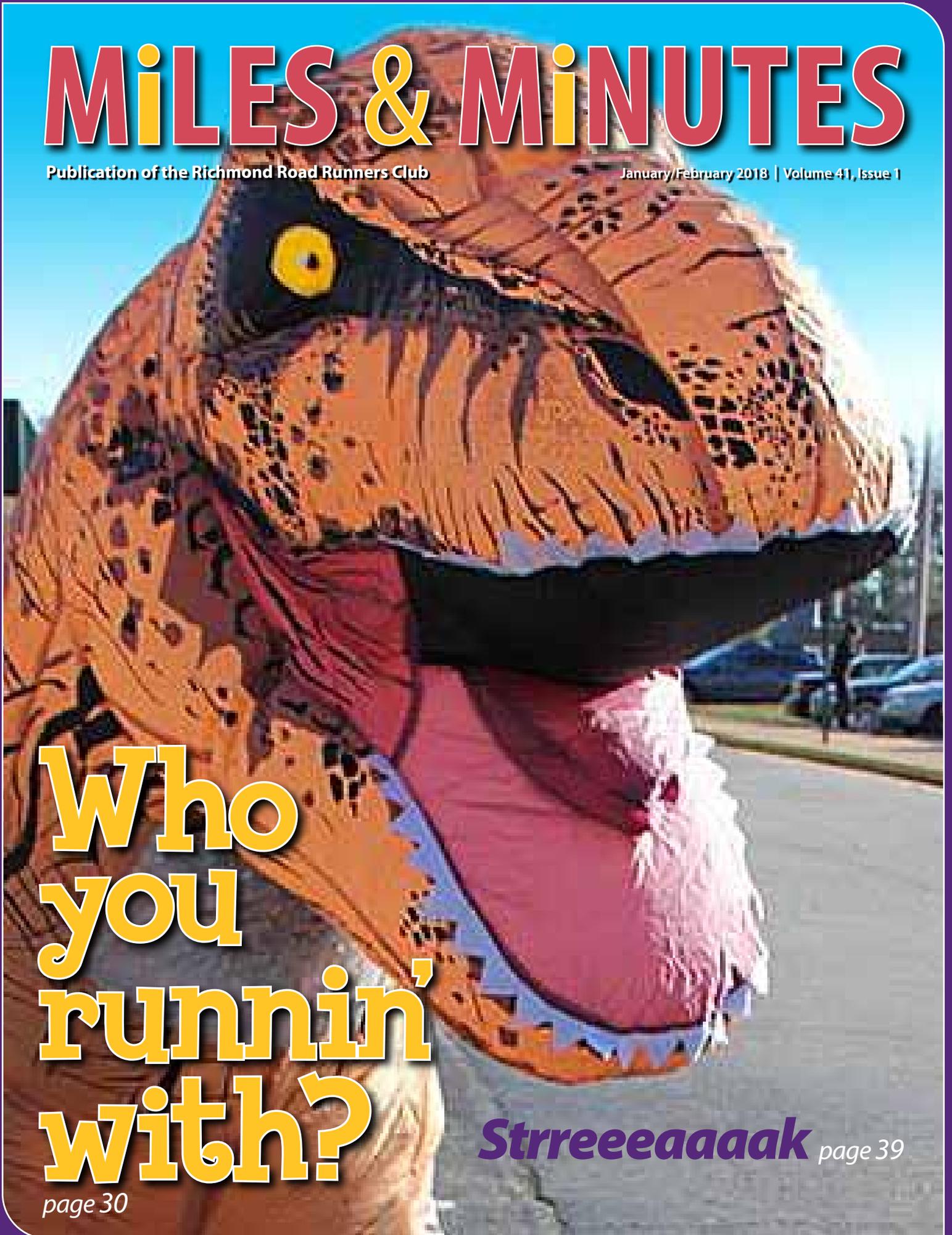
Publication of the Richmond Road Runners Club

January/February 2018 | Volume 41, Issue 1

Who
you
runnin'
with?

page 30

Strreeeaaaak page 39





It's NOT RVA

without

THE 10K!



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AVENUE 10K
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THE BIGGEST AND BEST RVA TRADITION!

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NEW! SUB :40 CLUB

Joining this Club is no easy feat! Run a sub :40 10k and bragging rights and commemorative swag will be yours at the finish!



WAVE STARTS

Our wave starts and seeded waves allow you to 10k with people your own speed. More room equals more fun!



FLAT, BEAUTIFUL COURSE

The tree-lined street sprinkled with historic homes and stunning architecture is pure magic in the springtime!



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Miles & Minutes is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia area. The club is affiliated with the Road Runners Club of America and sponsors nearly 20 races throughout the year with distances ranging from 1 mile to 50K. As a service to the community, the club contracts to provide race services. These services range from renting equipment to full-computerized race timing. The club provides services for over 30 events during the year.

Club Officers

Ralph Gibbs	<i>President</i>
Jim Oddono	<i>Vice President/Operations</i>
Ed Kelleher	<i>Vice President/Communications</i>
Rosie Schutte	<i>Secretary</i>
Nikkia Young	<i>Treasurer</i>

Function Heads

Anne Brown, Mara George	<i>Chip Timing</i>
Don Garber	<i>Club History</i>
Glenn Melton	<i>Equipment</i>
Rosie Schutte	<i>Grand Prix</i>
Rosie Schutte	<i>Volunteers</i>
Mara George	<i>Membership</i>
David Trump	<i>Operations</i>
Ed Kelleher	<i>Photography</i>
Jim Oddono	<i>Race Coordination</i>
David Trump	<i>RunSignUp</i>
Chris Mason, Mara George	<i>Social Media</i>
Ralph Gibbs, Sean McGrath	<i>Website</i>

Miles & Minutes

Crystal Koch	<i>Editor</i>
Ed Kelleher	<i>Proofreader</i>
Melissa Savage	<i>Graphic Design</i>

Board of Directors: Sarah Akin, Joe Flynn, Mara George, Marcy George, Michael George, Frankie Gerloff Jr., Ralph Gibbs, Mark Guzzi, Ed Kelleher, Crystal Koch, Sara Lasker, Mike Levins, Michelle Marr, Chris Mason, Kirk Millikan, Eric Nachman, Stephen Nolan, Megan Novak, Jim Oddono, Rosie Schutte, Hervey Sherd, Nikkia Young

Deadline: The deadline for submitting letters, articles, pictures and volunteer credits is posted on the club website. Send articles directly to the editorial staff at milesandminutes@rrrc.org. Please keep article submissions to under 1,000 words. *Miles & Minutes* is distributed six times a year.

Membership: RRRC dues are \$5 for students, \$15 for individuals and \$20 for families. The club mailing address is Richmond Road Runners Club P.O. Box 8724, Richmond, VA 23226. Members can renew or sign up on-line at www.rrrc.org. Unless otherwise noted, opinions expressed in *Miles & Minutes* are those of the author, and not necessarily those of the Richmond Road Runners Club.

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[EDITOR'S LETTER]



Every one of us begins somewhere. We aren't born runners of 10ks, marathoners or ultrarunners. We have to decide to start running and then work hard to get the miles under our feet and then maybe, hopefully, achieve the end result.

My start in running was simply to walk the dogs faster. I figured maybe if I ran with them it wouldn't take two hours three- to four-times a week to walk them enough to wear them out. Anxious dogs need exercise and it took an hour for Clifford to visibly relax and be ready for instruction.

The first day I ran till my lungs were going to explode and walked back with the dogs. I'm sure it wasn't much more than a quarter mile. Two days later I tried again and pushed a little further. And two days later a little bit further. Until finally I ran all the way to Brown's Island without stopping. This was before cell phones and text messaging were a huge hit and you had to push the button multiple times to get the letters required.

Many of you know Greg Barch. He's an excellent cheerleader for new and beginning runners.

Well, he was the first person I sent an archaic text message to after I got home from what I used to think was my first mile but now know better. That was almost seven years ago. Can you believe it? Here I am, about to embark on the journey to completing my first (official) 50k. I've run six (official) marathons, one 50 miler and numerous 5ks and 10ks. Even still, there are a lot of miles on these legs that haven't been racing against time or cutoffs.

The Monument Avenue 10k makes running, walking and racing fun for everyone involved, even the spectators and volunteers. Stop thinking about it and just do it already. It's your doorway to a whole new way of looking at life and you won't be sorry.

If you don't like it, I'll let you kick me in the shin. Promise. ■

Crystal Koch | *Editor*



Richmond Road Runners Club



@rvaroadrunners

[PRESIDENT'S MESSAGE]

Welcome to my inaugural President's Message



I'd like to introduce myself to the club for those who don't know me or my story.

In late 2009 I weighed close to 300 lbs. I had high cholesterol, was pre-diabetic and wore sandals all the time so I wouldn't have to bend down to tie my shoes. One day, while trying to get her arms around me to give me a hug, my 13-year-old daughter Brooke said she wanted a skinny daddy.

I knew I needed a change.

My New Year's Resolution for 2010 was to lose weight. Two weeks later I walked into my first Weight Watchers meeting and stepped on the scale: 286.2 lbs. The next week's weigh in showed a loss of 1.8 lbs. It was working!

After three months I was down 25 lbs. but I was hungry all the time. I asked our meeting leader Connie about it. What could I do to get more food? I knew the answer, and didn't want to hear it, but she said it anyway. EXERCISE points! Ok, if I do this 'hypothetical' exercise of which you speak, what would give me the most points? Running, she said.

Not. Gonna. Happen. I ran in the Navy because they made me, but it was never anything I wanted to do. However, I did start to walk daily downtown at lunch.

It helped. I got more food, was less hungry, and was still losing weight.

Then something wonderful happened. I was 'running' on the Wii Fit and Brooke bet me I couldn't run a mile. Out the door we went. I ran that mile and I beat her. But the important thing is I was hooked on running from that first mile; maybe doing it because I wanted to made the difference. (By the way, I used to love to make my Mii fall while running, information that anyone who runs with me now will probably laugh at considering how often I fall when running in real life.)

So, almost 10,000 miles later, I have run 129 races from 3 to 100 miles. Running has given me my life back: my weight stays close to 200 lbs, my cholesterol is in the 130s and I'm no

This position means a lot. I appreciate the faith and trust you have in me and I will work my hardest to continue to earn it every day.

longer pre-diabetic. I love to run, but I also love to give back to the thing that gives me such joy and saved my life.

Running and the Richmond Road Runners Club have become a central part of my life over the last eight years. I'll never forget the feeling of running my first mile, my first 5k, 10k, half, marathon or ultra.

I will remember the feeling of awe as I ran 16 miles for the first time while training for my first marathon and with every step thinking I have never run this far. What an amazing feeling that was, to know with every step I was going beyond my previous limit and my boundaries.

This is what running is to me.

It's seeing how far or fast you can go with some wicking clothes that don't chafe and a pair of shoes that can take you anywhere.

It's more than that, though. It is a community of like-minded people who pull you out of bed in the morning when you'd rather snuggle down deeper in those warm covers. It's a community that transforms a tough day when you meet up with friends for a run and a beer after work. It's a community that makes a Saturday morning long run bearable and even fun. And it is a community of friends and strangers who congratulate you on your first race, your next PR, reaching that new distance and supporting you every step of the way.

I am so proud to be a part of the running community and the Richmond Road Runners Club.

This position means a lot. I appreciate the faith and trust you have in me and I will work my hardest to continue to earn it every day.

Your new club president, ■

Ralph Gibbs | *President*

The 8 Causes of ALL Runners' Injuries and How to Avoid Them: #5 - Sub-optimal Running Environment, Part 2

By George Lane, DPM, FACPSM, FACFAS



Although rain is not typically a cause of injury, it is imperative that you get under safe cover if there is any risk of lightning. When combined with cold weather, rain can increase the effect of delivering excessively cool temperatures to the body, increasing the risk of muscle strains.

Snow and ice on the ground must be handled with extreme caution as they can lead to slips resulting in potentially devastating injuries such as severe sprains and broken

bones. On asphalt, "black ice" can take you by complete surprise. Finding locations where the roads have been cleared by plow and salted, especially where there may not be much traffic, i.e. school, church, county facility lot, or large parking garage, can provide a much safer running environment.

Running at times of day or night with poor lighting can pose significant injury risks if not handled appropriately. At

dusk or when dark, wearing a headlamp can be critical for seeing the ground ahead of you to avoid an ankle twist or tripping on an unexpected change in surface. I have found that wearing the lamp around my waist instead of on my head has eliminated the effect of being partially blinded by the reflection off the vapor created when I exhale when running at cooler temperatures. A headlamp also give me a steadier lighted path by eliminating the fluctuations in light direction that may occur if I were to make head movements while running. Also, wearing reflective gear, such as a reflective vest and/or clip-on lights, will allow drivers, cyclists, and other pedestrians to better see you.

Be especially careful around traffic at sunrise or sunset as drivers can easily be blinded by glare or direct sunlight. Avoid running in areas that are unsafe due to traffic or other potential hazards whenever possible. One option that I've found helpful is to run in a large, well-lit parking lot of a building that is only open during the daytime, such as a public high school.

Running in areas that are busy with automobile traffic or surrounding distractions can create situations that are

continued on page 28



[CLUB NEWS]



On Wednesday, December 13, 2017, your club held their bi-annual election at Vasen Brewery in Scott's Addition. Here are the results aka as your new Board of Directors:

President – **Ralph Gibbs** (12)

VP Communications – **Ed Kelleher** (10)

VP Operations – **Jim Oddono** (5)

Secretary – **Rosie Schutte** (17)

Treasurer – **Nikkia Young** (2)

Sarah Akin (8)

Mike Levins (18)

Joe Flynn (16)

Michelle Marr (11)

Frankie Gerloff Jr. (13)

Chris Mason (20)

Mara George (9)

Kirk Millikan (6)

Marcy George (9)

Eric Nachman (19)

Michael George (7)

Stephen Nolan (4)

Mark Guzzi (14)

Megan Novak (15)

Crystal Koch (1)

Hervey Sherd (3)

Sara Lasker (21)



1



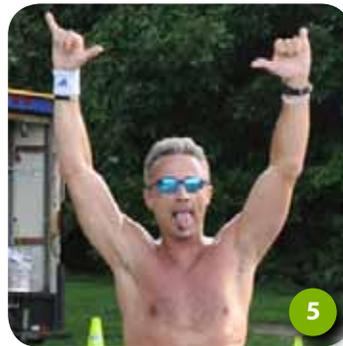
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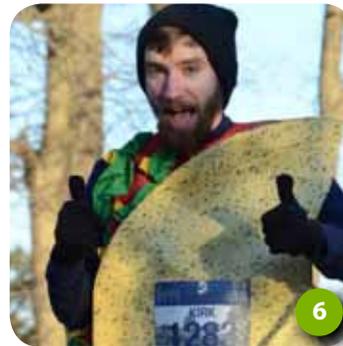
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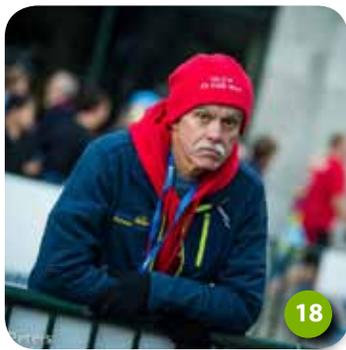
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9



10



Kelly Hall

Find a large group with varying paces to run with. You will make new friends and be able to tap into the runner mind via seasoned runners.

Kandra Brummett

Your body is an amazing machine and will do whatever you ask of it. Start running, train for your goals, and watch your body accomplish such awesome things!

RUNNING TIPS

from

RIDGEFIELD RUNNERS

We all agree that runners talk about anything and everything so nothing is sacred or off topic. If you are struggling with something, speak up. Most likely someone around you has also struggled and runners are a wealth of knowledge. We're like the brain bank of individual experiences, so please use us.

Eric Nachman and Nikkia Young:

Get fitted for a good pair of shoes. Rainey added that it may seem like a big expense but it will save you from future owies and injuries so go ahead and take the plunge.

Rainey Niklwaski

You are not too new to have the equipment you think you need! If you want a hydration belt, go get one. If you think you need a watch to track your runs, go get one.

Rainey also wants everyone to know to please signal to those behind you when you are going to stop at the water stop in the race else you might get shoved to the ground or run over.

Suzi Silverstein

Set a goal for yourself like signing up for your first 5k. Don't forget to celebrate accomplishments with your new running buddies, we've all been there!

George Pristas

Join the Monument Avenue
10k Training Team!

Mike Hall

Consider run/walk intervals like those used in the Galloway Method. Walking is not cheating! It is a legit way to train for a race and still accomplish your goals.

Krissy Watson

Find running buddies. Do not ever wear cotton. Layer up in cold weather, being mindful to dress like it's 20 degrees warmer than it really is. She and Nikkia Young agree cross-training is equally important and will help you stay injury free.

Krissy wanted to make sure y'all wear reflective gear and/or blinking lights whenever running in the dusk/dawn hours or when it is dark. Even on cloudy days reflective gear is helpful and on snow days bright clothing helps drivers see you.

Rebecca Riley

Keep a training journal
to see your progress!

Elizabeth Schoenfeld

Do not race your training runs. Every run should be at conversational pace; you can perform the talk test to figure out if you're going too fast.

Becky Hapeman

Once you get past the first mile,
it gets easier. Pick points along
your route to push yourself
further each time.

Andrew Hardyman

Be mindful that you are just starting something very new and rest days will be as important as running days.

Chris Pearce

If you run, you are a runner,
period. Running should be fun!
The only two lines you need to
worry about are getting to
the start and crossing
the finish.

RRRC TOY RUN 5K

GLEN ALLEN, VA • 12/10/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
FEMALE TOP 3	1	3 Keira D'Amato	33	17:57.2
	2	7 Gabi Wechsler	26	19:06.6
	3	14 Brittany Harlan	26	20:39.0
FEMALE MASTERS	1	40 Melissa Murchie	41	24:20.7
FEMALE 8-9	1	63 Madeleine Rose	9	26:17.4
	2	91 Karisma Svanlund	9	30:04.0
	3	94 Capri Fatigante	9	30:10.9
	4	95 Stella Sowers	9	30:11.4
	5	98 Shreeya Patel	9	30:17.2
	6	103 Addison Uy	8	30:26.6
	7	106 Alisha Pandya	9	30:50.3
	8	110 Marin Findlay	9	31:00.5
	9	113 Helen Sanders	9	31:06.0
	10	118 Brayla Whiten	9	31:45.8
	11	119 Virginia Hartsoe	8	31:59.0
	12	122 Shanya Davis	8	32:07.5
	13	124 Lane Jacobs	6	32:10.0
	14	128 Lacey Chenault	8	32:25.8
	15	137 Brianna Dabney	9	32:45.1
	16	139 Gabrielle Flynn	8	32:54.5
	17	151 Shefali Sharma	9	33:49.5
	18	162 Isabella Ross	9	34:31.8
	19	170 Mandolin Fleenor	8	35:04.9
	20	177 Cora Lundquist	9	35:25.6
	21	182 Cora Nolan	9	35:47.8
	22	184 Emerson Godfrey	8	36:05.6
	23	195 Adelaide Clarkson	9	36:32.9
	24	206 Lily Voorhees	9	37:04.8
	25	210 Mariel Phillos	8	37:15.6
26	213 Danielle Bender	9	37:25.7	
27	218 Lilah Kirchen	8	37:39.9	
28	222 Hazel Spivey	9	37:57.7	
29	225 Vinita Panchal	9	38:07.1	
30	226 Mishaal Haq	9	38:07.5	
31	230 Lauren Martyn	8	38:11.3	
32	231 Audrey Dennis	8	38:11.8	
33	238 Chinyere Onwuchekwa	8	38:21.7	
34	239 Taylor Mosby	9	38:24.3	
35	248 Madelyn Morgan	9	38:40.2	
36	256 Hannah Quiles	8	38:57.0	
37	261 Charlotte Young	8	39:04.5	
38	263 Simone Spasojevich	9	39:06.3	
39	265 Mary Trejo	9	39:07.5	
40	266 Savannah Reynolds	9	39:09.0	
41	275 Ava Jane Reynold	9	39:31.1	
42	276 Reagan Sapp	9	39:34.1	
43	277 Allie Hobbs	9	39:36.2	
44	280 Madelyn Privasky	9	39:40.5	
45	291 Virginia Aboud	9	40:02.9	

Category	Place	Name	Age	Time
	46	301 Avery Fankhauser	9	40:39.1
	47	303 Andie Silcox	8	40:43.5
	48	307 Riya Amin	8	40:50.1
	49	314 Gisele Willis	9	41:19.3
	50	319 Amia James	9	41:32.4
	51	333 Miyah Gordon	8	42:21.7
	52	337 Hanna Grace Daniel	9	42:25.6
	53	340 Claire Adcock	8	42:31.5
	54	342 Addison Golden	8	42:42.6
	55	343 Sherry Lee Klug	8	42:44.3
	56	346 Chandler Young	8	42:52.1
	57	355 Karina Crossman	8	43:14.3
	58	357 Indira Mudinur	8	43:17.2
	59	367 Josslyne Harding	8	43:58.4
	60	371 Eliza Nae Leslie	8	44:04.6
	61	377 Teresa Sigmon	9	44:24.9
	62	378 Sanika Kumar	8	44:26.2
	63	386 Morgan Piccinin	9	44:42.6
	64	390 Journey Woodward	8	45:03.9
	65	394 London Hearn	9	45:07.6
	66	398 Ayona Shah	8	45:11.6
	67	400 Daisey Donastorg Oliver	9	45:15.9
	68	406 Ja'Kiyah Nash	8	45:34.4
	69	411 Caroline Belote	9	45:37.9
	70	424 Ezri Town	8	46:07.4
71	425 Alyson Schweitzer	9	46:19.0	
72	437 Yasmine Hassouna	8	47:12.3	
73	447 Clover Soekawa	9	47:35.2	
74	452 Traci Freeman	9	47:39.1	
75	462 Mckenzie Spurlock	8	48:02.1	
76	464 Fatima Villeda	9	48:03.1	
77	465 Anijah Strother-Cooke	8	48:03.7	
78	468 Logan Serfozo	8	48:10.9	
79	471 Taylor Lawson	8	48:11.9	
80	473 Kamelah Earley	9	48:21.5	
81	481 Maya Washington	9	48:51.6	
82	484 Faybree Neufeld	9	48:55.4	
83	485 Nora Siemionko	8	48:56.7	
84	497 Denver Willingham	9	49:18.8	
85	505 Julianne Shindler	8	50:03.3	
86	507 Ava Muncy	8	50:04.3	
87	513 Lucy Maceyka	8	50:17.1	
88	526 Amelia Christopher	8	51:06.1	
89	531 Aysia Maddison	8	52:01.0	
90	536 Heather Pickral	8	52:17.7	
91	540 Bridget Burke	8	53:31.2	
92	549 Emery Belcastro	9	54:35.6	
93	551 Olivia Kellam	8	54:46.9	
94	562 Kendalayah Coleman	9	55:09.7	
95	567 Lauren Conley	9	55:36.1	
96	571 Kylie Nelson	9	55:44.1	
97	581 Alexis Langberg	8	56:07.9	
98	583 Ella Houghtaling	8	56:10.2	
99	589 Juliet Stein	9	56:41.2	
100	605 Charity Bryant	9	59:35.7	
101	606 Sophia Kascsak	9	59:43.1	
102	607 Devin Andrews	8	59:46.5	
103	612 Maraya Jefferson	9	00:31.6	
104	620 Alisa Perry	9	01:28.9	
105	623 Aleigha White-Barfield	9	03:12.2	

Category	Place	Name	Age	Time
FEMALE 10-14	1	38 Caroline Osenga	12	24:08.6
	2	42 Elly Velasquez	10	24:35.8
	3	71 Anna Rogers	14	27:48.5
	4	81 Hannah Rudd	11	28:55.7
	5	134 Olivia Patrick	10	32:42.5
	6	152 Emma Foca	11	33:49.8
	7	154 Sally Smartschan	10	33:52.1



Tu-tu fabulous watching all the young women achieve their goal.

RRRC TOY RUN 5K

GLEN ALLEN, VA • 12/10/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	8	155 Srinidhi Subramanian	10	33:52.6
	9	165 Carson Peters	10	34:52.4
	10	173 Marlow Chapman	10	35:07.2
	11	179 Camrie Boothes	10	35:28.2
	12	183 Ella Daniel	11	36:05.6
	13	187 Calista Dillon	11	36:07.6
	14	190 Paige Siegman	11	36:10.9
	15	191 Clara Maceyka	10	36:15.9
	16	194 Ruby Freyer	10	36:19.8
	17	197 Rita Taylor	10	36:36.9
	18	200 Keziah Bowers	10	36:47.1
	19	204 Lindsey Romero	10	37:03.6
	20	212 Madelyn McGuire	10	37:23.4
	21	227 Ava Giddings	10	38:08.4
	22	233 Kaitlin Langberg	10	38:12.2
	23	243 Eliza Sanders	11	38:28.7
	24	244 Clare Mullins	10	38:29.4
	25	246 Chelsea Shreve	10	38:37.8
	26	249 Makenzie Stevens	13	38:40.3
	27	258 Maggie Williams	11	39:02.1
	28	268 Chelsea Shreve	10	39:11.6
	29	279 Norah Dusing	10	39:39.8
	30	281 Evelyn Murray	12	39:41.3
	31	286 Addison Lawson	10	39:52.4
	32	287 Zoe Teegarden	10	39:53.6
	33	290 Mya Charity	10	39:58.8
	34	299 Adisen Fankhauser	10	40:38.4
	35	306 Hattie Traylor	10	40:49.2
	36	313 Michaela Foster	10	41:15.2
	37	318 Kylie Cox	10	41:30.4
	38	322 Veda Akula	12	41:35.0
	39	324 Eli Carter	10	41:40.1
	40	332 Kyras Gordon	10	42:21.5
	41	335 Hailey Harper	10	42:24.3
	42	347 Jiarun Long	11	42:55.3
	43	349 Lily Wershale	11	42:57.7
	44	350 Jimena Perucho	11	42:58.4
	45	359 Stefanie Muldez	10	43:27.8
	46	360 Lucy Hagan	11	43:28.0
	47	362 Chloe Carlson	10	43:32.7
	48	370 Amaya Scott	12	44:00.3
	49	375 Lila Murray	10	44:15.6
	50	381 Sydney Wilson	10	44:32.9
	51	397 Akshaya Muniganti	10	45:11.4
	52	399 Addison Barnes	10	45:15.5
	53	405 Kimitria Cherry	10	45:27.7
	54	408 Hailey Moore	13	45:34.6
	55	409 Lilliana Rasor	11	45:34.7
	56	412 River DeFrancesco	11	45:39.0
	57	414 Kendall Patterson	12	45:45.9
	58	420 Kayla Zangardi	10	45:53.6
	59	427 Chloe Spivack	10	46:34.2
	60	432 Morgan Wade	11	47:07.8
	61	439 Caroline Sale	10	47:19.1
	62	442 Michelle Smith	10	47:32.2
	63	443 Ellia Nickerson	10	47:32.9
	64	444 Anne Doonan	13	47:32.9
	65	450 Kaylie McCorkle	13	47:37.4
	66	453 Olivia Welsh	10	47:39.6
	67	457 Camari Page	10	47:56.3
	68	460 Keke Temple	10	47:57.5
	69	474 Hannah Cluff	10	48:23.7
	70	476 Madison Booker	10	48:40.3
	71	478 Amaia Goins	11	48:46.7
	72	480 Rylee Waters	10	48:50.5
	73	489 Chrisanni Brown	10	49:00.7
	74	490 Kamini Mason	10	49:01.1
	75	492 Arayhea Abrams	11	49:14.8

Category	Place	Name	Age	Time
	76	496 Laylah Hall	10	49:18.2
	77	503 JaCoya Washington	10	49:43.1
	78	512 Malia Jones	11	50:15.3
	79	514 Zimaria Washington	10	50:18.4
	80	518 Zoe Zombron	10	50:27.4
	81	524 Elise Fleming	10	50:55.8
	82	528 Maddie Krickovic	10	51:39.1
	83	537 Claire Hubert	10	52:53.4
	84	542 Antonia Caine	11	53:36.7
	85	550 Aryelle Boone	10	54:39.4
	86	555 Gabriela De La Cruz	10	54:57.8
	87	565 Ayahna White	10	55:26.3
	88	570 Emma Miller	10	55:44.1
	89	574 Faith Mathis	10	55:46.4
	90	593 Piper Cooper	11	57:14.8
	91	597 Sydni Phan	10	57:19.2
	92	600 Saraya Ramsey	12	58:39.9
	93	603 Makenna Thorpe	10	59:29.0
	94	618 Shariah Jones	10	00:59.0
	95	626 Amaya Bagby	10	03:53.3
	96	632 Kiley Quinn	10	05:53.0

FEMALE 15-19	Place	Name	Age	Time
	1	73 Morgan Fuqua	19	27:59.2
	2	219 Leah Foster	15	37:40.4
	3	255 Sarah Bostain	17	38:57.0
	4	296 Martha Hartt	19	40:23.5
	5	415 Julianna Richter	17	45:47.3
	6	435 Hannah Hassouna	17	47:11.0
	7	569 Lindsay Corbett	18	55:42.9

FEMALE 20-24	Place	Name	Age	Time
	1	59 Adrian Walker-Brown	23	25:56.6
	2	90 Courtney Harlow	24	30:03.7
	3	108 Brittany Keup	24	30:52.6
	4	174 Faith Harris	23	35:16.5
	5	228 Lauren Blackburn	24	38:09.4
	6	267 Jessie Carter	22	39:10.6
	7	373 Corinne Wiederkehr	24	44:05.3
	8	379 Jessica Prater	24	44:26.6
	9	440 Dana Cox	23	47:30.5
	10	494 Hillary Traveline	24	49:17.7
	11	501 Jessie Dobbins	23	49:19.4
	12	532 Jessica Williams	22	52:02.4
	13	557 Jessica Caldwell	23	55:00.7
	14	558 Kristin Kenney	23	55:01.2
	15	559 Chrishunda Mahone	23	55:01.7
	16	578 Cyndall Nicely	23	56:07.0
	17	630 Jahlisa Samuels	22	05:26.3

FEMALE 25-29	Place	Name	Age	Time
	1	32 Rachel Southard	28	23:44.5
	2	47 Danielle Haas	28	24:50.8
	3	68 Annie Amitrani	27	27:36.5



Nothing says Christmas like a couple of T-Rexes.

RRRC TOY RUN 5K

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Category	Place	Name	Age	Time	Category	Place	Name	Age	Time		
	4	75	Alex Sherman	27	28:07.5	7	123	Kelly Zeh	32	32:07.7	
	5	109	Courtney King	26	30:53.1	8	126	Kelley Hartsoe	34	32:16.3	
	6	141	Nicole Jones	26	32:56.9	9	135	Meredith Newcomb	32	32:42.7	
	7	147	Courtney Goodnight	26	33:40.8	10	142	Sally Apel-Scholer	33	33:04.6	
	8	156	Trisha Kolesar	26	33:53.3	11	159	Susan Ramsey	34	34:16.6	
	9	158	Kelsey Mallory	28	34:05.6	12	186	Carrie Wright	34	36:05.9	
	10	176	Danielle Sparkman	26	35:23.0	13	207	Laura S. Toro	31	37:06.7	
	11	192	Nicole Saettel	29	36:19.1	14	217	Kathryn Regan	34	37:37.8	
	12	205	Kendall Adkin	26	37:04.5	15	253	Danielle Sutphin	33	38:50.4	
	13	208	Chelsea Neal	27	37:12.9	16	282	Pam Privasky	31	39:43.0	
	14	245	Jennifer Zappalla	28	38:37.0	17	325	Sarah Tolson	32	41:40.2	
	15	260	Mikaela Stauder	28	39:04.3	18	334	Ashley Gordon	31	42:22.0	
	16	273	Melissa Liberatore	26	39:26.9	19	339	Sara Adcock	30	42:31.1	
	17	274	Tiffany Ahmad	28	39:29.8	20	363	Rebecca Smart	30	43:36.4	
	18	289	Erica Jordan	28	39:58.2	21	374	Erika Dietz	30	44:15.4	
	19	320	Lauren West	28	41:32.5	22	429	Jessica Burnett	34	46:44.4	
	20	321	Harmony Fisher	25	41:33.7	23	430	Natalie Garramone	32	46:56.7	
	21	351	Jess Templeman	28	42:59.1	24	441	Kendall Eyerly	33	47:31.7	
	22	361	Lorena Emerson	26	43:30.3	25	451	Sherry Townsend	31	47:38.8	
	23	364	Crystal Willoughby	28	43:37.0	26	472	Jessica Earley	31	48:19.3	
	24	369	Katherine McCaughey	27	43:59.9	27	486	Christina Pins	31	48:56.8	
	25	389	Brittany Smyser	29	44:58.2	28	499	Amie Barnett	31	49:19.2	
	26	391	Caitlin Hoffman	25	45:04.1	29	502	Megan Kim	32	49:42.2	
	27	392	Nicole Dawson	27	45:04.4	30	506	Brittany Muncy	34	50:04.0	
	28	396	Ashley Slater	25	45:10.4	31	510	Deleisa Young	32	50:10.2	
	29	407	Elena Dimitri	25	45:34.5	32	534	April Petersen	33	52:04.8	
	30	410	Kaitlyn Metheny	25	45:37.3	33	543	Melody Locher	33	53:37.4	
	31	469	Katherine McSweeney	26	48:11.0	34	544	Sarah Link	34	53:37.5	
	32	491	Kelsey Crist	25	49:10.5	35	552	Victoria Kellam	34	54:47.2	
	33	493	Tamiyah Perry	29	49:16.9	36	560	Carma Sprouse	32	55:06.0	
	34	500	Niki Caperton	27	49:19.2	37	563	Kristy Ledford	33	55:12.4	
	35	508	Lindsey Beekman	29	50:05.2	38	564	Kara Schwing	30	55:19.0	
	36	516	Kelly Smith	29	50:19.2	39	608	Lauren Rice	31	59:47.1	
	37	530	Mikia Rolland-Armstrong	26	52:00.6	40	617	Shayla Mclean	32	00:58.6	
	38	533	Annie Boddicker	28	52:03.3	41	625	Krystle White	31	03:14.5	
	39	554	Becca Lee	28	54:57.0	42	631	Katy Smotrys	31	05:50.7	
	40	566	Holly Whitt	28	55:26.8						
	41	587	Kristen Kenley	27	56:25.3	FEMALE 35-39	1	24	Carissa McGuan	35	22:20.4
	42	602	Jennifer Whittle	26	59:01.9		2	43	Ashley George	39	24:36.7
	43	604	Jean Goodman	27	59:35.0		3	44	Laura Santacruz	38	24:36.8
	44	627	Tynikia Stone	29	03:53.8		4	46	Ann Pietrantonio	39	24:50.4
	45	628	Brittney Jackson	25	05:24.8		5	92	Laura Sowers	37	30:08.4
	46	629	Samantha Gooch	27	05:25.4		6	102	Marina Sukharevich	35	30:25.9
							7	111	Abbey Borovatz	36	31:02.0
FEMALE 30-34	1	17	Nici Rhodes	30	21:11.1		8	112	Amanda Sanders	39	31:04.2
	2	18	Meagan Denman	33	21:19.6		9	140	Melissa Mathe	38	32:55.6
	3	21	Kristen Kelley	33	21:40.9		10	146	Sarah Akin	38	33:38.2
	4	61	Sarah Burchett	34	26:15.2		11	161	Stephanie Ross	38	34:31.6
	5	99	Meredith Hughes	32	30:24.8		12	181	Amy Nolan	35	35:47.6
	6	104	Sarah Uy	34	30:26.8		13	201	Kara Ednie	39	36:48.0
							14	232	Sarah Dennis	36	38:12.2
							15	257	Anna Loucks	37	38:59.9
							16	328	Deepti Singh	38	41:48.5
							17	338	Kara Daniel	39	42:26.2
							18	341	Melanie Golden	37	42:42.5
							19	358	Jennifer Levin	36	43:27.3
							20	380	Sugandha Agarwal	37	44:30.4
							21	382	Rashelle Hayes	38	44:39.2
							22	384	Anjana Sharma Sharma	39	44:40.8
							23	385	Alesya Vergara	36	44:42.5
							24	402	Garima Shah	38	45:22.7
							25	403	Lyndel Schuster	37	45:27.2
							26	404	Allison May	36	45:27.7
							27	418	Whitney Welsh	38	45:52.9
							28	423	Jami Town	39	46:06.6
							29	455	Stacey Bonnett	37	47:50.1
							30	456	Heather Carlson-Jaquez	36	47:51.0
							31	463	Graciela Villeda	37	48:02.8



Yes! Finish line crossed!

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Category	Place	Name	Age	Time
	32	477 Jamie Booker	38	48:44.0
	33	483 Nicole Neufeld	39	48:55.3
	34	495 Annemarie Barnes	36	49:18.2
	35	504 Kristin Shindler	38	50:03.2
	36	517 Mandy Fleenor	36	50:27.4
	37	525 Candice Fleming	37	50:55.8
	38	527 Noelle Christopher	39	51:06.4
	39	539 Sarah Silcox	39	53:18.8
	40	556 Erica Boone	38	54:59.8
	41	561 Shalita Washington	37	55:09.6
	42	568 Brenda Conley	39	55:36.1
	43	575 Kate Simonsen	36	55:52.2
	44	580 Lisa Langberg	38	56:07.2
	45	596 Stephanie Phan	39	57:17.8
	46	611 Brandy Waters	37	00:21.7
	47	622 Samphon Ouk-Nelson	36	02:47.1
FEMALE 40-44				
	1	82 Erin Krietsch	43	28:58.4
	2	105 Katherine Yonce	43	30:31.5
	3	107 Sonia Shah Pandya	44	30:52.0
	4	116 Stephanie Clark	40	31:23.2
	5	125 Kristin Jacobs	41	32:12.0
	6	129 Joy Chenault	42	32:26.7
	7	138 Flora Hezel	41	32:47.5
	8	153 Rebecca Smartschan	42	33:51.8
	9	160 Julie Murphy	41	34:17.2
	10	164 Rachel Peters	43	34:51.2
	11	171 Tracy Chapman	44	35:06.1
	12	175 Kelly Harris	44	35:19.5
	13	178 Jennifer Lundquist	40	35:26.1
	14	180 Samantha Smith	42	35:37.0
	15	189 Polly Siegman	44	36:10.4
	16	198 Lynn McDaniel	44	36:37.4
	17	209 Jill Nolt	42	37:15.6
	18	211 Kelly McGuire	40	37:20.9
	19	220 Kristin Kirchen	40	37:41.4
	20	221 Amy Galvin	44	37:57.3
	21	234 Sara Jamal	41	38:12.4
	22	241 Meredith Mullins	43	38:27.7
	23	242 Mandy Sanders	40	38:28.2
	24	250 Kristin Anliker	43	38:40.4
	25	278 Stacey Dusing	42	39:38.6
	26	293 Katie Aboud	42	40:03.5
	27	302 Kerry Fankhauser	41	40:41.9
	28	317 Amy Thornburg	44	41:30.0
	29	330 Cara Kaufman	41	42:08.0
	30	352 Ann Nash	43	42:59.3
	31	368 Deanna Harding	40	43:59.6
	32	376 Erica Chewning	40	44:16.9
	33	388 Mishawn Wilson	44	44:57.8
	34	401 Rochelle Donastorg	40	45:18.6
	35	426 Amy Schweitzer	40	46:27.1
	36	431 Emma Terray Spivack	42	46:58.3
	37	448 Ashley Nickerson	42	47:37.0
	38	449 Aparna Subramanyam	40	47:37.0
	39	454 Traci Freeman	41	47:47.3
	40	466 Keshia Case	41	48:05.7
	41	538 Jennifer Hubert	42	52:54.0
	42	586 Bonnie Lembicz	42	56:21.7
	43	598 Lori Kincaid	44	57:20.9
	44	599 Edith Ramsey	41	58:37.7
	45	601 Kelly Rudd	40	59:01.6
	46	609 Rebecca Kascsak	41	00:18.7
	47	624 Vikki Clarke	41	03:12.4
FEMALE 45-49				
	1	77 Dana Taylor	47	28:19.8
	2	80 Shelli Stepp	46	28:49.2
	3	89 Selina Celebre	46	29:58.1

Category	Place	Name	Age	Time
	4	131 Lisa Durish	49	32:27.4
	5	136 Amy Black	47	32:43.5
	6	224 Veronica Nuckols	47	38:04.4
	7	237 Uzo Onwuchekwa	45	38:21.0
	8	308 Joy Morgan	47	40:58.3
	9	315 Jill Kean	49	41:19.5
	10	353 Joan Ozolins	49	42:59.9
	11	365 Janice Hagan	45	43:45.1
	12	395 Dionne Hearn	45	45:08.9
	13	416 Angela Richter	47	45:50.5
	14	438 Kristen Sale	45	47:18.7
	15	446 Sasha Waters Freyer	49	47:35.1
	16	482 Cathy Summers	47	48:51.7
	17	488 Lisa Townsend	48	48:59.5
	18	498 Tasha Willingham	46	49:18.8
	19	515 Tracy Roof	47	50:18.8
	20	520 Heather Moore	46	50:36.3
	21	529 Kimberly Farnsworth	48	51:39.2
	22	546 Sharon Epstein	46	53:47.3
	23	582 Ann Marie Houghtaling	45	56:08.4
	24	584 Kim Patterson	49	56:11.5
	25	588 Katherine Dix	45	56:41.0
	26	594 Benita Petrella	45	57:17.2
	27	613 Christa Dillon	47	00:31.8
FEMALE 50-54				
	1	114 Kim Sale	51	31:11.9
	2	115 Suzi Silverstein	54	31:14.8
	3	144 Regina Revels	51	33:33.9
	4	148 Deborah Harsh	52	33:44.3
	5	163 Laura Dewey	53	34:39.1
	6	166 Jean Gonyo	51	34:56.1
	7	202 Beth Bradberry	51	37:01.4
	8	262 Kala Vallies	54	39:04.5
	9	271 Clara Pettus	53	39:15.0
	10	294 Gail Holstrom	54	40:07.9
	11	295 Lisa Childress	51	40:10.6
	12	309 Leslie Taylor	50	41:09.9
	13	461 Janet Sherd	54	48:00.0
	14	548 Kathryn Bruckner	50	54:08.6
	15	573 Ester Thatcher	52	55:46.1
	16	576 Karen Moore	54	55:58.1
	17	615 Rebecca Randolph	50	00:49.2
	18	619 Katrina Parker	51	01:27.8
FEMALE 55-59				
	1	48 Molly Rogers	55	25:08.0
	2	53 Sandra Gray	58	25:36.1
	3	97 Jackie Mitchell	56	30:16.6
	4	121 Sauni Lukhard	56	32:06.8
	5	132 Betsy Somerville	59	32:33.3
	6	143 Colleen Moore	56	33:09.4



'Tis the season to be jolly.

RRRC TOY RUN 5K

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Category	Place	Name	Age	Time
	7	272 Judy Leavey	58	39:15.4
	8	327 Stephanie Davis	55	41:48.1
	9	331 Theresa Keefe	55	42:12.9
	10	428 Dale Knight	57	46:42.9
	11	523 Valerie Chaffins	59	50:54.3
	12	547 Nannie Cox	57	53:50.1
	13	590 Wendy Jenvey	59	56:49.4
FEMALE 60-64				
	1	84 Dawn Eberhard	63	29:14.6
	2	133 Debbie Bader	63	32:35.1
	3	270 Cheryl Matson	60	39:14.6
	4	354 Martha Hodges	61	43:08.6
	5	434 Karen Reaves	63	47:08.3
	6	459 Angela Thweatt	61	47:57.1
	7	509 Dawn Dibenedetto	64	50:09.1
	8	585 LaVell Ragsdale-Bower	62	56:13.5
	9	591 Pam Piercy	62	56:50.7
FEMALE 65-69				
	1	55 Linda Gulick	66	25:49.3
	2	521 Pattie Jacocks	66	50:43.4
FEMALE 70-74				
	1	475 Linda Newton	70	48:32.1
MALE TOP 3				
	1	1 Michael Colaiacoo	48	17:24.4
	2	2 David Brown	26	17:44.4
	3	4 Joshua Hochstein	40	18:35.2
MALE MASTERS				
	1	6 Kevin Burcham	45	19:00.8
MALE 6-9				
	1	70 Jakob Krietsch	9	27:47.8
	2	101 Eric Anliker	9	30:25.7
	3	169 Eli Uy	8	35:04.5
	4	236 Brody Golden	8	38:17.2
	5	383 Aaron Hayes	6	44:39.6
	6	417 Charlie Welsh	9	45:52.9
	7	467 Ben Case	9	48:07.6
	8	579 chase Houghtaling	6	56:07.1
MALE 10-14				
	1	41 Xander Delgado	11	24:21.7
	2	56 Zach Zombron	12	25:51.2
	3	57 Ashton Rudd	13	25:52.5
	4	65 Myles Swain	10	26:47.0
	5	69 Nikita Sukharevich	13	27:40.8
	6	86 Liam Mullins	13	29:36.1
	7	88 Colin Chewning	12	29:52.0
	8	120 Bennett Uy	10	32:00.9
	9	167 Josh Epstein	13	35:02.6

Category	Place	Name	Age	Time
	10	215 Ethan Epstein	14	37:31.8
	11	216 Hayden Regan	12	37:36.6
	12	283 Evan Carlson	11	39:50.6
	13	284 Evan Clarke	12	39:51.0
	14	366 Alex Case	12	43:48.3
MALE 15-19				
	1	13 Connon Mullins	15	20:37.1
	2	26 Addison Hagan	15	22:41.0
	3	79 Jeremy Squires	18	28:33.4
	4	100 Gabriel Quiles	17	30:25.5
	5	199 Geoffrey Gonyo	15	36:42.2
	6	264 Alex Trejo	17	39:06.6
	7	433 Tyler Pratt	17	47:08.0
	8	436 Tyler-Paul Gardner	16	47:11.9
	9	572 Jamal Nelson Jr	16	55:44.7
MALE 20-24				
	1	117 Daevon Backus	20	31:44.8
	2	311 Aytwone Pope	24	41:12.3
	3	592 Johnathan Hill	23	57:12.6
MALE 25-29				
	1	8 Aaron Harlan	27	19:16.1
	2	9 Kevin Kindler	27	19:19.4
	3	16 Colin Mason	26	20:49.0
	4	35 Alex Anliker	27	24:03.3
	5	39 Jonathan Mathes	26	24:17.6
	6	145 Brandon Wilson	26	33:35.9
	7	422 Michael Kammerman	25	45:59.0
	8	458 Thomas Ingram	27	47:56.3
	9	487 Ryan Corcoran	26	48:58.9
	10	621 Antoine Berkeley	29	02:42.8
MALE 30-34				
	1	5 James Hazelwood	31	18:53.6
	2	10 Derek Rowe	34	19:21.4
	3	157 Matt Nordin	31	34:03.4
	4	203 Christian E. Toro	31	37:03.1
	5	254 Ryan Sutphin	32	38:55.4
MALE 35-39				
	1	15 Dan Gariepy	37	20:46.6
	2	30 Christopher Harrison	38	23:18.3
	3	33 Chris Mason	39	23:48.7
	4	83 Joshua Frye	36	29:13.8
	5	168 Chris Fleenor	39	35:04.4
	6	185 Terrell Daniel	39	36:05.7
	7	229 Michael Martyn	39	38:11.1
	8	235 Joshua Langberg	39	38:13.9
	9	251 Michael Fei	37	38:40.8
	10	259 Steven Spasojevich	38	39:03.1



Goal achieved, all the work and training complete.



So many young ladies completed their first 5k on this day.

RRRC TOY RUN 5K

GLEN ALLEN, VA • 12/10/2017

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Category	Place	Name	Age	Time
	11	304 Adam Silcox	37	40:44.4
	12	344 Dan Klug	36	42:45.2
	13	387 Christopher Hayes	39	44:47.9
	14	421 Doug Welsh	39	45:54.8
	15	616 Ryan Jones	35	00:54.5
<hr/>				
MALE 40-44	1	20 John Amoroso	40	21:28.1
	2	23 Vincent Fabiano	41	22:07.6
	3	27 Matt Osenga	42	22:41.7
	4	28 Mike Murchie	41	22:59.8
	5	37 Timothy Stewart	42	24:04.2
	6	45 Gaetano Calla	43	24:49.4
	7	62 Andrew Rose	43	26:16.6
	8	72 Corbin Kelley	40	27:50.6
	9	76 Aaron Steelman	43	28:19.0
	10	85 Partha Gopalakrishna	41	29:28.5
	11	127 Tim Slim McGuan	43	32:24.8
	12	172 Kenny Uy	43	35:06.8
	13	188 Anthony Dillon	41	36:07.7
	14	196 Miles Clarkson	42	36:32.9
	15	214 David Bender	43	37:26.0
	16	240 Billy Mosby	44	38:24.8
	17	252 Chris Berger	42	38:42.6
	18	285 Will Sapp	42	39:51.2
	19	298 Robert Fankhauser	43	40:37.9
	20	305 Neema Amin	43	40:48.9
	21	336 Brian Harper	44	42:25.0
	22	345 Chevin Young	42	42:51.6
	23	356 Manish Soni	41	43:15.6
	24	372 Matthew Leslie	42	44:04.8
	25	413 Christian DeFrancesco	43	45:39.6
	26	470 Ryan Serfozo	41	48:11.5
	27	511 Chad Chappell	40	50:13.9
	28	535 Brian Pickral	44	52:14.9
	29	553 Matthew Kellam	42	54:47.2
	30	610 John Kascsak	42	00:19.4
<hr/>				
MALE 45-49	1	11 David Morgan	49	20:12.5
	2	25 Ben Wachter	47	22:40.3
	3	29 Robert Monolo	47	23:02.7
	4	36 John Gonyo	46	24:04.0
	5	51 Tim Ruhl	49	25:33.3
	6	60 Dan Rapp	45	26:01.1
	7	93 Steven Fatigante	46	30:09.4
	8	130 Michael Sloss	49	32:27.4
	9	150 Chris Foca	45	33:49.4
	10	193 Mike Maceyka	49	36:19.3

Category	Place	Name	Age	Time
	11	223 David Spivey	46	37:58.0
	12	288 Curtis Mills	45	39:56.0
	13	300 Daniel Fabian	49	40:39.0
	14	312 Thomas Foster	47	41:14.1
	15	316 Steven Kean	49	41:19.7
	16	323 Nagesh Akula	45	41:35.4
	17	348 Kevin Kramer	45	42:57.1
	18	393 Rakesh Shah	45	45:05.0
	19	419 Peter Zangardi	49	45:53.0
	20	479 Darrell Goins	46	48:47.8
	21	519 Rob Zombron	49	50:28.4
	22	541 Neal Burke	47	53:31.9
	23	595 Marcus Petrella	46	57:17.7
<hr/>				
MALE 50-54	1	12 Jim Oddono	50	20:24.9
	2	50 Dan Delgado	52	25:31.1
	3	66 Mike Anliker	52	26:57.4
	4	74 Dwayne Helms	53	28:02.2
	5	87 Reginald S. Daniels	54	29:38.4
	6	96 Steve Richter	51	30:14.3
	7	149 Kenneth Aversano	50	33:46.1
	8	247 Tony Mullins	54	38:38.6
	9	292 Suhash Panchal	50	40:03.4
	10	614 Ralph Gibbs	52	00:46.7
<hr/>				
MALE 55-59	1	19 Karl Cover	57	21:20.5
	2	22 Jack King	59	22:01.4
	3	34 Mike Swain	55	23:50.2
	4	52 Dean Miller	55	25:35.0
	5	58 David Knicely	57	25:52.8
	6	78 Jesus De Los Santos	58	28:31.6
	7	326 John Davis	57	41:47.1
	8	445 Anthony Donoan	56	47:33.5
	9	577 Jeff Mathis	56	56:02.4
<hr/>				
MALE 60-64	1	49 Steven Lerner	62	25:23.8
	2	54 Barry Kreisa	63	25:44.6
	3	297 Jeffrey Luke	60	40:31.6
	4	310 Harry Donati	63	41:10.0
	5	545 Hervey Sherd	62	53:44.0
<hr/>				
MALE 65-69	1	31 Rob Astrop	65	23:24.4
	2	67 George Somerville	66	27:08.9
	3	522 Frank Jacocks	69	50:44.3
<hr/>				
MALE 70-74	1	64 Bill Kelly	70	26:35.0
	2	269 Peter Opper	71	39:14.5



A wee one in training.



Girls on the Run added a lot of joy to this race.

TURKEY TROT 10K

RICHMOND, VA • 11/23/2017

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Category	Place	Name	Age	Time
Male Overall	1	SILAS FRANTZ	24	32:26
	2	CABELL WILLIS	25	32:52
	3	CHRISTIAN FRANCIS	17	33:26
	4	AUSTIN STORY	18	34:53
	5	HEATH ANDERSON	23	35:19
Female Overall	1	EMILY MULHERN	20	37:30
	2	MARIA ELENA CALLE	42	37:53
	3	KATHLEEN LAUTZENHEISER	25	38:25
	4	KATIE TOMLINSON	29	40:14
	5	LAUREN MORING	25	40:21
Male 5 - 9	1	1272 MAVERICK RIZK	9	1:11:22
	2	1572 JACOB SCHIESS	9	1:41:21
Female 5 - 9	1	1012 ADDISON COLLINS	8	1:03:45
	2	1144 CHLOE PRICE	9	1:07:21
	3	1227 MAYA AYERS	9	1:09:51
Male 10 - 14	1	49 CLAYTON LYNCH	14	40:43
	2	67 MICHAEL TULL	14	41:46
	3	88 MICAH MCDORMAN	13	43:07
	4	153 JOSEPH ASHER GREEN	10	46:42
	5	154 LUCAS CUSICK	14	46:46
	6	264 SHANE LOUCKS	12	49:33
	7	284 MYLES SWAIN	10	49:57
	8	285 ZACHARY STOSS	11	49:58
	9	304 ANDREW BENNETT	12	50:26
	10	384 ERIC SCULLY	13	51:52
	11	388 MASON SPROUSE	13	52:00
	12	442 CHARLIE MOONEY	10	53:02
	13	503 JOHN GORMAN	14	54:19
	14	524 LUKE HARRIS	14	54:41
	15	555 JOSIAH SEGUIN	12	55:12
	16	730 HENRY OHAGAN	12	58:16
	17	731 NIK STRATIOU	13	58:16
	18	738 KEVIN KRAKIE	10	58:24
	19	777 RYAN WALTER	12	59:03
	20	846 RYAN MCATEE	13	1:00:18
	21	919 CHRISTOPHER WALTER	10	1:01:32
	22	985 JOHN WOODFIN	14	1:03:13
	23	1173 BLAKE BALDWIN	13	1:08:05
	24	1215 DECLAN SPICER	13	1:09:06
	25	1293 MATT SOLOMON	14	1:11:44

Category	Place	Name	Age	Time
	26	1307 BEN BROUSSEAU	14	1:12:05
	27	1457 EVAN SOLOMON	11	1:20:58
	28	1528 JACK NYSTROM	12	1:28:30
	29	1560 JAKE MACNELLY	12	1:35:52
	Female 10 - 14	1	174 ABIGAIL WIGGINTON	13
2		356 GABRIELLE FLYNN	13	51:26
3		417 REAGAN GILMAN	13	52:28
4		418 BERKELEY GILMAN	14	52:29
5		539 ELIZABETH LOWE	12	54:59
6		546 KARSIN BEATTY	10	55:04
7		573 CARA BRICKHOUSE	12	55:30
8		784 EMORY ALLEN	11	59:11
9		800 EVA GREEN	12	59:30
10		1035 KATHRYN TULL	12	1:04:29
11		1162 CAROLINE KAMINSKI	12	1:07:47
12		1201 ABBY FIORILLO	14	1:08:37
13		1212 BECCA NYSTROM	10	1:08:54
14		1230 LILY COLLINS	12	1:10:07
15		1235 LORELEI CLELLAND	10	1:10:16
16		1259 SOPHIE COLLINS	10	1:11:02
17		1282 MOLLY NYSTROM	14	1:11:28
18		1313 ADDISON MCDOWELL	14	1:12:27
19		1340 CHARLOTTE ASHBY	10	1:13:30
20		1344 DOROTHY MCATEE	10	1:13:38
21		1438 AUDREY SHEPLEY	10	1:20:06
22		1464 REGAN PORTER	11	1:21:22
23		1494 MARY FRANCIS	14	1:25:28
24		1510 FAITH SCOTT	14	1:26:52
25		1538 JULIANNE LANDRUM	14	1:31:46
Male 15 - 19	1	3 CHRISTIAN FRANCIS	17	33:26
	2	4 AUSTIN STORY	18	34:53
	3	6 AARON JOHNSON	17	35:27
	4	7 ANDREW AKRIGHT	18	35:27
	5	12 JEREMY FRANCIS	19	36:20
	6	13 ZACHARY NOWAK	17	36:37
	7	20 CONNOR MOSES	18	37:50
	8	22 BENJAMIN POOLE	18	38:02
	9	26 JACK EHLENBERGER	19	38:43
	10	29 MATTHEW VORSTER	15	38:55
	11	31 JOHN CAVEDO	17	39:23
	12	33 LOWELL SMITH III	15	39:48
	13	53 CASEY FENSTER	17	41:00
	14	65 AUSTIN MORGAN	19	41:43
	15	76 ALEC HILLEN	19	42:48
	16	143 JACK MADISON	15	46:25
	17	151 PETER GORMAN	15	46:40
	18	163 SAM WENTWORTH	18	46:54
	19	169 NOAH ALLEN	17	47:08
	20	223 DILWYN PINER	19	48:35
	21	281 JAKE BENNETT	15	49:50
	22	341 ALEX FIORILLO	16	51:09
	23	452 KEVIN BENNETT	17	53:17
	24	512 JOSH HUBBARD	17	54:29
	25	515 CHRIS GREATWOOD	15	54:31
	26	518 ALEX BERLIN	19	54:36
	27	609 CHRISTOPHER SULLIVAN	15	56:02
	28	610 NICHOLAS CAVALLO	15	56:02
	29	684 MATTHEW CHILTON	18	57:29
	30	696 ADDISON HAGAN	15	57:36
	31	943 JARED DUFFY	15	1:02:07
	32	947 JOSEPH RAMSBOTTOM	16	1:02:20
	33	1124 ANDREW KRAKIE	19	1:06:55
	34	1138 LUCAS CASATI	15	1:07:12



Speedsters.

TURKEY TROT 10K

RICHMOND, VA • 11/23/2017

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Category	Place	Name	Age	Time	
	35	1148	WHEAT OHAGAN	16	1:07:24
	36	1153	JOHN FITZGERALD	16	1:07:27
	37	1249	HANK FEILER	16	1:10:48
	38	1315	WYATT MCDOWELL	17	1:12:31
	39	1396	NICHOLAS TUROCHY	18	1:16:52
	40	1479	KOREY RUSSELL	15	1:24:06
	41	1514	WILLIAM HUNT	16	1:27:09
	42	1535	ANARV MATHUR	19	1:30:03
	43	1547	ALEX BROUSSEAU	17	1:33:58
	44	1575	BENNY NACHMAN	18	1:41:47
Female 15 - 19					
	1	221	EMILY PROVENZO	18	48:31
	2	274	LINDSEY FANZ	17	49:43
	3	277	CAILEIGH DINTINO	17	49:45
	4	368	MARINA DABAGHIAN	19	51:37
	5	510	LEXI BROWNELL	19	54:24
	6	511	ALLY LEDWITH	19	54:25
	7	551	EMILY MAUCK	18	55:09
	8	564	MORGAN FUQUA	19	55:20
	9	650	TERESA MARKIEWICZ	15	56:42
	10	664	MEGAN KRAKIE	19	57:06
	11	679	MAKAYLA REYNOLDS	19	57:25
	12	680	BROOKE DIPPOLD	18	57:25
	13	688	KATE PARTLOW	19	57:30
	14	842	BRITTANY MCPHEE	19	1:00:13
	15	971	SOPHIA PAWELA	16	1:02:52
	16	997	CAROLINE CIPOLLA	18	1:03:27
	17	1020	CORINNE LANDRUM	17	1:03:52
	18	1038	LAUREN TULL	18	1:04:31
	19	1043	RAYCHEL LAPALLO	19	1:04:40
	20	1053	KATHRYN OUTHOUS	19	1:04:54
	21	1074	CHARLOTTE CANDLER	16	1:05:19
	22	1082	KAYA PETERSON	18	1:05:32
	23	1104	SARAH RAMSBOTTOM	18	1:06:17
	24	1128	Caitlin GRELL	16	1:06:57
	25	1152	CARY MAUCK	16	1:07:26
	26	1190	ANNA WOODFIN	19	1:08:32
	27	1204	MAGGIE FISK	17	1:08:39
	28	1232	MIA BENDER	17	1:10:08
	29	1264	ANYA BENDER	15	1:11:08
	30	1401	SOPHIA GOLDIN	15	1:16:58
	31	1465	ELIZA WOODFIN	17	1:21:28
	32	1503	KATHLEEN NORMAN	17	1:26:32
	33	1539	MARY LANDRUM	17	1:31:48
	34	1548	MADELINE BROUSSEAU	18	1:33:58
	35	1587	JANIE ALLEN	15	1:43:14
Male 20 - 24					
	1	1	SILAS FRANTZ	24	32:26
	2	5	Heath ANDERSON	23	35:19
	3	16	CORY FINES	21	37:11
	4	43	BAYLOR DICKERSON	24	40:21
	5	48	GRAHAM PICKETT	22	40:42
	6	54	ANDREW GORSUCH	23	41:02
	7	55	TYLER TIMBLIN	23	41:02
	8	80	OWEN AYERS	20	42:56
	9	81	COLIN FENSTER	20	42:57
	10	82	COLE BRYAN	22	42:59
	11	101	ROBERTTHOMAS WIEBE-KING	23	44:16
	12	105	AARON MCCRAY	24	44:24
	13	124	FORRESTER PICKETT	24	45:36
	14	142	ISAAC MACKEY	23	46:22
	15	165	IAN FRASER	20	46:57
	16	185	NATHAN HUNNICUTT	20	47:35
	17	195	NATHAN COLE	23	47:54
	18	202	SAM COLT	22	48:01

Category	Place	Name	Age	Time	
	19	204	JACOB YEATTS	23	48:02
	20	207	BENJI PULLEN	21	48:04
	21	230	AUSTIN PALMORE	24	48:44
	22	239	JESSE MCWILLIAMS	23	48:58
	23	286	JANSEN FRASER	24	49:58
	24	378	JAKE ROGERS	21	51:45
	25	400	JACOB COURINGTON	23	52:16
	26	403	TURKEY MONSTER LEDER	23	52:21
	27	468	JOSH MADISON	21	53:44
	28	488	CAMERON MOORE	23	54:10
	29	498	JONATHAN ANDERSON	22	54:16
	30	543	LUKE BRZEZINSKI	24	55:04
	31	550	IAN SAUNDERS	21	55:09
	32	565	COLIN ALEXANDER	20	55:22
	33	589	STEPHEN KRAKIE	22	55:43
	34	611	DEREK DROCY	23	56:03
	35	768	KEVIN RUSSELL	21	58:55
	36	883	SAM MOFFATT	21	1:00:52
	37	894	CODY COLE	24	1:01:07
	38	922	DOUG HEARNEY	23	1:01:37
	39	929	JOSEPH CAVAN	24	1:01:51
	40	948	JON RICE	23	1:02:24
	41	996	DAVID CIPOLLA	22	1:03:27
	42	1001	SPENCER SCHOENEWEIS	21	1:03:35
	43	1004	DOUG KULP	24	1:03:40
	44	1047	TRENTON ROBINSON	24	1:04:48
	45	1093	JOEL GOODLOE	24	1:05:54
	46	1119	HARRY HOKE	23	1:06:41
	47	1133	ALEXANDER STEVENSON	22	1:07:04
	48	1283	MATT SHIN	23	1:11:32
	49	1335	JOSH BUFFENSTEIN	21	1:13:10
	50	1417	ANDREW BOUDON	24	1:18:19
	51	1419	DAVID NEGRIN	21	1:18:24
Female 20 - 24					
	1	18	EMILY MULHERN	20	37:30
	2	96	COURTNEY BURTON	22	43:47
	3	97	MICHELLE CARROLL	24	43:50
	4	118	ANNE MENEFFEE	24	45:21
	5	171	MACNAIR JENNINGS	23	47:10
	6	212	CONNOR BREWER	23	48:16
	7	219	CARY BETH REYNOLDS	21	48:29
	8	245	KATIE TOIBIN	23	49:05
	9	262	KATIE POKORNY	20	49:27
	10	301	CHRISTINA LEIGH STEPHENSON	20	50:24



Turkey Trot Fun Zone: Nikkia, Mary Beth, Jennifer, and Kelly

TURKEY TROT 10K

RICHMOND, VA • 11/23/2017

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Category	Place	Name	Age	Time	Category	Place	Name	Age	Time		
	11	302	MAGGIE MYERS	23	50:24		56	902	LUCY CONTE	21	1:01:12
	12	331	KATIE WATSON	24	50:55		57	980	MORGAN SILVERSTEIN	24	1:03:04
	13	361	MOLLY PARKER	22	51:29		58	1003	CAROLINE SCHOENEWEIS	23	1:03:36
	14	383	SAMANTHA BROOKS	20	51:51		59	1024	KELSIE KARNES	20	1:04:07
	15	386	BRITTANY ROSENTHAL	23	51:56		60	1044	ALLIE LAPALLO	21	1:04:40
	16	394	COLE REIFSNIDER	21	52:10		61	1060	MEGAN JOHNSTON	23	1:05:00
	17	395	CARTER REIFSNIDER	24	52:10		62	1084	WELSEY FITZHUGH	24	1:05:34
	18	396	TAYLOR O'BRIEN	23	52:10		63	1086	ERIN SHIVELY	21	1:05:46
	19	406	JENNIFER BUSCH	23	52:21		64	1126	CATHRYN KRAKIE	24	1:06:56
	20	426	MAURA SIMPSON	24	52:41		65	1136	GABRIELA ROSALES	21	1:07:05
	21	469	MOLLY PARIS	23	53:46		66	1137	ALAINA SANGALANG	23	1:07:06
	22	470	NORA OWENS	23	53:47		67	1145	JULIE BRAY	21	1:07:21
	23	476	NOELLE DIBENEDETTO	22	53:53		68	1161	KELLY HIGBIE	24	1:07:46
	24	482	REBEKAH FELIZ	23	54:00		69	1168	ALYSSA MERTINS	20	1:07:57
	25	490	ANN CREWS	22	54:11		70	1200	JENNY CARLSON	24	1:08:36
	26	506	ELIZABETH FOX	23	54:21		71	1210	MEGAN LOVE	23	1:08:52
	27	522	MADELINE WRIGHT	20	54:39		72	1252	SAMANTHA HILLEN	20	1:10:55
	28	525	TAYLOR JARRETT	21	54:41		73	1277	JOSIE BEARDEN	23	1:11:23
	29	540	SARAH HAMPTON	20	55:00		74	1278	JESS BEARDEN	23	1:11:24
	30	545	MARIA CONTE	23	55:04		75	1286	BAILEY HALL	22	1:11:32
	31	567	RACHEL SULLIVAN	23	55:24		76	1289	AMY CONLEY	21	1:11:34
	32	575	MADELEINE SMITH	24	55:32		77	1295	LIZA JONES	22	1:11:50
	33	580	CATHERINE KELLIS	20	55:37		78	1299	CLAY CODDINGTON	22	1:11:53
	34	591	ADRIAN WALKER-BROWN	23	55:43		79	1312	ANNIE BRZEZINSKI	23	1:12:25
	35	605	HEATHER THOMPSON	22	56:00		80	1316	MCKENZIE WALKER	23	1:12:31
	36	612	MARINA BATALIAS	22	56:03		81	1336	ALYSSA BUFFENSTEIN	23	1:13:11
	37	624	LUCY KING	23	56:17		82	1354	MELANIE GAINSFORTH	24	1:14:03
	38	648	BARRETT REDMOND	22	56:39		83	1358	EMILY WILLIAMS	21	1:14:26
	39	656	MCKENZIE FRANCIS	24	56:51		84	1372	FAITH HARRIS	23	1:15:28
	40	685	CATHERINE CHILTON	21	57:29		85	1400	BRONWYN BAUMGARDNER	23	1:16:57
	41	699	EMILY MARLATT	21	57:42		86	1414	MICHAELA BLYTHE	24	1:18:13
	42	709	BRITTANY WOO	21	57:51		87	1421	HANNAH FENSTER	24	1:18:36
	43	729	ROSEMARY O'HAGAN	22	58:14		88	1432	ELENA PORTER	20	1:19:30
	44	733	ANNE OHAGAN	20	58:16		89	1482	LINDSAY VAN NESS	24	1:24:14
	45	735	ANNE VANDEWEGHE	23	58:19		90	1505	BECCA NAURATH	23	1:26:33
	46	746	ALLISON MEYER	23	58:28		91	1521	LOGAN STRUSKY	20	1:27:59
	47	761	JESSICA TUZO	22	58:49		92	1529	SIERRA TAYLOR	24	1:28:55
	48	809	LYNDSEY PAYNE	20	59:38		93	1579	SAMANTHA STRUSKY	23	1:42:33
	49	820	DEVIN O'BRIEN	22	59:51						
	50	827	JESS CURBEIRA	20	59:57	Male 25 - 29	1	2	CABELL WILLIS	25	32:52
	51	838	AMY CHAN	21	1:00:08		2	11	MATTHEW BIGMAN	25	36:10
	52	849	EVA CHILDREY	22	1:00:19		3	17	JASON DRISCOLL	29	37:24
	53	876	CHRISTINA BEARDEN	23	1:00:45		4	27	MATT LATIMER	29	38:48
	54	886	SHERIDAN SKURUPEY	21	1:00:56		5	28	DAVID BROWN	26	38:49
	55	900	AINSLEY WALKER	21	1:01:10		6	40	AARON HARLAN	27	40:09
							7	51	KIRK MILLIKAN	28	40:45
							8	52	KEVIN KINDLER	27	40:58
							9	77	MICHAEL BOGESE	26	42:53
							10	84	ADAM LERNER	27	43:02
							11	85	DANIEL ASTROP	28	43:05
							12	117	DREW CAMPBELL	26	45:19
							13	127	CHRISTIAN HANSEN	27	45:42
							14	129	ANDREW GILLIGAN	28	45:43
							15	141	ROBERT BROSSART	29	46:21
							16	175	NORA MUGREN	29	47:15
							17	186	MICHAEL GOLDEN	28	47:37
							18	189	FRENCY GIBERTI	27	47:43
							19	192	SAM CASTONGUAY	26	47:44
							20	196	MATT CLAUSEN	25	47:54
							21	220	CHRIS MAZELLA	28	48:31
							22	222	THOMAS JOHNSON	26	48:35
							23	233	PHILIP TICKLE	27	48:49
							24	267	PETER PARTEE	25	49:37
							25	280	MARK VANATTA	27	49:48
							26	303	DANIEL STRAUS	28	50:26



Many kids join us each year for this fun run.

TURKEY TROT 10K

RICHMOND, VA • 11/23/2017

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Category	Place	Name	Age	Time
	27	318 DAVID LLOYD	28	50:44
	28	330 JULIAN WATSON	26	50:55
	29	351 PATRICK LAVAN	28	51:23
	30	357 NATHAN BLYLER	26	51:27
	31	389 JOHN HAUGHT	26	52:00
	32	402 TIM OSTERBIND	28	52:17
	33	424 JOHN UPTON	28	52:41
	34	430 JASON LOVE	25	52:44
	35	459 TYLER QUINN	26	53:30
	36	474 TYLER CALLAHAN	28	53:52
	37	480 DUSTIN DEDRICK	28	53:58
	38	483 JOHN GANTHER	27	54:02
	39	496 ALEXANDER LARA	27	54:14
	40	501 COLIN HALLIGAN	27	54:18
	41	526 MICHAEL HUNTER	28	54:42
	42	535 JOEL YOWELL	28	54:54
	43	541 TONY ZACHARIAS	29	55:01
	44	554 SAM SCHUTH	28	55:12
	45	572 MICHAEL LEBER	28	55:30
	46	578 ED GILL	27	55:37
	47	581 CHAD NEWTON	27	55:38
	48	584 SCOTT PIERCE	25	55:41
	49	638 MICHAEL CADDELL	29	56:32
	50	640 CHARLES KENNEDY	28	56:33
	51	710 COLIN HESS	27	57:52
	52	716 TRAVIS BOHN	29	57:59
	53	726 JOHN GENTRY	29	58:13
	54	740 ANDREW JEFFS	29	58:26
	55	751 ALEX ANLIKER	27	58:34
	56	762 J HUNTER COLT	26	58:50
	57	765 BRET RAMKEY	25	58:54
	58	775 AARON FORSTIE	29	59:01
	59	779 JONATHAN MATHES	26	59:04
	60	810 IGNACIO DE SANDE	29	59:43
	61	848 CLINTON MCFEELY	27	1:00:19
	62	880 ANTHONY MASLANKA	27	1:00:49
	63	973 MITCH COLLEY	29	1:02:57
	64	1118 JON DRISCOLL	29	1:06:38
	65	1120 MICHAEL HOKE	28	1:06:42
	66	1359 SEAN GERBER	27	1:14:27
	67	1380 SAM ORELOVE	28	1:15:56
	68	1461 WAJAHET QURESHI	26	1:21:07
	69	1531 PETER DIAZ	28	1:29:03
Female 25 - 29	1	24 KATHLEEN LAUTZENHEISER	25	38:25
	2	41 KATIE TOMLINSON	29	40:14
	3	44 LAUREN MORING	25	40:21
	4	56 ANNA COLE	25	41:05
	5	64 ALEXIS FAIRBANKS	26	41:41
	6	68 SARAH BOHN	29	41:53
	7	75 GABI WECHSLER	26	42:45
	8	94 BRITTANY HARLAN	26	43:38
	9	109 NORA DALY	26	44:38
	10	136 ALI GIASULLO	29	46:01
	11	137 NICKY MITCHELL	27	46:02
	12	152 ROSA WATERS	25	46:40
	13	190 MG MUTH	25	47:43
	14	203 ABBY FINES	25	48:01
	15	248 ALLIE WELLS	28	49:07
	16	315 MORGAN DICKINSON	26	50:38
	17	338 AUSTIN CURRY	26	51:03
	18	342 MICHELLE TRICE	26	51:16
	19	355 MAURA SCOLESE	29	51:26
	20	382 EMILY MIANO	26	51:48
	21	427 JANIE O'CONNOR	25	52:42
	22	432 ANNIE O'CONNOR	25	52:44

Category	Place	Name	Age	Time
	23	438 JENNIE LYNNE LEONARD	29	53:00
	24	439 ERICA FULLER	28	53:00
	25	443 ANNA CONTE	26	53:04
	26	456 RACHEL SOUTHARD	28	53:25
	27	484 MALINDA MORAWETZ	29	54:02
	28	502 CHRISTINA FINOTTI	27	54:18
	29	507 LAMYA KING	29	54:22
	30	509 ASHLEY BOWRY	27	54:23
	31	513 ASHETON BIDER	28	54:29
	32	574 ERIN CASEY	25	55:30
	33	585 MEGAN DECKER	27	55:41
	34	593 LAUREN MASON	25	55:45
	35	597 Caitlin ARGALAS	29	55:53
	36	600 KATTIE NICHOLS	26	55:56
	37	618 MAURA HUDDLESTON	28	56:09
	38	622 JESSICA MCGLONE-WHITE	27	56:10
	39	634 RANDI PICKETT	25	56:28
	40	647 MEGAN WALTON	29	56:39
	41	658 SIERRA WINSTON	25	56:54
	42	667 ANNE CLAIRE MURRAY	26	57:11
	43	668 MOLLY BRAY	26	57:12
	44	669 KAITLIN CARLYLE	26	57:12
	45	673 ALISON ZACHARIAS	26	57:14
	46	675 VALERIE EASTER	29	57:20
	47	687 ELIZABETH NEWTON	29	57:30
	48	700 MARY MAULTSBY	29	57:43
	49	708 SINA MITSCHEKE	28	57:51
	50	713 HEATHER CRYER	29	57:57
	51	727 JENNIFER SWANSON	29	58:13
	52	741 TEDDIE JEFFS	29	58:26
	53	742 EMILY MEADE	25	58:26
	54	769 SARAH SMITH	25	58:55
	55	770 KAREN BROWN	27	58:55
	56	774 LINDSEY FORSTIE	29	59:00
	57	781 SUSANN GALL	28	59:09
	58	818 MEGAN HARRIS	27	59:50
	59	823 ANNIE HARRIS	28	59:52
	60	834 JULIA CAMPUS	28	1:00:01
	61	841 JENNIFER SATCHELL	28	1:00:11
	62	879 ELIZABETH DEBUSK-MASLANKA	26	1:00:48
	63	888 KIRSTIE DODD	28	1:00:57
	64	889 HANNAH MILLER	27	1:00:57
	65	893 SARAH BURNHAM	29	1:01:00
	66	896 MEREDITH MELSON	28	1:01:08



At the 2 mile mark, the race has just begun.

TURKEY TROT 10K

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Category	Place	Name	Age	Time
	67	897 LIBBY COX	26	1:01:08
	68	906 LEAH JAY	26	1:01:13
	69	925 JACLYN HILLIS	28	1:01:46
	70	936 NAN CALLAHAN	27	1:01:57
	71	937 HANNAH MEEKS	25	1:01:57
	72	952 TERESA ATKINSON	27	1:02:32
	73	972 BRIDGET O'NEILL	29	1:02:52
	74	974 HEATHER COLLEY	28	1:02:58
	75	983 ANA GORDON	25	1:03:11
	76	1008 SARAH MANZI	28	1:03:42
	77	1034 KELSEY TANNER	27	1:04:29
	78	1046 CHESLEY EDMUNDS	29	1:04:46
	79	1089 RACHEL NAURATH	25	1:05:50
	80	1090 KATE BYRON	26	1:05:50
	81	1091 BRITTANY WADDELL	26	1:05:51
	82	1166 BERKLEY HENSHAW	27	1:07:56
	83	1167 SARA HENSHAW	29	1:07:57
	84	1209 HOLLY BROWN	25	1:08:48
	85	1216 HANNAH WILSON	26	1:09:14
	86	1217 STACY STANLEY	25	1:09:15
	87	1226 MEAGAN JACKSON	27	1:09:44
	88	1238 JAMIE MACHICH	26	1:10:23
	89	1250 ISABELLA PEARSALL	26	1:10:48
	90	1255 KAITLYN MARSHALL	25	1:10:57
	91	1262 ALICIA MARTINEZ	27	1:11:07
	92	1279 MELISSA BEARDEN	27	1:11:25
	93	1302 BEATRIZ MARTINEZ	28	1:11:55
	94	1310 SAMANTHA VANINWEGEN	25	1:12:14
	95	1325 LIZZIE CAMPUS	28	1:12:55
	96	1348 ALLISON WISHON	28	1:13:52
	97	1360 ALISON GERBER	28	1:14:28
	98	1369 TERESA LA FRATTA	26	1:15:13
	99	1398 SARAH WALDRON	29	1:16:52
	100	1405 MEAGAN CASEY	27	1:17:10
	101	1407 MEGHAN HENSON	26	1:17:19
	102	1416 LAUREN SHRIVER	26	1:18:18
	103	1420 SARAH NEGRIN	25	1:18:24
	104	1436 RACHEL GARMON	28	1:19:57
	105	1468 ALYSSA CONNATSER	28	1:21:36
	106	1483 CAROLNE VAN NESS	27	1:24:15
	107	1485 BRITTANY BROUILLARD	29	1:24:42
	108	1502 HAYLEY ANDERSON	28	1:26:28
	109	1518 KAITLIN FISCHER	28	1:27:34
	110	1536 ALLYSON BUZBY	29	1:30:16
	111	1543 ERICA GREENE	28	1:32:17
	112	1555 KEELEY MILLER	25	1:35:18
	113	1557 KIRSTEN MILLER	29	1:35:20

Category	Place	Name	Age	Time
	114	1569 KAYLA MILLER	26	1:40:22
	115	1590 SAMANTHA SMELLEY	28	1:44:27
	116	1594 NIKKIA YOUNG	26	1:48:43
Male 30 - 34	1	14 KYLE DONOVAN	31	36:56
	2	15 BRIAN WATERS	34	36:56
	3	19 KEVIN PEGGS	31	37:41
	4	32 BRIAN WIEST	31	39:26
	5	38 CHRIS DUNCOMBE	32	40:03
	6	47 DEREK ROWE	34	40:42
	7	59 RYAN NEBEL	34	41:13
	8	100 STEVE ESCOBAR	34	44:13
	9	114 GREG REDMOND	33	45:11
	10	116 BRANDON SEAMSTER	33	45:16
	11	125 STUART GROSECLOSE	33	45:37
	12	128 RYAN HOLSTON	31	45:42
	13	135 JAMES SHACKELFORD	30	46:00
	14	138 PATRICK HURLEY	31	46:06
	15	140 JASON WELLS	31	46:21
	16	177 DANNY TAMAGNI	31	47:16
	17	210 KYLE HOSMER	30	48:14
	18	213 IAN JOHNSON	33	48:20
	19	241 GREG HARRIS	33	49:01
	20	244 DONOVAN MCGILL	31	49:05
	21	258 GARETT PANGRAZZI	33	49:25
	22	260 MICHAEL BRAY	30	49:27
	23	275 JOSIAH PEWTERBAUGH	32	49:45
	24	291 ANDREW LEISURE	32	50:08
	25	293 SHANE MELANKO	31	50:11
	26	298 COLEMAN TREXLER	34	50:17
	27	323 JEFF VAN ATTA	33	50:48
	28	372 CHRISTIAN E TORO	31	51:40
	29	415 GEORGE ELLER	33	52:26
	30	420 BUCK WALTON	31	52:34
	31	423 MATTHEW WOODZELL	33	52:40
	32	437 MATT CINDER	31	52:59
	33	461 GARY MORASCO	31	53:32
	34	462 JOHN WALK JR	30	53:34
	35	467 JARED MILLER	31	53:44
	36	472 WILL DUKE	32	53:48
	37	478 NICHOLAS SUCH	31	53:57
	38	481 BRENNAN NEWELL	33	54:00
	39	485 PETER GOODWIN	33	54:06
	40	486 ELIJAH WEEKS	32	54:08
	41	491 JAMES BARRETT	34	54:12
	42	517 NATHAN ROBBINS	33	54:35
	43	557 BEN ISENBERG-RUBYAN	32	55:13
	44	660 JULIAN GESTEWITZ	31	56:57
	45	683 DUSTIN NEWTON	30	57:29
	46	698 CHRIS RAWLINGS	32	57:42
	47	720 JOHN PAUL SIMKOVICH	30	58:04
	48	747 JAMES HUGHES	33	58:30
	49	758 SETH SCHEMAHORN	30	58:39
	50	764 TRAVIS PILLOW	30	58:54
	51	772 KEITH AUSTIN	31	58:56
	52	790 KYLE LINEGAR	33	59:23
	53	819 JEFF RICHARDSON	34	59:51
	54	830 THOMAS CAMPUS	30	1:00:00
	55	839 ROBERT SATCHELL	31	1:00:10
	56	859 JAMES KOKORELIS	32	1:00:32
	57	874 JAMESON GARNETT	30	1:00:43
	58	908 RYAN LARUE	34	1:01:14
	59	966 PAUL SHELDON	32	1:02:47
	60	986 JORDAN EFFRON	31	1:03:14
	61	1007 ZACKARY LOPEZ	30	1:03:42



Despite the cold temperature, it did get warm!

TURKEY TROT 10K

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Category	Place	Name	Age	Time
	62	1018 BRAD SUTTON	30	1:03:49
	63	1028 JASON ALEXANDER	31	1:04:16
	64	1029 BRADFORD COCHRANE	34	1:04:17
	65	1132 WILL WARREN	32	1:07:01
	66	1182 SEAN POOL	31	1:08:25
	67	1187 DARREN MOOREHEAD	30	1:08:29
	68	1233 EVAN STERLING	34	1:10:09
	69	1253 BEN OGBURN	32	1:10:56
	70	1341 PAUL HOWARD	33	1:13:31
	71	1367 RANDY MORROW	33	1:14:53
	72	1392 MATT NORDIN	31	1:16:30
	73	1408 TOMMY HARRIS	30	1:17:23
	74	1426 JONATHAN CAUTHORNE	32	1:19:03
	75	1435 TIM SINCLAIR	32	1:19:57
	76	1456 COLIN SCHOENHAUT	32	1:20:55
	77	1469 BRAD LEHMANN	34	1:21:38
Female 30 - 34	1	45 NATALIE KRETZER	30	40:31
	2	71 HEATHER SPINNEY	30	42:32
	3	91 LAURA TAYLOR	32	43:17
	4	113 CASANDRA DEGRAUWE	32	45:06
	5	115 CHELSEA HUDDLESTON	34	45:12
	6	139 MEGAN HARDEY	30	46:15
	7	155 KATHRYN PULLAM	34	46:46
	8	156 KATIE LEDESMA	34	46:46
	9	282 CHANEY AUSTIN	30	49:52
	10	300 KRISTIN SCHARL	32	50:20
	11	308 EMILY FISHER	30	50:34
	12	309 RACHEL ESKITE	30	50:35
	13	329 EMILY LEHMANN	34	50:54
	14	333 KATHERINE REIMANN	32	51:00
	15	362 MEGAN RIDGWAY	30	51:29
	16	375 SHIRA LANYI	31	51:43
	17	380 ELENI ASIMACOPOULOS	31	51:48
	18	397 PATRICE HARMON	32	52:13
	19	410 MELISSA GONZALEZ	31	52:22
	20	413 ANITA WIEST	33	52:24
	21	429 ADRIENNE TATE	33	52:43
	22	431 TERRA GATTI	33	52:44
	23	449 Caitlin FIGURA	31	53:10
	24	451 ERIN BARRAR	30	53:15
	25	458 MEGAN MACHICH	30	53:26
	26	460 EMILY RUSSELL	31	53:31
	27	463 LINDA GARDNER	33	53:40
	28	475 SHELLEY MORRIS	33	53:53
	29	492 LINDSAY WILLIAMS	32	54:12
	30	494 KATE MILLER	33	54:13
	31	499 MARY LARA	31	54:16
	32	520 KELLY OVERSTREET	34	54:37
	33	528 JILL FOSTER	34	54:42
	34	544 KATHERINE ROBBINS	31	55:04
	35	548 KRISTIN ST. MARS	31	55:05
	36	549 VALERIE BOSTWICK	34	55:07
	37	606 KATIE DOHRMAN	34	56:00
	38	608 ELIZABETH EYE	31	56:01
	39	613 MELISSA LOVE	34	56:05
	40	614 LIZZIE HOPPER	34	56:06
	41	636 AMY HUTCHINSON	30	56:29
	42	643 NATALIE HICHAK	33	56:36
	43	644 HOPE HICHAK	30	56:37
	44	651 AMY TIRRELL	32	56:43
	45	654 ALLIE SMITH	30	56:45
	46	663 DIANA ABELL	34	57:04
	47	712 CHRISSIE SEREDNI	30	57:56
	48	725 MEREDITH TOMLINSON	34	58:12
	49	771 KATHERINE PUMPHREY	30	58:55

Category	Place	Name	Age	Time
	50	778 STEPHANIE ANGLE	34	59:03
	51	792 SINEAD LYNCH-HALL	34	59:23
	52	795 MICHELE PLOUFFE-MORENA	30	59:25
	53	811 MARTHA WOODRUFF	33	59:44
	54	813 CHRISTINA TANG	33	59:47
	55	816 SARAH ARENSTEIN	30	59:49
	56	821 GINA PADRONE	33	59:51
	57	822 REGINA BRESSON	30	59:52
	58	852 AMANDA COTREAU	31	1:00:22
	59	863 ANNA CZAPLICKI RYAN	31	1:00:35
	60	868 CANDACE BROADDUS	30	1:00:38
	61	882 MEGAN NAPIER	33	1:00:51
	62	905 ABBY LARUE	34	1:01:13
	63	909 HOLLY CANTUA	34	1:01:14
	64	914 MELINDA HARVEY	32	1:01:24
	65	920 LYDIA POMPLUN	32	1:01:35
	66	927 VICTORIA WALTERS	33	1:01:48
	67	953 LORNA GESTEWITZ	33	1:02:32
	68	959 JENNIFER JINETTE	34	1:02:39
	69	1013 JESSICA BAREFORD	31	1:03:45
	70	1014 LAUREN CLARK	31	1:03:46
	71	1017 JESSICA VANCE	30	1:03:48
	72	1019 REBA BOYKIN	30	1:03:52
	73	1032 CHRISTINA BIRD	30	1:04:22
	74	1033 CARA GOODWIN	33	1:04:23
	75	1039 ASHLEY DIEHL	30	1:04:33
	76	1040 JENNIFER BUZBY	32	1:04:38
	77	1041 AMANDA PEDINI	32	1:04:39
	78	1081 KAITLYN HEMSLEY	31	1:05:29
	79	1085 JO FRENCH	32	1:05:39
	80	1130 KATIE WICKS	33	1:06:59
	81	1131 LAURIE GOODE	30	1:07:00
	82	1134 LINDSAY WARREN	31	1:07:04
	83	1156 LILIAN MARTINS	32	1:07:38
	84	1181 TARA LARRICK	32	1:08:19
	85	1183 JULIA KING	32	1:08:26
	86	1186 KATIE SHELDON	30	1:08:28
	87	1191 SALLY APEL-SCHOLER	33	1:08:32
	88	1196 CLAIRE WITMEYER	32	1:08:35
	89	1199 JULIE OLIVER	31	1:08:36
	90	1207 LAUREN MINFORD	34	1:08:47
	91	1237 REBEKAH KING	34	1:10:21
	92	1242 MOLLY-ARMINE HOLSTON	31	1:10:29
	93	1247 ASHLEY PAYNE	32	1:10:41
	94	1256 ALEXA PINZON	32	1:10:57
	95	1270 BETH KONDOROSSY	33	1:11:19
	96	1271 ANNE BOYER	34	1:11:19



Anne tries to ignore the camera while Amy embraces it.

TURKEY TROT 10K

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Category	Place	Name	Age	Time	Category	Place	Name	Age	Time		
	97	1309	MEGAN REILLEY	33	1:12:14		15	120	R. RYAN KELL	38	45:29
	98	1328	ALI SOUTHARD	30	1:13:01		16	133	TOBY KETCHMAN	37	45:54
	99	1342	CAROLINE SHEEHAN	34	1:13:32		17	144	BLAKE PUHAK	38	46:27
	100	1351	JENNIFER BARRETT	32	1:13:54		18	146	JOHN DANIEL	38	46:32
	101	1361	JOANNA NUNNALLY	33	1:14:32		19	160	BRIAN BISCHOFF	39	46:52
	102	1362	KATHRYN ZAVREL	32	1:14:35		20	167	TYLER LADNER	38	47:07
	103	1368	KRISTEN MORROW	30	1:14:54		21	182	AARON MARTIN	39	47:26
	104	1374	RACHEL PATER	34	1:15:31		22	184	GREGG STRATTON	39	47:33
	105	1376	STROTHER PATE	33	1:15:34		23	187	TIMOTHY GORDON	35	47:37
	106	1383	EMMA ORELOVE	31	1:15:58		24	188	CHRIS JONES	37	47:41
	107	1385	LAUREN RAMOS	33	1:15:58		25	191	BRYAN FIGURA	36	47:44
	108	1390	ASHLIE TSENG	31	1:16:25		26	197	CHRIS MANN	36	47:55
	109	1393	TARA BROWN	31	1:16:38		27	199	JONATHAN GEARING	35	48:00
	110	1395	CARISSA EASTON	33	1:16:46		28	200	MATTHEW WIGGINS	39	48:00
	111	1399	RACHEL MARSIGLIO	33	1:16:53		29	201	ERIK GROSSGOLD	38	48:01
	112	1406	ELIZABETH BEDELL	30	1:17:19		30	216	CAMERON JONES	39	48:23
	113	1422	MEREDITH HARRINGTON	34	1:18:41		31	225	CAMERON SNAPP	36	48:36
	114	1424	KALLIE WICKS	33	1:18:44		32	228	RICHARD LEE	38	48:43
	115	1447	MARA GEORGE	33	1:20:35		33	238	KRISSIE ROTHERMEL	36	48:54
	116	1449	CHAYA GORDON	30	1:20:41		34	243	JAMES GREGORY	38	49:04
	117	1487	NICOLE CALDWELL	33	1:25:01		35	251	STAFFORD VIA	39	49:15
	118	1488	NATASHA HAWKES	32	1:25:03		36	252	MARK HARMON	36	49:17
	119	1498	HALEY SWANEY	33	1:26:24		37	256	ERIC TURPIN	36	49:23
	120	1519	ZOE MISIEWICZ	32	1:27:35		38	269	TOMMY MILLER	39	49:38
	121	1524	MORGAN HODGES	33	1:28:06		39	288	RUSSELL SUMNER	38	50:04
	122	1530	LAUREN SHRADER	30	1:29:02		40	289	ROBERT SPICER	37	50:07
	123	1546	BRITTANY GOLDSBOROUGH	31	1:33:10		41	307	MARK O'BRIEN	36	50:32
	124	1573	STEPHANIE SCHIESS	31	1:41:25		42	321	ANDREW DEAK	35	50:46
	125	1586	TARYN BLAKE	33	1:42:47		43	325	KYLE LAUX	37	50:49
Male 35 - 39	1	9	DAVID NEAL	35	35:49		44	326	ERIC PRESCOTT	37	50:52
	2	30	BENJAMIN ANGLE	37	39:04		45	328	PETER VERASIN	36	50:54
	3	39	ZACHARY SHTOGREN	39	40:07		46	348	BRET KELLY	35	51:20
	4	42	MATT MIFFLETON	39	40:16		47	350	DAVID SOLANA	35	51:21
	5	58	DREW MILLER	37	41:08		48	352	MATTHEW MYERS	37	51:23
	6	60	RYAN MCCARTHY	37	41:17		49	354	DEJOEL WHITAKER	39	51:26
	7	62	PETER HANES	36	41:21		50	358	JAMES HUNTZINGER	36	51:27
	8	69	PATRICK CLARK	36	42:14		51	365	SEAN ROEMMICH	37	51:34
	9	83	CHRIS NOVAKOSKI	36	43:01		52	371	CHRIS MASON	39	51:39
	10	87	TOM HOLLAND	36	43:06		53	373	CHRISTIAN VOGEL	36	51:40
	11	95	MATT BROTHERTON	39	43:43		54	385	JEFFREY LIPPY	36	51:53
	12	106	PAURIC MCGROARY	35	44:32		55	404	NICHOLAS GROSECLOSE	36	52:21
	13	112	CARTER BOWEN	37	45:02		56	407	JOSEPH LOWERY	38	52:22
	14	119	CASEY RICHARDSON	39	45:28		57	421	JIM BONNELL	37	52:36
							58	422	COLIN BUNN	38	52:36
							59	447	MATT STOSS	39	53:09
							60	537	COREY JINNETTE	36	54:58
							61	561	JOHN VAN DYKE	36	55:17
							62	562	DONALD MANNING	38	55:19
							63	601	AJ MCFADDEN	36	55:57
							64	620	JARIAN KEREKES	38	56:10
							65	625	MATT HATHAWAY	39	56:18
							66	627	BARRY HERNDON	37	56:24
							67	702	JORDAN HARE	39	57:45
							68	748	MARK HAMRICK	37	58:31
							69	752	CHRIS AYERS	37	58:34
							70	754	MATTEO PEDINI	38	58:35
							71	791	DAVID LAWSON	39	59:23
							72	805	BRENDAN AHEARN	38	59:36
							73	814	BRAM LEVY	37	59:48
							74	843	ALEX MURDOCK	39	1:00:15
							75	847	JOHN NUNNALLY	36	1:00:18
							76	866	BRYAN MARSHALL	36	1:00:37
							77	871	BRAM WILLETS	38	1:00:40
							78	878	CHRIS RODAL	36	1:00:46
							79	951	TEAGUE AVEY	38	1:02:28



Andrew, Colin, Sean and Sarah know how to have fun during a race.

TURKEY TROT 10K

RICHMOND, VA • 11/23/2017

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Category	Place	Name	Age	Time
	80	969 JACK SAVILLE	37	1:02:51
	81	978 RYAN RINDONE	37	1:03:03
	82	988 BARCLAY ANDERSON	37	1:03:19
	83	991 RAYMOND REIBEL	39	1:03:23
	84	992 BRYAN STOGDALE	38	1:03:23
	85	994 JAMES BUCHANAN	36	1:03:24
	86	1000 JEFFREY DUSZAK	39	1:03:32
	87	1006 BRIAN PAQUETTE	36	1:03:42
	88	1010 STEVE COOPER	37	1:03:44
	89	1058 TRACY PATTERSON	39	1:05:00
	90	1069 WALTER SPRINGMAN	36	1:05:12
	91	1083 LYLE WALDEN	36	1:05:33
	92	1095 VINCE LAM	36	1:05:59
	93	1141 DANIEL PRICE	36	1:07:20
	94	1188 ABID QURESHI	35	1:08:31
	95	1189 AKHIL MATHUR	37	1:08:32
	96	1192 YANNICK APEL	35	1:08:33
	97	1276 STEVEN RIZK	38	1:11:23
	98	1343 BRENAINN SPROUSE	39	1:13:34
	99	1357 JORDAN EDWARDS	36	1:14:13
	100	1382 ABEL ORELOVE	37	1:15:57
	101	1459 ANDREW WENK	39	1:21:03
	102	1467 PHILLIP YAP-DIANGCO	36	1:21:29
	103	1588 MATT HOOVER	39	1:44:16
Female 35 - 39				
	1	93 KELLY SPENCER	36	43:35
	2	111 MARY VERASIN	37	44:49
	3	147 TARA CALKINS	39	46:33
	4	179 SABRINA HASSAN	39	47:19
	5	205 SARAH VOYACK	36	48:02
	6	208 JANET FOLDENAUER	39	48:04
	7	211 BETH PATTERSON	35	48:15
	8	218 KATHERINE NUNNALLY	39	48:28
	9	240 TARA KARNES	38	49:00
	10	278 LAUREN MORANO	35	49:46
	11	290 KELLY MCKEE	39	50:07
	12	297 ADRIANA ALDAPE	37	50:15
	13	322 ASHLYN BERGMAN	36	50:47
	14	337 MEL MILLER	35	51:02
	15	340 CARISSA MCGUAN	35	51:08
	16	363 JOSEFA ANTUNEZ	35	51:32
	17	381 ALLISON KAHLSKI	37	51:48
	18	390 JILL GODARD	38	52:01
	19	440 JENNIFER CHENG	38	53:01
	20	454 DANIELLE MCLYNN	37	53:21
	21	457 ANN PIETRANTONI	39	53:26
	22	464 RITA PENN	35	53:41
	23	466 AMELIA REDDINGTON	35	53:42
	24	479 KRISTON WEEKS	35	53:57
	25	493 JOANNA PENFIELD	36	54:12
	26	508 MICHELLE HOLLAND	38	54:23
	27	558 REGAN PHILLIPS	38	55:14
	28	560 VALERIE VAN DYKE	38	55:16
	29	563 MEGAN REYNOLDS	39	55:20
	30	592 SARA KITT	35	55:45
	31	594 KATE ASHLEY	38	55:46
	32	598 SARAH BISCHOFF	39	55:54
	33	603 MONICA MENSCH	35	55:57
	34	629 JILLIAN AVEY	36	56:26
	35	637 CAT CHAMBERLAIN	36	56:30
	36	641 CAROLYN MANGIARACINA	35	56:35
	37	661 DENISE CARROLL	37	57:01
	38	665 SHANNON REPPARD	36	57:08
	39	666 CHRISTINE SIDDONS	37	57:10
	40	676 MICHELLE LOGAN	38	57:23

Category	Place	Name	Age	Time
	41	677 KATIE CZYSZCZON	38	57:23
	42	690 STACI ROGGE	35	57:31
	43	693 ASHLEY GIBBS	37	57:33
	44	695 ERICA ZUBOF	37	57:34
	45	718 NINA MARINO	39	58:02
	46	719 EMILY NEWTON	38	58:03
	47	722 NATALIE DRAPER	36	58:05
	48	755 KATE AYERS	39	58:35
	49	756 ANNA BORIACK	38	58:36
	50	763 HEATHER DEVRIES	38	58:51
	51	801 MICHELLE AHEARN	37	59:32
	52	824 ANNE TAITTE VOGEELEER	38	59:54
	53	831 KATE CLARK	38	1:00:00
	54	835 SHYLA RODAL	35	1:00:02
	55	853 RACHEL CARLSON	39	1:00:23
	56	854 NATALIE C BATTLE	35	1:00:24
	57	856 LAURA O'CONNOR	38	1:00:29
	58	862 CARMEN SANCHEZ	39	1:00:33
	59	867 LAURA STONEMAN	36	1:00:37
	60	899 ANDREA BLANCHARD	35	1:01:09
	61	903 JAIME ST PETER	39	1:01:12
	62	904 AISHA OXENDINE	38	1:01:12
	63	939 DAMACIA JOHNSON	39	1:02:05
	64	954 LYNDEL SCHUSTER	37	1:02:33
	65	956 KATE ALIBERTI	35	1:02:37
	66	965 REBEKAH LAWRENCE	38	1:02:44
	67	975 ELEANOR KEETON	36	1:02:58
	68	989 MICHELLE BROWN	37	1:03:19
	69	993 ERIN REIBEL	38	1:03:23
	70	1015 RACHEL ECHTERNACH	35	1:03:47
	71	1030 STACY COCHRANE	38	1:04:17
	72	1036 BROOKE SHELTON	36	1:04:30
	73	1037 DANIELLE TUTT	36	1:04:30
	74	1045 LAURA FREEMAN	36	1:04:46
	75	1050 SARAH DECAMPS	37	1:04:50
	76	1052 JAROA FAVILLA	38	1:04:53
	77	1055 KRISTEN SNAPP	37	1:04:56
	78	1065 LEAH BATTEN	36	1:05:09
	79	1066 ELIZABETH SHOENFELD	39	1:05:10
	80	1072 MARY HUTSON	38	1:05:16
	81	1092 FARLEIGH FITZGERALD	39	1:05:52
	82	1096 SHANNON TWOHIG	37	1:05:59
	83	1105 AUBRI-ANNE HASLETT	38	1:06:20
	84	1114 KAREN HIRKO	39	1:06:27



Sports photographer in residence, The Jesse.

TURKEY TROT 10K

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Category	Place	Name	Age	Time	Category	Place	Name	Age	Time		
	85	1135	BETH THOMAS	37	1:07:04		30	335	JOHAN PETERSSON	43	51:02
	86	1147	JEN MAGATHAN	36	1:07:23		31	339	JOHN GREEN	41	51:04
	87	1179	SARAH KELLEY	39	1:08:17		32	346	DAVID WACHT	41	51:19
	88	1185	KELLY GANNON	37	1:08:28		33	347	TOMISLAV PAVIC	40	51:19
	89	1202	ALLYSON CAMPBELL	39	1:08:38		34	349	MATT OSENGA	42	51:20
	90	1203	KAITLIN SCHWARTZ	39	1:08:39		35	364	JOHN BENNETT	44	51:33
	91	1218	ASHLEY HAGUE	35	1:09:19		36	367	FRANCIS GILHOOLY	42	51:37
	92	1224	ANNE WRONIEWICZ	36	1:09:39		37	376	KIM MARSH	43	51:44
	93	1229	CAREY YATES	35	1:10:07		38	377	JARROD CEDERQUIST	43	51:45
	94	1234	LAUREN CLELLAND	38	1:10:16		39	399	JASON BLAKE	40	52:15
	95	1236	REEMA BADR	35	1:10:20		40	433	DAVE JONES	42	52:45
	96	1244	REBECCA CAVALLI	39	1:10:31		41	436	RYAN BLANCHARD	42	52:57
	97	1304	JULIE MILLER	37	1:11:58		42	441	MATTHEW MOONEY	41	53:02
	98	1311	LISA GHIDOTTI	38	1:12:19		43	444	JONATHAN HUMPHREY	41	53:08
	99	1317	WHITNEY TOMPSON	36	1:12:31		44	445	RYAN NELSON	40	53:09
	100	1318	ALEXIS FISHER-RIZK	39	1:12:32		45	450	ANDRES BLANCO	43	53:13
	101	1323	MICHELLE ALTIC	37	1:12:43		46	465	ROBERT EAVES	43	53:42
	102	1337	KIERSTEN WHITAKER	36	1:13:16		47	473	TIMOTHY STEWART	42	53:49
	103	1370	SUEANN ELLIS	38	1:15:15		48	495	GAETANO CALLA	43	54:14
	104	1377	SARAH AKIN	38	1:15:34		49	497	JOHN HALLETT	40	54:15
	105	1381	EDEN ORELOVE	35	1:15:56		50	514	JASON KOSKINEN	43	54:31
	106	1384	TOBIE MAYER	37	1:15:58		51	519	GEORGE STRUDGEON	43	54:37
	107	1389	LIZ JARVIS	36	1:16:25		52	542	PAUL BROWN	42	55:02
	108	1391	ANDREA KORNFELD	35	1:16:29		53	556	JEFF CLARKE	44	55:12
	109	1462	COURTNEY LEGUM-WENK	36	1:21:07		54	570	BRENT SCHNEIDER	44	55:29
	110	1475	ERIN KEIM	35	1:22:56		55	595	DREW WISE	43	55:49
	111	1495	JAMIE SMITH	38	1:25:35		56	596	JEAN-PAUL COSSE	43	55:52
	112	1517	LAUREN ROBINSON	36	1:27:15		57	599	CHRIS BENNETT	43	55:56
	113	1523	Caitlin SMITH	39	1:28:05		58	616	MATTHEW BROWN	40	56:08
	114	1534	MARIAH RICE	37	1:29:48		59	617	MICHAEL DUSZAK	43	56:08
	115	1563	JENNIFER LEVIN	36	1:37:18		60	619	GIANLUCA DE BACCO	42	56:10
	116	1576	ALLYN CAUTHORNE	37	1:41:53		61	670	ANDREW GOULD	40	57:13
	117	1577	NELL MURPHY	35	1:42:09		62	674	ROB AUSTIN	40	57:19
	118	1584	ALLISON MAY	36	1:42:45		63	689	TIM ANDERSON	43	57:31
	119	1589	SHIRLENE HOOVER	38	1:44:23		64	701	GRAHAM WILLIAMS	41	57:44
							65	705	JAMES SHAW	40	57:49
Male 40 - 44	1	8	JOHN SHARP	43	35:34		66	728	ERIK BOMBOY	43	58:14
	2	23	NEIL WIGGINTON	42	38:22		67	734	ANDY DEVRIES	41	58:17
	3	34	JOSH IRWIN	40	39:53		68	750	ANDREW LOMBARDO	43	58:33
	4	35	JOSHUA HOCHSTEIN	40	39:54		69	759	JONATHAN GOSHEA	42	58:40
	5	37	VAN FLETCHER	42	40:01		70	773	MARK SIMONTON	43	59:00
	6	46	JOSEPH FLYNN	42	40:38		71	782	BRANDON SMITH	41	59:10
	7	61	REX MANGIARACINA	40	41:19		72	788	RICK THOMPSON	44	59:19
	8	63	CARTER MACKAY	43	41:40		73	825	LAWRENCE BERNDT	41	59:57
	9	72	WARNER WINTHROP	42	42:36		74	845	ASHLEY HOLLEMAN	43	1:00:17
	10	89	AUSTIN CRAUN	42	43:08		75	850	GREG KISH	44	1:00:20
	11	92	CHRISTOPHER PIPER	40	43:21		76	872	DAN HICKMAN	44	1:00:40
	12	107	WESLEY MULLINS	40	44:34		77	875	JONATHAN GALLAGHER	41	1:00:44
	13	123	DAVE KEEGAN	40	45:32		78	887	JASON OLSON	44	1:00:57
	14	132	JOHN AMOROSO	40	45:48		79	907	HECTOR CANTUA	40	1:01:14
	15	148	COLIN HENTY	43	46:34		80	932	RYAN LEWIS	42	1:01:53
	16	149	ED KELLY	40	46:37		81	933	ROBERT GREEN	40	1:01:53
	17	166	GREG BARCH	40	47:05		82	941	GARRON HANSEN	40	1:02:06
	18	170	TOM GILMAN	44	47:09		83	960	GREG EPPS	43	1:02:40
	19	180	RICH NOWALK	42	47:23		84	1049	JESSE PROCIOSUS	44	1:04:49
	20	181	JOEL SMITH	42	47:25		85	1061	ADAM GOLDSMITH	41	1:05:03
	21	183	DANIEL SMITH	43	47:27		86	1111	DAVID HIRKO	41	1:06:26
	22	227	KEVIN DUNCAN	42	48:43		87	1143	IAN GILLIAM	42	1:07:21
	23	231	DAVID GALLAGHER	44	48:46		88	1150	ADAM PRIEBE	42	1:07:25
	24	287	BRADLEY SKEENS	41	50:02		89	1211	SCOTT NYSTROM	43	1:08:54
	25	294	BRIAN MCCLESKEY	44	50:13		90	1223	MATTHEW NOWAK	40	1:09:36
	26	299	ROGER HART	40	50:18		91	1243	GRANT RISSLER	40	1:10:31
	27	320	CHARLES COMISO	43	50:45		92	1284	DAVID COPEN	42	1:11:32
	28	327	JASON BODWELL	41	50:52		93	1314	DEANE MOORE	40	1:12:31
	29	334	OWEN SMITH	42	51:01		94	1332	JOHN REICHENBACH	42	1:13:04

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Category	Place	Name	Age	Time
	95	1471 RUSSELL KELLER	44	1:21:53
	96	1532 DENNIS GALLAGHER	42	1:29:26
Female 40 - 44				
	1	21 MARIA ELENA CALLE	42	37:53
	2	73 ROBYN HARTLEY	42	42:38
	3	74 CATHY COSNER	44	42:43
	4	126 LAURA THOENE	41	45:38
	5	159 LESLEY BROCATO	40	46:51
	6	242 SARAH LAWRENCE	40	49:03
	7	249 LAURIE ASHENFELDER	42	49:07
	8	250 VICTORIA GREEN	41	49:11
	9	261 SUSANNA SHIPMON	40	49:27
	10	266 KERRY LOUCKS	42	49:33
	11	312 KARRIE SOUTHALL	41	50:37
	12	316 CAREY ERTMER	41	50:40
	13	317 TINA CHO	43	50:41
	14	353 LAUREN BYRD	40	51:23
	15	391 KATIE GRAHAM	43	52:04
	16	409 MARYBETH RYAN	44	52:22
	17	412 ANGELA ALLEN	43	52:23
	18	504 SUZANNE GARDNER	40	54:20
	19	505 KATIE HARRINGTON	41	54:21
	20	553 SARAH CLARKE	42	55:11
	21	568 SONIA SHAH-PANDYA	44	55:28
	22	569 TRACY SCHNEIDER	43	55:28
	23	607 KIRSTI GOODWIN	43	56:00
	24	633 SARAH SMITH	43	56:27
	25	653 CRYSTAL KOCH	42	56:44
	26	672 SARAH STAMPER	43	57:14
	27	681 STACY MOTT	41	57:26
	28	691 ALISON ANDERSON	40	57:31
	29	692 JANET PENN	41	57:32
	30	732 REBECCA MADISON	42	58:16
	31	753 AMY VANDERWAL	43	58:34
	32	776 MEG SIMONTON	42	59:01
	33	786 SARAH SMITH	41	59:16
	34	798 TORY TINGEN	40	59:28
	35	799 EMILY DENNISON	40	59:29
	36	828 KAREN BERNDT	41	59:57
	37	837 RUTH MCDORMAN	40	1:00:05
	38	844 BROOKE MURDOCK	40	1:00:15
	39	870 DOTTY STRATTON	42	1:00:39
	40	873 TRACI GALLAGHER	40	1:00:42
	41	885 KENDRA LENGUA	42	1:00:54
	42	890 ANNE WILKINS	40	1:00:58
	43	915 SHERRY LEWIS	42	1:01:25
	44	931 LAURA DEMOTTE	40	1:01:52
	45	946 LEESA GREGORY	42	1:02:18
	46	957 BRANDEE PERRY	41	1:02:37
	47	958 MIRIAM MCATEE	43	1:02:37
	48	990 CARLA OLSON	41	1:03:20
	49	999 STEPHANIE EPPS	41	1:03:30
	50	1022 LYNN MCDANIEL	44	1:04:05
	51	1023 MARISSA MITCHELL	43	1:04:05
	52	1054 LIZA BOWERSOX	41	1:04:54
	53	1056 DAWN KNIGHT	44	1:04:59
	54	1059 JENNIFER ATKINSON	41	1:05:00
	55	1063 MELANIE FRANK	43	1:05:08
	56	1064 AMY ROBINSON	40	1:05:09
	57	1067 KATHERINE YONCE	43	1:05:11
	58	1071 KESHIA CASE	41	1:05:15
	59	1100 KRISTIN FRIEDLINE	41	1:06:09
	60	1103 HEATHER JENNINGS	41	1:06:10
	61	1116 JULIE SAMITT	44	1:06:33
	62	1127 BETH BROWN	40	1:06:57

Category	Place	Name	Age	Time
	63	1140 TAMMY GEORGE	42	1:07:19
	64	1146 JANINA BOGNAR	42	1:07:22
	65	1151 JODI FLECK	42	1:07:25
	66	1158 LAURA VASEL	44	1:07:42
	67	1165 DANA WALTERS	44	1:07:55
	68	1175 KANDACE MCGUIRE	41	1:08:12
	69	1194 SARAH HULCHER	40	1:08:33
	70	1205 ANNE VAN AUKEN	42	1:08:40
	71	1213 RAJANYA PETERSSON	43	1:08:55
	72	1221 ROBYN HARTZ	41	1:09:27
	73	1251 ANNE HUDAK	40	1:10:51
	74	1254 FARRAH WILSON	40	1:10:56
	75	1258 JANE LENNON	44	1:10:59
	76	1261 KELLEY SCHMIDT	43	1:11:07
	77	1291 RACHEL PARRISH	40	1:11:43
	78	1297 TOWNSEND DUANE	43	1:11:52
	79	1300 JOY CHENAULT	42	1:11:54
	80	1327 SARAH JESSIE	43	1:13:00
	81	1330 DANIELLE PAQUETTE	40	1:13:02
	82	1339 CHRISTA PORTER	42	1:13:30
	83	1366 ELISABETH TAM	40	1:14:48
	84	1371 DESIREE VAN HORN	43	1:15:19
	85	1397 HOLLY GRAVES	42	1:16:52
	86	1409 BECKY ASHLEY	44	1:17:25
	87	1418 MIKKI MARTIN	40	1:18:19
	88	1425 TAMARA BALDWIN	42	1:18:48
	89	1441 RACHAEL LAWRENCE	43	1:20:16
	90	1444 LAURA GRIMES	43	1:20:32
	91	1445 MINDY COX	43	1:20:33
	92	1451 DEANNA COLLIER	43	1:20:45
	93	1452 RACHEL SCIMONE	40	1:20:47
	94	1453 TIFFANI NORRIS	41	1:20:48
	95	1454 SARAH BAIN	41	1:20:48
	96	1455 HOLLY MCFEELY	43	1:20:49
	97	1463 AMY GALVIN	44	1:21:13
	98	1474 SHANNON STEPHENSON	43	1:21:53
	99	1496 JODY RICHARDS	44	1:25:39
	100	1504 GRACE GALLAGHER	43	1:26:32
	101	1513 CARRIE HOOD	40	1:27:06
	102	1522 JENNIFER NYSTROM	44	1:28:03
	103	1527 ANGELA SMITH	44	1:28:27
	104	1533 TORREY GALLAGHER	42	1:29:26
	105	1561 KATHERINE MACNELLY	41	1:36:09
	106	1570 AMY COUILLARD	43	1:40:32



I spy an Olympian.

TURKEY TROT 10K

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Category	Place	Name	Age	Time	Category	Place	Name	Age	Time		
	107	1591	KELLY HARRIS	44	1:47:46		63	1110	ELLIOT KUMPE	46	1:06:25
	108	1593	JENNIFER DANIELS	42	1:48:37		64	1117	SCOTT FIRESTINE	49	1:06:34
Male 45 - 49	1	10	MIKE COLAIACOVO	48	35:58		65	1139	CHRISTOPH CASATI	49	1:07:12
	2	50	JEFFREY DAHL	49	40:43		66	1159	MATTHEW GORZKOWICZ	45	1:07:43
	3	66	JOHN EVERHART	46	41:43		67	1268	HARRY JAEGER	46	1:11:18
	4	70	DAVID MORGAN	49	42:32		68	1298	STEVE GORMAN	49	1:11:53
	5	79	WALT COLEMAN	47	42:54		69	1338	CURT SOLOMON	45	1:13:24
	6	98	SCOTT HALVORSON	47	44:03		70	1388	FRANK CAVALLO	49	1:16:25
	7	104	MICHAEL PECK	45	44:23		71	1413	FRANK LYNCH	48	1:18:12
	8	145	RICK HOLLOWELL	45	46:31		72	1448	VICTOR SWIERBLEWSKI	49	1:20:40
	9	157	PATRICK FAGAN	49	46:47		73	1460	SEAN KINNEAR	48	1:21:05
	10	161	STUART ALLEN	49	46:52		74	1477	KEVIN KRAMER	45	1:23:26
	11	162	STEVE MCCOY	46	46:52		75	1484	KEVIN RUSSELL	46	1:24:22
	12	168	CHRIS FORREST	47	47:07		76	1558	JOHN COHEN	49	1:35:29
	13	172	ROBERT MONOLO	47	47:11	Female 45 - 49	1	122	DIANE SOUCHERAY	47	45:31
	14	173	JASON ANGEL	46	47:11		2	273	LISA VOEKS	45	49:42
	15	176	FREDERICK ECHEVERRIA	45	47:15		3	311	SUSAN WASHBURN	48	50:37
	16	194	JAMES COLLIER	46	47:46		4	336	KATE KAMINSKI	48	51:02
	17	198	GEOFF MARLATT	49	47:58		5	343	MARY RANSOM	49	51:17
	18	214	GRAHAM PARLOW	48	48:21		6	360	SHAWNA MILLER	49	51:28
	19	224	KEVIN HORVATH	46	48:36		7	387	TEGWYN BRICKHOUSE	47	51:59
	20	226	JAY SANNE	46	48:42		8	408	MELANIE SWAIN	45	52:22
	21	229	DEAN FRANCIS	49	48:43		9	448	LINDA PACE	48	53:10
	22	235	JOE PARDUE	46	48:51		10	615	ANGELA WILLIAMS	47	56:07
	23	236	KEVIN BURNS	49	48:52		11	639	ANGELA NIXON	46	56:32
	24	254	KIRK SWEENEY	48	49:19		12	649	ANNA WRONIEWICZ	45	56:41
	25	271	CRAIG GOBLE-GARRATT	49	49:41		13	655	KIM ENGLEMAN	45	56:47
	26	272	JOSEPH LACROIX	45	49:42		14	671	JANICE HAGAN	45	57:14
	27	283	JOHN OLDHAM	45	49:56		15	743	KAREN COZENS	49	58:26
	28	344	JOHN FITZHUGH	46	51:18		16	785	EVE CAMPBELL	46	59:12
	29	374	JOSEPH TURAZZO	48	51:41		17	787	MISSY OGDEN	46	59:18
	30	392	KENNETH JOHNSTON	47	52:05		18	797	LESLIE MILLMAN	49	59:26
	31	411	MICHAEL MORSE	49	52:23		19	826	SARAH FRANCIS	49	59:57
	32	416	KEVIN GROFF	48	52:27		20	829	SARAH WILSON	45	59:58
	33	434	DAVID WELLS	45	52:52		21	833	KIM GALGANO	49	1:00:01
	34	455	GREGORY PROVENZO	47	53:24		22	851	VIRGINIA WARD	45	1:00:20
	35	471	BEN WALTERS	47	53:48		23	864	SHANNON JAMISON	49	1:00:35
	36	500	JOHN HENDERSON	49	54:18		24	881	BLAIR WHITLEY	46	1:00:50
	37	527	MIKE SUTTER	48	54:42		25	917	EICHELE HAMAKER	46	1:01:29
	38	529	MARK HERLICK	49	54:43		26	963	SHAWNA BLOWE	46	1:02:42
	39	538	ANDREW LOWE	45	54:59		27	977	STEWART ALLEN	46	1:03:01
	40	566	SUNIL NARANG	48	55:24		28	982	CARA MATTHEWS	45	1:03:10
	41	576	GRAY GURKIN	49	55:36		29	998	HEIDI TSHUDY	45	1:03:27
	42	588	MYKL EGAN	49	55:42		30	1011	SARA COLLINS	47	1:03:44
	43	602	DAN RAPP	45	55:57		31	1025	AMY GARBER	49	1:04:08
	44	621	ROB KERNS	45	56:10		32	1051	MELISSA OUTHOUS	48	1:04:53
	45	631	FRANK ANDERS	45	56:27		33	1094	MARIE OLSON LOUNSBERY	47	1:05:57
	46	652	BRIAN MCGURL	48	56:44		34	1097	MARIA CARMINA PARONG	46	1:06:05
	47	657	FREDERICK GERSON	49	56:53		35	1108	SUZETTE CAVALLO	48	1:06:23
	48	659	MELVIN STRANE	46	56:55		36	1129	CAROLINE FIORILLO	45	1:06:57
	49	694	ERIC DENSLEY	47	57:34		37	1157	SUSAN MASSENGILL	47	1:07:41
	50	736	JACK WOODFIN	48	58:21		38	1164	KIMBERLY WILLIAMS	48	1:07:55
	51	760	JOHN STRATIOU	47	58:48		39	1169	JENNIFER BENNETT	45	1:07:57
	52	789	HARALAMBOS KIPREOS	49	59:21		40	1180	DEANNA LYERLY	48	1:08:18
	53	901	PAUL OVERTON	49	1:01:11		41	1214	ERIN LYONS	47	1:09:01
	54	924	PHILLIP HILLIS	45	1:01:44		42	1248	CHRISTY FEILER	47	1:10:47
	55	926	CARL GOFORTH	48	1:01:47		43	1263	LORI CARRASCO	48	1:11:08
	56	930	BENJI DEMOTTE	46	1:01:52		44	1269	THEODORA JAEGER	46	1:11:18
	57	944	MICHAEL WILSON	46	1:02:10		45	1273	MELISSA ZACHARIAS	48	1:11:22
	58	964	JAMES TOWEY	46	1:02:43		46	1275	LISA ZIROPOULOS	48	1:11:22
	59	984	MICHAEL BENDER	46	1:03:12		47	1281	ELIZABETH CLARKE	47	1:11:26
	60	1002	NOEL HODGES	49	1:03:36		48	1290	DONNA FITZGERALD	49	1:11:36
	61	1026	MICHAEL BLANCHARD	45	1:04:15		49	1301	MOLLY GORMAN	49	1:11:54
	62	1088	TERREN PETERSON	47	1:05:47		50	1306	AMY BLACK	47	1:12:00

TURKEY TROT 10K

RICHMOND, VA • 11/23/2017

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Category	Place	Name	Age	Time	Category	Place	Name	Age	Time		
	19	861	KATE OHAGAN	51	1:00:33		14	414	STEPHEN STORY	55	52:25
	20	865	KELLEY MCPHEE	51	1:00:36		15	419	DOUG ROTH	56	52:32
	21	910	MARTHA CUSICK	50	1:01:16		16	425	DOUGLAS FARLEY	55	52:41
	22	923	COURTNEY MOSES	54	1:01:43		17	435	PAUL COBURN	55	52:55
	23	938	DONNA SCHIESS	50	1:02:01		18	446	STEPHEN WEISS	57	53:09
	24	942	MONICA LEDWITH	53	1:02:06		19	489	LELAND BERT WATERS	57	54:11
	25	1075	KIMMY ANDERSON	52	1:05:21		20	523	ALLEN PICKETT	56	54:40
	26	1076	PAULA SENN	54	1:05:23		21	530	JEFF COLT	57	54:47
	27	1077	ANNE MCPHERSON	51	1:05:23		22	552	DAVID KNICELY	57	55:10
	28	1079	NANCY LOVE	53	1:05:24		23	559	JIM SEGUIN	57	55:16
	29	1106	KIM TRENTAM	54	1:06:20		24	586	BRIAN REDMOND	56	55:42
	30	1107	PRISCILLA TRENTAM	54	1:06:21		25	635	GREG GEOGHEGAN	55	56:29
	31	1109	REED BROWNELL	54	1:06:24		26	707	MIKE BROWN	55	57:50
	32	1112	KIRSTEN WRINKLE	52	1:06:26		27	715	WADE MORASCO	58	57:58
	33	1121	DANIELLE KLEINMAN	54	1:06:44		28	804	DARYL WICKSTROM	56	59:36
	34	1142	MARIA GRECO	50	1:07:20		29	815	KEVIN CONNELLY	55	59:49
	35	1149	CHARLENE CAMROUX	54	1:07:24		30	860	KENT WIETHARN	57	1:00:33
	36	1172	MARIA CECIL	53	1:08:01		31	869	LYNWOOD BROADDUS	59	1:00:39
	37	1222	KELLY VIDUNAS	53	1:09:33		32	877	W.R.GAY	55	1:00:46
	38	1240	CARROLL GARLAND	51	1:10:25		33	891	FRANK RIDGWAY	59	1:01:00
	39	1245	KIMBERLY COURINGTON	51	1:10:33		34	892	MALCOLM TAYLOR	58	1:01:00
	40	1257	ANGIE DINARDI	50	1:10:59		35	911	CLARKE GARNETT	58	1:01:17
	41	1266	LINDA MILES	53	1:11:13		36	912	DAVID LEAF	59	1:01:22
	42	1274	SUZI SILVERSTEIN	54	1:11:22		37	940	KEVIN VAN NATTA	59	1:02:06
	43	1285	MARYSUZANNE POWELL	51	1:11:32		38	949	CHRISTOPHER RICE	59	1:02:24
	44	1292	LIBBY ALLEN	51	1:11:43		39	955	ROBERT ZIEGLER	55	1:02:35
	45	1296	APRIL RISTAU	52	1:11:51		40	961	RICK EDWARDS	59	1:02:41
	46	1303	DONNA SCHULTZ	53	1:11:56		41	962	THOMAS HOOVER	56	1:02:41
	47	1305	STACEY NANNERY	50	1:11:59		42	968	DAN O'NEILL	56	1:02:51
	48	1308	REBECCA RANDOLPH	50	1:12:10		43	981	REX HODGSON	57	1:03:09
	49	1320	KAREN BRANHAM	52	1:12:39		44	1009	JAMES HATCHER	56	1:03:43
	50	1346	SUZANNE DEGRAUWE	53	1:13:43		45	1021	STEVE LANDRUM	57	1:03:53
	51	1347	SANDRA RODGERS	50	1:13:43		46	1031	J B ATKINSON	56	1:04:22
	52	1350	JANET GRAHAM	54	1:13:53		47	1073	STEPHEN CANDLER	58	1:05:19
	53	1430	KELLY WILLIAMS	53	1:19:20		48	1154	ALAN SCHRADER	55	1:07:28
	54	1433	PAIGE FITZGERALD	50	1:19:33		49	1160	RICK HIGBIE	57	1:07:46
	55	1442	SUZAN DENBY	53	1:20:21		50	1163	TODD BROWNELL	55	1:07:48
	56	1443	CAROLINE SALMAN	51	1:20:22		51	1197	JERRY CARLSON	55	1:08:36
	57	1470	WINIFRED DELANO	53	1:21:45		52	1225	TOM CROWELL	55	1:09:44
	58	1480	SHERALYNE TIERSERON	51	1:24:08		53	1326	DAVID HUNTER	58	1:13:00
	59	1493	BETH CRONIN	51	1:25:14		54	1349	PATRICK GRAHAM	55	1:13:53
	60	1501	NINA ASHLEY	54	1:26:28		55	1353	ROD GAINSFORTH	56	1:14:03
	61	1508	LAURA PARTEE	53	1:26:46		56	1378	JOSEPH IANNUCCI	56	1:15:49
	62	1516	PATRICIA STOHR-HUNT	52	1:27:10		57	1379	MERLE HAZELTON	55	1:15:50
	63	1540	LISA CHILDRESS	51	1:32:06		58	1500	GEORGE SOULERET	58	1:26:28
	64	1541	GAIL HOLSTROM	54	1:32:07		59	1565	SANJOG MATHUR	57	1:39:27
	65	1549	JANET SHERD	54	1:33:58		60	1566	ERIC HAUN	59	1:39:47
	66	1556	TRACIE COOPER	50	1:35:19						
	67	1567	KELLY HAUN	53	1:39:48						
	68	1571	SHERI CONLEY	54	1:41:05						
	69	1583	JULIE JONES	51	1:42:44						
Male 55 - 59	1	99	MARK NORTH	55	44:09	Female 55 - 59	1	206	JEANIE TRENT	56	48:03
	2	164	MATTHEW GREENSHIELDS	58	46:54		2	247	TERRI MYERS	56	49:06
	3	215	STEVEN WIEBE-KING	57	48:22		3	257	AMBER RADER	58	49:23
	4	246	MIKE HUNNIUCTT	59	49:06		4	319	TERRI GERLOFF	58	50:44
	5	265	FRANK GERLOFF	56	49:33		5	398	LAUREN TRICE	55	52:14
	6	279	HENRY WITZ	56	49:48		6	532	ANNE LOONEY	57	54:48
	7	292	RONALD MITCHELL	58	50:10		7	577	ANNE WALKER	55	55:36
	8	295	THOMAS SCHRAM	55	50:13		8	604	TRACY PICKETT	56	55:58
	9	313	MICHAEL KOWAL	57	50:38		9	623	PATSY KING	55	56:17
	10	324	KEVIN CORNING	55	50:48		10	757	DONNA SABEL	58	58:38
	11	345	MIKE SWAIN	55	51:19		11	884	CAM MOFFATT	57	1:00:53
	12	379	BOB O'BRIEN	56	51:48		12	898	JASMA SNAMAN	59	1:01:09
	13	393	BUCKY FLANAGAN	59	52:05		13	921	KARA CHACONAS	55	1:01:36
							14	976	VALERIE MORAWETZ	59	1:02:58
							15	1005	CAROLYN WATERS	56	1:03:40
							16	1016	SUSAN COLE	56	1:03:48
							17	1068	ALISON JONES-NASSAR	58	1:05:11

TURKEY TROT 10K

RICHMOND, VA • 11/23/2017

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Category	Place	Name	Age	Time	
	18	1115	BETSY SOMERVILLE	59	1:06:31
	19	1155	SUZANNE ALLAN	57	1:07:37
	20	1178	PATRICIA HILL	59	1:08:17
	21	1184	BETHANY DENLINGER	55	1:08:27
	22	1193	KYM OSTERBIND	57	1:08:33
	23	1198	SANDEE GAMMON	55	1:08:36
	24	1206	BETSY ERICKSON	59	1:08:43
	25	1241	NORMA MACHICH	58	1:10:29
	26	1287	KIM MACMILLAN	56	1:11:32
	27	1352	SALLY HUNNICUTT	56	1:14:02
	28	1412	JENNI TREADWELL	56	1:18:02
	29	1434	GAY LUND	57	1:19:53
	30	1439	CELESTE OLEY	55	1:20:11
	31	1446	AMY WILLIAMS	55	1:20:33
	32	1450	DEBBIE HOLMES	56	1:20:43
	33	1489	KATHIE WHITLOW	58	1:25:03
	34	1526	SANDY BROWN	55	1:28:25
	35	1537	REBECCA LONGNAKER	55	1:31:31
	36	1553	PAMELA POWELL	57	1:34:25
	37	1564	CLARA SCOTT	56	1:37:53
	38	1568	PAULA MILLER	56	1:40:20
	39	1578	DEBORAH BOLTON	56	1:42:13
	40	1581	MARY DAMON	58	1:42:35
	41	1597	LORI GORE	59	2:07:40
Male 60 - 64					
	1	217	KENYON ERICKSON	63	48:28
	2	232	JONATHAN LYLE	62	48:48
	3	237	MICHAEL KERNER	61	48:53
	4	253	CORKY GARDNER	62	49:19
	5	259	JIM RIORDAN	63	49:25
	6	401	STEVEN LERNER	62	52:17
	7	477	CHARLES DICKINSON	60	53:57
	8	516	BARRY KREISA	63	54:32
	9	521	GREGG GAMMON	61	54:39
	10	536	DON LOONEY	60	54:57
	11	579	ROB WINTERBOURNE	62	55:37
	12	646	JOHN COLLIGAN	60	56:38
	13	678	ROBERT KELLIS	61	57:24
	14	704	SAM BLAIR	60	57:48
	15	723	MIKE MINIX	60	58:07
	16	802	KEITH AUSTIN	63	59:34
	17	803	JOHN WALK	63	59:34
	18	808	RON YOHAI	62	59:38
	19	840	DENNIS SATCHELL	60	1:00:10
	20	857	BOB HARRIS	63	1:00:30
	21	913	PAUL HARVEY	64	1:01:23
	22	916	PAUL OSWELL	64	1:01:26
	23	928	PETE GALLAGHER	60	1:01:49
	24	945	DON COSTELLO	60	1:02:18
	25	970	MARK MALKIN	62	1:02:52
	26	1048	GEORGE TAYLOR	61	1:04:48
	27	1087	TOM GROSECLOSE	62	1:05:47
	28	1122	WILLIAM HARPER	62	1:06:51
	29	1171	EDWARD HANS	64	1:08:00
	30	1231	PAUL WOODY	64	1:10:08
	31	1280	JOHN BEARDEN	63	1:11:26
	32	1410	MARK TANG	64	1:17:46
	33	1481	HARRY DONATI	63	1:24:14
	34	1550	JED HOLLAND	62	1:34:08
Female 60 - 64					
	1	571	JANE PERKINS	61	55:29
	2	706	SHARON WAKE	62	57:49
	3	717	FRANCES NEWTON	63	58:01
	4	724	CONNIE ARCHIBALD	60	58:07
	5	918	AMANDA MOODY	64	1:01:29

Category	Place	Name	Age	Time	
	6	1042	THERESA HUDDLESTON	61	1:04:39
	7	1070	KATHI TAYLOR	60	1:05:12
	8	1080	MEREDYTH NELSON	62	1:05:26
	9	1098	VICTORIA KNICELY	61	1:06:06
	10	1099	DONNA GUZA	60	1:06:08
	11	1123	CATHY MCLAREN	63	1:06:51
	12	1176	JUDITH JOHNSON	61	1:08:13
	13	1177	NANCY STELLING	61	1:08:16
	14	1220	MOLLY HANS	64	1:09:25
	15	1239	DEENA KRETZER	61	1:10:25
	16	1333	ELLEN WALK	62	1:13:04
	17	1334	KATHY HUNTER	63	1:13:06
	18	1363	MARTHA HODGES	60	1:14:36
	19	1411	TANYA LENKOW	61	1:18:00
	20	1473	LILLIAN HAZELTON	60	1:21:53
	21	1491	YVONNE CONRAD	64	1:25:04
	22	1545	LESLIE BUZBY	61	1:33:09
	23	1551	SIDNEY HOLLAND	63	1:34:09
	24	1580	SHARON HORD	64	1:42:34
	25	1592	MARY BETH HALL	61	1:48:34
	26	1595	FRAN SMITH	63	2:07:35
	27	1598	DAWN DIBENEDETTO	64	2:08:14
	28	1599	KAREN DIBENEDETTO	60	2:11:58
Male 65 - 69					
	1	209	DAVID TRUMP	65	48:14
	2	306	ROB ASTROP	65	50:31
	3	547	STEPHEN D NOLAN	67	55:05
	4	721	MARK BORIACK	68	58:05
	5	737	GEORGE SOMERVILLE	65	58:24
	6	794	CHARLES BEVERAGE	67	59:25
	7	812	BOB JONES	67	59:47
	8	1101	DALE SVOR	65	1:06:10
	9	1228	DWIGHT R. HOOD	67	1:09:57
	10	1265	CHARLIE CONRAD	66	1:11:09
	11	1267	BOB CLAY	67	1:11:14
	12	1356	JOSEPH BEARDEN	66	1:14:10
	13	1373	RAYMOND PATER	66	1:15:30
	14	1423	AL WICKS	69	1:18:43
	15	1429	DONGHWAN SHIN	68	1:19:17
	16	1476	MICHAEL AVEY	68	1:23:06
	17	1490	ALEXANDER CONRAD	66	1:25:04
	18	1492	ROBERT SPICER	65	1:25:07
Female 65 - 69					
	1	662	PATRICIA GILLEY	65	57:04
	2	979	KATHY SCHWARTZ	65	1:03:03
	3	1246	DEBORAH KAY	67	1:10:34
	4	1428	YOUNG SHIN	67	1:19:16
	5	1486	DARCEL PERTUSATI	66	1:24:44
	6	1552	SUSAN BRAGG	65	1:34:21
	7	1585	DIANA BLAKE	67	1:42:45
Male 70 - 74					
	1	1174	BRAD KIRLEY	72	1:08:09
	2	1512	JULIEN SCOTT SR.	72	1:27:04
	3	1515	HERB NORTON	74	1:27:10
	4	1554	RONALD ROADES	70	1:34:46
Female 70 - 74					
	1	1078	LOU NORTON	71	1:05:24
	2	1427	LYNN ANDERSON	73	1:19:04
	3	1499	BARBARA STRAUB	71	1:26:26
Male 75 - 79					
	1	1057	PEARCE CONNERAT	78	1:05:00
	2	1440	JOHN BORKOWSKI	79	1:20:14
Female 75 - 79					
	1	1386	MARY KATE BERGLUND	76	1:16:06
Female 80 - 84					
	1	1596	DOROTHY FLEMATTI	81	2:07:39

Foot Notes

continued from page 3

dangerous and should be limited as much as possible.

Changing the time of day you run, if you must run in a busy neighborhood, can improve safety significantly. For example, if you are in a business district, running before the businesses open will be a time where there is significantly less street and sidewalk traffic.

Running with objects that alter forces and running mechanics may increase risk of injury. Examples include baby strollers and dogs on leashes. For example, running with a baby stroller could cause excessive forward lean at the hips, decreased arm swing, and excessive braking forces at impact, especially when running downhill.

Running surface topography can vary significantly, including unevenness of surfaces, changes in surface firmness or traction, amount of hilliness, number of turns and tightness of turns, etc. Some of these variables may be overly stressful on certain individuals, or may require gradual acclimation. For example, I've found myself to be more prone to developing injuries when doing the majority of my running on pavement than on grass. Several years back I had been running injury free for many months but had been doing my running on relatively straight courses with gradual hills. One morning I decided to run with a group on a course with many twists and turns along with rolling hills. It wasn't long into the run that my Achilles tendon became inflamed.

Trial and error as well as careful attention to detail regarding the relationship between topography of your run and when you developed an injury as a possible cause and effect may be required to determine which of these variables, if any, are

Running surface topography can vary significantly, including unevenness of surfaces, changes in surface firmness or traction, amount of hilliness, number of turns and tightness of turns, etc. Some of these variables may be overly stressful on certain individuals, or may require gradual acclimation.

Running on a treadmill creates a purely straight linear movement pattern as well as a slightly altered gait pattern, depending on the type and condition of the treadmill. The repetitive pattern for some runners may contribute to overuse and fatigue of the musculoskeletal system due to constant cycling of the same motion and less sharing of the work with lateral stabilizer muscles and other structures.

a factor in your case. If you want to significantly change up the topography on which you are running, doing so gradually would be advisable. Also, varying the topography of your running (e.g. trail runs) on a regular basis, once acclimated to the variety, may work well for some runners in keeping them from over-doing it on one particular type of surface.

Two additional causes of potential injury that runners should be aware of are running on the street and running on the treadmill. As most streets are cambered - there is a downward slope beginning in the middle of the street toward the shoulder -, the road is typically going to create a deviated angle under both feet as well as be lower under your left foot than your right foot, which creates a mild deviation from your normal biomechanics such that, if done continuously, may contribute to an overuse injury.

Likewise, running on a treadmill creates a purely straight linear movement pattern as well as a slightly altered gait pattern, depending on the type and condition of the treadmill. The repetitive pattern for some runners may contribute to overuse and fatigue of the musculoskeletal system due to constant cycling of the same motion and less sharing of the work with lateral stabilizer muscles and other structures. ■

Dr. George Lane, a podiatrist at Adult & Child Foot & Ankle Center in Midlothian, VA, is a fellow of the American Academy of Podiatric Sports Medicine, as well as board certified by the American Board of Foot and Ankle Surgery. If you have any comments, questions, or suggestions, you can reach him at footmender@aol.com.



Richmond Road Runners Club <http://www.rrrc.org>

RRRC supports running in the metro Richmond area by sponsoring races, helping other groups put on races, coaching training teams, supporting group runs, and providing academic scholarships. Other member benefits include: discounts on all club races and at noted local retailers; community volunteer opportunities; *Miles & Minutes*, the club newsletter. Membership information can be found on the [RRRC web site](http://www.rrrc.org) or via email to membership@rrrc.org

2018 RRRC Featured Races and Events (All events subject to change—updated 1-14-18)

Dec 30	Start of GP Year	May 9	RRRC Club Meeting	Aug 25	Patrick Henry Half
Jan 1	RRRC First Day 5k	May 17	Senior Games 5k	Sep 12	RRRC Club Meeting
Jan 10	RRRC Club Meeting	May 18	Senior Games 10k	Sep 15	Childrens Hospital 4 Miler
Jan 13	MegsMile 5k	May 27	RRRC Stratford Hills 10k	Oct 10	RRRC Club Meeting
Jan 20	Willis River 35-50k (Fatass)	Jun ?	RRRC 1 Miler	Oct ?	Poop Loop 4ish Miler
Jan 21	RRRC Frostbite 15k	Jun ?	Crossover 5k	Oct ?	Trick or Trot 5k
Feb 11	RRRC Sweetheart 8k	Jun 6	Global Running Day	Oct ?	Step Up 4 Down Syndrome 5k
Feb 21	RRRC Club Meeting	Jun 6	Summer Track Series	Nov 10	Richmond Marathon
Feb 24	Shiver in the River	Jun 13	RRRC Club Meeting	Nov 14	RRRC Club Meeting
Feb 25	RRRC Huguenot 3 Miler	Jun 17	Thanks Dad 5k	Nov ?	King William Turkey Trot
Mar 3	RRRC Runners Banquet	Jun 20	Summer Track Series	Nov 22	RRRC Turkey Trot 10k
Mar 14	RRRC Club Meeting	Jun 27	Summer Track Series	Dec 2	Bear Creek 10 Miler
Mar 24	HCA VA Sports Medicine 5k	Jul 2	Cul-de-Sac 5k #1	Dec 9	Toy Run 5k
Mar 24	SPCA Dog Jog 5k	Jul 9	Cul-de-Sac 5k #2	Dec 12	RRRC Club Social
Apr 11	RRRC Club Meeting	Jul 11	RRRC Club Meeting	Dec 29	End of GP Year
Apr 14	Monument Ave 10k	Jul 16	Cul-de-Sac 5k #3		
Apr 21	Holton Hustle 5k	Jul 18	Summer Track Series		
Apr 28	ASK 5k	Jul 25	Summer Track Series		
Apr 29	RRRC Carytown 10k	Jul 26	Summer Track Series		
May ?	Round Up Family 5k	Jul 28	Pony Pasture 5k		
May 5	Blaize'n Trails 5k	Aug 8	RRRC Club Meeting		

- Race details and registration can be found [HERE](#).
- All races and dates are subject to change. Please check back for updated versions. Review date at top.
- Some events allow walkers and/or have kid runs. Please check race details.
- Grand Prix "Racing" Points can be earned for the races in bold. For Race and Volunteer points distribution and Grand Prix rules, please read details [HERE](#). Registration for Grand Prix participation is required.
- Use of RRRC website by other than RRRC events should not be considered a solicitation by RRRC for their charities.

Richmond Road Runners Club Administers or provides [Race Services](#) for all Featured Races.

Interested in our Race Services? Click [HERE](#).

Not running? Consider volunteering. Click [HERE](#)

BIG Group Runs

City Stadium “We bRUNch Richmond”

Saturday, 7:30 AM

City Stadium

<https://www.facebook.com/groups/577195912350952>

Cindy Parcell, Kiersten Helgerson, Jodi Miller, Sara Thompson

The group first started after the 2013 Richmond half. Julie Lloyd, who at the time was the head coach of the Panda half team, started it as “Panda Club”. That got too confusing with half marathon training team so the next year it was changed to “City Stadium Runners”.

A group for many years organized by Rod Devlin, Shamrock HMTT that also met at City Stadium in the winter and largely comprised MTT runners, has been absorbed into City Stadium Runners.

Legitimacy happened in 2015 again after the Richmond half marathon. SAGs began to happen via signuption and donations from the running community. People started

showing up to run, now numbering at 75-100 runners most weekends. There are over 1100 followers on Facebook and another 100 or so who stay informed via email because they don't have Facebook.

The group begins their season every December, two weeks after the Richmond half and full marathons. The ladies who organize the crew keep it going each week until the half marathon training teams begin the first week of August.

As for the routes, they have been growing over the years. Some are picked up from friends, some from other running groups and then there's the library that has been steadily growing. Kiersten Helgerson managed the routes for over two years and when she moved away last summer, Cindy took on that role. The group makes sure to always have routes for distances of 3 to 16 miles.

A bit about the sister crew who keeps it all together.

CINDY: I signed up with my husband Stan for our first half marathon here in Richmond in 2013. Just meant to be a





'bucket list' item (a one and done) but we came back to run Richmond again in 2014 and then were asked by Coach Ro to become half team coaches on the Panda team. We've run 17 (me) and 20 (Stan) half marathons in total.

JODI: I started running at age 52 because I didn't want to be a couch potato. I started with 5k's and worked myself up to marathons. Now at age 58, I have run over 30 halves and 7 marathons and have no plans to stop. I love running and sharing my love with others. Most of my closest friends are fellow runners and the bonds we share will last a lifetime.

SARA: I ran track in grade school but took many years off. I ran on and off from 2004-2007 but then took another break. One of my co-workers was a marathon training team coach and coached me back to a 10k in 2014, then encouraged me to join the half training team that fall. I was like Cindy, thinking it was a one and done, but I met some of my closest friends and I've been hooked ever since. Even during many injuries I can't get enough of Richmond's running community! ■

Rogue Runners

Tuesdays, Thursdays 5:30 AM

Starbucks at Libbie and Grove

<https://www.facebook.com/groups/254849741268828>

Chuck McBride

In 2009, I was training for the New York city marathon and I wanted to have a better experience than my previous marathon, the 2008 Richmond marathon. For those that remember, it was an extremely hot race and I did not prepare for it well at all.

At the time I was working out with Seal Team PT. There is some running, but not what I needed to run a marathon. I asked a few friends and we collectively started to run on Thursday from Libbie & Grove at 5:30 AM to help supplement my weekly training. After a few months, the group grew, and we added Tuesday to the weekly rotation. It is worth noting that Seal Team PT did influence many of the aspects of Rogue. Many of the core values we have within the group originated within Seal Team PT.



Why do we start so early?

A 5:30 AM start time means people are getting up anytime between 4:00 AM and 5:00 AM. It is really early and there must be a reason that motivates each of us to get up. Seal Team PT started at 5:45 AM and after every workout we enjoyed coffee and socializing at Starbucks.

This quickly became the most enjoyable time of my morning, so when we started Rogue we decided to begin 15 minutes earlier to allow for more coffee time. Ultimately this is one of the main reasons for Rogue's success. I don't know whether it is endorphins or not, but after every run, people want to be social. It is a time to reflect on your run, laugh, and enjoy a group of like-minded people. I have found the social aspect of Rogue has grown over the years.

We have parties and travel together simply because the group is commonly focused on achieving something better. (I dare say this attitude filters into everyone's daily activities.) Rogue has turned into a community of runners.

There are a few other core values fostered with Rogue.

You can always count on us being there, regardless of the weather, on Tuesdays and Thursdays. We're not tied to a training plan or any organization. We love running and there is always someone there to lead the group. The only reason we have ever canceled a run is for severe thunderstorms. Last year we had a woman run during one of the winter ice storms. While I encourage everyone to use their best judgment, there are some highly committed people who participate with Rogue.

All the runs are only for one hour. We understand people have commitments on Tuesdays and Thursdays so we build routes that enable the faster and slower runners to stay together. Each route is around seven miles and within each route are key "back to last" locations where the faster runners circle back to the end of the pack. This allows the faster runners to

get more miles and ensures everyone gets back safely.

Finally, before every run I look to recognize new runners to the group and try to acknowledge anyone's birthday. Again, this helps to cultivate the community and new runners are given special attention during the run. A really special event we had recently is a marriage proposal in front of the entire group before a run. It reinforced how unique this group is.

I have to say Rogue is one of my proudest accomplishments outside of my relationship with my family; it provides me the enthusiasm to get up each morning. When I arrive, it amazes me to see we have grown from 2-4 runners at times to over 50 runners. In fact, at our annual Christmas run we have upwards of a hundred runners. But beyond that, Rogue reflects the Richmond running community, and the running community is strong.

It is one of Richmond's greatest assets. ■





Dog Pack Runners

Sunday, 7:30 AM

Panera in Carytown

<https://www.facebook.com/groups/1671581323100585>

Dennis Kao, Eric Nachman

What was the impetus?

The original reason for the running group was because we missed running downtown after the half marathon in 2013. There were seven of us who trained on the Sports Backers team together for the Richmond 2013 Half Marathon. We enjoyed each other and decided to meet up on Sunday mornings near the stadium to run together like we did on the training team.

The following year, I (Dennis) was asked to be the Sunday coach for the team I trained with the prior year. That is where I met Eric and Tammy. After the end of the 2014 training season, I promoted the Sunday running group just

to see if anyone want to join We had 50 members by the end of 2014. In 2015, we had about 500 members and now, in 2017, we have close to 1000 members with at least 40 to 60 runners who run each week.

The purpose of the group is to encourage runners to have an active and healthy lifestyle. With encouragement from our peers, we hope to help runners achieve their personal goals for whatever race they are training for. Our group doesn't focus on pace and works on community building by eating together at Panera after as well as getting together for activities outside of running.

Those crazy routes, are they a team effort?

Dennis makes the routes for the group. Making the routes is easy, but it's intersecting three different routes/distances to converge at the SAG at certain locations that become challenging. Usually he tries to make sure the SAG has easy parking, is at a safe location, and traffic where the SAGs are

located have little to no car traffic. In addition, the routes ensure runners will be able to run against traffic, will be in safe areas, can quit or get to the SAG quickly if they are injured and of course are challenging.

He tries not to use the same routes twice and has about 175 different routes and the library is still growing.

A bit of background for readers/runners:

Dennis: I started running in 2011 through a challenge with a friend to run the Monument Ave 10K. Since then, I have completed a number of 10Ks, 25+ half marathons and 2 full marathons. I have completed a number of 200 mile relay races and am now focusing most of my time training for sprint and Olympic distance triathlons. I just finished a season as a coach for Team Greyhound on Sunday's Sports Backers half training team.

Eric: I grew up in Virginia Beach and moved to Richmond in 1993 when I married my wife Andrea, who is from Richmond. We have three children who I try to guilt into running races now and again. I have completed 11 half marathons and am the admin of the Facebook Group "Runner Selfies #Runfies" https://www.facebook.com/groups/1641871302730127/?ref=br_rs). Because of my



online presence, I have gotten to know many runners and am affectionately referred to as "the Mayor" and "Runfie King". During the week, I run with the Ridgefield Runners and am a big proponent of "Leave No Runner Behind". I also believe our sport should be open to everyone regardless of pace or skill level. I started running with the Dog Pack in fall of 2014 and have been in charge of the SAG supplies since 2016 when the group became more formal and organized. ■



Little Group Runs

ESTRA-Gen: Exceptionally Stupendous Trail Running Athletic Genius

A monthly trail run that happens on the third or fourth weekend of every month designed solely to get ladies out in the woods and comfortable trying something new. Each third or fourth Sunday of the month, we meet at various trailheads to run together. Whether it be the Poop Loop, Forest Hill, Buttermilk, North Bank or the Pirate Trails, the goal is the same: to boost confidence and help women find other lady trail runners.

The distance is always three or six miles. The pace is always decided by who shows up. ■

Join the group Trail Sisters - RVA

for other opportunities to find women to run with on the trails and for other various sometimes spontaneous group outings.

<https://www.facebook.com/groups/trailsistersrva>





Monthly Trail Run

Our purpose is to introduce runners to the fun adventure of trail running while serving as a tour guide of the amazing urban trails within the James River Park System.

We combine training, fun, friends and trail running in one! This is an easy paced 6-7 mile trail run that was designed for those looking to try something other than road running, and/or wanting a guided tour of the wonderful resource that we have in the James River trail system (Buttermilk, Forest Hill Park, Belle Isle, pipeline, North Bank and Texas Beach Trails).

The group size is usually 25-35 and we run some configuration of the trails mentioned above. Experienced trail runners will be mixed in with the group and no one gets left behind. We run short segments, regroup, and move on. This is all about working out and enjoying the experience.

The first Saturday or Sunday of every month, we start and finish in the gravel parking lot on Pump House Drive at 8:00 AM. And yes, dogs are welcome to join.

What happens after the run is one of the best parts of the MTR and trail running in general. Those coming out usually bring snacks and beverages to share (and sometimes just themselves). ■

Like the Facebook page for updates
<https://www.facebook.com/MonthlyTrailRun>



One for the Road

This group meets every Wednesday at a different brewery with routes posted the morning of the run. Distances vary from four to eight miles depending on need and training schedules. Amy Black began this group a little over two years ago, filling a void for runners who wanted to taste the many different craft beers beginning to pop up around the city. ■

Like us on Facebook!

<https://www.facebook.com/groups/100890573593214>



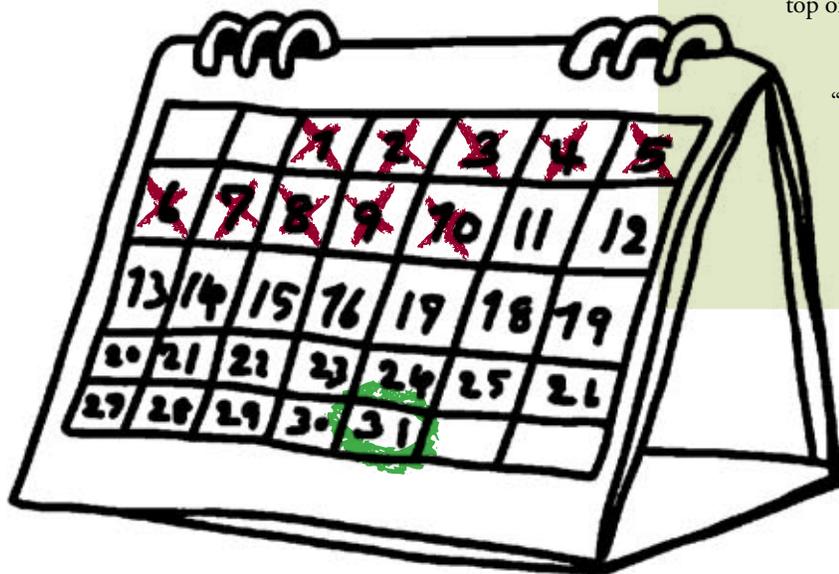
STREAKING

How Runners Do It

Often in the beginning of a year a runner will decide to start a run streak. Some choose a week, or maybe three months, still others for an entire year. That's 365 days of running at least one mile, no excuses.

The longest streak recorded thus far is 19,032 by Ron Hill who lives in England and who sadly needed to end his streak earlier this year due to an undiagnosed heart condition.

Hill began his streak on December 21, 1964. That's 52 years and 39 days of running at least one mile every single day.



We have a few streakers of our very own:

Kate Boland has been going for **197 days** in honor of her aunt who has ALS.

Johnathan Weitzel is on **day 395**.

Roan is on **year five**.

Anna Loucks has by now completed her **first year**. Will she keep going?

Nick Alongi has gone **703 days**.

There is even a Streak Runners International. Who knew? <http://www.runeveryday.com>

Now that Ron is out of the running (pun intended), that leaves **Jon Sutherland**, <http://www.newsweek.com/jon-sutherland-streak-running-623040> a Californian, in charge of becoming the longest active streak at **17,748 days and counting**. You can track him at the above link under the Streakers tab at the top of the screen.

Can he do it?

“What will get me to stop?” he asks.
“Death, I guess. I love to run, and this is who I am. It’s not negotiable.”

BEAR CREEK 10 MILE TRAIL RUN

CUMBERLAND, VA • 12/3/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
Male Overall	1	* RICHARD MORRIS	30	1:09:59
	2	BOBBY PEAVEY	26	1:09:59
	3	* MICHAEL HARLOW	35	1:12:29
	4	* SHIHAN WIJEYERATNE	24	1:14:55
	5	PAUL SMARTSCHAN	38	1:15:00
Female Overall	1	* LEAH SCHUBEL	27	1:26:38
	2	* BRITTANY HARLAN	26	1:28:23
	3	* ROSEMARY BARBER	27	1:29:20
	4	* MAKENZIE MCDONALD	23	1:31:33
	5	MG MUTH	25	1:32:12
Male 20 - 24	1	* SHIHAN WIJEYERATNE	24	1:14:55
Female 20 - 24	1	* MAKENZIE MCDONALD	23	1:31:33
	2	* DELANEY CORKER	21	1:59:41
	3	* FAITH HARRIS	23	4:28:18
Male 25 - 29	1	BOBBY PEAVEY	26	1:09:59
	2	* AARON HARLAN	27	1:23:05
	3	* RYAN DUCKETT	25	1:33:51
	4	ROBERT PERRY	29	1:43:21
	5	DANIEL BOLT	28	1:44:01
	6	ALLEN WAECHTER	27	1:46:09
	7	PETER EMERSON	27	1:59:57
	8	* ALEX ANLIKER	27	2:00:03
Female 25 - 29	1	* LEAH SCHUBEL	27	1:26:38
	2	* BRITTANY HARLAN	26	1:28:23
	3	* ROSEMARY BARBER	27	1:29:20
	4	MG MUTH	25	1:32:12
	5	TIRA HANRAHAN	28	1:48:27
	6	* NADIA TUCK	27	1:56:08
	7	RACHEL CHILDRESS	25	1:56:09
	8	ELIZABETH VENTURA	29	1:59:32
	9	LAUREN AUKER	29	2:02:51
	10	NICOLE BROWN	29	2:11:28
	11	REGAN ALLOWAY	28	2:13:15
	12	* KIM FENNESSEY	29	2:17:21
	13	* NIKKIA YOUNG	26	4:28:26
Male 30 - 34	1	* RICHARD MORRIS	30	1:09:59
	2	KYLE DONOVAN	31	1:16:53
	3	ALEX CURRIE	32	1:24:10

Category	Place	Name	Age	Time	
	4	14 * TYLER CURTIS	30	1:24:31	
	5	20 * KYLE BROCK	34	1:27:11	
	6	28 JOSEPH CIUCCI	33	1:29:23	
	7	31 PATRICK HURLEY	31	1:31:01	
	8	40 * STUART GROSECLOSE	33	1:34:23	
	9	43 WILLIAM KENNEDY	30	1:34:39	
	10	45 PATRICK FANNING	31	1:35:38	
	11	62 ADAM DIAZ	31	1:39:39	
	12	80 SEAN CASTLEBERRY	32	1:43:25	
	13	107 * SHANE MELANKO	31	1:50:55	
	14	129 MIKE ZUK	33	1:56:59	
	15	144 DENNIS Craft	30	1:59:59	
	16	178 DAN ALLOWAY	31	2:13:12	
	17	235 * KILE NIKLAWSKI	32	2:42:11	
	Female 30 - 34	1	46 LAURA WELCH	32	1:35:59
		2	105 LINDSAY SKINNER	34	1:50:12
		3	150 MEGAN BELCHER	32	2:00:08
4		154 MICHELLE BALTZ	34	2:04:38	
5		174 CATHERINE REY	30	2:12:45	
6		180 SHEILA HAINES	34	2:13:16	
7		197 SAMANTHA SOLLER	30	2:17:41	
8		210 * NANCY RACHLIS	33	2:22:19	
9		236 * RAINEY NIKLAWSKI	31	2:42:11	
10		246 AMANDA SMIDER	30	2:53:06	
Male 35 - 39	1	3 * MICHAEL HARLOW	35	1:12:29	
	2	5 PAUL SMARTSCHAN	38	1:15:00	
	3	15 JAMES LANE	38	1:24:50	
	4	23 * SPENCER BISSETT	36	1:27:44	
	5	36 ALEX MURDOCK	39	1:32:53	
	6	37 MIKE HOLLAND	36	1:33:03	
	7	41 GAVIN PFEIFFER	35	1:34:33	
	8	44 * JESSE MERRILL	39	1:34:44	
	9	50 KEITH HARPER	37	1:36:25	
	10	66 JESSE PARKER	37	1:40:39	
	11	72 Mathew WIGGINS	39	1:42:33	
	12	74 JAMES LUGGEN	35	1:43:10	
	13	76 CHRIS MANN	36	1:43:15	
	14	83 * MICHAEL FORDER	35	1:43:57	
	15	86 JOHN MARTIN	39	1:44:13	
	16	87 * SHAUN DAHL	39	1:44:53	
	17	100 BRIAN CALL	37	1:48:24	
	18	115 BOB PRAY	36	1:53:02	
	19	121 * NEIL AGNIHOTRI	38	1:55:43	
	20	124 KYRIAKOS KARAMOUTSOS	39	1:55:58	
	21	130 BRIAN MINOR	37	1:57:35	
	22	162 STEVEN BLEILE	37	2:07:13	
	23	211 * ALSTEN TAURO	38	2:22:40	
Female 35 - 39	1	93 LESLIE LOGWOOD	35	1:46:08	
	2	104 * EMILY ASHLEY	35	1:50:05	
	3	122 MINA CARTER	36	1:55:45	
	4	141 * MEGAN HACKETT	39	1:59:49	
	5	143 * KATE ASHLEY	38	1:59:57	
	6	148 * BETHANY MCCUNN	35	2:00:05	
	7	156 * ANDREA BEYER	35	2:04:52	
	8	163 * LYNDEL SCHUSTER	37	2:07:14	
	9	176 * STACI ROGGE	35	2:13:01	
	10	184 MEGAN KEERTIS	35	2:13:59	
	11	188 KATHERINE BARNES	38	2:14:27	
	12	191 TIFFANY FRANKLIN	35	2:16:15	
	13	218 * ANNE SMITH	39	2:28:58	
	14	239 * MELINDA DRUMHELLER	36	2:49:21	



Race Director Barry giving the pre-race briefing.

BEAR CREEK 10 MILE TRAIL RUN

CUMBERLAND, VA • 12/3/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	15	252 * CORINNA HEARN	39	2:56:41
	16	259 * SARAH AKIN	38	4:28:26
Male 40 - 44	1	8 JOSHUA ROGERS	43	1:19:56
	2	13 JOHN DEGUENTHER	41	1:24:24
	3	18 BRIAN GUYTON	43	1:25:37
	4	25 * MICHAEL MENEFFEE	41	1:28:49
	5	26 * TOM PEARSALL	44	1:29:13
	6	39 * NATHAN CASTLE	41	1:33:53
	7	49 * LAWRENCE BERNDT	41	1:36:21
	8	52 * JAMES DILLON	43	1:36:40
	9	55 LARRY PARKER	44	1:37:11
	10	60 * GRAY BROUGHTON	41	1:39:19
	11	67 JASON ENGLISH	41	1:41:39
	12	71 JOSEPH PARFITT	44	1:42:04
	13	78 KENNY LUCAS	43	1:43:18
	14	84 * JARED JAMISON	44	1:44:00
	15	95 * ANDREW CRISLIP	44	1:46:17
	16	117 * TIMOTHY STEWART	42	1:54:15
	17	155 ERIC TROUT	44	2:04:41
	18	157 RYAN LARKIN	42	2:05:58
	19	158 * PHANI GADE	40	2:06:01
	20	196 * GEOFF LESTER	43	2:17:24
	21	206 * GAETANO CALLA	43	2:20:08
	22	217 * ANDREW LOMBARDOZZI	43	2:28:28
	23	240 * ERIC DRUMHELLER	44	2:49:21
Female 40 - 44	1	58 BRIDGET DONALDSON	42	1:37:51
	2	59 MIMI POHL	42	1:38:41
	3	63 LORI COOPER	44	1:40:10
	4	90 * CHRISSIE BLEVINS	43	1:45:26
	5	110 JENNIFER JANUS	43	1:51:28
	6	149 * JENNIFER MACAUTHUR	41	2:00:07
	7	165 KELSEY FASSIEU	41	2:07:43
	8	166 * VIRGINIA FLORES	42	2:07:48
	9	186 * CRYSTAL KOCH PINTAC	42	2:14:13
	10	187 EMILY FRENCH	42	2:14:19
	11	193 FLORA HEZEL	41	2:16:37
	12	207 * NINA MARINO	40	2:21:09
	13	221 ANDREA CARPENTER	44	2:31:56
	14	232 KIM GISKA	43	2:41:44
	15	245 * ANNE HUDAK	40	2:52:52
	16	249 * DENICE GRAWE	44	2:53:35
	17	250 TONYA BRYANT	42	2:53:42
	18	255 * KELLY HARRIS	44	4:28:17
Male 45 - 49	1	9 JIM FISHER	47	1:21:35
	2	16 JEFF JAMISON	49	1:25:19
	3	22 * DAVID MORGAN	49	1:27:43
	4	29 ERIC ASCHENBACH	48	1:29:30
	5	30 * JOHN EVERHART	46	1:29:34
	6	42 SCOTT TURNER	48	1:34:35
	7	48 * ROBERT MONOLO	47	1:36:06
	8	51 ROSS DEBOLT	45	1:36:28
	9	53 JEFF FITCH	49	1:36:48
	10	54 SCOTT JANUS	45	1:36:59
	11	57 * MIKE MATHER	49	1:37:40
	12	61 TOM CONNAUGHTON	48	1:39:37
	13	65 * MICHAEL SPINOS	46	1:40:20
	14	68 * MATTHEW BITSKO	45	1:41:49
	15	69 * STEVE MCCOY	46	1:41:50
	16	75 * MICHAEL BLANCHARD	46	1:43:13
	17	88 THOMAS MCCOMBS	48	1:44:54
	18	92 CHRIS KENNEY	47	1:46:01



Here come the Cooleys.

Category	Place	Name	Age	Time
	19	96 * GARY MARTIN	48	1:46:31
	20	97 * PANKAJ SHARMA	49	1:46:32
	21	103 RUSTY STARNES	47	1:49:33
	22	112 * DUTCH BUMGARDNER	49	1:52:32
	23	113 * GREGORY PROVENZO	47	1:52:33
	24	131 * DAVID WELLS	45	1:57:46
	25	181 * KEITH GUDGEL	49	2:13:17
	26	182 * MICHAEL BENDER	46	2:13:21
	27	192 * DAVID NAOROS	48	2:16:16
	28	198 FRED GROVES	47	2:17:42
	29	229 * CURT SOLOMAN	45	2:39:38
	30	237 WILL MUNSON	49	2:43:52
Female 45 - 49	1	56 MARY BUCHANAN	46	1:37:22
	2	70 CARRIE PARKER	45	1:42:02
	3	81 MARYANN COOLEY	49	1:43:35
	4	133 JENNIFER LOVE	47	1:59:03
	5	177 * KIM ENGLEMAN	45	2:13:09



The calm before the storm.

BEAR CREEK 10 MILE TRAIL RUN

CUMBERLAND, VA • 12/3/2017

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	6	190 RUTH HANNON	46	2:15:46
	7	200 * BOBBIE JO CARROLL	46	2:18:18
	8	201 * ELEANOR NURNEY	49	2:18:37
	9	209 HOPE TAYLOR	46	2:22:04
	10	214 * EICHELLE HAMAKER	46	2:26:11
	11	219 CHERYL PORTER	49	2:31:51
	12	222 * LORI PEREZ	47	2:31:56
	13	223 JEANINE GRAUBICS	49	2:31:57
	14	224 MICHELE GIGLIO	48	2:32:43
	15	227 JENNY WITKO	46	2:36:11
	16	228 * JULIE SOLOMAN	45	2:39:36
	17	241 KATHY SNODGRASS	45	2:52:25
	18	242 * LESLIE MCCAREY	49	2:52:25
	19	244 * AMANDA HUFF	49	2:52:49
	20	251 * AMY BLACK	47	2:56:36
<hr/>				
Male 50 - 54	1	10 SCOTT MERSIOWSKY	51	1:22:07
	2	17 * BIL CULLEN	50	1:25:26
	3	21 * JAMIE LEDWITH	54	1:27:34
	4	32 * JIM ODDONO	50	1:31:05
	5	35 EDWARD SMETANA	50	1:32:44
	6	47 ED ROSS-CLUNIS	50	1:36:03
	7	89 * MARK HOLT	52	1:45:25
	8	91 JOHN STEIN	53	1:45:26
	9	98 * DAVE HOLLAND	50	1:47:40
	10	106 BILL CRAWFORD	53	1:50:37
	11	108 PATRICK BOWLER	54	1:51:14
	12	109 ALTON MARTIN	52	1:51:27
	13	111 * STEPHEN FITZPATRICK	50	1:52:29
	14	114 * CHUCK MCBRIDE	51	1:52:45
	15	123 * THOMAS GILLESPIE	53	1:55:47
	16	134 KEVIN COX	54	1:59:03
	17	135 * KEVIN BARTLEY	54	1:59:04

Category	Place	Name	Age	Time
	18	139 JAMES MORSE	50	1:59:36
	19	145 JOE DEELY	52	1:59:59
	20	151 * RALPH GIBBS	52	2:00:26
	21	152 * BOB HAMICK	53	2:01:24
	22	159 * MIKE ANLIKER	52	2:06:19
	23	164 JIM COLLINS	51	2:07:33
	24	167 BRUCE PULLEN	54	2:08:09
	25	199 * ROBERT FIX	50	2:18:13
	26	203 * SCOTT MAULDING	52	2:19:18
	27	205 BARRY RIDGEWAY	52	2:19:41
	28	247 * MIKE HALL	52	2:53:19
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Female 50 - 54	1	99 LESLIE HARRISON	54	1:48:00
	2	137 LESLIE SHAKESPEARE	52	1:59:05
	3	160 * ANNE BRASWELL	51	2:06:52
	4	202 CAROLYL ELGIN	54	2:18:37
	5	208 SHERI CROWELL	54	2:21:10
	6	215 * KAREN HAWKINS	54	2:26:40
	7	220 KB EASTMAN	50	2:31:51
	8	233 * BARB JEWELL	54	2:41:45
	9	234 * DONNA MARTIN	53	2:41:47
	10	243 DONNA SCHULTZ	53	2:52:45
	11	248 * PATTY HENSON-DACEY	54	2:53:31
<hr/>				
Male 55 - 59	1	7 * DOUG FERNANDEZ	57	1:19:34
	2	64 * THOMAS PRITT	55	1:40:12
	3	73 MARK JOZWICKI	55	1:43:00
	4	77 * WADE MORASCO	58	1:43:17
	5	82 JOHN COOLEY	57	1:43:35
	6	119 * RAM PAI	58	1:55:28
	7	127 * DIEGO VIZCAINO	59	1:56:26
	8	128 MIKE CHERNAU	58	1:56:42
	9	136 * ED OROKOS	59	1:59:04



David Trump and Ralph Gibbs, Jr. enjoying the woods.



Sail away, sail away, sail away.

BEAR CREEK 10 MILE TRAIL RUN

CUMBERLAND, VA • 12/3/2017

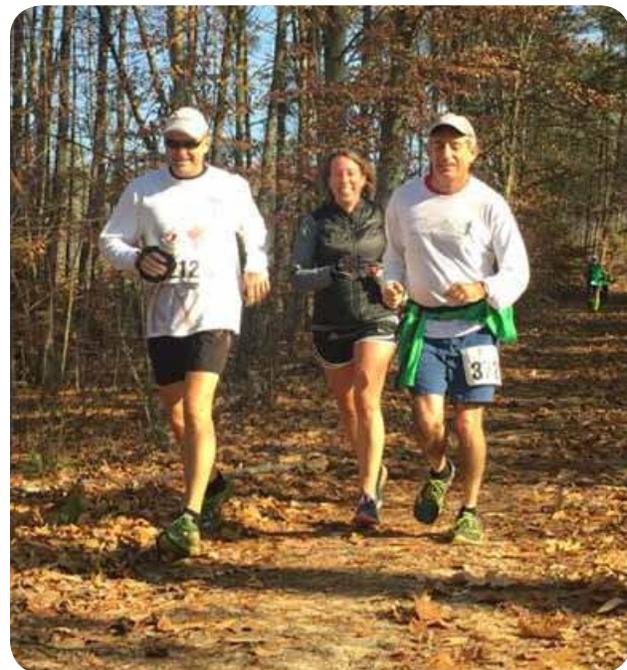
Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	10	147 * NIGEL BAVIN	55	2:00:03
	11	168 * MARK DUPUIS	55	2:08:14
	12	169 * CHANT CONNOCK	59	2:09:40
	13	175 * CHRIS NICOLAIDES	58	2:12:48
	14	183 * RICK EDWARDS	59	2:13:53
	15	185 * KEVIN CONNELLY	55	2:14:06
	16	194 * GORDON THOMSON	59	2:16:39
	17	213 * GEORGE TURNER	55	2:23:17
	18	216 KELLY DAVIS	57	2:27:11
Female 55 - 59	1	102 * AMBER RADER	58	1:48:50
	2	118 PAULA LABIENIEC	56	1:55:13
	3	170 SUE BAPTIES	59	2:10:19
	4	212 * SANDRA GRAY	58	2:23:06
	5	253 * JENNI TREADWELL	56	2:56:43
Male 60 - 64	1	132 * CHARLES DICKINSON	60	1:58:00
	2	171 JAMES CASTLEBERRY	62	2:10:20
	3	173 * ROY GRIER	61	2:12:44

Category	Place	Name	Age	Time
	4	230 MICHAEL GHOLSON	61	2:40:15
	5	231 * MICHAEL GEORGE	64	2:40:16
Female 60 - 64	1	189 * MARIANNE SALAMON COWAN	64	2:15:07
	2	204 * FRANCES NEWTON	63	2:19:19
	3	225 * ROSIE SCHUTTE	64	2:34:21
	4	257 * MARY BETH HALL	61	4:28:24
Male 65 - 69	1	116 * STEVE NOLAN	67	1:53:52
	2	120 * DAVID TRUMP	65	1:55:37
	3	161 * NORBERT DAVID	68	2:06:55
Female 65 - 69	1	238 MARGE PARADIS	66	2:46:43
Male 70 - 74	1	254 GEORGE LONGLEY	74	2:56:44
Female 70 - 74	1	226 * LOU NORTON	71	2:34:26



Tom Pritt about to cross the finish line.



Three more finishers about to cross the line.

How to join Richmond Road Runners?

It's easy, and cheap. Just go to <https://richmondroadrunnersclub.rsupartners.com> and click on Join RRRC from the top menu.

[VOLUNTEERS]

Volunteers – we love you! *Volunteers are the lifeblood of any organization. A special “thank you” goes out to all of the individuals and families who have generously volunteered their time and energy to support the following races. All club members who volunteer at club and contract races and register for the club’s Grand Prix competition receive credit in the Grand Prix and a complimentary invitation to the annual “RRCA Runners Banquet.”*

Fall into Wellness 5k

Sunday, October 22, 2017

Contract for timing services

Beth Bradberry, Debbie Goodpasture, Aaron Harlan, Theresa Keefe, Ed Kelleher, Rebecca Randolph, Gabi Wechsler

Trick or Trot, Virginia Hemophilia Foundation

Saturday, October 28, 2017

Contract for timing services

Joshua Hochstein, Bill Kelly, David Trump

Run to the River 8k and 1 mile fun run

Sunday, October 29, 2017

Race Directors: Nikkia Young and Crystal Koch

Mia Bender, Michael Bender, Anya Bender, Donnell Bidie, Amy Black, Beth Bradberry, Andy Carpenter, Natalia Covington, Mary Damon, Barbara Dunn, Christina Gantas, Marcy George, Michael George, Michelle Gibbs, Ralph Gibbs, Meredith Gunter, Mark Guzzi, Aaron Harlan, Patty Henson-Dacey, Troy Holm, Amanda Honeycutt, Nancy Jakubec, Diana Kantilis, Diane Kelley, Alix Kloster, Steve Lerner, Sherry Lewis, Jennifer Lovings, Helen Markwicz, Kate Meachum, Elise Nickel, Andrea Norris, Lou Norton, Lakeisha Phillips, Alice Pool, Rebecca Randolph,

Aurelia Scott, Emily Seigel, Tracey Sykes, Christine Thompson, John Turner, Susan Wagner, Kayla Walker, Vicki Warren, Allison Williams

Bus Tours for the Richmond Marathon

Friday, November 10, 2017

Free event provided by RRRC

Erin Folkenroth, Ralph Gibbs, Bill Kelly, Michael Kiely, John Loughran, Kirk Milikan, Colleen Moore, Eric Nachman, Rosie Schutte, George Turner, Nikkia Young

Marathon Expo

Thursday, November 9 and Friday, November 10, 2017

Sarah Akin, Alex Funke, Mara George, March George, Ralph Gibbs, Kelly Harris, Victoria Hauser, Martha Hodges, Nancy Jakubec, Christina Kerlin, Crystal Koch, Jennifer Levin, Glenn Melton, Colleen Moore, Eric Nachman, Megan Novak, Jim Oddono, Rebecca Randolph, Rosie Schutte, Lauren Shrader, Ben Wachter, Nikkia Young

Candy Stop on the marathon course

Saturday, November 11, 2017

Anne Brown, Colleen Moore, Michelle Gibbs, Ralph Gibbs



Turkey Trot kid’s race volunteers.



Celebrating Joe Flynn and Nikkia Young’s directorial debut.



Dawn helping runners check in at the Toy Run 5K.

King William Turkey Trot 5k

Saturday, November 18, 2017

Contract for timing services

Michael George, Martha Hodges, Mike Levins, Jim Marr, Michele Marr, Rob Monolo, Steve Nolan, Alex Shelton, Bill Webb

Turkey Trot 10k Packet Pick-up

Tuesday, November 21, 2017

Mike Bender, Mara George, Marcy George, Mary Beth Hall, Ernie Nahmt, David Trump

Turkey Trot 10k Packet Pick-up

Wednesday, November 22, 2017

Amy Glavin, Mike Gallogly, Mara George, Marcy George, Michael George, Martha Hodges, Barry Kreisa, Colleen Moore, Rose Schutte, Betsy Somerville, George Somerville, Diego Vizcaino

Wegmans Turkey Trot 10k

Thursday, November 23, 2017

Race Director: Roy Saettel

Anne Brown, Stephen Brown, Zach Brown, Elaine Casper, Weldon Chafe, Payton Drummond, Cason Duszak, Doug Fernandez, Mike Gallogly, Betsy Garber, Bruce Garber, Don Garber, Leah Garber, Maggie Geoghegan, Mara George, Marcy George, Michelle Gibbs, Ralph Gibbs, Christina Greulich, Linda Gulick, Christian Hecht, Larry Holstrom, Gail Holstrom, Pam Hunter, Frank Jacocks, Pattie Jacocks, John Jakubec, Nancy Jakubec, Crystal Koch, Michael Leonard, Mike Levins, Michele Marr, Claire McClintick, Karen McClintick, Mikie McLeod, Dean Miller, Grayson Morgan, Angel Moyer, Cheyenne Palmo, Cindy



Packet pick-up guru Marcy George helping runners at the Turkey Trot 10k.

Parcell, Stan Parcell, Colin Schoenhaut, Doug Schutte, Rosie Schutte, Hervey Sherd, Tracey Sykes, Ryan Strudgeon, Rachel Trala, George Turner, Kathryn Weber

Bear Creek 10 miler

Sunday, December 3, 2017

Race Director: Barry Kreisa

Bill Anderson, Allen Baugh, Kimberly Bender, Mia Bender, Beth Bradberry, Christian Toro, Mike Davi, Dawn Eberhard, Mike Gallogly, Marcy George, Joshua Hochstein, Andrew Hoffman, Diane Kelley, Stephen Kelley, Bill Kelly, Sara Lasker, John Leonard, Mike Levins, Jeff Luke, Jim Marr, Michele Marr, Curtis Newton, Linda Newton, Rylan Pearsall, Rebecca Randolph, Won Rinthalukay, Sonja Wilkey

Toy Run 5K with Girls on the Run

Sunday, December 10, 2017

Race Directors: Nikkia Young and Joe Flynn

Sarah Akin, Nigel Bavin, Alan Baugh, Andrea Beyer, Spencer Bissett, Matt Borsinger, James Frazier, Mike Gallogly, Marcy George, Patty Henson-Dacey, Andrew Hoffman, Judy Johnson, Christina Kerlin, Crystal Koch, Sara Lasker, Mike Levins, Sherry Lewis, Curtis Newton, Steve Nolan, Lou Norton, Herb Norton, Samone Ramsey, Steve Ramsey, Jordan Rasure, Darwin Richardson, Diane Richardson, Colin Schoenhaut, Alex Sigmen, Katlyn Slatterly, Morgan Strudgeon, Ryan Strudgeon, Tracey Sykes, Jenni Treadwell, Jayden Villanueva, MaBella Villanueva, Maggie Woodward, Owen Young

[UP & RUNNING]

PAM!

She got sucked into the running community in 2014 when she was a coach at the John Rolfe YMCA helping walkers achieve their six mile dream. That was the year her knee began bugging her and eventually kept her from doing much walking and that is when she started moonlighting as SAG Queen. Y'all have seen her around hydrating runners for the Winter Marathon Training Team, Team Racing RVA and the Sports Backers Half Training Team and sometimes the various running groups around town such as City Stadium or Dog Pack.

Pam knows many runners and even more runners know Pam. She is often at the water stops for many of our local races.

She's the aunt of a cute basset hound mix, spends her downtime reading and relaxing, loves to hear about everybody's day and is always giving out free hugs. We're pretty sure there isn't a person on earth Pam doesn't like.

Next time you see Pam, make sure to give her a huge thank you and maybe even a hug if you're so inclined.



[MEMBERSHIP APPLICATION]

First Name _____ Last Name _____

Address 1 _____

Address 2 _____

City _____ State _____ Zip Code _____

Email Address _____

Phone Number _____ Birthdate (mm/dd/yyyy) _____ Gender(M/F) _____

Please check one of the following in each column:

- | | |
|--|--|
| <input type="checkbox"/> New Membership: | <input type="checkbox"/> Individual (\$15) |
| <input type="checkbox"/> Renewal: | <input type="checkbox"/> Family (\$20) |
| | <input type="checkbox"/> Student (\$5) |
| | <input type="checkbox"/> Business (\$20) |

Family Membership: Please list each additional member, gender, birthdate and email (if different than above)

Do you want your name, address, phone number and e-mail address listed in our membership directory?

Yes: No, please keep private:

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and animals are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Richmond Road Runners Club, the Road Runners Club of America, the Commonwealth of Virginia, local government agencies, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature/Parents Signature (if under age of 18): _____ Date: _____



You can join or renew by filling out the form to the left and mailing it in with a check. Yearly membership is \$15 for an individual, \$20 for a family or business, and \$5 for students.

Please mail check to:
 RRRC
 P.O. Box 8724
 Richmond, VA 23226

We prefer that you join online! It saves volunteer time and typos! Please register or renew online at: <https://richmondroadrunnersclub.rsupartners.com>

[MERCHANT DISCOUNTS]



10%

Richmond

Off Merchandise

11341 W. Broad St.

Short Pump Station
804-955-4801

(cannot be combined with other promotions)

If you would like to offer a discount to club members (and get free advertisement here), contact the club at milesandminutes@rrrc.org



Nutrition & Fitness Services

10% Discount RRRC Members

Body Fat Analysis, Sport Nutrition, Weight Management, Corporate Seminars

Janice Shaheen, PT, CNC, CISSN

Facebook contact
JAS Nutrition & Fitness
janice@jasnutritionfit.com
804.840.8547

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The endurance athlete's marketplace where you use your social network to find better deals. Pay no seller's fees until 12/31/17.

Register with promo code "RRRC"

As always, buying is always free!



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Richmond

330-0936



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Crystal Koch

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www.facebook.com/dogspeedllc



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Karen M. Myers, MS, PT

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\$20 off of the first visit and 10% off all future visits for Road Runners members.

3122 W Cary St Suite 220 Richmond, Va 23221
11091 Air Park Rd Ashland, VA 23005 804-358-2256

www.MyMuscleMechanix.com

[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Roadrunner Running Store	Monday	7:00 PM	3002 W Cary Street	various	www.facebook.com/groups/121866424617026
Fleet Feet	Tuesday	6:00 PM	5600 Patterson	various	www.facebook.com/fleetfeetsportsrichmond/?fref=ts
Team Wednesday Night	Wednesday	6:15 PM	First Baptist Church on Monument at Blvd	various	www.facebook.com/twnfanrun?fref=ts
Lucky Road	Thursday	6:00 PM	Willow Lawn Shopping Center, #838	various	
Monthly Trail Run	1st Saturday/Sunday of every month	8:00 AM	Pumphouse Lot	various	*well publicized beforehand
Team ESTRA-Gen	3rd Saturday/Sunday of every month	8:00 AM	rotate between Reedy Creek, Pumphouse and Ancarrow's Landing	various	*well publicized beforehand
Richmond Running and Social Group via meetup.com	Monday Wednesday Thursday Saturday	6:30 PM 6:30 PM 6:00 PM 8:30 AM	Libby Park Carytown Panera Retreat Hospital ER side VITA Course	various various various various	www.meetup.com www.meetup.com www.meetup.com www.meetup.com
Black Girls Run	Monday Tuesday Saturday Sunday	5:45 PM 6:00 PM 8:00 AM 2:30 PM	Wells Fargo parking lot in White Oak Village Shopping Center Great Shiplock Park parking lot next to Rockwood Park	various various various various	m.facebook.com/groups/bgrrichmond blackgirlsrunrva@gmail.com www.blackgirlsrun.com
Morning workout group	daily	6:00 AM	varies	various	www.facebook.com/MorningWorkoutGroup?fref=ts
Midlo Mafia	daily	5:30 AM/ 6:00 AM	Midlothian YMCA	various	www.facebook.com/groups
Shadygrove Runners	Monday, Tuesday, Thursday	5:45 AM	Shady Grove YMCA	8:45-11	www.facebook.com/shadygroverunners/?fref=ts
Trail Run	Tuesday	5:45 PM	Dogwood Dell lot	9:00-12:00	Mark Guzzi: markiscool1@hotmail.com
RunShortPump	Tuesday, Thursday	5:30 AM	Einstein's on Pump Road	7:30-9:30	finn.frank@gmail.com
Fan Foxes	Tuesday, Wednesday, Thursday	6:00 AM	Fox Elementary School	8:30-10:00	www.facebook.com/groups/fanfoxes
Rogue Runners	Tuesday, Thursday	5:30 AM	Libbie and Grove	7-8:30	www.rogue-revolution.com/index.php/component/k2/itemlist/category/8-weekly-events-cal

[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Ridgefield Runners	Tuesday, Wednesday, Thursday	6:00 AM	John Rolfe YMCA	11 ish	www.facebook.com/groups/368386789999522
RVA Stroller Runners	Tuesday, Thursday	9:45 AM	Tot Lot on New Kent at Westover Hills	various	www.facebook.com/groups/1597418347194024
One For the Road	Wednesday	6:00 PM	various breweries	various	www.facebook.com/groups/100890573593214
Crossroads Coffee and Tea	Wednesday	6:00 PM	Crossroads on Forest Hill at Semmes	7:30-9:00	ysman75@yahoo.com
Skirt Run	Wednesday	6:30 PM	Legend Brewing Company	various	www.facebook.com/groups/240874790898
Museum Run	Thursday	5:30 PM	Sheppard Street, behind VMFA	various	Mark Guzzi: markiscool1@hotmail.com
Rivah Runners	Thursday	6:00 PM	meet in Dogwood Dell lot, start from the Carillon	6:30-8:30	www.facebook.com/TheRiVAHRunners
Mountain Hearts Running Club	Thursday	6:00 AM	Tredegar lot	7:00-10:00	www.facebook.com/mtnhearts
Midlothian ACAC	Thursday	5:30 AM	Midlothian ACAC	8:00-8:30	www.facebook.com/groups/MidloACACRun
Mighty Moms	Saturday/Sunday	8:00-8:30 AM	various tracks in Midlothian	various	www.facebook.com/groups/838104726269862/
Ashland Running	Saturday	7:00 AM	Ashland Train Station	various	ashlanddave.podbeam.com
Sandston Striders	Saturday	7:30 AM/ 8:00 AM	Chickahominy YMCA	8-14:00	George Talley: gc_talley@verizon.net
Winter Trail Group	Saturday	9:00 AM	Pumphouse lot	various	www.facebook.com/groups/shamrocktraining
Bryan Park Group	Saturday	7:00 AM	parking lot across from soccer fields	9:00-12:30	www.rrrc.org/group/BryanParkGroup
City Stadium Runners	Saturday	7:45 AM	City Stadium	8:30-14:00	www.facebook.com/groups/577195912350952
Shamrock Half Marathon TT	Saturday	7:45 AM	City Stadium	various	www.facebook.com/groups/193139244094097
Dog Pack	Sunday	7:30 AM	Carytown Panera	8:30-14:00	www.facebook.com/groups/1671581323100585
Black Men Run	Sunday	8:00 AM	Fountain Lake at Byrd Park	various	www.facebook.com/groups/BMRRichmond
Back of the Pack Trail Group	Sunday	9:00 AM	locations vary	12:00-16:00	www.facebook.com/groups/201907430234622

Your Community

