

# MILES & MINUTES

Publication of the Richmond Road Runners Club

First Quarter 2019 | Volume 42, Issue 1

## Frostbite 15K

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## 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](mailto:membership@rrrc.org)

### 2019 RRRC Featured Races and Events (All events subject to change—updated 10-15-18)

Dec 30	Start of GP Year	May 17	Senior Games 5k	Jul 15	Cul-de-Sac 5k #3
Jan 1	RRRC First Day 5k	May 18	Senior Games 10k	Jul ?	Summer Track Series
Jan 9	RRRC Club Meeting	May 18	Girls On The Run	Jul 27	Pony Pasture 5k
Jan 12	Meg's Mile 5k	May 19	Girls On the Run	Aug?	Summer Track Series
Jan 20	RRRC Frostbite 15k	May 26	Autism Society 5k	Aug 14	RRRC Club Meeting
Feb 17	RRRC Sweetheart 8k	May 26	RRRC Stratford Hills 10k	Aug 24	Patrick Henry Half
Feb 13	RRRC Club Meeting	Jun ?	RRRC FANTASTIC 1 Miler	Sep 11	RRRC Club Meeting
Feb ?	Shiver in the River	Jun ?	RVA Trail Day	Sep 22	RRRC Governor's Race
Mar 2	RRRC Runners Banquet	Jun 6	Global Running Day	Oct 9	RRRC Club Meeting
Mar 10	RRRC Huguenot 3 Miler	Jun ?	Summer Track Series	Oct 27	Poop Loop 4ish Miler
Mar 13	RRRC Club Meeting	Jun 12	RRRC Club Meeting	Nov 13	RRRC Club Meeting
Mar 23	SPCA Dog Jog 5k	Jun 17	Thanks Dad 5k	Nov 16	Richmond Marathon
Apr 10	RRRC Club Meeting	Jun ?	Summer Track Series	Nov ?	King William Turkey Trot
Apr 13	Monument Ave 10k	Jul 1	Cul-de-Sac 5k #1	Nov 28	RRRC Turkey Trot 10k
Apr 28	RRRC Carytown 10k	Jul ?	Summer Track Series	Dec 8	Bear Creek 10 Miler
May 4	ASK 5k	Jul 8	Cul-de-Sac 5k #2	Dec 11	RRRC Club Social
May 8	RRRC Club Meeting	Jul ?	Summer Track Series	Dec 15	Toy Run 5k
May 11	Holton Hustle 5k	Jul 10	RRRC Club Meeting	Dec 29	End of GP Year

- 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](#)





**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.

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Jim Oddono	Vice President/Operations
Ed Kelleher	Vice President/Communications
Rosie Schutte	Secretary
Nikkia Young	Treasurer

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Megan Novak	Volunteers
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Ed Kelleher	Photography
Jim Oddono	Race Coordination
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**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](mailto:milesandminutes@rrrc.org). Please keep article submissions to under 1,000 words. *Miles & Minutes* is distributed quarterly.

**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](http://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.



Richmond Road Runners Club



@rvroadrunners

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**On the cover:** Sandra Langenbucher exults at the top of an incline on Hampton Street. Photo Credit Ed Kelleher

## [ EDITOR'S LETTER ]



A new year tends to present new opportunities, and 2019 is no exception for *Miles & Minutes*.

Allow me to introduce myself. My name is Mark O'Brien, and I'm the new Editor of *Miles & Minutes*. I take the reins from the estimable Crystal Koch, who masterfully published the goings-

on of the Richmond Road Runners Club for the last two years. I realize I have big shoes to fill.

I'm a native Richmonder, but I'm relatively new to running and RRRC. I ran (read: struggled to finish) an occasional 5K in my 20s, but it wasn't until my 30s when I decided to get more consistent – and serious – about running. In the summer of 2014, after graduating from law school and returning to Richmond, I needed a stress relief while preparing for the bar exam. So, I ran. Approximately 3 miles every other day. By autumn, I ran my first 10K and joined a local bootcamp-style fitness program called X-Team Fitness. Fast-forward to 2019, I've run 17 half marathons and completed my first full marathon last October at the Marine Corps Marathon. I also earned my running coach certification through RRRC and the Road Runners Club of America last summer. Needless to say, I kind of like this running thing, and I'm looking forward to getting more involved in the running community with RRRC and you.

Speaking of RRRC and you, that's the purpose of *Miles & Minutes*, as I see it. This publication is for you and about you. Perhaps I'm not saying anything you don't already know, but there are so many incredible people in RRRC, both as club leaders and as members whose involvement may go unnoticed. I want to continue to shine a spotlight on what's happening in this organization and who's doing it. Everyone has a story to tell – of accomplishment, new beginnings, longevity, perseverance, kindness, inspiration, or shared experiences, just to name a few. I just want to help share it and preserve those memories.

Please don't hesitate to say hello if you see me at a race or find me on Strava or any other social media platform. Of course, you're welcome to reach out by email if you have a story idea or just want to get together for a coffee and chat, [milesandminutes@rrrc.org](mailto:milesandminutes@rrrc.org). I look forward to meeting you. ■

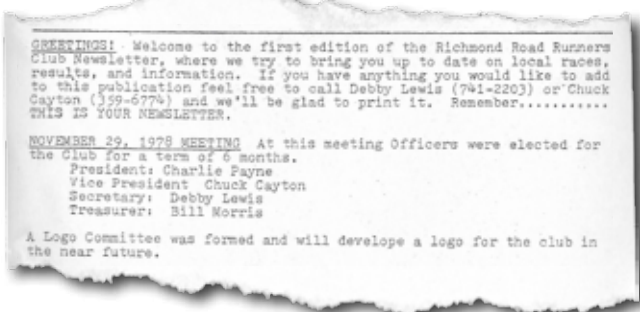
Mark O'Brien | Editor

# [ PRESIDENT'S MESSAGE ]



## This past November, the Richmond Road Runners Club turned 40 years old!

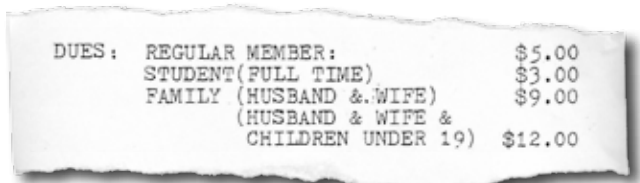
I am proud to be at the helm of this great organization at this time. I was doing some digging recently and found our first ever newsletter and include an excerpt below:



As you can see from what you are holding (or reading online), our newsletter has come a long way. Back then, you could contact editor Debby Lewis to get something into it. Today you can contact our new editor Mark O'Brien at [milesandminutes@rrrc.org](mailto:milesandminutes@rrrc.org), and we welcome him as he takes on the task. I'd also like to thank Crystal Koch for her two years as editor. She stepped away recently to pursue other adventures in her busy life!

Our club has come a long way since those early days, as well. Back at that first meeting, we had a handful of members; today we have over 2,400 members and growing.

Speaking of membership, here's another gem I was able to glean from that first newsletter:



Our current membership levels are still a bargain at \$15 for one member, \$5 for a student, and \$20 for a family or business membership. If you are reading this and haven't joined, why not? It's a great deal and, with the membership discounts to our club races, can pay for itself in as little as one race!

But while looking back to see



where we have come from, we are also looking forward. As that first newsletter said a "Logo Committee was formed to develop a logo for the club" back then, and we did it again just recently to design a new logo in honor of our 40th anniversary.

## Some other improvements/enhancements/opportunities that are heading your way in 2019:

- More rewards for volunteering! Let's face it, our club could not run without volunteers. Under a new plan, if volunteers sign up early (at least 24 hours before the race), they have a chance to win one of 18 gift cards to local running stores per quarter.
- A comprehensive Emergency Action Plan that will set forth the principles and procedures that will guide RRRC's actions in response to emergencies or other conditions posing a serious threat to people, property, or RRRC's reputation as a volunteer organization of the highest integrity and competence.
- An opportunity for all of our race directors to participate in a Road Runners Club of America taught Race Director Certification Course. This course will be an opportunity for new and seasoned race directors to learn the best practices and advances in safety and event management to continue to provide the quality events that Richmond-area runners have always enjoyed from the Richmond Road Runners Club.
- Programs to "deepen the bench" for key volunteer positions, such as timers, registration gurus, truck drivers, and truck assistants, in order to continue to provide quality races and opportunities for interested parties to learn new skills.
- Giving back to our community! At a recent Board meeting, a motion was made and approved for all of our races to have a charity component or partner. We will soon establish a program whereby each race will support a local charity or nonprofit organization with ties to our sport or a mission toward improving the lives of people within the larger RVA community.
- We will be busy in 2019. We will put on 19 Club races, including a new Museum Mile race in August and the 40th running of the Stratford Hills 10K in May with Mike Levins performing RD duties for the 40th year as well! RRRC will host three training teams: Winter

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**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.”*

## First Day 5K

**Jan. 1, 2019**

**Race director:** Bill Anderson

**Pre-race-day registration:** Anne Brown, Dawn Eberhard, Mara George, Marcy George, Gail Holstrom, Barb Jewell, Melissa Kish, Michael Kish, Liz Lizarraga, Gabi Wechsler, Dorinda Wegener

**Race-day volunteers:** Greg Barch, Allen Baugh, Summer Bisharat, Nick Booth, Sarah Breedon, Beth Broering, Alex Brown, Anne Brown, Stephen Brown, Winnie Brown, Teal Burrell, Madelyn Campbell, Archer Cox, Jennifer Daniels, Pat Dorch, Nick Doukas, Dawn Eberhard, Jordan Etz, Wendy Etz, Greg Faust, Gabby Flynn, Nancy Francis, Mara George, Marcy George, George Grant, Becky Hapeman, Kelly Harris, Kate Healy, Larry Holstrom, Pam Hunter, Gordon Jones, Ed Kelleher, Melissa Kish, Michael Kish, Steven Lerner, Lisa Lindsay, Richard Lindsay, Julie Lohman, Thomas Mago, Kevin McBreen, Bill Mims, Alex Miyazaki, Neil Miyazaki, Rachel Nelson, Stephen D. Nolan, Beth Novey, Bowman Novey, Henry Omohundro, Connor Riley, Owen Riley, Won Rinthlukay, Colin Schoenhaut, Janice Shaheen, Tracy Sikes, Sam Storeman, Alex Sunbury, Melanie Swain, Jenni Treadwell

## Megsmiles 5K

**Jan. 12, 2019**

Judith Amico, Anya Bender, Mia Bender, Michael Bender, Dawn Eberhard, Mark Guzzi, Victoria Hauser, Gail Holstrom, Larry Holstrom, Barb Jewell, Kevin Kramer, Mark Lohman, Jeff Luke, Colleen Moore, Stephen D. Nolan, Caleb Ocasio

## Frostbite 15K

**Jan. 20, 2019**

**Co-race directors:** Mara George and Chris Mason

Najifah Amin, SeonSook An, Kaitlyn Baker, Greg Barch, Allen Baugh, Janaysia Benjamin, Manam Bhati, L. Jill Blankenburg, Beth Bradbury, Will Browning, Shelby Brush, Julia Campus, Colton Canfield, Selina Celebre, Kelly Cobbs, Brendan Conway, Avery Crumlish, Evelyn Crumlish, Kyle Davidson, Emily Davidson, Pat Dorch, Dawn Eberhard, Vicky Echevarria, Ken Faulkner, Joseph Flynn, Michael Gibson, Benemil Galang, Loranzo Galang, Marcy George, Michael George, Janice Hagan, Tom Hoover, Katherine Housden, Mike Housden, John Hurley, Kara Hunt, Patrick Hunt, Pam Hunter, Matthew Jenkins, Ed Kelleher, Diane Kelley, Mary Ellen Kinser, Crystal Koch,

Amy Kruger, James LaFratta, Steven Lerner, Jennifer Levin, Analay Amado-Limon, Richard Lindsey, Kerry Loucks, Shane Loucks, Bo Marano, Michael Marr, Karen Marsh, Glenn Melton, Dean Miller, Colleen Moore, Jeff Moore, Lydia Morgan, Angel Moyer, Michael Muldowney, Brittany Murphy, Lucy N., Lilo Navales, Payton O'Brien, Graham Parlow, Emily Pasquinelli, Jennifer Perrin, Michele Plouffe-Morena, Won Rinthlukay, April Ristau, James Rosen, Melissa Rosen, Jo Ann Rossi, Nora Rossi, Rich Saunders, Alden Schindler, Koren Schindler, Colin Schoenhaut, Alex Seabury, Jeff Shugart, Jennifer Sikes, Brooke Silverstein, Suzi Silverstein, Kate Spangler, Michele Stoll, Mackenzie Stoll, Troy Unger, Elizabeth Waldron, Tiel Westbrook, Meredith Whitehurst, Amanda Wray, Chris Wright, Tasnia Zakir

## Winter Marathon Training

**Head coach:** Frankie Gerloff

**Volunteers:** Greg Barch, Archer Cox, Mason Cox (twice), Dawn Eberhard, Bruce Garber, Andrew Goldkuhle, Gail Holstrom (twice), Barb Jewell, Crystal Koch, Sinead Lynch-Hall, Jennifer Perrin, Rebecca Randolph, Annie Tobey, Dave Weber, Nikkia Young

## President’s Message

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Marathon and Half Marathon Training with Head Coach Frankie Gerloff; Advanced 10k Training with Head Coach Bill Kelly; and New Runner with Head Coach Herv Sherd. Our Grand Prix competition will once again be in full swing. The Summer Track Series will be returning for six Wednesday evenings this summer. And we will help other organizations put on about 15 races this year.

Phew! We really do “Run” Richmond!

I hope to see you out on the roads and trails!

For those who would like to read our first newsletter in its entirety, please follow this link: <https://tinyurl.com/rrrc-first-newsletter>. ■

**Ralph Gibbs** | *President*



# Third Time's the Charm: The Southern Tour Ultra and Relay

By Rosie Schutte

**"It'll be fun," they said.**

**"Running on trails is so much easier than running on roads," they said.**

**"The trails are nice, wide fire roads," they said.**

**"It's nothing like Bear Creek," they said.**

**What they really meant was, "We're desperate for another runner, and we know we can talk you into anything."**

If I had only been conversant in macho-trail-speak, I would have known that.

So, here I was three years ago, standing in the middle of a field on the grounds of a private hunt club, queued up for the prerace meeting of the Southern Tour Ultra and Relay.

There was an inkling that my run buddies had conned me better than Billy Mays selling OxiClean, when upon arriving at the race location the day before, we had a brief look-see at part of the course. Somehow, the fact that I would have to traverse a stream on a log six feet in the air had slipped their minds.



Runners navigate a log to cross a creek at the Southern Tour Ultra and Relay in Wilmington, NC.



Matt Born, StarNews Media

**Rosie is all smiles as she makes her way through her third Southern Tour Ultra and Relay.**

Okay, now, back to the prerace meeting. When the race director opened with “... and two alligators were spotted earlier this week,” I suddenly remembered I had left my iron on back in Richmond. Of course, my buddies had that figured, too. I rode down from Richmond to Wilmington, N.C. with them, and no one was giving up the keys.

Long story short, a year later these same so-called “friends” were banking on my memory to dim after a few margaritas and the passage of time. Yet not one of them had forgotten when I had come back after running through the course the first year saying, “Hey, that was pretty nice of them having a photographer out in the middle of that field there up on a stand in a tree. When I saw him, I tried to jump in the air and smile.”

As you can imagine, that was met by guffaws and pronouncements of “city girl.” How was I supposed to know those were deer hunting platforms?

My buddies got me primed for another year by shaming me into running Bear Creek for the first time. Of course, Barry Kreisa compounded that decision every time I saw him during a six-month period. “Say, you’ve never run Bear

Creek,” Barry would say. “You know, it might be my last year as race director.”

Now, I’m a good Italian Catholic girl, so guilt is the scent in my Air Wick aroma diffuser. It was time to run Bear Creek. Yes, indeed, I signed up. Well, three face-plants-in-the-woods later and a bruise that looked like I had fallen sideways on a pepperoni pizza, I could once again look Barry in the eye.

That’s really all it took for my running buddies to get me to run Southern Tour the second time. They were as annoying as your 9-year-old nephew giving you a wet willy while you’re snoozing on the couch. “You ran Bear Creek,” they said, “and Southern Tour is nowhere near as bad. You never did see that alligator, did you?”

All week before my second year of Southern Tour, it poured buckets—torrential nor’easter buckets, huge gully-washer buckets, massive clear-the-snakes-out-of-their-hiding-place buckets. Did I mention that the first year, the ruts in the dirt road that you drove on to get to the race course were hip deep? Well, all the rain closed that road to the course

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## Third Time's the Charm

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the second year. Race personnel had to find a new way to get you to the course. To do that, dump trucks full of gravel had to be unloaded and leveled just to get you to the site. No vehicles were allowed in without four-wheel-drive. That should have been a big clue for me that Bear Creek was a cake walk compared with what I was going to run.

Starting on my first lap, through the loose sand, over the ankle-turning gravel, scaling brambles and 50 years of decayed leaf sludge, I thought, "This isn't so bad." Then I found the Bog of Eternal Stench that David Bowie devised in the movie "Labyrinth." A half-acre of limb-sucking, God-I-know-there-is-something-alive-that-I'm-stepping-on, knee-deep, shoe-devouring mud.



**RRRC President Ralph Gibbs and Secretary Rosie Schutte pose for a selfie at the Southern Tour Ultra and Relay in January.**

Somewhere between my first and second step through this gorge my foot came out of the muck with a toad-like "slurp," but my shoe was nowhere to be found. Down I reached, first with the tips of my fingers, then with my hands, then finally slopping up to my elbows feeling around for my running shoe hoping that the bumpy thing I was feeling was indeed the sole of my shoe and not the back of that gator.

At last, I found my shoe. This was only in the first mile and a half of the course, and the midair log crossing was in my future. A teammate, upon getting back to the race staging area, decided to dry her mud-soaked shoe by the fire pit. I can't remember if there was any beer involved in this decision, but since marshmallows get roasted on a stick

over a campfire, I figured this should be the best way to dry running shoes.

You can probably guess what happened: the shoe got roasted. But all was not lost! When your running buddies are a bunch of guys, you can be sure duct tape is not far away. The running shoe, or what was left of it, was taped to the foot. However, it was no match for the Bog of Eternal Stench, and the race was finished with only one shoe.

There is that saying, "Fool me once, shame on you; fool me twice, shame on me." But there must have been hallucinogens involved in the fool-me-three-times scenario, because somehow my credit card got charged with that race fee for a third year in a row.

You remember, of course, that we've had a record-setting rain-drenched year and that Carolina got it so much worse than Virginia. Well, with nightmares of the bottomless bog and creatures that might be living in it, a phantasm of alligators surely in every creek, and swamps I would need my inflatable arm floaties to cross, I found myself standing at the start line of Southern Tour yet again.

Right out of the gate was that same shifting sand and scrub grass tearing at my ankles. This was actually comforting; I thought I knew what awaited me. I came over the first rise feeling pretty good about facing what I thought were the known obstacles.

Oddly, the runner in front of me had stopped dead at the edge of unavoidable water. He stepped aside, wanting me to think he was chivalrous. Sometimes there's just no choice—just head straight through but try for maximum splash and mud splatter so a good story can be told.

At that point, I realized that in the three years of running the race, I hadn't seen much of my surroundings, since I had been so focused on where to put my feet. At a swamp crossing on a wood plank bridge, I made myself look around. It really was beautiful.

That brief pause of calm and beauty was immediately replaced, as I ducked back into the dense tunnel of woods, by shivers of dangling insects and spider webs as a stray tendril of Spanish moss teased the back of my neck.

That's when I promised myself that this is definitely my last Southern Tour.

I think. ■



## Turning to the Evidence: Maximal Cushion vs. Minimal Cushion Shoes

By Laura Welch, PT, DPT, OCS, CFMT

You walk into a running store hoping to find the shoe that will make it all better – a shoe that will fulfill your wildest dreams! But then you are confronted with the “Great Wall of Shoes.” How can you begin to decide among columns and rows of so many choices? Navigating through bountiful running shoe options can be quite the daunting process.

I must begin by saying there is no “ultimate” shoe because if there were, we ALL would be wearing it. Second, the shoe that your neighbor swears by does not mean it will be your ultimate running companion. We are so unique with our history of injuries, life experiences, habits, attitudes, jobs, and physical activities that we are far from being a clean palette when stepping up to the running shoe plate. My purpose is to relay to you the research so that you may be more informed for your running ventures. Research is by no means the end-all-be-all, but it’s a great way to challenge or support some common-held beliefs.



***The good news? We have more choices when it comes to footwear.***

***The bad news? We have more choices when it comes to footwear.***

The first debate I’d like to address is maximum shoe vs. minimum shoe. A few years ago, the minimum shoe craze came fast and hard. Some individuals were so enthused that they jumped right into a minimum shoe and continued on with their training. The orthopedic medical world saw an influx in Achilles tendon ruptures, calf strains, and foot pain. Then shoe companies swung the other way to the max...literally. Shoes with very high cushion hit the market with hopes to make up for what the minimum shoes lacked. The good news? We have more choices when it comes to footwear. The bad news? We have more choices when it comes to footwear.

So what does the most recent evidence say? There are two research articles that had the same conclusion. One study by Pollard CD, et al., looked at the biomechanics of female runners wearing a maximal cushion shoe compared to wearing a neutral cushion shoe before and after a 5K run. They found that in both measurements of running before and after a 5K, while wearing the maximal cushion shoe, they demonstrated increased loading impact forces. This means the runners were hitting the ground much harder with every step compared to when they wore the neutral cushion shoe. It’s often believed that more cushion means less impact, but this study showed the exact opposite.

Another study by Kulmala JP, et al., observed the loading impact forces during two different running speeds while wearing a maximal cushion versus a conventional running shoe. They found that during the faster running speed, the ground reaction force impact peak was significantly higher

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## Health & Wellness

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while wearing the maximal cushion shoe. During the slower running speed, the ground reaction force impact peak was only slightly higher compared to the conventional running shoe. These two studies are finding the same results: more cushion equals higher impact with each step. How can this be? One study suggests that the maximal cushion shoe causes the running to strike the ground with a stiffer leg, such as the knee extending more when the foot lands. I also wonder if proprioception could be a factor. Proprioception is the body's way of understanding where it is in space. Putting maximal cushion on the foot is like picking up marbles with snow gloves on; more force is required to be able to feel what you are doing.

Does this research mean we should all get minimal shoes now? Let's see what the research says. A study by Ekizos A, et al., looked at 20 runners who habitually ran in shoes and compared their biomechanics of running in shoes vs. running barefoot. There were many variables that were significantly better in the barefoot runners: foot strike was more toward the forefoot, their cadence was higher, and the time each foot spent on the ground was less. The interesting part was that they measured how stable the entire system was using markers along each subject's spine and measuring their movement while running. The study found that, while barefoot, runners demonstrated more instability throughout their trunk while the foot was on the ground and while they were pushing off of their foot. It seemed like their bodies didn't know how to immediately adjust to the new experience of barefoot running. The research suggested this is possibly one factor why immediately running in a minimal shoe when you have always used a conventional shoe is not the best idea, because the body isn't ready for so many changes so quickly! A study by Frank NS, et al., suggested that leg stability increases with more experienced runners, regardless of the cushion in their shoe.

In summary, maximal cushion shoes may be defeating their purpose of protecting us from impact and minimal shoes don't create immediate miracles of better running mechanics because the body needs time to adjust. If you are wearing a shoe that you're perfectly content with but this research is making you think otherwise, I challenge you to stick to your guns. Who cares what the research says if you've found a shoe that works for you? At the end of the day, it's about the

individual, which is never going to perfectly fit the subjects they observe in research studies. The wisest voice is already inside of you, and if the shoe fits, wear it. ■

Ekizos, A., Santuz, A., & Arampatzis, A. (2017). Transition from shod to barefoot alters dynamic stability during running. *Gait & Posture*, 56, 31-36. doi:10.1016/j.gaitpost.2017.04.035

Frank, N. S., Prentice, S. D., & Callaghan, J. P. (2019). Local dynamic stability of the lower extremity in novice and trained runners while running intraditional and minimal footwear. *Gait & Posture*, 68, 50-54. doi:10.1016/j.gaitpost.2018.10.034

Kulmala, J., Kosonen, J., Nurminen, J., & Avela, J. (2018). Running in highly cushioned shoes increases leg stiffness and amplifies impact loading. *Scientific Reports*, 8(1). doi:10.1038/s41598-018-35980-6

Pollard, C. D., Har, J. A., Hannigan, J., & Norcross, M. F. (2018). Influence of Maximal Running Shoes on Biomechanics Before and After a 5K Run. *Orthopaedic Journal of Sports Medicine*, 6(6), 232596711877572. doi:10.1177/2325967118775720

*Laura is a physical therapist and business owner of Inspire Physical Therapy LLC, located in the Fan District. As a fellow runner, her mission is to deliver the latest findings in research for a happier and healthier running community. You can email her at [laura@inspirephysicaltherapy.net](mailto:laura@inspirephysicaltherapy.net) or visit her online at <https://inspirephysicaltherapy.net>.*



## How to join Richmond Road Runners?

**It's easy, and cheap. Just go to [www.rrrc.org](http://www.rrrc.org) and click on Join RRRRC from the top menu.**

# Winter Marathon Training

By Ed Kelleher

**A**my Hall and April Brown slowed their pace and stopped at a sidewalk hydration station in downtown Richmond. They were four miles into their training run, along with well over 100 friends.

It was a Saturday in January, and the temperature at 8 a.m. was 27 degrees. No one was complaining.

Welcome to the Richmond Road Runners Club's Winter Marathon & Half Marathon Training program (RRRC WMT).

"I'm not a winter person by any means," Hall says, "so this forces me to come out of my comfort zone. My motto this year is, 'Get comfortable with being uncomfortable.'"

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## This Year's WMT Coaches

Running the RRRC Winter Marathon and Half Marathon Training Team requires a lot of work, a lot of preparation, and a lot of dedicated coaches. Here's the lineup of coaches for this year's WMT.

### Head Coach

Frankie Gerloff

### Full Marathon

Kate Fletcher  
Terri Gerloff  
Eric Lowe

Janice Shaheen  
Russ Smith  
Chuck McBride

### Boston Marathon

Sarah Bohn  
Jamie Ficor  
Jeff Jewell

Chris Piper  
Gabi Wechsler

### Half Marathon

William Nawrocki – *Head Coach, 13.1*  
John Christmas  
Sarah Lewis  
Tamara O'Toole

Rosie Schutte  
Greta Seldon

### Hydration

Pam Hunter



WMT members gather inside Lucky Road's Willow Lawn store for a pre-run briefing.



## Winter Marathon Training

*continued from page 9*



Janice Shaheen (in blue) leads pre-run stretching routine.

Hall and Brown, running buddies from Glen Allen, are enrolled in WMT's half marathon program. Some of their faster companions had already passed the four-mile hydration station. Many had their sights set on the Yuengling Shamrock Marathon on March 17 in Virginia Beach. Some were shooting for the Boston Marathon on April 15, and still others harbored a mishmash of goals, ranging from half marathons to marathons to ultras.

Boston is the target of 35 to 40 WMT runners every year, said head coach Frankie Gerloff. He pointed out that club member Jamie Ficor designed the WMT Boston training routes around Richmond's hills with the intent of developing the leg muscles needed to endure hilly Boston in April. During three of the five and a half months of WMT training, three different running routes are used every Saturday.

One of the ultra aspirants was Chris Nicolaides, 59, a native of Cyprus who said he took up running once he was too old to play soccer. Nicolaides was training for a 100k in January, followed by a 100-miler in April. A veteran of



Amy Hall (left) and April Brown ran together to the first water stop.

### Richmond Road Runners Club Winter Marathon & Half Marathon Training (RRRC WMT)

**What:** a 21-week marathon and half-marathon training program

**When:** Saturday mornings, Dec. 1 to Apr. 15

**Where:** Starts and finishes at Lucky Road Run Shop, The Shops at Willow Lawn

**How much:** \$35 per person

**Head coach:** Frankie Gerloff

**Sponsors:** OrthoVirginia, Lucky Road Run Shop

**Website:** <https://runsignup.com/Race/VA/Richmond/RRRCWinterMarathonTraining?remMeAttempt=>

approximately 40 marathons, he ran his first 50k when he turned 50. Since then, he has run about 20 ultras ranging from 50 kilometers to 100 miles.

Nicolaides was also on a streak: he has run at least two miles a day every day since Nov. 22, 2015 (that's 38 months; you figure out the days). What makes him run?

"I tell people it's my escape and my quiet time," Nicolaides says. "I can disconnect from my phone at work. I do a lot of meditation and thinking. It's my relaxation."

With winter marathon training, he finds plenty of time to relax.

...

WMT, in its current rendition, is the brainchild of head coach Gerloff, who inherited the concept from Richmond running stalwarts Don Garber and Mike Davi.

"The genesis of WMT is that I found that, in 08-09, after doing the Richmond Marathon, I wanted the continuation of being physically fit," Gerloff says. "I heard about a group of runners called SMTT. It was the Spring Marathon Training Team."

Garber and Davi had started SMTT in the late 80s; Gerloff estimates there were 70 to 80 participants when he joined. Bobby Weitzel eventually assumed leadership around 2011, and two years later Gerloff took over.

He ultimately moved the program base from the Carillon—"it was cold, there were no restrooms, and it was very hard to build the type of camaraderie that you want in any type of a team format"—to Gold's Gym at Willow Lawn. There, runners were given the use of gym equipment on WMT Saturdays as part of Gold's sponsorship.

That arrangement proved to be short-lived, but Gerloff liked the Shops at Willow Lawn as a base. Coincidentally, Jeff Van Horn had just opened Lucky Road in Willow Lawn, and he bought into the idea of staging WMT out of his store beginning in 2016. This is the third year Lucky Road has sponsored the program.

These days roughly 400 people sign up for WMT. Not all of them show up every week, as typical Saturday attendance ranges between 100 and 150 runners, Gerloff says. But the others come as often as they see fit.

The Lucky Road base gives Gerloff a chance to employ other aspects of the program. Nutritionist and runner Janice Shaheen often leads the group in a routine of pre-run dynamic stretches to keep injuries to a minimum. And on a recent Saturday, a representative of WMT's corporate sponsor, OrthoVirginia, spoke about her company's specialties of interest to runners.

A benefit of having OrthoVirginia as a sponsor is ready access to sports trainers, physical therapists, and physicians, Gerloff says. "Runners know that, whether it's for physical therapy or a massage, they'll have quicker access than they would going independently outside the program."

Before leaving Lucky Road for the run, WMT's 12 coaches brief their teams on a number of issues, including adherence to safety procedures.

"On Saturday mornings, I make sure that everybody knows where the hospitals are, and where the fire stations are, on the directions that I hand out," Gerloff says.

...

Finding volunteers to staff water stops on five months of often-frigid Saturday mornings can be a challenge. But runners need hydration.

"In the infancy of the program, when Mike Davi and Don Garber and Bobby Weitzel were doing it, for many years we



WMT leader Frankie Gerloff.



Chris Nicolaides is training for his third 100-mile trail run.

would take milk cartons and put in Gatorade and water, and the coaches on a cold winter morning at 4 or 5 a.m. would put them out on the route," Gerloff says. "I did that for four years."

No longer.

Now he hires Pam Hunter to oversee the water stops—one every four miles—and make sure they have volunteer staffing. Some volunteers might be members of the Richmond Road Runners Club. Others, as was the case recently with brothers Arthur and Mason Cox, might be volunteering as a community service.

The WMT runners, whether individually or in groups, went out of their way to thank the Cox brothers for braving the cold for their benefit.

After getting their cups of water, running pals Brown and Hall posed for a quick photo. Brown, 39, trained with WMT last year in preparation for the Yuengling Shamrock Marathon.

"I had a few goals for Shamrock last year," she says. "Have fun, run the whole thing (no matter the pace), and finish injury-free. I met each one of those!"

"WMT played a huge part by not only preparing me for the distance, but also in the advice given in stretching and rolling and nutrition."

This year, Brown says she is targeting a half marathon in the spring but hasn't decided yet which one.

"I'm sure I will, but for now, WMT holds me accountable to stay active and keep running during these cold months when it would be way easier to just stay in bed."

Best of all, Brown says, she and Hall are having a ball.

"We are two very busy mamas with three kids each. Our runs are our 'me' time. Even if that means for 8-plus miles, in the cold, on a Saturday morning!" ■

# FIRST DAY 5K

RICHMOND, VA • JANUARY 1, 2019

Place	First Name	Last Name	Time	Place	Division	Place	First Name	Last Name	Time	Place	Division
1	Cole	Shugart	15:23.1	1	M Open	162	Ellen	Bartow	25:24.8	2	F 20-24
2	Ryan	Middleton	15:55.8	2	M Open	234	Kaitlyn	Jones	27:54.4	3	F 20-24
3	David	McCollam	16:13.0	3	M Open	278	Faith	Harris	28:59.7	4	F 20-24
5	Keira	D'Amato	16:43.1	1	F Open	405	Brooke	Silverstein	35:08.2	5	F 20-24
10	Tiel	Westbrook	18:03.1	2	F Open	17	Sara	Baugh	18:39.4	1	F 25-29
14	Johanna	Lupica	18:31.3	3	F Open	24	Gabi	Wechsler	19:30.4	2	F 25-29
9	Mike	Colaiaacovo	17:46.8	1	M Masters	34	Leah	Schubel	19:49.3	3	F 25-29
25	Tressa	Breindel	19:32.9	1	F Masters	73	Morgan	Sears	22:33.6	4	F 25-29
115	L	Charlet	24:13.7	1	F 1-9	146	Kasey	Bennett	25:05.0	5	F 25-29
159	K	Semtner	25:19.5	2	F 1-9	218	Megan	Middleton	27:26.2	6	F 25-29
177	A	Boyles	25:57.6	3	F 1-9	255	Morgan	Silverstein	28:28.7	7	F 25-29
215	M	Olszowy	27:21.9	4	F 1-9	292	Danielle	Sparkman	29:33.5	8	F 25-29
342	G	English	32:06.2	5	F 1-9	308	Noel	van Aartrijk	30:14.2	9	F 25-29
359	L	Charlet	32:46.7	6	F 1-9	363	Adrianna	Harris	32:51.4	10	F 25-29
393	A	Basmajian	34:37.5	7	F 1-9	370	Vanessa	Moore	33:22.8	11	F 25-29
404	J	Willing	35:07.4	8	F 1-9	391	Anna	Buchholtz	34:34.6	12	F 25-29
461	L	Collins	42:16.4	9	F 1-9	408	Jessica	Sage	35:29.6	13	F 25-29
477	M	Reed	45:45.2	10	F 1-9	503	Nikkia	Young	52:48.1	14	F 25-29
89	C	Osenga	23:01.1	1	F 10-14	48	Kristen	Kelley	20:50.9	1	F 30-34
101	A	Rose	23:45.5	2	F 10-14	55	Rachel	Aubert	21:18.5	2	F 30-34
109	S	Smartschan	23:57.2	3	F 10-14	102	Rachel	Croke	23:46.3	3	F 30-34
143	E	Semtner	24:59.3	4	F 10-14	124	Meredith	Newcomb	24:31.2	4	F 30-34
167	M	Lamberson	25:33.1	5	F 10-14	133	Ashley	Egerdahl	24:39.4	5	F 30-34
169	M	Rose	25:36.2	6	F 10-14	178	Jessica	Reber	26:02.2	6	F 30-34
193	H	Harlow	26:44.5	7	F 10-14	181	Sandrine	Thominet	26:07.8	7	F 30-34
260	E	Allen	28:37.0	8	F 10-14	248	Rainey	Niklawski	28:21.0	8	F 30-34
307	I	List	30:07.8	9	F 10-14	387	Emily	Krapf	34:19.3	9	F 30-34
316	A	Estes	30:45.6	10	F 10-14	453	Jennifer	Barrett	40:46.1	10	F 30-34
343	R	Miklos	32:06.4	11	F 10-14	454	Sylvia	Grove	40:52.3	11	F 30-34
368	A	Niklawski	33:19.7	12	F 10-14	463	Lauren	Collins	42:27.1	12	F 30-34
411	C	Miklos	35:41.2	13	F 10-14	506	Mara	George	54:57.7	13	F 30-34
422	B	Young	36:58.8	14	F 10-14	74	Nancy	Broda	22:33.7	1	F 35-39
426	E	Milby	37:02.6	15	F 10-14	82	Megan	Bakel	22:53.8	2	F 35-39
467	K	Turnbull	43:26.9	16	F 10-14	87	Erin	Garrett	22:59.3	3	F 35-39
77	Eloise	de Landevoisin Campbell	22:40.0	1	F 15-19	94	Katie	Frazier	23:17.6	4	F 35-39
296	Mia	Bender	29:41.2	2	F 15-19	97	Lisa	Curtin	23:38.6	5	F 35-39
349	Anyia	Bender	32:27.5	3	F 15-19	164	Sandra	Byrd	25:26.8	6	F 35-39
83	Laurel	Goodpasture	22:55.8	1	F 20-24	166	Emily	Davidson	25:27.4	7	F 35-39
					199	Sinead	Lynch-Hall	26:52.6	8	F 35-39	



The national anthem was sung before the 5K.



Place	First Name	Last Name	Time	Place	Division
202	Joanna	McCandlish	26:54.3	9	F 35-39
204	Chandler	Kwarta	26:57.4	10	F 35-39
231	Holly	Deal	27:51.2	11	F 35-39
249	Carrie	Entsminger	28:21.4	12	F 35-39
253	Christina	Arrington	28:27.7	13	F 35-39
256	Andrea	Beyer	28:29.7	14	F 35-39
274	Charlotte	Mcdannald	28:54.9	15	F 35-39
283	Emily	Bishop	29:14.3	16	F 35-39
289	Victoria	Hauser	29:20.0	17	F 35-39
290	Christine	Budlong	29:21.7	18	F 35-39
314	Cosgrove	Dana	30:25.9	19	F 35-39
327	Nena	Ryder	31:17.1	20	F 35-39
340	Ashley	Boyles	32:01.4	21	F 35-39
358	Ashley	Charlet	32:46.3	22	F 35-39
362	Liz	Jarvis	32:50.5	23	F 35-39
372	Carrie	Bartlett	33:24.5	24	F 35-39
386	Melissa	Koch	34:16.9	25	F 35-39
390	Laurie	Barnes	34:33.8	26	F 35-39
402	Kimberly	Logan	35:01.5	27	F 35-39
414	Debbie	Roberts	35:50.2	28	F 35-39
440	Catherine	Huennekens	38:54.5	29	F 35-39
445	Courtney	Legum-Wenk	39:50.9	30	F 35-39
452	Laura	Avent	40:45.0	31	F 35-39
468	Jennifer	Levin	43:28.2	32	F 35-39
496	Michelle	Brooks	50:44.4	33	F 35-39
72	Heidi	Dix	22:31.4	1	F 40-44
84	Megan	Cassidy	22:56.1	2	F 40-44
93	Rebecca	Murphy	23:16.1	3	F 40-44
107	Kerry	Dixon	23:54.1	4	F 40-44
117	Kara	Ayres	24:17.9	5	F 40-44
121	Angela	Allen	24:30.3	6	F 40-44
147	Nina	Marino	25:05.6	7	F 40-44
152	Misti	Frodyma	25:08.4	8	F 40-44
186	Rachel	Hermann	26:13.5	9	F 40-44
188	Katie	Moss	26:20.3	10	F 40-44
200	Meghan	Deal	26:52.6	11	F 40-44
209	Elizabeth	Shoenfeld	27:09.4	12	F 40-44
221	Kristi	Turner	27:31.6	13	F 40-44
262	Krystal	Fisher	28:38.9	14	F 40-44
263	Farleigh	Fitzgerald	28:43.1	15	F 40-44
282	Beth	Harlow	29:06.0	16	F 40-44
305	Amanda	Delaney	30:05.5	17	F 40-44
331	Elizabeth	Gravely	31:30.7	18	F 40-44
352	Stacey	Wilson	32:38.0	19	F 40-44
355	Jennifer	Sulanke	32:43.9	20	F 40-44
361	Lynn	Izod	32:49.4	21	F 40-44
367	Jillian	Biller	33:12.2	22	F 40-44
382	Sasha	Baier	34:11.3	23	F 40-44
385	Sarah	Kelley	34:15.6	24	F 40-44
389	Rebecca	Smartschan	34:32.6	25	F 40-44
412	Tonya	Bryant	35:42.6	26	F 40-44
417	Sarah	Bain	36:13.3	27	F 40-44
424	Mandy	Bennett	37:02.3	28	F 40-44
425	Jenn	Atkinson	37:02.5	29	F 40-44
428	Julie	Wilcox	37:10.1	30	F 40-44
474	Ann-Harris	Lambert	45:22.8	31	F 40-44
480	Danielle	Son	46:14.9	32	F 40-44
488	Kelly	Clough	48:42.6	33	F 40-44
490	Brittany	Rose	49:14.6	34	F 40-44
491	Kathryn	Lewis	49:23.7	35	F 40-44
492	Keshia	Case	49:24.3	36	F 40-44
497	Zoyla	Hochfelder	51:03.4	37	F 40-44
58	Debbie	Goodpasture	21:36.9	1	F 45-49
78	Cheryl	Mason Cox	22:40.0	2	F 45-49
118	Laura	Vance	24:19.4	3	F 45-49
132	Angela	Williams	24:37.6	4	F 45-49
139	Lynn	Walters	24:48.7	5	F 45-49
153	Cheryl	Christensen	25:09.3	6	F 45-49
173	Amanda	Viol	25:50.9	7	F 45-49
197	Janice	Hagan	26:51.6	8	F 45-49
210	Julie	Eaton	27:12.9	9	F 45-49
228	Kara	Fetsko	27:50.5	10	F 45-49
233	Kirsten	Holmes	27:53.9	11	F 45-49
250	Eichelle	Hamaker	28:21.7	12	F 45-49

Place	First Name	Last Name	Time	Place	Division
254	Dana	Taylor	28:28.4	13	F 45-49
277	Dawn	Walker	28:57.9	14	F 45-49
284	sheila	olesen	29:14.8	15	F 45-49
320	Amanda	Kehoe	30:52.6	16	F 45-49
322	Betsy	Estes	30:55.1	17	F 45-49
325	Kerri	Wright	31:09.8	18	F 45-49
360	Janet	Cho	32:48.3	19	F 45-49
374	Karen	Stacy	33:30.8	20	F 45-49
380	Amy	Black	34:06.9	21	F 45-49
394	Judy	Seibel	34:39.7	22	F 45-49
396	Rebecca	Koenig	34:43.3	23	F 45-49
400	Sarah	Curtis	35:00.4	24	F 45-49
401	Dorinda	Wegener	35:01.4	25	F 45-49
409	Kristen	Osenga	35:29.6	26	F 45-49
423	Katherine	Faina	37:00.3	27	F 45-49
429	Melissa	Ackley	37:16.1	28	F 45-49
430	Leslie	Pakula	37:16.8	29	F 45-49
432	Dawn	Young	37:29.3	30	F 45-49
433	Kathleen	Roever	37:43.4	31	F 45-49
439	Amy	Galvin	38:17.9	32	F 45-49
441	Sally	Carmack	39:02.4	33	F 45-49
459	Sharon	Bednar	41:44.0	34	F 45-49
466	Diane	Kelley	43:09.8	35	F 45-49
511	Crystal	Trent	58:50.5	36	F 45-49
76	Cheryl	Shaw	22:34.4	1	F 50-54
103	Judith	Amico	23:47.5	2	F 50-54
129	Karen	Killeen	24:33.7	3	F 50-54
174	Jennifer	Baldwin	25:51.4	4	F 50-54
183	Mary Beth	Blend	26:12.2	5	F 50-54
201	Amy	Mulholland	26:53.2	6	F 50-54
207	Amy	Garber	27:02.7	7	F 50-54
213	Mayumi	Cano	27:18.9	8	F 50-54
235	Keri	Wertz	27:56.0	9	F 50-54
245	Krista	Boyd	28:19.3	10	F 50-54
297	Deborah	Woodle	29:43.8	11	F 50-54
298	Maggie	Geoghegan	29:44.2	12	F 50-54
309	Julie	Jones	30:16.3	13	F 50-54
339	Jackie Raye	Cooper	31:57.6	14	F 50-54
346	Elizabeth	Brady	32:18.7	15	F 50-54
364	Tonya	Austin	32:55.5	16	F 50-54
369	Kathy	Lukhard	33:21.7	17	F 50-54
373	Deborah	Harsh	33:29.2	18	F 50-54
375	Rebecca	Randolph	33:48.8	19	F 50-54
379	Denise	Weisberg	34:05.2	20	F 50-54
388	Paige	Fitzgerald	34:25.4	21	F 50-54
395	Maureen	Dingus	34:40.7	22	F 50-54
416	Lisa	Mcdonald	36:03.3	23	F 50-54
435	Angela	Glatfelter	37:56.3	24	F 50-54
446	Sarah	Golightly	39:50.9	25	F 50-54
449	Lynne	Robinson	40:12.0	26	F 50-54



9-year-old Laila Collins finished the race just a few steps ahead of her grandfather, Tanner Collins.

# FIRST DAY 5K

RICHMOND, VA • JANUARY 1, 2019

Place	First Name	Last Name	Time	Place	Division
451	Lisa	Childress	40:22.3	27	F 50-54
458	Elizabeth	Rafferty	41:43.8	28	F 50-54
462	Laura	Baltz	42:24.6	29	F 50-54
465	Michelle	Gibbs	43:09.3	30	F 50-54
479	Heidi	Cramer	46:10.2	31	F 50-54
484	Carol	Norris	47:07.2	32	F 50-54
486	Karen	Bowker	47:49.7	33	F 50-54
500	Laura	Brown	52:15.3	34	F 50-54
157	Sandra	Gray	25:16.1	1	F 55-59
195	Nancy	chege	26:49.4	2	F 55-59
219	Ellen	Guinther	27:29.0	3	F 55-59
238	Tina	Shiver	27:59.6	4	F 55-59
257	Suzi	Silverstein	28:30.3	5	F 55-59
259	Barbara	Phillips	28:33.3	6	F 55-59
300	Angel	Moyer	29:51.4	7	F 55-59
332	Mary Jane	Willis	31:31.8	8	F 55-59
351	Colleen	Moore	32:36.4	9	F 55-59
365	Heidi	Villanueva	33:04.7	10	F 55-59
376	Judy	Tetlow	34:01.5	11	F 55-59
378	Gail	Holstrom	34:03.8	12	F 55-59
381	Barb	Jewell	34:09.0	13	F 55-59
438	Patty	Henson-Dacey	38:16.1	14	F 55-59
464	Michelle	Bardis	42:29.4	15	F 55-59
473	Lynne	Gilbert	45:21.3	16	F 55-59
475	Debra	Hood	45:24.6	17	F 55-59
498	Juliette	Staples	51:03.5	18	F 55-59
509	Susan	Rosko	58:34.2	19	F 55-59
510	Cindy	Culley	58:48.1	20	F 55-59
206	Susan	Larsen	27:00.1	1	F 60-64
239	Susan	Kernyat At	28:04.8	2	F 60-64
286	Debbie	Bader	29:18.8	3	F 60-64
287	Pamela	Faulkner	29:19.0	4	F 60-64
294	Betsy	Somerville	29:39.8	5	F 60-64
306	Lenora	Mariner	30:07.8	6	F 60-64
337	Annie	Eide	31:54.1	7	F 60-64
353	Gina	Benere	32:40.5	8	F 60-64
354	Cynthia	Proctor	32:40.6	9	F 60-64
406	Nancy	Barnes	35:11.8	10	F 60-64
442	Johnette	Overton	39:02.7	11	F 60-64
457	Patti	Pope	41:38.1	12	F 60-64
504	Theresa	Hayes	54:46.7	13	F 60-64
192	Linda	Gulick	26:37.6	1	F 65-69
350	Pat	Cullen	32:34.6	2	F 65-69
366	Terry	Miffleton	33:09.2	3	F 65-69
420	Rosie	Schutte	36:50.4	4	F 65-69
470	betsy	daniel	44:18.2	5	F 65-69
476	Karen	Marsh	45:32.6	6	F 65-69

Place	First Name	Last Name	Time	Place	Division
501	Gloria	Howard	52:38.8	7	F 65-69
507	Marcy	George	54:57.9	8	F 65-69
399	Nancy	Faux	34:59.9	1	F 70-74
485	Linda	Newton	47:43.1	2	F 70-74
487	Denise	Pakula	47:49.7	3	F 70-74
489	Mikki	Dixon	49:12.6	4	F 70-74
80	B	Ukrop	22:47.0	1	M 1-9
105	H	Mulholland	23:52.6	2	M 1-9
185	N	Hermann	26:13.0	3	M 1-9
247	Z	Niklawski	28:20.1	4	M 1-9
275	S	Brolund	28:55.5	5	M 1-9
348	P	Boyles	32:27.1	6	M 1-9
443	O	Miklos	39:47.0	7	M 1-9
493	G	Brooks	49:56.3	8	M 1-9
13	J	Gray	18:30.2	1	M 10-14
21	Z	Stevens	19:18.8	2	M 10-14
39	H	Valerie	20:09.9	3	M 10-14
49	L	Craven	21:02.6	4	M 10-14
53	N	Tassell	21:09.7	5	M 10-14
56	L	Semtner	21:26.6	6	M 10-14
70	J	Boyles	22:17.7	7	M 10-14
75	W	Mulholland	22:34.2	8	M 10-14
79	M	Swain	22:46.5	9	M 10-14
85	C	Harlow	22:56.3	10	M 10-14
88	M	Estes	23:00.9	11	M 10-14
112	J	Wright	24:07.7	12	M 10-14
136	A	Earon	24:42.0	13	M 10-14
154	P	Harlow	25:11.4	14	M 10-14
176	H	Boyles	25:57.1	15	M 10-14
203	J	Davidson	26:56.9	16	M 10-14
224	A	Boyd	27:33.0	17	M 10-14
232	G	English	27:51.3	18	M 10-14
291	O	LaVigne	29:25.3	19	M 10-14
313	R	Ukrop	30:23.2	20	M 10-14
315	C	Harlow	30:41.2	21	M 10-14
494	H	Omohundro	50:17.6	22	M 10-14
4	Aaron	Johnson	16:31.2	1	M 15-19
6	Luke	Lamberson	17:27.7	2	M 15-19
27	Alexander	Tan	19:41.9	3	M 15-19
28	Zachary	Allen	19:42.3	4	M 15-19
30	Robert "Bus"	Baker	19:44.7	5	M 15-19
33	John	Cavedo	19:48.8	6	M 15-19
38	Noah	Allen	20:04.0	7	M 15-19
47	Colby	Burcham	20:50.9	8	M 15-19
59	Gabriel	Rose	21:37.1	9	M 15-19
68	Daniel	Brishke	22:09.8	10	M 15-19
69	Daniel	Shaw	22:14.0	11	M 15-19
128	John	Fitzgerald	24:33.6	12	M 15-19
356	Brady	Semtner	32:45.0	13	M 15-19
407	Samuel	Wentworth	35:12.4	14	M 15-19
8	Jeremy	Ambrosio	17:43.4	1	M 20-24
44	Chase	Shugart	20:25.8	2	M 20-24
99	Nick	Seitz	23:42.8	3	M 20-24
265	Cameron	Jones	28:46.2	4	M 20-24
377	Joshua	Carmack	34:02.7	5	M 20-24
15	Aaron	Harlan	18:36.3	1	M 25-29
18	Andrew	Clark	18:56.8	2	M 25-29
20	Travis	Human	19:13.4	3	M 25-29
67	Matthew	Cramer	22:08.8	4	M 25-29
119	Myles	Baker	24:24.6	5	M 25-29
131	stephen	landry	24:35.7	6	M 25-29
240	Matthew	Reber	28:09.0	7	M 25-29
268	David	Cary	28:53.2	8	M 25-29
271	Alex	Anliker	28:53.7	9	M 25-29
415	Daniel	Villanueva	35:53.7	10	M 25-29
7	Caleb	Ocasio	17:29.4	1	M 30-34
12	James	Hazelwood	18:13.4	2	M 30-34
16	Rich	Saunders	18:38.6	3	M 30-34



Greg and Ellen Guinther dressed for the occasion.



Nancy Faux teamed with United Athletes member Ben Pearma. Faux finished first in her age group.

Place	First Name	Last Name	Time	Place	Division
19	Anthony	D'Amato	18:58.8	4	M 30-34
36	James	Croke	19:56.7	5	M 30-34
60	Austin	McDaniel	21:38.3	6	M 30-34
66	Christian E.	Toro	22:07.8	7	M 30-34
116	Wilson	Sevilla	24:14.7	8	M 30-34
138	Steve	Nolan	24:45.8	9	M 30-34
141	Kile	Niklawski	24:56.4	10	M 30-34
280	Ryan	Means	29:04.2	11	M 30-34
410	Thomas	Sage	35:30.5	12	M 30-34
508	Colin	Schoenhaut	54:57.9	13	M 30-34
11	Paul	Smartschan	18:06.7	1	M 35-39
22	Mark	Lohman	19:19.5	2	M 35-39
31	Dan	Gariepy	19:46.3	3	M 35-39
50	Michael	Forder	21:02.8	4	M 35-39
113	Matthew	Myers	24:09.5	5	M 35-39
120	Obie	Arrington	24:27.9	6	M 35-39
134	Kyle	Davidson	24:39.4	7	M 35-39
150	cosgrove	john	25:08.3	8	M 35-39
189	William	Charlet	26:29.3	9	M 35-39
205	Matthew	Kwarta	26:58.2	10	M 35-39
246	Jerry	Whitlock	28:19.5	11	M 35-39
251	Keenan	Entsminger	28:21.9	12	M 35-39
323	Blake	Hogan	30:56.4	13	M 35-39
326	Jason	Ryder	31:15.7	14	M 35-39
392	Alden	Basmajian	34:37.2	15	M 35-39
403	Kevin	Willing	35:04.8	16	M 35-39
427	Blair	Wilcox	37:09.4	17	M 35-39
478	Zachary	Reed	45:49.0	18	M 35-39
23	Joseph	Flynn	19:30.3	1	M 40-44
41	romain	Iheritier	20:16.8	2	M 40-44
45	Warner	Winthrop	20:38.2	3	M 40-44
52	Christopher	Piper	21:07.7	4	M 40-44
57	Clint	Kelly	21:27.6	5	M 40-44
63	mickie	fleming	21:54.1	6	M 40-44
110	Nathan	Goodwyn	24:05.0	7	M 40-44
130	Jeff	Ukrop	24:34.1	8	M 40-44
145	Francisco	Escobar	25:02.9	9	M 40-44
151	Nate	Deal	25:08.4	10	M 40-44
160	Westley	Turnbull	25:21.3	11	M 40-44
163	Dan	Bayliss	25:25.2	12	M 40-44
170	Andrew	Rose	25:36.6	13	M 40-44
171	Stuart	Curtin	25:37.1	14	M 40-44
179	Mauricio	Morales	26:02.7	15	M 40-44
208	Aaron	Steelman	27:08.9	16	M 40-44
212	Rich	Taylor	27:15.4	17	M 40-44
241	Andrew	Lombardozzi	28:12.4	18	M 40-44
258	Isaac	Wright	28:33.0	19	M 40-44
276	Matthew	Brolund	28:56.0	20	M 40-44
281	Mike	Street	29:05.7	21	M 40-44
319	Herbert	Teachey	30:47.9	22	M 40-44
334	Doug	Walters	31:37.8	23	M 40-44
336	Tim	Alexander	31:44.5	24	M 40-44
347	Andy	Boyles	32:23.0	25	M 40-44

Place	First Name	Last Name	Time	Place	Division
357	Geoff	Sulanke	32:45.5	26	M 40-44
398	Brian	Lalor	34:58.3	27	M 40-44
444	Christopher	Miklos	39:47.2	28	M 40-44
29	John	Turner	19:43.8	1	M 45-49
32	Zacc	Allen	19:48.6	2	M 45-49
40	Michael	Blanchard	20:15.2	3	M 45-49
42	Alex	Lienert	20:22.0	4	M 45-49
43	James	Towey	20:23.6	5	M 45-49
46	Rob	Semtner	20:48.8	6	M 45-49
61	Troy	Unger	21:39.6	7	M 45-49
64	John	Sicat	21:58.7	8	M 45-49
91	Ed	Murray	23:05.9	9	M 45-49
95	David	Glassman	23:18.8	10	M 45-49
104	Doug	Weatherley	23:48.2	11	M 45-49
111	don	nelson	24:05.6	12	M 45-49
127	Jonathan	Austin	24:33.3	13	M 45-49
140	Mark	Dix	24:56.1	14	M 45-49
142	John	Latham	24:57.8	15	M 45-49
144	Alan	Eaton	25:00.3	16	M 45-49
148	Tim	Kehoe	25:07.3	17	M 45-49
149	Kevin	Horvath	25:07.4	18	M 45-49
168	Kevin	Smith	25:34.1	19	M 45-49
190	Zachery	Bir	26:32.3	20	M 45-49
191	Carl	Omohundro	26:37.3	21	M 45-49
223	Travis	McHugh	27:32.8	22	M 45-49
225	Jermaine	Fox	27:35.5	23	M 45-49
227	Stephen	Kelley	27:44.7	24	M 45-49
267	Marc	Wiley	28:51.9	25	M 45-49
270	Patrick	Gallagher	28:53.4	26	M 45-49
293	David	Wright	29:38.5	27	M 45-49
311	Michael	Bender	30:17.7	28	M 45-49
317	Mike	Estes	30:46.1	29	M 45-49
330	Jesus	Gonzalez	31:28.2	30	M 45-49
333	Jack	Goodpasture	31:36.0	31	M 45-49
341	Bruce	English	32:06.0	32	M 45-49
447	Kevin	Kramer	40:05.8	33	M 45-49
455	Rod	Morgan	41:00.5	34	M 45-49
481	Bryan	Son	46:15.1	35	M 45-49
483	Chris	Burkett	47:06.9	36	M 45-49
26	Daniel	List	19:35.0	1	M 50-54
35	Joe	Amico	19:52.8	2	M 50-54
37	Jim	Oddono	19:57.3	3	M 50-54
62	Alan	Hogan	21:50.3	4	M 50-54
65	Eric	Faison	22:06.5	5	M 50-54
86	Christopher	Calfee	22:58.1	6	M 50-54
100	Ben	Shaw	23:42.8	7	M 50-54
135	Kendall	Lamp	24:41.6	8	M 50-54
137	Darryl	Kerkeslager	24:45.3	9	M 50-54
172	Randy	Fristoe	25:42.4	10	M 50-54
175	Barry	Wilbanks	25:53.0	11	M 50-54
182	Stanley	Tappen	26:10.3	12	M 50-54
187	Scott	Rose	26:18.1	13	M 50-54
198	Bobby	Orndorff	26:52.3	14	M 50-54
214	Ian	Stewart	27:19.1	15	M 50-54
222	Kevin	Gremer	27:32.7	16	M 50-54



Keira D'Amato was the top female finisher.



# FIRST DAY 5K

RICHMOND, VA • JANUARY 1, 2019

Place	First Name	Last Name	Time	Place	Division
226	Ralph	Gibbs	27:42.1	17	M 50-54
242	Tracey	Lowery	28:13.8	18	M 50-54
261	Nick	Lombardozzi	28:37.6	19	M 50-54
266	Jim	Maloney	28:47.2	20	M 50-54
269	Mike	Anliker	28:53.3	21	M 50-54
299	Jeff	Van Horn	29:46.5	22	M 50-54
303	Scott	Thruston	30:01.6	23	M 50-54
324	Todd	Tassell	31:06.6	24	M 50-54
384	Mike	Hall	34:12.8	25	M 50-54
397	Jonathan	Silverman	34:44.5	26	M 50-54
421	Thomas	Batalias	36:54.0	27	M 50-54
431	David	Rosko	37:24.4	28	M 50-54
436	Tony	Hoang	38:01.4	29	M 50-54
448	Eric	Robinson	40:10.9	30	M 50-54
450	Eric	Nachman	40:13.7	31	M 50-54
469	Steve	Boyd	44:18.2	32	M 50-54
482	James	Marr	46:47.0	33	M 50-54
51	Jim	Carter	21:06.4	1	M 55-59
54	Karl	Cover	21:14.7	2	M 55-59
81	Mark	Cerny	22:48.5	3	M 55-59
92	Mike	Swain	23:12.7	4	M 55-59
98	Jerry	Pisecki	23:39.3	5	M 55-59
114	Gregg	Whisler	24:13.7	6	M 55-59
126	Dean	Miller	24:33.2	7	M 55-59
155	Merle	Hazelton	25:11.4	8	M 55-59
156	Tom	Hackenberg	25:12.5	9	M 55-59
161	Mike	Wentworth	25:23.9	10	M 55-59
165	Jerome	Bill	25:27.0	11	M 55-59
217	Malcolm	Taylor	27:24.7	12	M 55-59
229	Buddy	Austin	27:50.8	13	M 55-59
243	Wade	Morasco	28:17.4	14	M 55-59
244	Rex	Hodgson	28:17.8	15	M 55-59
272	Ralph	Northam	28:53.8	16	M 55-59
273	Greg	Geoghegan	28:54.2	17	M 55-59
304	Jesus	De Los Santos	30:03.9	18	M 55-59
338	Kevin	Bruny	31:54.2	19	M 55-59
383	Rick	Davis	34:11.4	20	M 55-59
437	William	Stephens	38:02.7	21	M 55-59
499	Darwin	Richardson	51:14.2	22	M 55-59
90	Jeff	Jewell	23:04.2	1	M 60-64
96	Bruce	Anderson	23:21.9	2	M 60-64
106	Jack	King	23:53.8	3	M 60-64
108	Will	Hofacker	23:56.4	4	M 60-64



Jonathan Austin has to be the fastest juggler in town.



There was no lack of competition in the kids run.

Place	First Name	Last Name	Time	Place	Division
123	Corky	Gardner	24:30.8	5	M 60-64
184	Barry	Kreisa	26:12.6	6	M 60-64
211	Randall	Miller	27:13.1	7	M 60-64
216	Joel	Giacobbe	27:23.7	8	M 60-64
220	Greg	Guinther	27:30.9	9	M 60-64
252	Donald	Costello	28:27.1	10	M 60-64
264	Leo	Snead	28:45.3	11	M 60-64
288	Roy	Grier	29:19.4	12	M 60-64
301	Larry	Barnett	29:53.2	13	M 60-64
302	John	Clarke	29:57.8	14	M 60-64
312	Gary	Heiser	30:17.8	15	M 60-64
318	Jeff	Shugart	30:46.5	16	M 60-64
328	Tracy	Spaur	31:19.0	17	M 60-64
335	Kent	Wykoff	31:44.0	18	M 60-64
371	Bill	Gray	33:24.5	19	M 60-64
413	Jeffrey	Luke	35:47.9	20	M 60-64
434	Michael	Kernyat	37:45.1	21	M 60-64
456	Prescott	Prince	41:08.1	22	M 60-64
495	Peter	Tetlow	50:23.1	23	M 60-64
502	Hervey	Sherd	52:40.1	24	M 60-64
505	Ken	Faulkner	54:48.4	25	M 60-64
71	David	Trump	22:19.6	1	M 65-69
125	Brad	Metcalf	24:32.4	2	M 65-69
180	Charles	Beverage	26:04.6	3	M 65-69
194	George	Somerville	26:45.3	4	M 65-69
196	Dennis	Rainear	26:49.9	5	M 65-69
230	Dave	Bucheit	27:51.0	6	M 65-69
285	John	Landry	29:18.3	7	M 65-69
310	Jerry	Swiatowiak	30:17.4	8	M 65-69
329	Stephen	Gould	31:21.4	9	M 65-69
345	Mickey	Dowdy	32:14.0	10	M 65-69
418	Doug	Schutte	36:29.3	11	M 65-69
460	Tanner	Collins	42:15.9	12	M 65-69
471	Michael	George	44:26.4	13	M 65-69
122	Michael	Gallaghy	24:30.7	1	M 70-74
158	Dennis	LaMountain	25:17.5	2	M 70-74
236	Bill	Kelly	27:56.5	3	M 70-74
237	Edward	Paterek	27:58.6	4	M 70-74
279	William	Chadim	29:00.0	5	M 70-74
295	David	Broda	29:41.0	6	M 70-74
321	Scott	Tilley	30:53.3	7	M 70-74
344	Kevin	O'Connor	32:13.5	8	M 70-74
419	John	Borkowski	36:29.7	1	M 80-84
472	Harry	Conn, Jr.	44:28.2	2	M 80-84

ED KELLEHER

ED KELLEHER

# MEGSMILES 5K

MECHANICSVILLE, VA • JANUARY 12, 2019

Place	First Name	Last Name	Time	Place	Division
1	Rich	Saunders	18:13	1	M Overall
2	John	Amoroso	20:23	2	M Overall
3	Gary	Martin	20:35	3	M Overall
7	Casie	Sample	21:52	1	F Overall
8	Rachel	King	21:58	2	F Overall
11	Carrie	Thibodeau	22:59	3	F Overall
4	James	Rosen	21:26	1	M Masters
16	Crystal	Smith	23:51	1	F Masters

## FEMALE

17	Shannon	Lea	23:58	1	
23	Misti	Frodyma	25:00	2	
26	Ashley	Gentry	25:26	3	
27	Sarah	Jarosinski	25:34	4	
28	A	Connors	25:42	5	
29	S	Harrell	25:47	6	
31	Rachel	Freid	26:07	7	
34	Mallory	Hudson	26:27	8	
35	T	Gilhooly	26:28	9	
37	Marcy	Kerr	26:38	10	
42	Joanna	McCandlish	26:59	11	
45	Brittany	Washburn	27:13	12	
47	Nicole	Mancini	27:26	13	
48	Kimberly	Obermeier	27:46	14	
51	Blaire	Pitcher	28:39	15	
53	Teresa	McNeely	28:50	16	
54	Jan	Bartoszek	28:54	17	
55	Katie	Bartoszek	28:54	18	
56	Molly	Eness	29:02	19	
58	Amy	Clayton	29:13	20	
61	Jennifer	Handschuh	29:35	21	
62	Kristy	Trayer	29:40	22	
64	Lindsey	Crowder	29:42	23	
65	L	Piech	29:47	24	
66	Erin	Whitlock	29:52	25	
67	Jasma	Snaman	29:58	26	
68	Christina	Stewart	30:04	27	
69	Kristen	Balla	30:15	28	
71	Misti	Davidson	30:22	29	
72	Nanci	Child	30:32	30	
73	Sherry	Lycett	30:32	31	
74	Shelli	Lipton	30:35	32	
75	Nancy	Piech	30:36	33	
77	Julie	Martin	30:41	34	
79	Theresa	Manning	30:47	35	
80	Kelly	Harris	30:49	36	
82	Julia	Yeager	31:31	37	
83	Patty	Yeager	31:32	38	
84	Jennifer	Yeager	31:32	39	
85	Francis	Bailey	31:32	40	
88	Meredith	Shelton	31:49	41	
89	Dawn	Shuler	31:54	42	
90	Rachel	Colden	31:56	43	
92	Mary	Fowlkes	31:58	44	
93	Pam	Coffey	31:58	45	
94	Sarah	Martin	32:00	46	
95	Jessica	Moore	32:00	47	
96	Melia	Huddleston	32:05	48	
98	Lynne	Read	32:07	49	
100	Olivia	Harper	32:10	50	
101	Melissa	Hines-Schliessmann	32:10	51	
102	Michelle	Mondrey	32:27	52	
103	Rachel	Dye	32:28	53	

Place	First Name	Last Name	Time	Place	Division
104	Alyxandria	Mikelaites-Tuck	32:29	54	
106	Madalyn	White	32:32	55	
107	Christine	Moran	32:46	56	
108	B	Lazear	32:57	57	
109	Rachel	Wood	32:59	58	
110	Eliabeth	Carline	33:00	59	
111	Gail	Kendrick	33:05	60	
112	Mary	Day	33:05	61	
113	M	Hawkridge	33:13	62	
114	Anne	Hawkridge	33:14	63	
115	Maria	Carmina Parong	33:26	64	
117	Melissa	Semones	33:33	65	
120	Emily	Krapf	33:51	66	
121	Sweden	De Matas	33:52	67	
122	Amy	Stamper	34:00	68	
124	Jillian	Biller	34:06	69	
125	Andrea	Talley	34:14	70	
126	Ma Bella	Villanueva	34:17	71	
128	Kimberly	Kidd	34:19	72	
129	Michelle	Gilhooly	34:31	73	
130	Laura	Jacobs	34:34	74	
131	Janice	Sadler	34:35	75	
132	Melissa	Rosen	34:41	76	
133	Lesley	Lindsey	34:45	77	
134	Tracy	Fabricant	34:47	78	
135	Sarah	Currie	34:47	79	
136	Theresa	Henderson	34:57	80	
137	Holly	Davis	34:58	81	
138	Audrey	Lafrenaye	34:58	82	
139	Donna	Moore	35:03	83	
140	Tammy	Bennett	35:21	84	
141	Cindy	Loinette	35:21	85	
142	Lynne	McMichael	35:26	86	
143	Carol	McClendon	35:28	87	
144	E	Murphy	35:39	88	
145	Rebecca	Murphy	35:39	89	
146	Melissa	Reynold	35:46	90	
147	A	Reynold	35:49	91	
148	Amy	Settle	35:52	92	
150	Lori	Olenic	36:07	93	
151	Beth	Harper	36:08	94	
152	Katherine	Bruno	36:17	95	
154	Cindy	Dickerson	36:40	96	
155	Jenny	Richie	36:41	97	
156	Hillary	Beasley	36:44	98	
158	Heather	Whitson	36:53	99	
159	Lou	Norton	37:01	100	
163	Niki	White	38:04	101	
164	Martha	Hodges	38:08	102	
165	Debbie	Holmes	38:22	103	
166	Rebecca	Tres	38:23	104	
167	Whitney	Mooney	38:30	105	
168	Jessica	Buchanan	38:46	106	
169	Judi	Zimmerman	39:03	107	
170	Selina	Celebre	39:03	108	
171	Donna	Schultz	39:05	109	
174	Sheree	Bremner	39:32	110	
175	Tamara	Baldwin	39:40	111	
176	Jennifer	Rock	39:41	112	
178	Lindsay	Tuck	39:54	113	
179	Susan	Hallett	40:04	114	
180	Krystin	Buchanan	40:05	115	
181	Suzi	Rogers	40:09	116	

# MEGSMILES 5K

MECHANICSVILLE, VA • JANUARY 12, 2019

Place	First Name	Last Name	Time	Place	Division
182	Elizabeth	Fonseca	40:45	117	
183	Michelle	Brooks	41:06	118	
184	Jeanne	Dunaway	41:22	119	
185	Annette	Kelley	41:27	120	
187	Rebecca	Van Huss	41:30	121	
189	Lynn	Murphy	41:34	122	
192	Brittany	Malcolm	43:27	123	
194	Roseanne	Yowell	43:33	124	
197	Malissa	McClintock	43:44	125	
198	Morgan	Faulkner	44:13	126	
199	A	Murphy	44:42	127	
201	Tabitha	Saunders	44:53	128	
202	J	Huddleston	44:54	129	
203	Terri	Gerloff	44:54	130	
204	Bernette	Keyes	45:07	131	
207	Michelle	Crowder	46:27	132	
208	D	Stratiou	46:39	133	
211	Sara	Kratochwill	47:31	134	
212	Susan	Robertson	47:51	135	
213	Beth	saunders	48:05	136	
214	Sharon	Fritter	48:06	137	
215	Cat	Johnson	48:28	138	
216	Sheri	Rotondi	49:00	139	
218	Michelle	Bowen	53:02	140	
219	Ellen	Morrison	53:03	141	
221	Carlton	Watkins	53:09	142	
222	Stacy	McGrath	53:53	143	
223	Dawn	Chenault	53:54	144	
225	Sally	Arbogast	54:32	145	
226	Anne	Berry	55:19	146	
230	Lisa	Purdy	55:36	147	
231	Mavora	Donoghue	56:35	148	
232	Nichole	Volo	56:35	149	
233	Lisa	Bryant	56:36	150	
234	Kelly	Anderson	56:59	151	
235	A	Lutzic	57:00	152	
237	Victoria	Spielman	57:23	153	
238	Jenn	Lyster	57:28	154	
239	Susan	Lutzic	57:29	155	
240	K	Lutzic	57:41	156	
241	Carole	Starbuck	57:41	157	
244	Katie	Cartwright	1:01:13	158	
245	Tricia	Lucas	1:01:18	159	

## MALE

5	Brandon	Mickens	21:34	1	
6	Jeff	Linka	21:44	2	
9	Jim	O'Brien	22:10	3	
10	Bill	Kitchens	22:27	4	
12	James	Nardini	23:08	5	
13	Felix	Lopez	23:36	6	
14	Don	Li	23:41	7	
15	Christian	Malott	23:43	8	
18	Ryan	Hudson	24:20	9	
19	Johnny	Heath	24:22	10	
20	Doug	Weatherley	24:27	11	
21	Shane	Cochran	24:49	12	
22	Matthew	Brown	24:52	13	
24	Logan	Milford	25:12	14	
25	Shane	Rogers	25:20	15	
30	Eric	Neilson	25:57	16	
32	Stanley	Tappen	26:11	17	
33	Joe	Harrell	26:14	18	

Place	First Name	Last Name	Time	Place	Division
36	Chris	Caruso	26:35	19	
38	Jim	Hall	26:50	20	
39	Howard	Cross	26:54	21	
40	Gary	LEWIS	26:55	22	
41	Lance	Brown	26:57	23	
43	Keith	Berkley	27:08	24	
44	Reynolds	Casey	27:12	25	
46	Angelo	Argentieri	27:20	26	
49	Paul	Whitson	28:09	27	
50	Laurie	Fiedl	28:14	28	
52	Bryan	Tredway	28:41	29	
57	Paul	Coburn	29:05	30	
59	Bradley	Joyner	29:13	31	
60	Alan	Dickerson	29:14	32	
63	Jason	Taylor	29:41	33	
70	Michael	Termyn	30:16	34	
76	Ryan	Hudgins	30:37	35	
78	K	Edmunds	30:44	36	
81	Jesus	Gonzalez	31:24	37	
86	Keith	Cartwright	31:43	38	
87	E	Cartwright	31:44	39	
91	Missing	Bib 309	31:57	40	
97	Ray	Webb	32:06	41	
99	Matthew	Harper	32:08	42	
105	John	Deemy	32:30	43	
116	Ken	Oldendick	33:32	44	
118	Jason	Jacobus	33:38	45	
119	Bill	Miles	33:45	46	
123	Jay	Allison	34:02	47	
127	H	Paquin	34:19	48	
149	Massie	Fox	35:52	49	
153	Jim	Swisher	36:25	50	
157	Nate	Izquierdo	36:45	51	
160	Thomas	Shreve	37:15	52	
161	Missing	Bib 84	37:58	53	
162	M	White	38:03	54	
172	M	White	39:24	55	
173	N	Eisentrou	39:27	56	
177	Donald	Starbuck	39:53	57	
186	Jay	Villanueva	41:27	58	
188	Timothy	Murphy	41:34	59	
190	Herb	Norton	41:54	60	
191	Chase	Matthews	42:59	61	
193	Brian	Lewis	43:31	62	
195	Robert	Bolling	43:34	63	
196	John	Zimmerman	43:35	64	
200	Chuck	Murphy	44:42	65	
205	Eric	Lucas	45:13	66	
206	A	Lucas	45:13	67	
209	John	Stratiou	46:47	68	
210	Jason	Kratochwill	47:02	69	
217	B	Rotondi	49:04	70	
220	C	Lazear	53:08	71	
224	Ian	Arbogast	54:31	72	
227	TJ	Fennelly	55:34	73	
228	Bryan	Berry	55:36	74	
229	Tom	Maloney	55:36	75	
236	Allan	Lutzic	57:15	76	
242	I	Cartwright	57:56	77	
243	N	Lucas	1:00:51	78	



# FROSTBITE 15K

RICHMOND, VA • JANUARY 20, 2019

Place	First Name	Last Name	Time	Place	Division
1	Ned	Fischer	50:25	1	M Open
2	Ryan	Middleton	51:04	2	M Open
3	Andy	Goodstein	51:31	3	M Open
15	Kerry	Allen	58:23	1	F Open
16	Teal	Burrell	59:27	2	F Open
26	Molly	Breidenbaugh	1:01:31	3	F Open
9	Jeff	Harrington	57:04	1	M Masters
33	Tressa	Breindel	1:02:20	1	F Masters
19	William	Dinkin	59:36	1	M G Masters
115	Victoria	Harness	1:12:03	1	F G Masters
20	Pete	Gibson	59:47	1	M SG Masters
301	Deb	Romig	1:24:11	1	F SG Masters
170	Alyssa	Gonnella	1:17:17	1	F 14-19
329	Virginia	Kauders	1:25:32	2	F 14-19
332	Gracie	Schuttrumpf	1:25:37	3	F 14-19
360	Lauren	McAuley	1:26:48	4	F 14-19
377	Julia	Placide	1:27:36	5	F 14-19
682	Mia	Bender	1:46:04	6	F 14-19
62	Katie	Pokorny	1:08:19	1	F 20-24
69	Becky	Turlep	1:08:56	2	F 20-24
101	Jessica	Miller	1:11:17	3	F 20-24
125	Laurel	Goodpasture	1:12:45	4	F 20-24
265	Hannah	Moyer	1:22:46	5	F 20-24
308	Tatum	Berry	1:24:27	6	F 20-24
324	Emily	James	1:25:14	7	F 20-24
365	Salimah	Navaz Gangji	1:27:03	8	F 20-24
402	Katherine	Paxton	1:29:04	9	F 20-24
464	Claire	Golladay	1:31:43	10	F 20-24
498	Moir	Taylor	1:33:16	11	F 20-24
518	Caroline	Echevarria	1:34:29	12	F 20-24
689	Bronwyn	Baumgardner	1:46:48	13	F 20-24
785	Danisha	Shelton	1:58:05	14	F 20-24
35	Ashley	Simard	1:02:36	1	F 25-29
38	Gabi	Wechsler	1:03:44	2	F 25-29
46	Leah	Schubel	1:05:01	3	F 25-29
50	Carolyn	Carlson	1:05:49	4	F 25-29
63	Lindy	Heffernan	1:08:21	5	F 25-29
65	Elizabeth	Perone	1:08:29	6	F 25-29
76	Brennen	O'Rourke	1:09:18	7	F 25-29
102	Lauren	Van De Kamp	1:11:19	8	F 25-29
107	Jackie	Hoffman	1:11:33	9	F 25-29
126	Brittany	Adams	1:12:55	10	F 25-29
162	Austin	Curry	1:16:35	11	F 25-29
183	Megan	Molnar	1:18:32	12	F 25-29
216	Madison	Medlin	1:20:23	13	F 25-29
217	Meredith	Celko	1:20:23	14	F 25-29
230	Marissa	Milchak	1:21:13	15	F 25-29
260	Martha	Clements	1:22:39	16	F 25-29
286	Morgan	Houston	1:23:28	17	F 25-29
356	Desiree	Tunnell	1:26:43	18	F 25-29
387	Madeleine	Smith	1:28:09	19	F 25-29
403	Sarah	Manzi	1:29:11	20	F 25-29
410	Nicole	Rosen	1:29:30	21	F 25-29
439	Paula	Swartz	1:30:41	22	F 25-29
441	Ana	Ruiz	1:30:43	23	F 25-29
456	Katherine	Orth	1:31:27	24	F 25-29
473	Natalie	Goodin	1:31:58	25	F 25-29
480	Karyl	Atkins	1:32:26	26	F 25-29
485	Amanda	Rosbicki	1:32:37	27	F 25-29
516	Carmen	Fields	1:34:28	28	F 25-29
520	Leyda	Ocasio-Kanzler	1:34:33	29	F 25-29
528	Laura	Sokol	1:35:13	30	F 25-29
557	Alyssa	Demetri	1:37:24	31	F 25-29
561	Laura	Oganowski	1:37:56	32	F 25-29
562	Abby	Credicott	1:38:06	33	F 25-29
573	Victoria	Henderson	1:38:53	34	F 25-29
592	Emily	Burfoot	1:39:36	35	F 25-29
593	Grace	Williams	1:39:37	36	F 25-29



## Race Recap: Frostbite 15K

#FBite2019 is done, and what a great day it was! Mother Nature helped us out once again this year as the temperature was a balmy 56 degrees at the start. The race sold out – in fact, it sold out plus one, and this was the first time the Frostbite has ever done so. We had 848 people finish on race day, and all finishers earned a “Harry the 15k Hipster Moose” medal for their efforts. The Frostbite 15k course is a tricky one, with ample rolling hills, so we were also happy to provide all finishers with some Dunkin Donuts to snack on afterward. We’d like to give a BIG THANK YOU to all the volunteers and police officers who were on the course making sure that people were safe and staying hydrating and on the course. We couldn’t simply do it without you all!

We’d also like to thank Good Run Research for organizing a coat and shoe drive this year, and we really want to thank all the runners who brought those items with them on race day! All of the items were donated locally to Henrico County families, and the items donated were as follows: 87 coats, 29 hats, 17 scarfs, 6 sweatshirts, 11 pairs of gloves, 7 pairs of socks, and 31 pairs of shoes! Talk about a GOOD haul, right?

We appreciate everyone’s support and can’t wait to do it again in 2020!

*Chris and Mara, Race Directors*  
#teamMandC

# FROSTBITE 15K

RICHMOND, VA • JANUARY 20, 2019

Place	First Name	Last Name	Time	Place	Division
595	Laura	Leon	1:39:39	37	F 25-29
604	Malerie	Anderson	1:40:32	38	F 25-29
612	Kathleen	Murphy	1:41:15	39	F 25-29
624	Alexandria	Brown	1:41:47	40	F 25-29
626	Sara	Laverdy	1:41:47	41	F 25-29
637	Shruti	Patel	1:42:34	42	F 25-29
644	Melissa	Dayton	1:42:59	43	F 25-29
647	Hayley	Anderson	1:43:03	44	F 25-29
673	Trisha	Kolesar	1:45:05	45	F 25-29
708	Brittany	Keup	1:48:38	46	F 25-29
710	Courtney	Richmon	1:48:44	47	F 25-29
711	Kelsey	Hilton	1:48:47	48	F 25-29
713	Courtney	King	1:49:12	49	F 25-29
717	Tammy	Chau	1:49:34	50	F 25-29
720	Noel	Van Aartrijk	1:50:03	51	F 25-29
731	Caitlyn	Berry	1:51:31	52	F 25-29
733	Rebecca	Balog	1:51:39	53	F 25-29
795	Mary	Angel	1:59:34	54	F 25-29
798	Lauren	Ayers	1:59:36	55	F 25-29
813	Michaela	Blythe	2:03:45	56	F 25-29
30	Sarah	Bohn	1:02:14	1	F 30-34
39	Laura	Welch	1:04:10	2	F 30-34
55	Christina	Sumner	1:06:56	3	F 30-34
58	Leigh	West	1:07:40	4	F 30-34
59	Kristen	Kelley	1:07:43	5	F 30-34
100	Kai	Trice	1:11:13	6	F 30-34
105	Amber	Kuszak	1:11:29	7	F 30-34
130	Jacqueline	Bethel	1:13:10	8	F 30-34
135	Julia	Nekrasova-Baker	1:13:55	9	F 30-34
147	Candace	Broadddus	1:14:36	10	F 30-34
168	Shelley	Morris	1:17:10	11	F 30-34
177	Terra	Gatti	1:18:03	12	F 30-34
199	Shelby	Catlett	1:19:33	13	F 30-34
237	Kate	Miller	1:21:28	14	F 30-34
253	Amelia	Seagle	1:22:22	15	F 30-34
256	Bethany	Britz	1:22:26	16	F 30-34
262	Ashley	Barnwell	1:22:42	17	F 30-34
270	Tirzah	Chichester	1:23:01	18	F 30-34
284	Katie	Martin	1:23:27	19	F 30-34
306	Lauren	Clark	1:24:26	20	F 30-34
309	Liz	Beran	1:24:31	21	F 30-34
341	Meredith	Newcomb	1:26:08	22	F 30-34
342	Sandrine	Thominet	1:26:11	23	F 30-34



George Ferranti and his daughter-in-law, Deborah Ferranti.

Place	First Name	Last Name	Time	Place	Division
364	Lindsey	Martin	1:26:55	24	F 30-34
369	Jessica	Reber	1:27:16	25	F 30-34
378	Latasha	Dunford	1:27:39	26	F 30-34
382	Brynne	Marable	1:27:50	27	F 30-34
384	Katie	Kreamer	1:28:00	28	F 30-34
392	Kathryn	Brennan	1:28:20	29	F 30-34
405	Lindsey	Washington	1:29:16	30	F 30-34
407	Mary	Falk	1:29:20	31	F 30-34
421	Claire	James	1:30:07	32	F 30-34
449	Stephanie	Leitch	1:31:11	33	F 30-34
452	Anna	Czaplicki Ryan	1:31:13	34	F 30-34
470	Mariam	Abdallah	1:31:57	35	F 30-34
477	Stephanie	Belanger	1:32:19	36	F 30-34
479	Caitlin	Argalas	1:32:21	37	F 30-34
487	Amy	Ardy	1:32:41	38	F 30-34
499	Allison	Mackay	1:33:19	39	F 30-34
502	Nicole	Zawitkowski	1:33:30	40	F 30-34
509	Sally	Apel-Scholer	1:34:11	41	F 30-34
510	Jessi	Duke	1:34:11	42	F 30-34
524	Tiffany	Copeland	1:34:47	43	F 30-34
549	Amanda	Smider	1:36:49	44	F 30-34
563	Alicia	Myers	1:38:13	45	F 30-34
566	Hilary	Hodes	1:38:19	46	F 30-34
575	Christina	King	1:38:55	47	F 30-34
577	Amanda	Brooks	1:38:57	48	F 30-34
591	Elizabeth	Majewski	1:39:34	49	F 30-34
609	Michelle Harris	Harris	1:40:53	50	F 30-34
630	Jennifer	Cirincione	1:42:11	51	F 30-34
653	Anne	Carroll	1:43:13	52	F 30-34
691	Caitlyn	Trimble	1:47:07	53	F 30-34
726	Anna	Harris	1:50:46	54	F 30-34
756	Molly	Bristol	1:54:05	55	F 30-34
775	Amy	Weiss	1:56:46	56	F 30-34
783	Ashley	Molloy	1:57:51	57	F 30-34
786	Courtney	Sojda	1:58:27	58	F 30-34
792	Laci	Lizarraga	1:58:50	59	F 30-34
794	Julie	Oliver	1:58:54	60	F 30-34
814	Krista	Burns	2:04:05	61	F 30-34
838	Claire	Witmeyer	2:15:50	62	F 30-34
840	Amanda	D,ÄöErrico	2:21:01	63	F 30-34
84	Megan	Edwards	1:09:54	1	F 35-39
103	Diane	Dunn	1:11:24	2	F 35-39
106	Emma	Fields	1:11:33	3	F 35-39
128	Kimberly	Bolton	1:13:03	4	F 35-39
129	Mel	Miller	1:13:05	5	F 35-39
134	Lauren	Morano	1:13:49	6	F 35-39
141	Leah	Wayner	1:14:19	7	F 35-39
142	Krissie	Rothermel	1:14:21	8	F 35-39
148	Jessica	Lee	1:14:45	9	F 35-39
172	Kiersten	Whitaker	1:17:29	10	F 35-39
173	Joanna	Penfield	1:17:32	11	F 35-39
188	Kelly	O'Connell	1:18:55	12	F 35-39
190	Alexandra	Dahlgren	1:19:01	13	F 35-39
202	Laura	Bowen	1:19:42	14	F 35-39
208	Amy	Boyer	1:20:06	15	F 35-39
214	Katie	Czyszczonek	1:20:19	16	F 35-39
222	Anna	Antell	1:20:40	17	F 35-39
225	Sara	Maida	1:20:50	18	F 35-39
232	Mary Caton	Lingold	1:21:16	19	F 35-39
235	Michelle	Fang	1:21:21	20	F 35-39
248	Lisa	Curtin	1:22:12	21	F 35-39
252	Nancy	Rachlis	1:22:22	22	F 35-39
258	Noelle	Ng	1:22:34	23	F 35-39
267	Angela	Carroll	1:22:51	24	F 35-39
277	Denise	Carroll	1:23:16	25	F 35-39
282	Christy	George	1:23:26	26	F 35-39
298	Sandra	BYrd	1:24:07	27	F 35-39
312	Claudia	Guerrero Barrera	1:24:41	28	F 35-39
334	Kristy	Frick	1:25:53	29	F 35-39
335	Whitney	Richman	1:25:53	30	F 35-39

Place	First Name	Last Name	Time	Place	Division
337	Mary	Hutson	1:25:56	31	F 35-39
345	Glenia	Williams	1:26:19	32	F 35-39
353	Melissa	Lance	1:26:33	33	F 35-39
354	Lindsay	Tuhey	1:26:35	34	F 35-39
368	Carissa	McGuan	1:27:15	35	F 35-39
372	Amber	Cherwek	1:27:23	36	F 35-39
383	Kasey	Harding	1:27:53	37	F 35-39
393	Kim	Damico	1:28:20	38	F 35-39
399	Leigh	Blakiston	1:28:40	39	F 35-39
411	Kathleen	Thompson	1:29:33	40	F 35-39
428	Melissa	Johnson	1:30:17	41	F 35-39
440	Andrea	Beyer	1:30:42	42	F 35-39
443	Jill	Foster	1:30:49	43	F 35-39
445	Samantha	Hollins	1:30:50	44	F 35-39
465	Anne Taite	Vogeleer	1:31:47	45	F 35-39
471	Heather	Herman	1:31:58	46	F 35-39
475	Michelle	Fleishman	1:32:05	47	F 35-39
484	Rena	Garcia	1:32:37	48	F 35-39
491	Asheley	Jewett	1:32:52	49	F 35-39
497	Melissa	Maxim	1:33:15	50	F 35-39
507	Monica	Woodward	1:34:02	51	F 35-39
523	Rae	Harvey	1:34:46	52	F 35-39
537	Michelle	Tanoukhi	1:35:56	53	F 35-39
546	Courtney	Pearson	1:36:30	54	F 35-39
551	Rachel	Sloan	1:36:55	55	F 35-39
565	Francie	Hiles	1:38:19	56	F 35-39
568	Sinead	Lynch-Hall	1:38:22	57	F 35-39
570	Lori	Youngsma	1:38:32	58	F 35-39
599	Melinda	Drumheller	1:39:56	59	F 35-39
607	Karissa	Hughes	1:40:42	60	F 35-39
610	Alicia	Washburn	1:40:54	61	F 35-39
611	Christina	Arrington	1:41:11	62	F 35-39
617	Whitney	Milici	1:41:29	63	F 35-39
623	Zuzana	Johansen	1:41:39	64	F 35-39
627	Katherine	Palmer	1:41:53	65	F 35-39
631	Jennifer	Clemmons	1:42:15	66	F 35-39
635	Charlotte	Mcdannald	1:42:29	67	F 35-39
636	Kelly	Gannon	1:42:32	68	F 35-39
648	Tracy	Williamson	1:43:04	69	F 35-39
652	Cara	Luyster	1:43:13	70	F 35-39
661	Jaroa	Favilla	1:43:53	71	F 35-39
683	Hilliary	Turner	1:46:09	72	F 35-39
715	Carrie	Bartlett	1:49:21	73	F 35-39
746	Heather	Elliott	1:53:16	74	F 35-39
751	Tobie	Stanley	1:53:37	75	F 35-39
757	Laura	Schmitt	1:54:18	76	F 35-39
759	Carolyn	Norment	1:54:36	77	F 35-39
765	Niki	White	1:55:10	78	F 35-39
774	Jessica	Dickson	1:56:45	79	F 35-39
780	Xe	Lindeback	1:57:30	80	F 35-39
784	Debbie	Roberts	1:58:02	81	F 35-39
790	Heather	Mullenax	1:58:44	82	F 35-39
801	Leslie	Corbin	1:59:56	83	F 35-39
805	Elizabeth	Dooley	2:00:50	84	F 35-39
843	Allison	May	2:26:10	85	F 35-39
80	Kathryn	Shaffer	1:09:30	1	F 40-44
121	Sarah	Clarke	1:12:28	2	F 40-44
151	Meg	Taylor	1:15:03	3	F 40-44
156	Dana	Neel	1:15:38	4	F 40-44
164	Julie	Schrall	1:16:54	5	F 40-44
195	Angela	Allen	1:19:21	6	F 40-44
196	Kerry	Dixon	1:19:29	7	F 40-44
205	Janelle	Blankenship	1:19:58	8	F 40-44
209	Misti	Frodyma	1:20:07	9	F 40-44
220	Danielle	Geist	1:20:31	10	F 40-44
227	Ann	Pietrantoni	1:20:53	11	F 40-44
228	Ingani	Franklin	1:20:55	12	F 40-44
275	Sarah	Brabrand	1:23:15	13	F 40-44
299	Meredith	Anthony	1:24:09	14	F 40-44
323	Andrea	Furtado	1:25:13	15	F 40-44
327	Dana	Wasnock	1:25:23	16	F 40-44
336	Blaire	Loman	1:25:54	17	F 40-44
338	Catherine	Kotalo	1:26:04	18	F 40-44
339	Allison	Dunaway	1:26:06	19	F 40-44
350	Carrie	Edwards	1:26:27	20	F 40-44

Place	First Name	Last Name	Time	Place	Division
367	Leesa	Gregory	1:27:09	21	F 40-44
374	Ann	Baker	1:27:26	22	F 40-44
388	Maria	Ramirez	1:28:12	23	F 40-44
394	Sarah	Smith	1:28:26	24	F 40-44
414	Janet	Penn	1:29:42	25	F 40-44
416	Erin	Fuselier	1:29:43	26	F 40-44
425	Kimberley	Buehler	1:30:14	27	F 40-44
433	Danielle	Joslin	1:30:28	28	F 40-44
442	Vyana	Lafland	1:30:49	29	F 40-44
454	Laura	Fletcher	1:31:17	30	F 40-44
478	Reisa	Smith	1:32:19	31	F 40-44
481	Stacy	Elsbury	1:32:30	32	F 40-44
482	Katy	Pierce	1:32:30	33	F 40-44
486	Elizabeth	Shoenfeld	1:32:41	34	F 40-44
490	Emily	Dennison	1:32:50	35	F 40-44
500	Kendra	Lengua	1:33:28	36	F 40-44
512	Sarah	Bruscia	1:34:13	37	F 40-44
515	Suzannah	Stora	1:34:27	38	F 40-44
532	Dotty	Stratton	1:35:31	39	F 40-44
533	Farleigh	Fitzgerald	1:35:37	40	F 40-44
535	Renikka	Woodberry	1:35:46	41	F 40-44
538	Stacy	Owens	1:35:57	42	F 40-44
539	Kate	Ayers	1:36:02	43	F 40-44
540	Jennifer	Clark	1:36:03	44	F 40-44
558	Lesley	Schmid	1:37:25	45	F 40-44
560	Krystal	Fisher	1:37:37	46	F 40-44
580	Anne	Buford	1:39:08	47	F 40-44
584	Sherry	Lycett	1:39:20	48	F 40-44
587	Jennifer	Stanley	1:39:29	49	F 40-44
589	Torie	Knighon	1:39:31	50	F 40-44
601	Kimberly	Robson	1:40:08	51	F 40-44
602	Amanda	Delaney	1:40:26	52	F 40-44
606	Stephanie	Epps	1:40:42	53	F 40-44
615	Melanie	Britton	1:41:18	54	F 40-44
618	Lia	Sedillos	1:41:29	55	F 40-44
625	Tammy	Haas	1:41:47	56	F 40-44
629	Nadia	King	1:42:03	57	F 40-44
638	Jenny	Hanna	1:42:37	58	F 40-44
645	Jen	Morse	1:43:02	59	F 40-44
646	Misti	Davidson	1:43:03	60	F 40-44
660	Katherine	Yonce	1:43:45	61	F 40-44
662	Kim	Giska	1:44:00	62	F 40-44
668	Renee	Agius	1:44:26	63	F 40-44
685	Sarah	Kelley	1:46:11	64	F 40-44
688	Samantha	Miller	1:46:45	65	F 40-44
693	Heatherann	McCreary	1:47:25	66	F 40-44
696	Becky	Sleeter	1:47:38	67	F 40-44
700	Nicole	Ivie	1:47:45	68	F 40-44



Alexandria Brown still has energy to smile.



# FROSTBITE 15K

RICHMOND, VA • JANUARY 20, 2019

Place	First Name	Last Name	Time	Place	Division
705	Julie	Bingham	1:48:24	69	F 40-44
714	Janina	Bognar	1:49:19	70	F 40-44
728	Jessica	Fowler	1:50:53	71	F 40-44
732	C	Winston	1:51:34	72	F 40-44
735	Sarah	Bain	1:51:58	73	F 40-44
737	Deborah	Ferranti	1:52:10	74	F 40-44
740	Lizz	Pleasants	1:52:34	75	F 40-44
741	Ma Bella	Villanueva	1:52:39	76	F 40-44
743	Tiffani	Norris	1:52:46	77	F 40-44
747	Samantha	Young	1:53:25	78	F 40-44
749	Jillian	Billar	1:53:36	79	F 40-44
758	Selina	Gilliam	1:54:22	80	F 40-44
768	Erin	Wennberg	1:55:22	81	F 40-44
769	Tricia	Lucas	1:55:26	82	F 40-44
770	Jerree	Grimes	1:55:44	83	F 40-44
793	Stacey	Wilson	1:58:52	84	F 40-44
796	Brande	Morrison	1:59:35	85	F 40-44
799	Cheyenne	Nottingham	1:59:44	86	F 40-44
803	Christine	Celi	2:00:41	87	F 40-44
823	Katie	Winn	2:05:58	88	F 40-44
836	Anne	Smith	2:14:26	89	F 40-44
841	Mikki	Martin	2:25:32	90	F 40-44
844	Denise	Bavaro	2:27:58	91	F 40-44
66	Debbie	Goodpasture	1:08:34	1	F 45-49
138	Diane	Johnson	1:14:02	2	F 45-49
157	Laura	Vance	1:15:39	3	F 45-49
165	Lisa	Roy	1:16:55	4	F 45-49
174	Lynn	Walters	1:17:51	5	F 45-49
178	Melanie	Swain	1:18:03	6	F 45-49
206	Carrie	Roth	1:20:00	7	F 45-49
241	Brenda	Beck	1:21:41	8	F 45-49
263	Christy	Feiler	1:22:42	9	F 45-49
266	Austin	Sutton	1:22:50	10	F 45-49
273	Wendy	Figg	1:23:08	11	F 45-49
292	Marit	Bank	1:23:37	12	F 45-49
313	Melissa	Jeffrey	1:24:42	13	F 45-49
343	Marybeth	Ryan	1:26:17	14	F 45-49
347	Brenda	Morris	1:26:23	15	F 45-49
352	Julie	Williams	1:26:28	16	F 45-49
379	Karen	Chandler	1:27:45	17	F 45-49
395	Kristy	Trayer	1:28:27	18	F 45-49
412	Tara	Sharum Lewis	1:29:34	19	F 45-49
426	Tere	Hernandez-Bonet	1:30:15	20	F 45-49
448	Shelia	Johnson	1:31:03	21	F 45-49
461	Leah	Gillespie	1:31:41	22	F 45-49
462	Brenda	Chavis	1:31:41	23	F 45-49
472	Missy	Ogden	1:31:58	24	F 45-49
474	Blanca	Sandlin	1:32:04	25	F 45-49
496	Kara	Fetsko	1:33:13	26	F 45-49
508	Amy	Thornburg	1:34:11	27	F 45-49
511	Virginia	Ward	1:34:11	28	F 45-49
514	Katie	Ignaszewski	1:34:18	29	F 45-49
517	Shannon	Johnston	1:34:29	30	F 45-49
522	Eichelle	Hamaker	1:34:40	31	F 45-49
527	Dawn	Walker	1:35:09	32	F 45-49
534	Sarah	Bosher	1:35:41	33	F 45-49
541	Shelli	Stepp	1:36:03	34	F 45-49
555	Elizabeth	Wilkins	1:37:17	35	F 45-49
556	Andrea	Ayres	1:37:19	36	F 45-49
567	Robin	Blanchard	1:38:20	37	F 45-49
571	Cindy	Hii	1:38:34	38	F 45-49
576	Amanda	Kehoe	1:38:57	39	F 45-49
588	Deanne	McGhee	1:39:30	40	F 45-49
613	Jennifer	Snider	1:41:15	41	F 45-49
622	Mary	Strzelecki	1:41:35	42	F 45-49
634	Kelly	Morgott	1:42:29	43	F 45-49
639	Laura	Powell	1:42:37	44	F 45-49
655	Sandra	Langenbucher	1:43:21	45	F 45-49
657	Melissa	Custis	1:43:38	46	F 45-49

Place	First Name	Last Name	Time	Place	Division
666	Nita	McInteer	1:44:11	47	F 45-49
667	Renee	Ayers	1:44:13	48	F 45-49
672	Pamela	Melita	1:44:53	49	F 45-49
701	Maria Carmina	Parong	1:47:46	50	F 45-49
703	Suzanne	Thompson	1:48:11	51	F 45-49
723	Wendy	Faust	1:50:11	52	F 45-49
729	Dawn	Knight	1:51:02	53	F 45-49
730	Heidi	Tshudy	1:51:07	54	F 45-49
739	Tammy	Arnette	1:52:24	55	F 45-49
742	Andrea	Talley	1:52:44	56	F 45-49
744	Holly	McFeely	1:52:59	57	F 45-49
745	Eileen	Salvi	1:53:08	58	F 45-49
771	Kristen	Osenga	1:56:07	59	F 45-49
778	Dorinda	Wegener	1:57:26	60	F 45-49
779	Lori	Olenic	1:57:28	61	F 45-49
800	Marci	McCormick	1:59:44	62	F 45-49
804	Tamara	Elzey	1:59:56	63	F 45-49
804	Amy	Galvin	2:00:48	64	F 45-49
817	Monique	Finneran	2:04:32	65	F 45-49
847	Paula	Inserra	2:32:41	66	F 45-49
189	Deanna	Lee	1:18:56	1	F 50-54
231	Babz	Barnett	1:21:15	2	F 50-54
271	Susie	Leahy	1:23:02	3	F 50-54
276	Fawn	Nelson	1:23:16	4	F 50-54
290	Leslie	Shakespeare	1:23:30	5	F 50-54
294	Leisa	Gonnella	1:23:54	6	F 50-54
300	Robin	Didlake	1:24:10	7	F 50-54
376	Nancy	Placide	1:27:35	8	F 50-54
417	Crystal	Carter	1:29:44	9	F 50-54
427	Therese	Judson	1:30:17	10	F 50-54
468	Laurie	Canning	1:31:54	11	F 50-54
483	Lori	Speagle	1:32:33	12	F 50-54
495	Leslie	Millman	1:33:08	13	F 50-54
504	Laura	White	1:33:47	14	F 50-54
506	Karen	Bayne	1:33:57	15	F 50-54
525	Gail	Schechter	1:34:47	16	F 50-54
531	Amy	Garber	1:35:31	17	F 50-54
545	Donna	Lawson	1:36:22	18	F 50-54
569	Maggie	Geoghegan	1:38:30	19	F 50-54
585	Loretta	Cataldi	1:39:27	20	F 50-54
594	Deborah	Woodle	1:39:37	21	F 50-54
619	Patty	LaFratta	1:41:33	22	F 50-54
621	Lisa	Schott	1:41:34	23	F 50-54
641	Traci	Crowder	1:42:48	24	F 50-54
654	Susan	Spence	1:43:20	25	F 50-54



Vicki Williams (left) and Mikki Martin.

ED KELLGHER

Place	First Name	Last Name	Time	Place	Division
665	Katherine	Mayo	1:44:06	26	F 50-54
671	Caryn	Persinger	1:44:42	27	F 50-54
676	Denise	Spoenlein	1:45:17	28	F 50-54
687	Tonya	Austin	1:46:27	29	F 50-54
694	Rebecca	Randolph	1:47:31	30	F 50-54
695	Lisa	Durish	1:47:36	31	F 50-54
697	Tracey	Van De Putte	1:47:39	32	F 50-54
706	Juli	Ashey	1:48:28	33	F 50-54
721	Janice	Beacham	1:50:03	34	F 50-54
722	Carol	Chavez	1:50:07	35	F 50-54
734	Kimberly	Courington	1:51:54	36	F 50-54
748	Paige	Fitzgerald	1:53:29	37	F 50-54
752	Stacey	Nannery	1:53:39	38	F 50-54
753	Ann	Reavey	1:53:47	39	F 50-54
755	Maureen	Dingus	1:54:04	40	F 50-54
763	Suzan""Zan""	Denby	1:55:09	41	F 50-54
776	Kelly	Hall	1:56:46	42	F 50-54
787	Elaine	Summerfield	1:58:33	43	F 50-54
797	Michelle	Gibson	1:59:35	44	F 50-54
806	Becky	Weber	2:01:13	45	F 50-54
808	Robyn	Hall	2:01:32	46	F 50-54
816	Sarah	Golightly	2:04:30	47	F 50-54
820	Lynne	Robinson	2:05:27	48	F 50-54
824	Arnika	Hoover	2:06:00	49	F 50-54
842	Vicki	Williams	2:26:09	50	F 50-54
150	Christiann	Rogers	1:14:59	1	F 55-59
198	Lorraine	Moore	1:19:30	2	F 55-59
221	Mary	Davis	1:20:32	3	F 55-59
257	Anne	Looney	1:22:30	4	F 55-59
274	Linda	Newman	1:23:09	5	F 55-59
317	Annie	Tobey	1:24:58	6	F 55-59
362	Ellen	Guinther	1:26:52	7	F 55-59
413	Kathleen	Walsh	1:29:35	8	F 55-59
430	Donna	Sabel	1:30:25	9	F 55-59
544	Paula	Bryant	1:36:19	10	F 55-59
553	Barbara	Phillips	1:37:02	11	F 55-59
564	Donna K.	Hoy	1:38:16	12	F 55-59
632	Tracey	Ragsdale	1:42:20	13	F 55-59
642	Carla	Kerner	1:42:49	14	F 55-59
650	Beth	Broering	1:43:07	15	F 55-59
675	Laura	Mcgowan	1:45:14	16	F 55-59
677	Sharon	King	1:45:36	17	F 55-59
684	Jacqueline	Childress	1:46:11	18	F 55-59
692	MaryEstelle	Douglas	1:47:21	19	F 55-59
702	Jan	Mathis-Mizell	1:48:10	20	F 55-59
716	Judy	Tetlow	1:49:24	21	F 55-59
719	Maureen	Harris	1:50:02	22	F 55-59
738	Kym	Osterbind	1:52:23	23	F 55-59
750	Carolyn	Tinsley	1:53:37	24	F 55-59
754	Gail	Holstrom	1:53:52	25	F 55-59
760	Alberta	Williams	1:54:41	26	F 55-59
761	Donna	Moore	1:54:53	27	F 55-59
767	Bethany	Denlinger	1:55:19	28	F 55-59
791	Iris	Welsch	1:58:47	29	F 55-59
809	Amy	Williams	2:01:54	30	F 55-59
832	Cheryl	Groce-Wright	2:11:45	31	F 55-59
834	Nina	Ashley	2:11:59	32	F 55-59
333	Connie	Archibald	1:25:38	1	F 60-64
398	Carol	Talley	1:28:37	2	F 60-64
446	Anita	Schilling	1:30:54	3	F 60-64
451	Jasma	Snaman	1:31:12	4	F 60-64
453	Rose	Marotta	1:31:13	5	F 60-64
489	Susan	Larsen	1:32:48	6	F 60-64
530	Pamela	Faulkner	1:35:27	7	F 60-64
548	January	Spangler	1:36:40	8	F 60-64
581	Frances	Newton	1:39:08	9	F 60-64
651	Debbie	Bader	1:43:07	10	F 60-64
680	Carol	Carr	1:46:00	11	F 60-64
681	Julie	Martin	1:46:03	12	F 60-64
690	Tina	Darling	1:47:03	13	F 60-64
699	Theresa	Huddleston	1:47:45	14	F 60-64
709	Frances	Murphy	1:48:39	15	F 60-64
718	Annie	Eide	1:49:44	16	F 60-64
772	Lindsay	Britton	1:56:36	17	F 60-64

Place	First Name	Last Name	Time	Place	Division
826	Ellen	Walk	2:06:48	18	F 60-64
827	Martha	Hodges	2:07:09	19	F 60-64
846	Barbara	Cortese	2:32:35	20	F 60-64
542	Amanda	Moody	1:36:05	1	F 65-69
777	pamela	stratos	1:56:53	2	F 65-69
825	Ann	Bradshaw	2:06:38	3	F 65-69
831	Susan	Dubuque	2:11:45	4	F 65-69
839	Susan	Bragg	2:19:08	5	F 65-69
782	Lou	Norton	1:57:51	1	F 70-74
159	M	Swain	1:15:55	1	M 1-13
281	A	Baker	1:23:25	2	M 1-13
764	M	White	1:55:10	3	M 1-13
21	Mason	White	1:00:39	1	M 14-19
291	John	Fitzgerald	1:23:32	2	M 14-19
466	Tucker	Golladay	1:31:47	3	M 14-19
493	David	Walters	1:33:00	4	M 14-19
4	Trevor	Hopper	0:52:35	1	M 20-24
5	Emmett	Saulnier	0:53:10	2	M 20-24
6	Seth	Kolosso	0:53:18	3	M 20-24
29	Dillon	Britt	1:02:06	4	M 20-24
8	Luke	Davis	0:55:19	1	M 25-29
13	Patrick	Lapera	0:57:41	2	M 25-29
27	Aaron	Harlan	1:01:56	3	M 25-29
53	Aaron	McCray	1:06:09	4	M 25-29
72	Kent	Brown	1:09:05	5	M 25-29
88	Travis	Human	1:10:20	6	M 25-29
116	John	Miller	1:12:06	7	M 25-29
119	Will	Hymes	1:12:22	8	M 25-29
132	Matthew	Worland	1:13:31	9	M 25-29
133	Chris	Straus	1:13:33	10	M 25-29
149	Eric	McConaty	1:14:52	11	M 25-29
160	Cole	Staines	1:16:01	12	M 25-29
171	John	mayer	1:17:25	13	M 25-29
176	Rashad	Biggs	1:17:56	14	M 25-29
261	Brad	Bakken	1:22:41	15	M 25-29
295	Devin	Reid	1:23:57	16	M 25-29
408	Garrett	Atkins	1:29:25	17	M 25-29
438	Alex	Anliker	1:30:38	18	M 25-29
455	Nazana	Weeks	1:31:22	19	M 25-29
10	Graham	Sheppard	0:57:08	1	M 30-34
12	Caleb	Ocasio	0:57:30	2	M 30-34
17	James	Hazelwood	0:59:29	3	M 30-34
24	Bartley	Mullin	1:01:03	4	M 30-34
28	Kevin	Peggs	1:02:04	5	M 30-34
54	Joseph	Strukl	1:06:21	6	M 30-34
78	Manuel	Santiago	1:09:26	7	M 30-34
82	Nicholas	Guarriello	1:09:42	8	M 30-34
85	Cory	Smith	1:09:58	9	M 30-34
86	Aaron	Townsend	1:10:10	10	M 30-34
87	Philip	Stofanak	1:10:17	11	M 30-34
108	Eric	Johnson	1:11:34	12	M 30-34
124	Stuart	Groseclose	1:12:41	13	M 30-34
143	Christian E.	Toro	1:14:23	14	M 30-34
201	Steve	Nolan	1:19:40	15	M 30-34
207	Dustin	Colwell	1:20:05	16	M 30-34
233	RJ	Cilley	1:21:17	17	M 30-34
245	Tyler	Pinkard	1:21:52	18	M 30-34
254	carlos	paredes	1:22:25	19	M 30-34
279	Zack	McCarty	1:23:21	20	M 30-34
305	Christopher	Cruz	1:24:26	21	M 30-34
318	Robert	Porter	1:25:00	22	M 30-34
325	Chad	Dunford	1:25:15	23	M 30-34
366	Jose	Millan	1:27:03	24	M 30-34
390	Drew	Kohan	1:28:13	25	M 30-34
396	Samuel	Brennan	1:28:34	26	M 30-34
401	Matthew	Lystad	1:28:56	27	M 30-34
415	Andrew	Taal	1:29:43	28	M 30-34
420	Christopher	Fuller	1:30:06	29	M 30-34
444	AJ	Sanfratella	1:30:49	30	M 30-34
492	Brian	McDaniel	1:32:56	31	M 30-34
505	Roger	Peterson	1:33:51	32	M 30-34
572	Nick	King	1:38:52	33	M 30-34
656	Rashad	Hawkins	1:43:21	34	M 30-34
707	Daniel	Copeland	1:48:31	35	M 30-34

# FROSTBITE 15K

RICHMOND, VA • JANUARY 20, 2019

Place	First Name	Last Name	Time	Place	Division
848	Christopher	Pearsall	2:33:17	36	M 30-34
7	Alden	Basmajian	0:53:23	1	M 35-39
11	Josh	West	0:57:10	2	M 35-39
14	Michael	Harlow	0:57:57	3	M 35-39
18	Dustin	Winton	0:59:36	4	M 35-39
22	Daniel	Royce	1:00:42	5	M 35-39
23	Derek	Rowe	1:00:58	6	M 35-39
25	Spencer	Bissett	1:01:19	7	M 35-39
34	Ryan	Nebel	1:02:27	8	M 35-39
36	Mark	Lohman	1:02:46	9	M 35-39
40	Matthew	Daly	1:04:32	10	M 35-39
68	Scooter	Hayes	1:08:50	11	M 35-39
83	Michael	Forder	1:09:45	12	M 35-39
89	Michael	Bailey	1:10:21	13	M 35-39
91	Lars	Friedriszik	1:10:26	14	M 35-39
94	Leonardo	Chappell	1:10:38	15	M 35-39
97	Michael	Peters	1:10:47	16	M 35-39
104	Carter	Bowen	1:11:28	17	M 35-39
117	Matt	Banning	1:12:09	18	M 35-39
118	Ryan	Shannon	1:12:21	19	M 35-39
127	Andrew	Smith	1:12:58	20	M 35-39
131	Eric	Christianson	1:13:14	21	M 35-39
136	Christopher	Cameron	1:13:59	22	M 35-39
153	Matthew	Myers	1:15:20	23	M 35-39
154	William	McCorey	1:15:21	24	M 35-39
169	James	Black	1:17:13	25	M 35-39
186	John	Kren	1:18:39	26	M 35-39
187	Anthony	Jackson	1:18:49	27	M 35-39
194	Michael	Ferranti	1:19:20	28	M 35-39
203	Jared	Smigal	1:19:45	29	M 35-39
204	Zachary	Vickery	1:19:54	30	M 35-39
223	Abhishek	Shukla	1:20:40	31	M 35-39
234	Obie	Arrington	1:21:19	32	M 35-39
242	David	Bessom	1:21:47	33	M 35-39
272	Barry	Herndon	1:23:04	34	M 35-39
280	Joseph	Lowery	1:23:23	35	M 35-39
320	Ryan	Marable	1:25:09	36	M 35-39
340	Aaron	Kuehne	1:26:06	37	M 35-39
355	Kevin	Willing	1:26:35	38	M 35-39
358	Jose Roberto	Azevedo Jr	1:26:46	39	M 35-39
361	Max	Hepp-Buchanan	1:26:48	40	M 35-39
380	Adam	Longest	1:27:48	41	M 35-39
400	Greg	Hansard	1:28:45	42	M 35-39
424	Stephen	Hackett	1:30:12	43	M 35-39
436	Mark	Hamrick	1:30:36	44	M 35-39
488	Matthew	Hanson	1:32:43	45	M 35-39
503	Gregory	Rouson	1:33:34	46	M 35-39
547	Brian	Paquette	1:36:30	47	M 35-39
554	Raghavendra	Rao Yella	1:37:09	48	M 35-39
559	Chance	Harding	1:37:26	49	M 35-39
603	Chris	Carter	1:40:31	50	M 35-39
616	Jeremy	Ott	1:41:29	51	M 35-39
633	Jerry	Whitlock	1:42:28	52	M 35-39
664	Mark	O'Brien	1:44:04	53	M 35-39
727	Fredrick	Guild	1:50:47	54	M 35-39
822	Rodney	Thomas	2:05:48	55	M 35-39
829	Evan	Sterling	2:08:41	56	M 35-39
41	Jesse	Merrill	1:04:33	1	M 40-44
43	Christopher	Piper	1:04:37	2	M 40-44
45	Michael	Menefee	1:04:59	3	M 40-44
47	Robbie	Stephens	1:05:36	4	M 40-44
49	Dan	Weidensaul	1:05:42	5	M 40-44
51	Nate	Sauer	1:05:49	6	M 40-44
52	Allan	Ng	1:06:05	7	M 40-44
56	Warner	Winthrop	1:07:02	8	M 40-44
70	David	Keegan	1:08:57	9	M 40-44
74	Michael	Kiely	1:09:11	10	M 40-44
77	Keith	Smith	1:09:18	11	M 40-44
90	Jon	Nelson	1:10:23	12	M 40-44

Place	First Name	Last Name	Time	Place	Division
93	Andrew	Lengua	1:10:35	13	M 40-44
99	Justin	Gravatt	1:11:01	14	M 40-44
111	David	Grossman	1:11:51	15	M 40-44
113	Matt	Osenga	1:11:59	16	M 40-44
122	Casey	Baum	1:12:28	17	M 40-44
137	Greg	Dunaway	1:14:02	18	M 40-44
140	Robert	Eaves	1:14:12	19	M 40-44
152	Daniel	Woodward	1:15:04	20	M 40-44
166	Mark	Sundt	1:17:00	21	M 40-44
180	Jason	Potter	1:18:10	22	M 40-44
191	Westley	Turnbull	1:19:13	23	M 40-44
192	Rahul	Bhardwaj	1:19:15	24	M 40-44
197	Jake	Wiseman	1:19:30	25	M 40-44
200	Dan	Bayliss	1:19:36	26	M 40-44
213	Dejoel	Whitaker	1:20:17	27	M 40-44
229	javier	escobar	1:21:12	28	M 40-44
246	Matthew	Brown	1:22:04	29	M 40-44
247	Eric	Cone	1:22:10	30	M 40-44
250	Brian	Keiper	1:22:18	31	M 40-44
255	Nathan	Childs	1:22:26	32	M 40-44
259	Andrew	Gould	1:22:35	33	M 40-44
268	John	Hallett	1:22:57	34	M 40-44
296	Jonathan	Goshea	1:23:58	35	M 40-44
303	James	Hudson	1:24:21	36	M 40-44
322	Stuart	Curtin	1:25:12	37	M 40-44
326	Brian	Stanley	1:25:20	38	M 40-44
351	Armour	Taylor	1:26:28	39	M 40-44
359	Julian	Whitlock	1:26:46	40	M 40-44
371	Shawn	Maida	1:27:20	41	M 40-44
397	Timothy	Stewart	1:28:36	42	M 40-44
406	Tony	Kingry	1:29:16	43	M 40-44
409	Nathan	Hatfield	1:29:28	44	M 40-44
429	Luis	Sanchez	1:30:20	45	M 40-44
447	Ryan	Lewis	1:31:02	46	M 40-44
450	Tim	Alexander	1:31:12	47	M 40-44
469	Andrew	Green	1:31:55	48	M 40-44
476	James	Hald	1:32:12	49	M 40-44
494	jermaine	jackson	1:33:01	50	M 40-44
519	Michael	Kanzler	1:34:32	51	M 40-44
529	Brad	Johnson	1:35:17	52	M 40-44
578	Joel	Zuloaga	1:39:04	53	M 40-44
600	Mike	Street	1:40:02	54	M 40-44
608	Bradford	Morrison	1:40:47	55	M 40-44
640	Marcio Elio	Manique Junior	1:42:44	56	M 40-44
643	Joey	Arciaga	1:42:51	57	M 40-44
698	Justin	White	1:47:45	58	M 40-44
712	Otis	Edwards	1:48:48	59	M 40-44
724	Partha	Gopalakrishna	1:50:28	60	M 40-44
773	Marcus	Brown	1:56:42	61	M 40-44
781	David	Usher	1:57:38	62	M 40-44
811	Noah	Mercer	2:03:10	63	M 40-44
819	Jay	Carter	2:05:24	64	M 40-44
31	Kevin	Burcham	1:02:19	1	M 45-49
44	Alex	Lienert	1:04:53	2	M 45-49
48	Michael	Blanchard	1:05:42	3	M 45-49
61	Michael	Spinos	1:08:03	4	M 45-49
64	Brian	McCleskey	1:08:21	5	M 45-49
73	Jim	Fisher	1:09:10	6	M 45-49
75	John	Sicat	1:09:12	7	M 45-49
79	James	Towey	1:09:27	8	M 45-49
81	Gary	Martin	1:09:31	9	M 45-49
92	Matthew	Markee	1:10:27	10	M 45-49
98	Rodrigo	Vallejo	1:10:51	11	M 45-49
109	Doug	Pond	1:11:47	12	M 45-49
110	John	Everhart	1:11:50	13	M 45-49
123	James	Collier	1:12:41	14	M 45-49
146	niall	Reid	1:14:32	15	M 45-49
175	Eric	Kauders	1:17:54	16	M 45-49
185	Kirk	Sweeney	1:18:33	17	M 45-49



Place	First Name	Last Name	Time	Place	Division
210	Joe	Burton	1:20:09	18	M 45-49
224	Jesse	Peters	1:20:47	19	M 45-49
226	Chip	Petty	1:20:50	20	M 45-49
238	David	Wells	1:21:28	21	M 45-49
239	Greg	McCarthy	1:21:31	22	M 45-49
249	Ben	Walters	1:22:14	23	M 45-49
264	Tim	Kehoe	1:22:45	24	M 45-49
285	Bill	Anderson	1:23:27	25	M 45-49
297	Ted	Currens	1:24:02	26	M 45-49
310	Michael	Separ	1:24:35	27	M 45-49
319	Fermin	Trompeta	1:25:08	28	M 45-49
330	Matthew	Clark	1:25:33	29	M 45-49
346	Thomas	McAuley	1:26:20	30	M 45-49
386	Jim	Hall	1:28:01	31	M 45-49
404	Stephen	Kelley	1:29:14	32	M 45-49
423	Shawn	Lafland	1:30:11	33	M 45-49
434	Jason	Leggett	1:30:32	34	M 45-49
437	John	Lyerly	1:30:38	35	M 45-49
458	Walter	Witt	1:31:32	36	M 45-49
460	Brendan	McCormick	1:31:40	37	M 45-49
467	Daniel	Haggerty	1:31:47	38	M 45-49
513	Scott	Waldo	1:34:13	39	M 45-49
543	Dana	Knee	1:36:05	40	M 45-49
552	Michael	Bender	1:37:00	41	M 45-49
614	Ed	Baldacci	1:41:18	42	M 45-49
620	Kevin	Epps	1:41:33	43	M 45-49
658	Keith	Baker	1:43:41	44	M 45-49
669	Frank	Lynch	1:44:27	45	M 45-49
704	Jesus	Gonzalez	1:48:18	46	M 45-49
812	Alex	Shelton	2:03:29	47	M 45-49
837	Kevin	Kramer	2:15:45	48	M 45-49
37	Terry	Price	1:03:06	1	M 50-54
42	Jim	Oddono	1:04:37	2	M 50-54
57	Russ	Smith	1:07:26	3	M 50-54
60	Tom	Shepley	1:08:01	4	M 50-54
95	Eric	Van Quill	1:10:39	5	M 50-54
114	Eric	Faison	1:12:02	6	M 50-54
145	Mr. Tracy	King	1:14:32	7	M 50-54
155	Patrick	Fagan	1:15:27	8	M 50-54
163	Ford	Scott	1:16:49	9	M 50-54
181	Douglas	Klassett	1:18:11	10	M 50-54
182	Thomas	Gillespie	1:18:29	11	M 50-54
212	John	Snuggs	1:20:15	12	M 50-54
215	Jay	Henderson	1:20:19	13	M 50-54
244	Graham	Nunnally	1:21:49	14	M 50-54
278	Jeff	Courington	1:23:19	15	M 50-54
283	Tim	O'Dell	1:23:26	16	M 50-54
287	Harry	Conn	1:23:28	17	M 50-54
288	Dave	Holland	1:23:29	18	M 50-54
289	David	Weber	1:23:29	19	M 50-54
314	Raimond	Claxton	1:24:45	20	M 50-54
348	Roy	Reynolds	1:26:23	21	M 50-54
349	Tim	Gabbard	1:26:25	22	M 50-54
370	Andrew	Goldkuhle	1:27:17	23	M 50-54
391	Mike	Lipton	1:28:18	24	M 50-54
422	Ian	Stewart	1:30:07	25	M 50-54
431	Michael	Barnett	1:30:25	26	M 50-54
435	Mike	Anliker	1:30:36	27	M 50-54
536	Jay	Ford	1:35:49	28	M 50-54
550	Todd	Headlee	1:36:52	29	M 50-54
574	Barry	Daniel	1:38:53	30	M 50-54
579	Scott	Thruston	1:39:07	31	M 50-54
582	Peter	Gilbert	1:39:11	32	M 50-54
586	Mark	Richardson	1:39:27	33	M 50-54
597	Barry	Ridgeway	1:39:54	34	M 50-54
628	Michael	Sloss	1:41:54	35	M 50-54
659	John	Harper	1:43:45	36	M 50-54
679	Jim	Porter	1:45:47	37	M 50-54
725	Tim	Torrez	1:50:36	38	M 50-54
789	Christopher	Johnson	1:58:42	39	M 50-54
810	Chris	Davis	2:03:06	40	M 50-54
815	James	Marr	2:04:21	41	M 50-54
821	Eric	Robinson	2:05:28	42	M 50-54
67	Christopher	Maestrello	1:08:42	1	M 55-59

Place	First Name	Last Name	Time	Place	Division
96	Kevin	Shroyer	1:10:47	2	M 55-59
112	Jim	Carter	1:11:55	3	M 55-59
139	Mark	Cerny	1:14:07	4	M 55-59
161	Mike	Swain	1:16:10	5	M 55-59
219	Grattan	Garbee	1:20:28	6	M 55-59
269	Andrew	Hersey	1:23:00	7	M 55-59
304	Lowell	Smith	1:24:25	8	M 55-59
307	Doug	Roth	1:24:27	9	M 55-59
316	Jerry	McCurdy	1:24:52	10	M 55-59
331	Andrew	Schuttrumpf	1:25:36	11	M 55-59
344	Buddy	Austin	1:26:17	12	M 55-59
357	Joey	Baird	1:26:45	13	M 55-59
363	James	Heron	1:26:54	14	M 55-59
373	W.R.	Gay	1:27:24	15	M 55-59
375	Charles	Green	1:27:31	16	M 55-59
385	Ram	Pai	1:28:00	17	M 55-59
389	Michael	Love	1:28:13	18	M 55-59
419	Chip	Hewette	1:29:52	19	M 55-59
432	Noel	Sabel	1:30:26	20	M 55-59
501	Tom	Richardson	1:33:29	21	M 55-59
583	Jay	Schmid	1:39:11	22	M 55-59
674	Fernando	Tenjo	1:45:13	23	M 55-59
686	Richard	Jaffe	1:46:23	24	M 55-59
766	Rex	Hoover	1:55:11	25	M 55-59
807	David	Pearson	2:01:22	26	M 55-59
828	J B	Atkinson	2:07:29	27	M 55-59
830	Charles	Via	2:11:32	28	M 55-59
833	George	Souleret	2:11:58	29	M 55-59
835	Darwin	Richardson	2:12:35	30	M 55-59
32	John	Loftus	1:02:19	1	M 60-64
71	Preston	Evans	1:09:01	2	M 60-64
120	Bader	El-Safadi	1:12:22	3	M 60-64
144	Jack	King	1:14:31	4	M 60-64
179	Bill	Mims	1:18:05	5	M 60-64
184	Rick	English	1:18:32	6	M 60-64
193	Will	Hofacker	1:19:15	7	M 60-64
240	Mark	Bare	1:21:34	8	M 60-64
243	Frank	Finch	1:21:48	9	M 60-64
293	Charles	Dickinson	1:23:50	10	M 60-64
302	Don	Looney	1:24:21	11	M 60-64
311	Greg	Guinther	1:24:39	12	M 60-64
315	Mike	Minix	1:24:46	13	M 60-64
381	Stephen	Miller	1:27:50	14	M 60-64
457	John	Walk	1:31:30	15	M 60-64
463	Mckenley	Mason	1:31:43	16	M 60-64
521	Rick	Edwards	1:34:39	17	M 60-64
526	Randall	Miller	1:34:48	18	M 60-64
590	Richard	Tangard	1:39:33	19	M 60-64
605	Kevin	McBreen	1:40:40	20	M 60-64
649	Bill	Gregory	1:43:05	21	M 60-64
670	Jesus	De Los Santos	1:44:27	22	M 60-64
678	Gordon	Thomson	1:45:38	23	M 60-64
762	Diego	Vizcaino	1:55:05	24	M 60-64
788	Jeffrey	Luke	1:58:41	25	M 60-64
158	David	Trump	1:15:40	1	M 65-69
167	Jim	Riordan	1:17:07	2	M 65-69
211	Craig	Heinicke	1:20:12	3	M 65-69
218	Mike	Levins	1:20:27	4	M 65-69
251	Felix	Lopez	1:22:20	5	M 65-69
328	Charles	Beverage	1:25:25	6	M 65-69
418	Robert	Fairbairn	1:29:47	7	M 65-69
459	Stephen D	Nolan	1:31:35	8	M 65-69
596	Dennis	Rainear	1:39:46	9	M 65-69
598	Robert	Czaplicki	1:39:55	10	M 65-69
663	Don	Garber	1:44:03	11	M 65-69
236	Michael	Gallooly	1:21:24	1	M 70-74
321	William	Moore	1:25:09	2	M 70-74
736	George	Ferranti	1:52:09	3	M 70-74
845	Ronald	Roades	2:32:34	4	M 70-74
818	John	Borkowski	2:04:43	1	M 80-84

# [ MERCHANT DISCOUNTS ]

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



## 10%

**Off Merchandise**

Richmond

11341 W. Broad St.

Short Pump Station

804-955-4801

*(cannot be combined with other promotions)*



## 40%

**Off Custom Foot Orthotics**

Custom foot orthotics from an experienced podiatrist, done at your home, office, or local footwear store!

(804) 464-3299

[www.superiorfootsupports.com](http://www.superiorfootsupports.com)



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](mailto:janice@jasnutritionfit.com)

804.840.8547

## SWICH!O

BUY FROM WHO YOU KNOW

[WWW.SWICH.IO](http://WWW.SWICH.IO)

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!*



**Holstrom Law, PLC**

**Special offer to all RRRC Members!**

\$400 Couple's Will Package (regularly \$450)

Includes Last Will & Testament, General Power of Attorney and Medical Power of Attorney

Call attorney Gail Holstrom at (804) 592-0848



**10% Discount on Services**

James River Physical Therapy

9019 Forest Hill Ave.

Richmond

**330-0936**



## Dog Speed

*We run your dogs so you don't have to.*

**Crystal Koch**

804-503-0530

[www.facebook.com/dogspeedllc](http://www.facebook.com/dogspeedllc)



**\$15.00 OFF Performance Testing**

**\$10.00 OFF Video Run Analysis**

**10% OFF**

**Merchandise in Shop** (excludes bikes)

**\$10.00 per Month Training**

Center Community Membership  
8910 Patterson Avenue • Richmond  
741-1599



High-Quality Christian Graphic Tees

**Free shipping for RRRC members**

Based in Chesterfield County

[www.7samson.com](http://www.7samson.com)



**10% Off Video Running Gait Analysis**

Professional analysis with consultation to understand and improve your running.

Jane B. Cash, MSPT, DPT &  
Karen M. Myers, MS, PT

3413 Cox Road

Richmond, VA 23233

804-527-1460 • Fax 804-527-1463



**10% Discount on Shoes and Apparel**

3002 West Cary Street  
Richmond

**353-tenK**

**Muscle Mechanix**  
THERAPEUTIC MASSAGE

**My Muscle Mechanix – Massage Therapy Like No Other**

**\$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](http://www.MyMuscleMechanix.com)

# [ GROUP RUNS ]

Name	Day of the Week	Time	Location	Pace	Contact
<b>Basch's Group</b>	Tuesdays, Thursdays	5:30 a.m.	4605 Monument Avenue	8:00 to 9:00	Ellie Basch ellieruns@gmail.com 804-873-5156
<b>Back of the Pack Trail Group</b>	Sundays	9:00 a.m.	Vary	12:00 to 16:00	<a href="https://www.facebook.com/groups/201907430234622">https://www.facebook.com/groups/201907430234622</a>
<b>Black Girls Run</b>	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	<a href="https://www.facebook.com/groups/bgrichmond">https://www.facebook.com/groups/bgrichmond</a>
	Tuesdays	6:45 p.m.	Great Shiplock Park	Various	blackgirlsrunva@gmail.com
	Saturdays	8:00 a.m.	Parking lot next to Rockwood Park	Various	
	Sundays	2:30 p.m.	Parking lot next to Rockwood Park	Various	
<b>Black Men Run</b>	Sundays	8:00 a.m.	Fountain at Byrd Lake Park	Various	<a href="https://www.facebook.com/groups/BMRRichmond">https://www.facebook.com/groups/BMRRichmond</a>
<b>Bryan Park Group</b>	Saturdays	7:00 a.m.	Stir Crazy Café	8:00 to 12:00	Susan Deusebio skdeusebio@gmail.com
<b>City Stadium Runners</b>	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	<a href="https://www.facebook.com/groups/577195912350952">https://www.facebook.com/groups/577195912350952</a> citystadiumrunners@gmail.com
<b>Crossroads</b>	Wednesdays	6:00 p.m.	Crossroads Coffee	9:00 or faster	ysman75@yahoo.com
<b>Dog Pack</b>	Sundays	7:30 a.m.	Carytown Panera	8:30 to 14:30	<a href="https://www.facebook.com/groups/1671581323100585">https://www.facebook.com/groups/1671581323100585</a>
<b>Fan Foxes</b>	Tuesdays, Wednesdays, and Thursdays	6:00 a.m.	Fox Elementary School	Various	<a href="https://www.facebook.com/groups/fanfoxes">https://www.facebook.com/groups/fanfoxes</a>
<b>Fleet Feet Sports</b>	Tuesdays	6:00 p.m.	5600 Patterson Avenue	Various	<a href="http://www.fleetfeetrichmond.com">www.fleetfeetrichmond.com</a> <a href="https://www.facebook.com/fleetfeetsportsrichmond">https://www.facebook.com/fleetfeetsportsrichmond</a>
<b>Mary Munford Sunday Runners</b>	Sundays	7:30 a.m.	Mary Munford Elementary School	8:00 to 8:30	
<b>Lucky Road Run Shop</b>	Thursdays	6:00 p.m.	1601 Willow Lawn Drive, No. 838	Various	<a href="https://www.facebook.com/Lucky-Road-Run-Shop-Willow-Lawn-1509136232689697">https://www.facebook.com/Lucky-Road-Run-Shop-Willow-Lawn-1509136232689697</a>
<b>Midlothian ACAC</b>	Thursdays	5:30 a.m.	11621 Robious Road	Various	<a href="https://www.facebook.com/groups/MidloACACRun">https://www.facebook.com/groups/MidloACACRun</a>
<b>Midlo Mafia</b>	Daily	5:30 a.m. / 6:00 a.m.	Midlothian YMCA	Various	<a href="https://www.facebook.com/groups/429449713804077">https://www.facebook.com/groups/429449713804077</a>
<b>Morning Workout Group</b>	Daily	6:00 a.m.	Various	Various	<a href="https://www.facebook.com/MorningWorkoutGroup">https://www.facebook.com/MorningWorkoutGroup</a>
<b>Mountain Hearts Running Club</b>	Thursdays	6:00 a.m.	Tredegar parking lot	Various	<a href="http://www.strava.com/clubs/mountainhearts">www.strava.com/clubs/mountainhearts</a> <a href="https://www.facebook.com/mtnhearts">https://www.facebook.com/mtnhearts</a>



# [ GROUP RUNS ]

Name	Day of the Week	Time	Location	Pace	Contact
<b>Museum Run</b>	Thursdays	5:30 p.m.	Behind VMFA (on Sheppard St. between VMFA and Benedictine)	7:00 to 9:45	Mark "Iscool" Guzzi, (804) 651-5415, markiscool1@hotmail.com
<b>New Kent in Motion</b>	Saturdays	8:30 a.m.	New Kent Active Life Fitness Center	Various	<a href="https://www.facebook.com/ActiveLifeFitnessCenterRunning">https://www.facebook.com/ ActiveLifeFitnessCenterRunning</a>
<b>One for the Road</b>	Wednesdays	6:00 p.m.	Various breweries	Various	<a href="https://www.facebook.com/groups/100890573593214">https://www.facebook.com/ groups/100890573593214</a>
<b>Richmond Running and Social Meetup</b>	Mondays Wednesdays Thursdays Saturdays	6:30p.m. 6:30p.m. 6:30p.m. 8:30 a.m.	Libby Park Carytown Panera Retreat Hospital (ER side) Byrd Park VITA Course	Various	<a href="https://www.meetup.com/RVA-Running-Social-Meetup">https://www.meetup.com/ RVA-Running-Social-Meetup</a>
<b>Ridgefield Runners</b>	Tuesdays, Wednesdays, and Thursdays	6:00 a.m.	John Rolfe Commons Publix / YMCA	Various	<a href="https://www.facebook.com/groups/36838678999522">https://www.facebook.com/ groups/36838678999522</a>
<b>RiVAh Runners</b>	Thursdays	6:00 p.m.	Dogwood Dell Carillon	6:30 to 8:30	<a href="https://www.facebook.com/TheRiVAhRunners">https://www.facebook.com/ TheRiVAhRunners</a>
<b>Road Runner Running Store</b>	Mondays	7:00 p.m.	3002 W. Cary Street	Various	<a href="https://www.facebook.com/RoadRunnerRunningStore">https://www.facebook.com/ RoadRunnerRunningStore</a>
<b>Rogue Runners</b>	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	<a href="https://www.facebook.com/groups/254849741268828">https://www.facebook.com/ groups/254849741268828</a>
<b>Run Short Pump</b>	Tuesdays, Thursdays	5:30 a.m.	Einstein Bros. Bagels on Pump Road	7:00 to 10:00	Frank Finn, finn.frank@gmail.com
<b>RVA Monthly Trail Run</b>	1st or 2nd Saturday or Sunday of each month	8:00 a.m.	Pump House Parking Lot Trailhead	Various	RVA Monthly Trail Run Facebook page Mark "Iscool" Guzzi, 804-651- 5415, markiscool1@hotmail.com
<b>RVA Stroller Runners</b>	Tuesdays, Thursdays	9:45 a.m.	Various	Various	<a href="https://www.facebook.com/groups/1597418347194024">https://www.facebook.com/ groups/1597418347194024</a>
<b>Sandston Striders</b>	Saturdays	8:00 a.m.	Chicahominy Family YMCA	Various	George Talley, email gc_talley@verizon.net
<b>Shady Grove Runners</b>	Mondays, Tuesdays, and Thursdays	5:45 a.m.	Shady Grove YMCA	Various	<a href="https://www.facebook.com/shadygroverunners">https://www.facebook.com/ shadygroverunners</a>
<b>Sugar &amp; Twine Training Team</b>	Tuesdays, Thursdays	6:00 a.m.	2928 W. Cary Street	8:00 to 9:00	<a href="https://www.facebook.com/groups/361699573878105">https://www.facebook.com/ groups/361699573878105</a>
<b>Team Wednesday Night (TWN) Fan Run</b>	Wednesdays	6:15 p.m.	Monument and Boulevard from steps of First Baptist Church <i>(don't park in church lot)</i>	8:00 to 12:00	<a href="https://www.facebook.com/twnfanrun">https://www.facebook.com/ twnfanrun</a> twn.fan.run@gmail.com
<b>Tuesday Nite Trail Run</b>	Tuesdays	5:45 p.m.	Dogwood Dell parking lot, grassy field near dog park	9:30 or faster	Mark "Iscool" Guzzi, markiscool1@hotmail.com
<b>Tuesday Night Speed Group</b>	Tuesdays	6:00 p.m.	Midlothian Athletic Club	Various (speed workouts)	Jay, (803) 379-2686
<b>Winter Trail Group</b>	Saturdays	9:00 a.m.	North Bank Pump House Trail Head	Various	<a href="https://www.facebook.com/groups/shamrocktraining">https://www.facebook.com/ groups/shamrocktraining</a>

# [ 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:

☐ New Membership:

☐ Individual (\$15)

☐ Renewal:

☐ Family (\$20)

☐ Student (\$5)

☐ Business (\$20)



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>***

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: \_\_\_\_\_



The Richmond Road Runners Club  
PO Box 8724 • Richmond, VA 23226



## And they're off Frostbite 15K

January 20, 2019

A group of friends (left) cheers the runners at the corner of Southampton and New York avenues.

*Photos by Ed Kelleher*