

# MILES & MINUTES

Publication of the Richmond Road Runners Club

Second Quarter 2019 | Volume 42, Issue 2



## Forty and

Mike Levins  
Directs Final Race

## Done

page 13





## 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 4-30-19)

<b>1/1</b>	<b>RRRC First Day 5k</b>	<b>5/18</b>	<b>St Edwards SEES</b>	<b>8/14</b>	<b>RRRC Club Meeting</b>
<b>1/9</b>	<b>RRRC Club Meeting</b>	<b>5/18</b>	<b>Autism Society 5k</b>	<b>8/17</b>	<b>Museum Mile</b>
1/12	Meg's Mile 5k	5/18	Girls on the Run	8/21	Summer Track Series
<b>1/20</b>	<b>RRRC Frostbite 15k</b>	<b>5/19</b>	<b>Girls on the Run</b>	<b>8/24</b>	<b>Patrick Henry Half</b>
<b>2/17</b>	<b>RRRC Sweetheart 8k</b>	<b>5/26</b>	<b>RRRC Stratford Hills 10k</b>	<b>9/11</b>	<b>RRRC Club Meeting</b>
<b>2/13</b>	<b>RRRC Club Meeting</b>	<b>6/1</b>	<b>RVA Trail Day</b>	<b>9/22?</b>	<b>Governor's Race</b>
2/23	Shiver in the River	6/4	Summer Track Series	9/28	Children's Hosp 4 Miler
<b>3/2</b>	<b>RRRC Runners Banquet</b>	<b>6/5</b>	<b>Global Running Day</b>	<b>9/29</b>	<b>Poop Loop 4ish Miler</b>
<b>3/10</b>	<b>RRRC Huguenot 3 Miler @Robious Landing</b>	<b>6/8</b>	<b>New Kent 1 Mile and 5k</b>	<b>10/9</b>	<b>RRRC Club Meeting</b>
		<b>6/12</b>	<b>RRRC Club Meeting</b>	<b>10/26?</b>	<b>Capital Trail 10 Miler</b>
<b>3/13</b>	<b>RRRC Club Meeting</b>	<b>6/17</b>	<b>Thanks Dad 5k</b>	<b>11/13</b>	<b>RRRC Club Meeting</b>
3/23	SPCA Dog Jog 5k	6/18	Summer Track Series	11/16	Richmond Marathon
3/30	Carytown Bikes 5k	<b>7/1</b>	<b>Cul-de-Sac 5k #1</b>	<b>11/17</b>	<b>#TRexRVA</b>
<b>4/10</b>	<b>RRRC Club Meeting</b>	7/2	Summer Track Series	<b>11/28</b>	<b>RRRC Turkey Trot 10k</b>
4/13	Monument Ave 10k	<b>7/8</b>	<b>Cul-de-Sac 5k #2</b>	12/7	Arthritis Jingle Bell 5k
<b>4/28</b>	<b>RRRC Carytown 10k</b>	<b>7/10</b>	<b>RRRC Club Meeting</b>	<b>12/8</b>	<b>Bear Creek 10 Miler</b>
5/4	ASK 5k	<b>7/15</b>	<b>Cul-de-Sac 5k #3</b>	<b>12/11</b>	<b>RRRC Club Social</b>
<b>5/8</b>	<b>RRRC Club Meeting</b>	7/16	Summer Track Series	<b>12/15</b>	<b>Toy Run 5k</b>
5/11	Holton Hustle 5k	7/25	Summer Track Series	<b>12/29</b>	<b>End of GP Year</b>
5/16	Senior Games 5k	<b>8/3</b>	<b>Pony Pasture 5k</b>		

- Race details and registration can be found at <https://www.rrrc.org>
- 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 at <https://www.rrrc.org/club-competitions>

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

#### Club Officers

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

#### Function Heads

Anne Brown, Mara George	Chip Timing
Don Garber	Club History
Glenn Melton	Equipment
Ralph Gibbs	Grand Prix
Megan Novak	Volunteers
Mara George	Membership
Jim Oddono	Operations
Ed Kelleher	Photography
Jim Oddono	Race Coordination
David Trump	RunSignUp and RRRC Website
Chris Mason, Mara George	Social Media

#### Miles and Minutes

Mark O'Brien	Editor
Ed Kelleher	Proofreader
Melissa Savage	Graphic Design

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

**Deadline:** The deadline for submitting letters, articles, pictures and volunteer credits is posted on the club website. Send articles directly to the editorial staff at [milesandminutes@rrrc.org](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



@rvaroadrunners

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**On the cover:** Mike Levins reaches for a quick splash of water at Frostbite.  
Photo courtesy of Ed Kelleher

## [ EDITOR'S LETTER ]



Ours is a club of some pretty incredible people. Runners of all ages, experiences, backgrounds... you name it. Since taking the helm of this quarterly publication we call *Miles & Minutes*, I've begun to get to know some of you, and frankly I'm amazed. Hopefully this issue gives you a peek at what I'm describing.

Take, for instance, Mike Levins. Practically one of RRRC's original members (I'm told he joined a week after the club was formed in 1978), he's had a lasting impact on our club. One way is through the Stratford Hills 10K. He directed the first race in 1980. And he's directed every race since then. But this year marks his 40th (and last) Stratford Hills race as director. To commemorate the occasion, I caught up with Mike over a drink to learn more about the race and him. As you'll see, the man is funny and full of stories!

Then there's our brand new club race team. The brainchild of Rosie Schutte and Bill Kelly, you can't help but feel a swell of pride for the women and men composing the team after a dominating first-ever performance earlier this year. We're fortunate in this issue to have a first-person accounting of why this team is particularly important to our running community.

I also am inspired by the accomplishments so many of you are achieving. It's why I'm launching a new feature called "Member Milestones." The goal of these snippets is to highlight the athleticism, talent, determination, persistence, and camaraderie that is RRRC. I hope you'll join me in offering a hearty congratulations to these and all runners who've set new milestones for themselves in the last few months.

Like the tip of an iceberg, this issue only showcases a fraction of all that's happening in our running community. There's always a good story to share, and that's where you come in. From personal achievements to motivational journeys to simply awesome runners (and everything in between), please consider submitting an article to a future issue of *Miles & Minutes*. This is a great opportunity to get to know others here at home and even brag about your running buddy(-ies). Not to mention, you can receive points for the Grand Prix competition. Contact me anytime at [milesandminutes@rrrc.org](mailto:milesandminutes@rrrc.org). Happy reading, and happy running! ■

**Mark O'Brien** | Editor

## [ PRESIDENT'S MESSAGE ]



♪ Summer's here and the time is right for running in the street ♪ My apologies for the lyric change to Martha and the Vandellas, Van Halen, David Bowie, Mick Jagger, and a host of others, but with the change to nicer weather it was needed, and we runners have a habit of running in the street.

Now that more of us are running in the streets, it's a good time to think about running safety. Actually, it's always a good time to think about running safety. Whenever you lace up and head out, your safety should be the first thing you consider and you should plan accordingly.

As such, here are recommended safety tips from Road Runners Club of America:

- **Don't wear headphones.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers that your eyes might miss during evening or early morning runs.
- **Run against traffic so you can observe approaching automobiles.** By facing oncoming traffic, you may be able to react quicker than if it is behind you.
- **Look both ways before crossing.** Be sure the driver of a car acknowledges your right of way before crossing in front of a vehicle. Obey traffic signals.
- **Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.** Include any medical information.
- **Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.
- **Carry a cell phone or change for a phone call.** Know the locations of public phones along your regular route.
- **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right," it isn't.
- **Alter or vary your running route pattern.** Run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.

*Now that more of us are running in the streets, it's a good time to think about running safety. Actually, it's always a good time to think about running safety. Whenever you lace up and head out, your safety should be the first thing you consider and you should plan accordingly.*

- **Run with a partner.** Run with a dog.
- **Write down or leave word of the direction of your run.** Tell friends and family of your favorite running routes.
- **Avoid unpopulated areas, deserted streets, and overgrown trails.** Avoid unlit areas, especially at night. Run clear of parked cars or bushes.
- **Ignore verbal harassment, and do not verbally harass others.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- **Wear reflective material if you must run before dawn or after dark.** Avoid running on the street when it is dark.
- **Practice memorizing license tags or identifying characteristics of strangers.**
- **Carry a noisemaker.** Get training in self-defense.
- **When using multi-use trails, follow the rules of the road.** If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
- **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.

By following these guidelines, you should have a great time ♪ Running Down a Dream ♪ whether you ♪ Run to the Hills ♪ go on ♪ The Long Run ♪ or just ♪ Run this Town ♪ and make sure to fuel properly so you're not ♪ Running on Empty ♪ ■

**Ralph Gibbs** | *President*



## The Warm-Up: A Great Opportunity to Engage

*By Laura Welch, PT, DPT, OCS, CFMT with Inspire Physical Therapy*

Ah the warm-up, something we all know we “should” be doing but, let’s be honest, is often overlooked. It’s not until we find ourselves at the starting line with surprisingly more time on our hands than usual that we all of the sudden start swinging limbs and rotating our torsos. We swear we’ve seen someone else do these random movements at some point. This will be a sufficient warm-up, right? This is what the pros do!

I would be lying if I said I wasn’t guilty of this myself. With limited time in the schedule some days, getting in a run alone can be a miracle. But what I will say is sometimes my gait feels funky and these are the movements and exercises I turn to when I need reprogramming. We are a great powerhouse of neuromuscular habits and patterns that develop from habits over our lifetime but can be fine-tuned with training. This series is beneficial for engaging the muscles required for efficient running form, connecting the mind and nervous system to these areas, and focusing your awareness to key parts of your body. The benefits of performing these movements as your warm-up is that you are essentially revving your engine and sending the message to your body to pay attention!

First, let’s discuss the core. As any Eastern martial art has been preaching, you are most efficient when you draw your energy from your core. Although we surely won’t be running the streets karate-chopping passersby, we will require our upper body and lower body to work in synergy through the core. A great exercise to tap into this connect is scooting on the floor. Sit on the floor with your legs out

***As any Eastern martial art has been preaching, you are most efficient when you draw your energy from your core. Although we surely won’t be running the streets karate-chopping passersby, we will require our upper body and lower body to work in synergy through the core. A great exercise to tap into this connect is scooting on the floor.***

***For many, the glutes and even the hamstrings are left out, forced to be underdeveloped and, frankly, very lonely. It’s also a great opportunity for calf strains. A frequently observed reason for this glute exclusion is a lack of hip extension, which is how much your leg can go behind you without arching your low back to make that happen. The first exercise to check into this range of motion is the half kneel stretch.***

in front of you. If you are like many stiff runners, this is very challenging for you, so try working on that first before proceeding with the exercise. With your legs in front of you, scoot your pelvis forward like you’re “walking” on your bum. If you start with your right side, lift your entire right leg up off the ground as you bring your right pelvis up and forward. Now your right leg can rest on the floor while the left side follows suit. Imagine your pelvis is making a “figure 8” movement of coming up and forward while that same-side leg is hovering off the ground to come forward as well. You should be feeling your belly working during this exercise and lo and behold, you should feel the exact same thing while you run! If you watch children run, their pelvises are so mobile and moving as they swing their legs. If you watch some adults, they run like there’s a stick up where the “sun don’t shine” with a very still pelvis. Not efficient!

Second, let’s discuss the glutes. I have admiration for these powerful muscles because they have great potential. I also feel sorry for them because they are commonly underused. When you push off of your big toe with each step, the effort should be orchestrated between the calf, hamstring, and glutes. For many, the glutes and even the hamstrings are left out, forced to be underdeveloped and, frankly, very lonely. It’s also a great opportunity for calf strains. A frequently observed reason for this glute exclusion is a lack of hip

*continued on page 5*

## [ CLUB NEWS ]



The new location at 2219 Tomlynn Street in Richmond.

### RRRC Gets New Clubhouse

We're moving from our current space on Fitzhugh Avenue near Willow Lawn! The new location at 2219 Tomlynn Street in Richmond is "one of the best locations available," says Bill Kelly, who spearheaded the search committee for a new space. Among the features making the new

space a winner: safe and secure location with excellent access to running routes, ample parking space for club members and visitors, more than 1,900 square feet, a room that can be converted into a kitchen area, and conference rooms available. "Overall, it's a great fit," Kelly said. As of the time of publication, the target move-in date is early June.

### RRRC Adopts Safe Sport Policy

At its April meeting, the Board of Directors voted 14-to-1 to adopt a new policy on the recommendation of the Road Runners Club of America and our liability insurance carrier. The new policy and concordant Code of Conduct and participant waiver provisions comply with the "Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017," which extended the duty to report suspected child abuse to any adult involved with youth athletics. For a statement on the policy from President Ralph Gibbs and to read the full language of the policy, Code of Conduct, and participant waivers, please see the April 2019 Meeting Agenda and Reports, available on the RRRC website.

### Monthly Capitol Runs Underway

Back by popular demand, RRRC is partnering with OnTheSquareVA again this year to host a monthly three-mile run in downtown Richmond. The Capitol Run is held on the third Wednesday of every month through September, starting at 6 a.m. at the Capitol Visitor Entrance on Bank Street. Water is available at the start/finish area and at a water stop about half way through the run. This is considered a contract race, so you can earn Grand Prix points for volunteering. The run is free.



### Tip of the Cap

New RRRC caps featuring our new logo are now for sale. The caps come in white with red trim or blue with white trim. The retail price is \$12 each, and you can purchase them through the online RRRC store.

### Save the Date!

Mark your calendars for next year's RRRC Annual Banquet, which has been set for March 7, 2020.





### New Capital Trail Race

RRRC is exploring a new race in partnership with the Virginia Capital Trail Foundation (VCTF). As of the time of publication, the target date for the race is October 26 for a 10-mile race starting near Stone Brewing or Rockett's Landing. Early planning calls for a 10-mile race with the possibility of a 5K route. At its May meeting, the Board of Directors approved all profits from the race going toward VCTF.

## Health & Wellness

*continued from page 3*

extension, which is how much your leg can go behind you without arching your low back to make that happen. The first exercise to check into this range of motion is the half kneel stretch. Put one knee on the ground (use a pillow for cushion) and the other foot in front of you like you're getting ready to propose. With the knee that is on the ground, squeeze your glutes on that side. You should feel a stretch in the front of that thigh or hip. If you do, you have permission to bring your whole body forward as long as you maintain that engagement in those glutes. A common mistake with this one is that people don't engage their glutes and just lunge forward as much as their low back arching will let them. This is not effective for stretching the front of your hips but really effective for hurting your back! Once you get this down, you can take it into standing. Stand on the right leg facing a wall while the left leg's knee is up on the wall. You should look like you're doing a really high march. Put both hands on the wall. Remember that core engagement you felt with the floor scooting exercise? Use that same engagement to pull the left pelvis up just like you did when you were scooting. With the right leg, engage

### New Location for Summer Track Series

This year, the Summer Track Series will utilize Sports Backers Stadium due to construction at the University of Richmond track facility this summer. Dates for the summer series are: June 4 and 18 and July 2, 16, and 25.

### Want to Be a Race Director?

RRRC is partnering with the Road Runners Club of America to host a one-day race director certification course here in Richmond. As of the time of publication, the target date is late June. Attendance will be open to RRRC members initially, then to other clubs until the maximum registration is reached. Keep an eye on your social media channels and email inboxes for more information.

your glutes and pretend like you're trying to push the wall down with all of your might and that power is coming from the right glutes. Your right glutes and left core should be burning, in fact! Repeat with switching legs. If this gets simple, you can perform the same exercise with the standing leg up on the toes. Hey, it kind of looks like running!

With these exercises in your arsenal, you will work your way to a more efficient gait cycle with running and walking. Initiating movement from your core and pushing off each step with your glutes are some of the key components of progressing forward with less overall effort. If time permits, try to perform these before heading out the door and then notice how your run feels. It's amazing how a little boost to key muscles can make your run feel easier, lighter, and smoother. ■

*Laura Welch is a physical therapist and owner of Inspire Physical Therapy LLC in the Fan. 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>.*

## [ FOOT NOTES ]

### The 8 Causes of All Running Injuries: #6 Unsound Running Form, Part 2

By George Lane, DPM, FACPSM, FACFAS



Part 1 of this series discussed how running form is analyzed, through gait analysis (Miles & Minutes, November/December 2018).

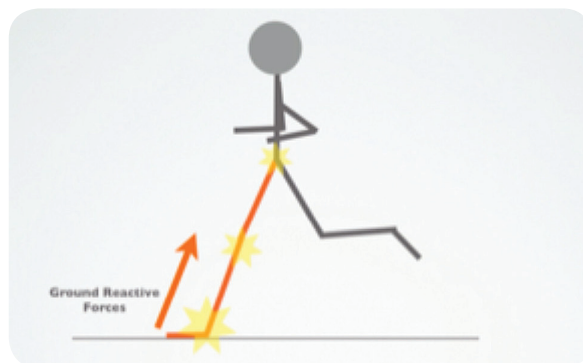
This segment will discuss some of the more common patterns of unsound running form, their possible causes, and the injuries they can cause. These patterns include overstriding, forward

pelvic tilt, cross-over gait, backseat running, and hip-drop. The segments in this series that follow will discuss the key elements of good running form and methods to improve or correct unsound running form.

Overstriding, one of the most common faults in running form, describes when the foot lands well out in front of the body, with the leg and knee extended forward, typically with a pronounced heel impact upon landing on the foot (fig. 1). Other running form errors can be associated with overstriding, such as forward pelvic tilt (discussed below), with each contributing to one another. Although the exact cause may not be identifiable, contributors to overstriding



**Fig. 1. Overstriding with the lead leg, and forward pelvic tilt.**



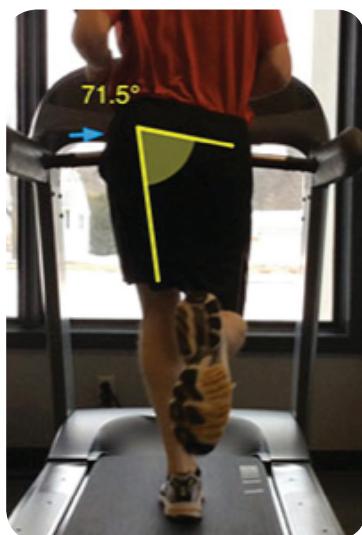
**Fig. 2. Force vector created by overstriding.**

include running shoes with excessively thick heel cushioning, excessively intense running or overtraining (and the resultant fatigue), musculoskeletal imbalances developed over time from inactivity or other non-running activities such as excessive sitting, neuromuscular conditions such as Charcot-Marie-Tooth disease, running with strollers, or other running form issues such as forward pelvic tilt.

The mechanism of injury from overstriding is thought to be related to the jamming effect upon impact of foot strike directed up the skeletal chain through the ankle, leg, knee, hip, and back (fig. 2). Additionally, overstriding causes a longer period of time with weight on the foot, increasing stress on the bones and soft tissues of the foot and in structures that stabilize the foot. Injuries therefore can occur to structures in the toes, foot, ankle, leg, knee, thigh, hip, pelvis, and back. These injuries can include damage to bones, joints, ligaments, tendons, muscles, and nerves. The damage can include bone stress fractures, joint cysts, cartilage injury and arthritis, ligament sprains and ruptures, tendon inflammation and rupture, muscle strains and tears, and nerve entrapments.

Forward pelvic tilt can be described as running with a forward lean of the trunk at the hips (fig. 1). In his book, *Anatomy for Runners*, running biomechanics researcher Jay Dicharry termed this misalignment the “toilet bowl of doom.” Potential contributors include musculoskeletal imbalances, such as tight hip flexor structures, weak gluteal, hamstring or abdominal muscles, or tight lumbar back muscles. These imbalances may have no obvious cause, but contributing factors can include excessive sitting, footwear (such as high heels), or running with a stroller. The potential injuries





**Fig. 3. Cross-over gait. Note the hip-drop on the right.**

and right, is typically caused by structural misalignments—bow-legs, differences in leg length, or musculoskeletal imbalances, such as weak gluteus medius muscles (at the sides of the hips, also associated with “hip-drop,” see below) or tight adductor muscles in the groin area. All parts of the skeletal chain from the back to the foot are vulnerable to injury. Examples of resultant injuries include back strain, hip bursitis, IT band syndrome, knee joint disorders, shin splints, posterior tibial tendinitis, and plantar fasciitis.

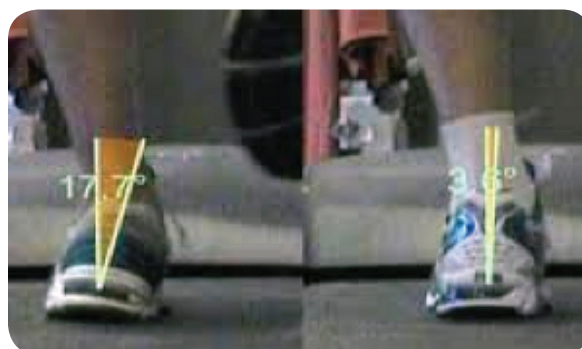
Backseat running, another running form problem described by Jay Dicharry, is an exaggerated backward lean of the trunk due to poor hip extension backwards and the running propulsion generated by pulling the body forward with the legs rather than pushing the body forward with the legs and gluteus muscles from behind the body’s center of gravity (fig. 4). Potential contributing factors include tight hip flexors, tight lower back muscles, restricted ankle flexion upward, and restricted



**Fig. 4. Backseat running (also note overstriding).**

from running with forward pelvic tilt include all those of overstriding, as forward pelvic tilt runners typically overstride simultaneously. Lower back muscular strain, sciatica, piriformis syndrome, and hamstring strain are also common injuries.

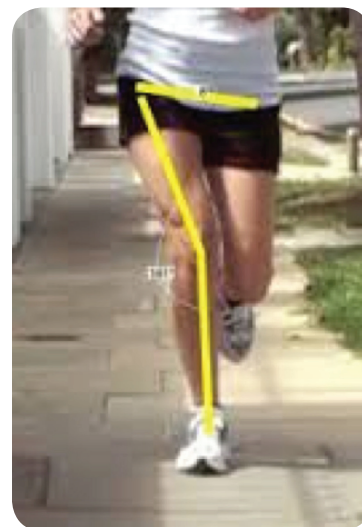
Cross-over gait (fig. 3), when foot strike crosses an imaginary mid-line between left



**Fig. 5. Left foot overpronation on left versus normal on right.**

big toe flexion upward. Potential injuries from this include compression of the lumbar spine, abdominal strains, gluteus muscle strains, and hamstring strains. Overstriding and its resultant injuries can be associated with this.

Hip-drop, or abnormal lowering of the hip on side of the limb in swing-phase (foot off the ground) of gait, can have a number of causes, including weak gluteus medius muscles, overpronation of the feet (fig. 5), differences in leg length, wide pelvis, and high Q-angle (wide pelvis and knock-knee combination creating a large angle between the thigh and shin, fig. 6). Injuries associated with hip-drop are similar to those associated with cross-over gait.



**Fig. 6. Hip-drop noted on the left, and a high Q angle on the right.**

References: Anatomy for Runners, Jay Dicharry, MPT, SCS. <https://www.amazon.com/Anatomy-Runners-Unlocking-Potential-Prevention/dp/1620871599> ■

*Dr. George Lane has gone from 18 years of an office-based podiatry practice to start a mobile custom orthotic business, providing high-performance custom foot orthotics to the greater Richmond area. For a free phone consultation, call 804-464-3299, or visit [www.superiorfootsupports.com](http://www.superiorfootsupports.com).*

# [ VOLUNTEERS ]

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

## RRRC Sweetheart 8K, presented by TowneBank

Feb. 17, 2019

Race director: Marcy George

Volunteers: Sarah Bain, Amy Black, Vicki Bradshaw, Anne Brown, Stephen Brown, Kelly Browning, Sam Browning, Wil Browning, Suzen Collins, Brendan Conway, Avery Crumlish, Kimber Crumlish, Patty Henson Dacey, Pat Dorch, Cathy Duekewe, Ken Faulkner, Kara Fetsko, Joseph Flynn, Jo French, Benemil Galang, Lorenzo Galang, Mara George, Marcy George, Michael George, Mike Gholson, Mark Guzzi, Janice Hagen, Mike Hall, Ariana Hochfelder, Zoyla Hochfelder, Martha Hodges, Larry Holstrom, Patrick Hughes, Angela Jennings, Barb Jewell, Ed Kelleher, Crystal Koch, Courtney Legum-Wenk, Richard Livesay, Nina Marino, Jim Marr, Michelle Marr, Katherine Mayo, Glenn Melton, Dean Miller, Wade Morasco, Rachel Nelson, Rich Nolan, Stephen D. Nolan, Mark O'Brien, Jim Oddono, Jennifer Perrin, Michele Plouffe-Morena, Alice Pool, Won Rinthalukay, Colin Schoenhaut, Rosie Schutte, Margaret Shelton, Rachel Sloan, Amanda Snider, Jennifer Snider, Timothy Stewart, Jenni Treadwell, David Trump, Dawn Walker, Jon Weitzel



## 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 RRRC from the top menu.**

## Shiver in the River

Feb. 23, 2019

Volunteers: Andrea Beyer, Michael George, Mary Beth Hall, Martha Hodges, Kevin Kramer, Mike Levins, Stephen Nolan, John Turner

## Huguenot 3 Miler

Mar. 10, 2019

Race director: Michael Muldowney

Volunteers: Brendan Conway, Jason Ford, Marcy George, Mark Guzzi, Mike Hall, Victoria Hauser, Ashton Longo, Michele Marr, Alex Miyazaki, Neil Miyazaki, Jerry Pisecki, Maizah Rashid, Trey Schunter, Mike Separ, Maria Steinleitner, John Turner, Dawn Walker, Gabi Wechsler

## Carytown 10K

Apr. 28, 2019

Race director: Anne Brown

Volunteers: Greg Barch, Michael Bender, Kimberly Bender, Amy Black, Vikki-Lynne Bradshaw, Sam Browning, Will Browning, Reagan Carris, Brendan Conway, Jennifer Daniels, Henry Diefenthaler, Will Diefenthaler, Pat Dorch, Cathy Dueweke, Benemil Galang, Lorenzo Galang, Mara George, Marcy George, Debbie Goodpasture, Janice Hagan, Theresa Hayes, Haley Highsmith, Zoyla Hochfelder, Patrick Hunt, John Hurley, Nancy Jakubec, Amina James, Ed Kelleher, Emily Kelleher, Crystal Koch, Sinead Lynch-Hall, Reese Maccabe, Thomas Mandell, Michele Marr, Arya Meade, Kirk Millikan, Wiley Mulholland, Bird Murray, Rich Nolan, Jennifer Perrin, Malcolm Pittman, Michele Plouffe-Morena, Colin Schoenhaut, Rosie Schutte, Alex Seabury, John Sicat, Tracy Sikes, James Spotts, Sam Thorpe, Scott Thorpe, Emma Tiller, Rachel Tiller, David Trump, Laura Vasel, Dawn Walker, Gabi Wechsler

## ASK 5K

May 4, 2019

Volunteers: Michael Bender, Mara George, Mary Beth Hall, Richard Kizer, Katherine Mayo, Mark O'Brien, Doug Schutte, Betsy Somerville, George Somerville, Nikkia Young



# MEMBER MILESTONES



**Pam Hunter**, (right) the SAG Queen, finished the Ukrop's Monument Avenue 10K on April 13, her first 10K since 2012. She prepared for the accomplishment

through the Sports Backers training program at the Shady Grove YMCA in Glen Allen. Although her time of 2:12:39 was not quite a PR, she was proud to run across the finish line. Pam says she owes a special "thank you" to her village of friends that kept her going: Greg Barch, Sarah Golightly, Diane Kelley, Dar Richardson, Colin Schoenhaut, Dawn Walker, and her coworker Madeline. Up next for Pam are the Bold Rock Be Bold Orchard 5K and Pony Pasture 5K.



**Dave Trump** qualified for his first Boston Marathon at the Yuengling Shamrock Marathon in Virginia Beach on March 17. His time was 3:46:13, fast enough for

second in his age group (65-69). Dave says the race went "pretty well" despite starting too fast. "The last six to eight miles were a little slower than I hoped, but I never felt like I hit the wall. It just took more effort to keep the legs turning over." Boston 2020 will mark Dave's third marathon, the last one being the 2003 Marine Corps Marathon. Dave trained with the Winter Marathon Training team and followed the Hansons Marathon Method.

**Sandra Gray** finished third in her age group (55-59) at the Yuengling Shamrock Marathon in Virginia Beach

on March 17. With a time of 4:04:10, she was able to qualify for next year's Boston Marathon. Sandra says her goal was to re-qualify for Boston because she was unable to run the race the first time she qualified. Sandra ran her first marathon in 2010 at age 52 when she found out she had osteoporosis and osteopenia (thinning of the bones). She did not like running when she began, but with six

marathons under her belt, she now also loves competing in triathlons. She credits WMT for her preparation and looks forward to training with WMT again as she prepares for Boston 2020.



**Speaking of Boston**, there were 69 runners from the Richmond area who finished the 123rd running of the Boston Marathon on April 15: Charles Ames, Kirsten Anderson, Alison Arberg, Emily Ashley, Edward Basinski, Alden Basmajian, Kimberley Basmajian, Cynthia Beale, William Boland, Joseph Boyle, Timothy Brown, Teal Burrell, Ashley Bykowski, Roderick Carter, Nicole Carty, Matthew Chandler, Anna Cole, Beth Collingwood, Cathy Cosner, Norbert David, Heidi Dix, Emma Fields, Joseph Flynn, Laura Frazho, David Furgeson, Jennifer Gardner, Roy Gilb, Cass Gregory, Matt Hannay, Ashton Harris, Mason Haymes, James Hazelwood, Madison Heidenburg, Jeff Jewell, Rebecca Karp, Jack King, Cort Kirkley, Colin Kreutzer, Heather Lambert, Leia Lautzenheiser, Laurel Marks, Michael Meuller, Casey Mulroy, Franklin Munyan, Lou Norton, Elizabeth Perone, Christopher Piper, Cheri Prior, Thomas Pritt, Dirk Pruessman, Shawn Ralston, Kevin Reichert, Andrew Rose, Derek Rowe, Katie Shaffer, Pankaj Sharma, Tamara Sutherland, Sabrina Tapley, Christopher Thoene, Laura Thoene, Deepak Thomas, Michelle Trice, Robin Whelpley, Michael Williams, Casey Windmuller, Dustin Winton, Glen Witt, Danny Woodward, and Callie Yakubisin. ■

# Meb Video Chats with RRRC Ahead of Shamrock

On March 5, Olympic silver medalist and Boston Marathon champion Meb Keflezighi took time out of his busy schedule to Skype with RRRC ahead of the upcoming Shamrock races in Virginia Beach.

It marked the second time in five years Meb has video chatted with RRRC before a big race. The last time was in 2014, one week before he became the first American male runner to win the Boston Marathon since 1983.

"You guys are like my good luck charm," he told the crowd of three dozen fans who gathered in the sanctuary of Westminster Presbyterian Church. As before, the "visit" was made possible through Jeff Van Horn of Lucky Road Run Shop.

Meb, who is the only athlete to have won the Boston Marathon, New York City Marathon, and an Olympic Marathon medal, was preparing to serve as a pacer for the Shamrock Half Marathon and as the official starter for the other races that weekend. He spent the evening answering questions from the crowd, from how he got his start in running to his moments on the international stage, including his emotional Boston win one year after the devastating bombings.

Wanting to do something positive, he had victims' names on his bib, and he "prayed for the strength of angels from the energy of the victims" to carry him through the race.

His pace was a steady 4:31 at mile 16, but what appeared to be a sure victory nearly evaporated late in the race. By mile 24, his 1:15 lead dropped to just 6 seconds, and he "felt close to vomiting." So, how did he get through the final



2.2 miles? By focusing on the basics: posture, mechanics, quick feet, and pushing hard. His official time was 2:08:37, 11 seconds ahead of second place.

"He's probably one of the most amazing runners the U.S. has ever seen," said Frank Lynch, who came to the event hoping for inspiration before he attempted the Dolphin Challenge in Virginia Beach by running the 8K and half marathon. "This is not something that happens all the time, and I admire what he's accomplished."

Even though Meb retired from professional competition in 2017 after 26 marathons and "countless" other races, he has shown no signs of slowing down. In December, he became part owner of the Carlsbad 5000, a renowned 5K road race near his residence in San Diego (the course record is 12:59.5). He also has a new book called "26 Marathons" about the lessons he has learned in faith, identity, running, and life. ■





# The RRRC Race Team: Building Community

By Rosie Schutte



**The RRRC Race Team is all smiles while showing off the hardware from an impressive performance at the White Bank Classic 5 Miler**

Walk out onto the basketball court after work, and you're just another backyard neighbor awkwardly reviving your high school swag.

But put on a uniform and walk onto the court, and you immediately feel like you belong, that you are part of a whole, a valued member of a group. It signals that working together is valued, that you are a member of a community.

Uniforms also signal the beginning of fun. Just look at the faces of your kid's soccer team as the coach hands out the season's new uniforms.

These were the things Bill Kelly and I had in mind when we explored the possibilities of establishing an RRRC race team – belonging, community, and fun.

For weeks, we examined race times and stats. We reviewed times, distances, ages, changes from year to year, and details we gathered from talking to others. We didn't know most of the people attached to the information. One person was removed from the list because of commitments to other teams, others were added because they were motivating, fun to be around, socialized easily, or had unbounded energy.

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## The RRRC Race Team

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We were forming a team, one that could work together to be bridge-builders in the greater running community. Runners who would look outward to interact with those of all abilities, to elevate attitudes, and be the foundation for future leadership.

Invitations were sent, names and partnerships reworked, more offers sent, and name by name a team was formed. Were they all of the same generation? Definitely not. The team included those in their 20s and card-carrying AARP members, men and women, government officials and night shift workers.

***Bill and I wanted to showcase the generous spirit that we felt was the special fabric of Richmond runners. Our thoughts were to display and share those talents with others in the wider central Virginia area. We contacted running clubs with the idea of a group of dedicated runners traveling to each location to participate and compete in that locale's home court race.***

The first inkling that this “team” was going to mesh was on the first evening of practice. An email had been sent explaining that singlets would be distributed at practices. At the first session, I fumbled to cover my embarrassment at not knowing the person looking at me by saying “Could you tell me your last name?” I searched the box of shirts to pull out the requested size and, as our fingers held that silky athletic wear, it happened. Community started.

Another runner came up, and we went through the same dance – name, size, and proffered hand – and it was visible, I promise you. This idea that Bill and I had worked on for 10 months was emerging, encircling those runners that may or may not have known one another. Community was forming.

Bill and I wanted to showcase the generous spirit that we felt was the special fabric of Richmond runners. Our thoughts were to display and share those talents with others in the wider central Virginia area. We contacted running clubs with the idea of a group of dedicated runners traveling to each location to participate and compete in that locale's home court race. Fredericksburg Area Running Club (FARC), led by Aimee Weems, and Tri-Cities Road Runners

Club (TCRR), led by Brenda Beck, were in, and their clubs were excited. We agreed on a cooperative event that would include a wide span of ages. We discussed race dates and decided on a slate.

The first race would go to TCRR with its White Bank Classic 5 Miler; the second race would be our hometown race, The Carytown 10K; and the third race would go to FARC with its Downtown Mile. This was a terrific slate as it allowed a variety of running abilities to be showcased.

The focus would be on community-building, making connections with other running groups to lay a foundation for future cooperative events, and encouraging socialization within wider localities. Brenda Beck hit upon the catch phrase “club challenge,” a phrase that connotes working together toward a goal. It was a good one, and that's the wording that would appear on the trophies.

It happened, the day of that first event. Community happened. Yes, of course, it was a gathering of runners, and that is a unifying foundation. Yet when the Richmond runners showed up in team singlets, some who had never met much less run together, delight in being part of the same community took hold and the enthusiasm of what was to come infected all around them.

Building community among runners can have widespread benefits. Just by including more people with diverse backgrounds and ideas, others feel welcomed. Socialization and support develop, with a wider opportunity for communication. More hands to carry out tasks are available.

By encouraging and developing these connections through the passion of running, we all learn and then, in turn, encourage and include those new to our running community.

*The Richmond Road Runners Club Race Team comprises: Maegan Bendit, Sarah Bohn, Stefan Calos, MaryAnn Cooley, Cathy Cosner, Karl Cover, Bil Cullen, Keira D'Amato, Doug Fernandez, Joe Flynn, Terri Gerloff, Debbie Goodpasture, Peter Hanes, Ashton Harris, Josh Hochstein, Kristen Kelley, Karen McClintick, Jackie Morgan, Rachel Northup, Jim Oddono, Chris Piper, Amber Rader, Carrie Roth, Janice Shaheen, Ashley Simard, John Turner, Brian Welch, Shihan Wijeyeratne, Warner Winthrop, Dustin Winton, and Katherine Zampolin.*

*Editor's note: The RRRC Race Team won five of six divisions at the White Bank Classic 5 Miler, with Shihan Wijeyeratne placing first overall. Rosie says TCRR put on a wonderful event and made our club feel welcome. ■*





Mike Levins (right) runs the 2016 Carytown 10K.

## Forty and Done: Mike Levins Directs Final Race

**T**o describe Mike Levins as the “longtime” race director of the Stratford Hills 10K tells just part of the story. He’s the only race director since the race’s inception in 1980. This year marks not only Mike’s 40th year as race director, but also his last.

Mike is practically an original member of the Richmond Road Runners Club, having joined the same year the club formed in 1978. He’s been a mainstay ever since, and served as president, vice president, board member, and chief timer. For years he drove RRRC’s equipment truck to races, and he was the first person in RRRC to computerize race results. He also inaugurated the popular Richmond Road Runners Night at the Diamond. Outside of RRRC, Mike volunteers with Sports Backers at races (perhaps you saw him at the Ukrop’s Monument Avenue 10K) and as a coach in the Kids Run RVA program.

*Miles & Minutes* recently caught up with Mike to reflect on more than four decades of running and racing in Richmond.

**M&M: The first Stratford Hills 10K was in 1980. How did the race come about?**

Back then, the RRRC was trying to establish having a race a month. These races were very low key and very low cost, and some were even free to members. When we first started, it was held in August, which we did for a few years. Then RRRC wanted to do a pool party race, and August was a better time for a pool party. We moved the Stratford Hills race to around Father’s Day, but over time, it kept getting moved a week earlier, then a week earlier, and a week earlier. Eventually we were around the beginning of June, and I finally decided to move it to the end of May because we were running up against the first weekend of the Marathon Training Team. People wanted to do the race, but they didn’t want to miss the first weekend of MTT!

**Had you ever directed a race before?**

No.

**So, when you were approached about being race director, what made you agree to do it?**

Well, they told me, “You’ll have all this support, you’ll have all this behind you.” There wasn’t a heck of a lot! (laughing). But they needed warm bodies back then to do

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Photo courtesy of Ed Kelleher

## Forty and Done

*continued from page 13*



Mike Levins (right) runs the 2016 Carytown 10K.

different things, and you can't have just a small group of people doing everything. So, I needed to step up.

**What do you remember about that first race and how it went?**

Other than the fact that it was 8 miles, I don't remember much (laughing). There have been all these little changes over the years, but the one thing that has stayed the same has been the starting line. The finish line has been moved all over the parking lot.

**For what reason?**

Well, to get the finish off the road, we turn into the parking lot just a few steps. Years ago, there was a bait shop right at the finish line, and there were customers who wanted to park right there where the finish line was. So, we decided to move it away from the shop and brought it around where Max's Positive Vibe Cafe is now. For many years, there was a bank in that location, and on Sunday mornings, there's no banking. Over time, the cafe opened up and a diner opened up, and it just made sense to keep moving it from along the building to the side.

**You mentioned the first Stratford Hills race was not a 10K?**

It's been a 10K all but two years. The first year was an 8 miler. We went beyond where the current turnaround is,



Mike Levins in his element at the 2012 Pony Pasture 5K.

went all the way up Hickory (Road) and across Cherokee Road. Having done that one time, we all agreed that maybe a 10K made more sense. There are fewer traffic issues. In 2013, the Huguenot Bridge was under construction, and Riverside Drive underneath the bridge was closed. The turnaround had to be about where Oxford Parkway comes out, which is right about 2.5 miles. So, it made for a nice 8K.

**At some point, after a few years of the race under your belt, did you ever think to yourself that perhaps someone else should direct this race, or were you having so much fun that you wanted to keep going?**

Neither! (laughing) I wouldn't say it was a whole lot of fun, but it's one of those things that sort of takes on a life of its own.

**Let's talk about Mike the runner for a moment. How did you get your start as a runner?**

I was a high school freshman, and one of the guys in my class said I was wasting my time by trying out for baseball. He was incredibly logical! So many kids were going out,

*continued on page 19*



Mike Levins (center) with Bill Kelly (right) at the 2017 Carytown 10K.



# SWEETHEART 8K

MIDLOTHIAN, VA • FEBRUARY 17, 2019

Place	First Name	Last Name	Time	Place	Division
1	Emmett	Saulnier	26:52.5	1	M Open
2	Trevor	Hopper	27:07.1	2	M Open
3	Jon	Sewnig	27:21.8	3	M Open
4	George	Tolton	27:36.0	4	M Open
5	Keira	D'Amato	29:15.0	1	F Open
9	Maggie	Drazba	29:40.2	2	F Open
15	Sara	Baugh	31:03.1	3	F Open
21	Jackie	Morgan	32:33.9	4	F Open
300	Sophie	Harris	57:25.3	1	F 1-9
315	Emerson	Barrett	58:35.4	2	F 1-9
345	Lauren	Ridgeway	1:00:39.1	1	F 10-14
436	Isabelle	Mercer	1:36:39.9	2	F 10-14
151	Layla	Allen	44:46.3	1	F 15-19
153	Kaitlyn	Sommer	44:47.8	2	F 15-19
177	Kaitlyn	Pinna	46:56.4	3	F 15-19
247	Mackenzie	Cocherell	52:30.8	4	F 15-19
414	Anyia	Bender	1:16:34.6	5	F 15-19
435	Lorin	Mercer	1:36:38.7	6	F 15-19
31	Becky	Turip	33:14.2	1	F 20-24
60	Laurel	Goodpasture	37:00.7	2	F 20-24
80	Maddison	Offenback	39:05.8	3	F 20-24
169	Katherine	Paxton	46:10.6	4	F 20-24
174	Katharine	Benfer	46:28.4	5	F 20-24
220	Taylor	Cocherell	49:25.9	6	F 20-24
222	Katie	Clatterbuck	49:31.1	7	F 20-24
253	Sofia	Duarte	53:04.6	8	F 20-24
341	Danisha	Shelton	1:00:28.4	9	F 20-24
417	Tiarrah	Crouch	1:18:47.6	10	F 20-24
418	Meredith	Crouch	1:18:49.3	11	F 20-24
23	Leah	Schubel	32:39.8	1	F 25-29
33	Gabi	Wechsler	33:24.0	2	F 25-29
55	Erica	Howes	36:08.2	3	F 25-29
67	Ladore	Levenson	38:12.6	4	F 25-29
75	Brittany	Murphy	38:46.8	5	F 25-29
78	Taylor	Dean	38:58.9	6	F 25-29
85	Lindy	Heffernan	39:19.9	7	F 25-29
89	Rachel	Southard	39:36.7	8	F 25-29
93	Megan	Molnar	39:47.5	9	F 25-29
132	Olivia	Jones	43:52.0	10	F 25-29
141	Morgan	Houston	44:07.1	11	F 25-29
146	Rachel	Verghis	44:21.3	12	F 25-29
147	Sarah	Berlin	44:22.3	13	F 25-29
156	Jamie	Latta	45:07.6	14	F 25-29
178	Caitlyn	Berry	47:01.6	15	F 25-29
180	Amanda	Baity	47:03.1	16	F 25-29
184	Mary Ann	Chapman	47:16.6	17	F 25-29
186	Lauren	Schneider	47:29.0	18	F 25-29
196	Emily	Mathis	47:56.6	19	F 25-29
223	Alexandria	Brown	49:49.4	20	F 25-29
234	Victoria	Henderson	50:44.0	21	F 25-29
248	Laura	Leon	52:42.7	22	F 25-29
272	Noel	Van Aartrijk	54:42.7	23	F 25-29
295	Natalie	Goodin	57:16.8	24	F 25-29
312	Anna	Buchholtz	58:23.8	25	F 25-29
328	Corinne	Wiederkehr	59:12.5	26	F 25-29
360	Bronwyn	Baumgardner	1:02:54.9	27	F 25-29
368	Jocelyn	DenHollander	1:03:34.7	28	F 25-29
370	Ana	Ivanova	1:04:52.9	29	F 25-29
372	Ashley	Wilkins	1:05:19.0	30	F 25-29
395	Heather	Coffey	1:10:35.0	31	F 25-29
396	Ashley	adams	1:10:35.3	32	F 25-29
411	Elizabeth	Morris	1:15:15.5	33	F 25-29
433	Nikkia	Young	1:26:40.0	34	F 25-29
40	Kate	Spangler	33:56.3	1	F 30-34
52	Kai	Trice	35:58.2	2	F 30-34
53	Summer	Bisharat	36:02.1	3	F 30-34
61	Rebecca	Kurihine	37:02.9	4	F 30-34
72	Kelly	Gerloff	38:26.9	5	F 30-34
73	Regina	Richardson	38:29.8	6	F 30-34
77	Nici	Rhodes	38:58.8	7	F 30-34
79	Jamiris	Merritt	39:03.3	8	F 30-34

Place	First Name	Last Name	Time	Place	Division
119	Melissa	Gonzalez	42:41.0	9	F 30-34
152	Jessica	Reber	44:47.3	10	F 30-34
159	Anna	Czaplicki Ryan	45:10.3	11	F 30-34
190	Stephanie	Leitch	47:42.9	12	F 30-34
211	Alicia	Myers	48:57.9	13	F 30-34
213	Christina	Bird	49:08.3	14	F 30-34
218	Mary-Kate	Geratowski	49:25.5	15	F 30-34
262	Brianne	Burke	53:41.8	16	F 30-34
299	Michelle	Harris	57:24.7	17	F 30-34
314	Jennifer	Hablas	58:34.6	18	F 30-34
319	Courtney	Sojda	58:49.0	19	F 30-34
321	Anna	Bennett	58:59.7	20	F 30-34
323	Tristan	Filkoski	59:05.7	21	F 30-34
324	Whitney	Mooney	59:05.9	22	F 30-34
339	Rebecca	Carmichael	1:00:02.9	23	F 30-34
354	Amy	Weiss	1:02:17.5	24	F 30-34
355	Jennifer	Barrett	1:02:30.3	25	F 30-34
363	Lauren	Ramos	1:03:02.3	26	F 30-34
366	Emily	Krapf	1:03:29.9	27	F 30-34
367	Erin	Barry	1:03:30.0	28	F 30-34
374	Laci	Lizarraga	1:05:25.9	29	F 30-34
385	Mica	Ferlis	1:06:45.2	30	F 30-34
387	Anne	Gupta	1:08:03.4	31	F 30-34
389	Claire	Witmeyer	1:08:45.5	32	F 30-34
406	Lauren	Shrader	1:13:07.8	33	F 30-34
426	Tarena	James	1:20:14.1	34	F 30-34
44	Megan	Edwards	34:46.8	1	F 35-39
49	Lauren	Moran	35:21.0	2	F 35-39
50	Margaret	Sauve	35:40.6	3	F 35-39
92	Kiersten	Whitaker	39:47.0	4	F 35-39
98	Lisa	Curtin	40:23.9	5	F 35-39
109	Kendall	Weinert	41:40.5	6	F 35-39
111	Ashley	Lee	41:49.6	7	F 35-39
118	Emily	Davidson	42:31.8	8	F 35-39
129	Jill	Foster	43:47.9	9	F 35-39
143	Staci	Rogge	44:10.4	10	F 35-39
148	Angela	Carroll	44:28.8	11	F 35-39
158	Andrea	Beyer	45:09.4	12	F 35-39
160	Victoria	Hauser	45:11.0	13	F 35-39
163	Sarah	Holder	45:22.8	14	F 35-39
164	Kasey	Harding	45:30.0	15	F 35-39
173	Cara	Jennings	46:19.6	16	F 35-39
194	Lyndel	Schuster	47:55.5	17	F 35-39
195	Kate	Aliberti	47:56.1	18	F 35-39
205	KATIE	Bunting	48:33.1	19	F 35-39
210	Josefa	Antunez	48:48.9	20	F 35-39
217	Afton	Brooks	49:24.3	21	F 35-39
229	Karissa	Hughes	50:16.8	22	F 35-39
235	Lori	Youngsma	50:55.2	23	F 35-39
236	Christina	Arrington	51:23.0	24	F 35-39
237	Veronica	Mosher	51:36.2	25	F 35-39
246	Rachel	Pryor	52:29.4	26	F 35-39
252	Zuzana	Johansen	53:04.5	27	F 35-39
254	Elizabeth	Grissom	53:05.7	28	F 35-39
255	Tracy	Williamson	53:09.4	29	F 35-39
274	Emily	Bishop	55:00.5	30	F 35-39
276	Elizabeth	Fox	55:27.4	31	F 35-39
277	Alisha	Johnston	55:39.7	32	F 35-39
289	Liz	Jarvis	56:43.2	33	F 35-39
292	Meredith	Harrington	56:57.4	34	F 35-39
293	Alicia	Washburn	57:05.6	35	F 35-39
306	Elizabeth	Mikula	58:18.4	36	F 35-39
307	Romney	Beebe	58:19.8	37	F 35-39
317	Leslie	Corbin	58:43.3	38	F 35-39
327	Molly	Boehm	59:12.0	39	F 35-39
344	Carrie	Bartlett	1:00:35.4	40	F 35-39
349	Tobie	Mayer	1:01:21.5	41	F 35-39
427	Melanie	Comer	1:21:23.2	42	F 35-39
428	Jennifer	Levin	1:21:45.6	43	F 35-39
37	Tressa	Breindel	33:40.9	1	F 40-44
62	Laura	Doherty	37:10.0	2	F 40-44

# SWEETHEART 8K

MIDLOTHIAN, VA • FEBRUARY 17, 2019

Place	First Name	Last Name	Time	Place	Division
66	Janet	Foldenauer	37:51.5	3	F 40-44
91	Cathy	Harner	39:39.8	4	F 40-44
94	Julie	Schrall	39:52.8	5	F 40-44
99	Kerry	Dixon	40:24.9	6	F 40-44
120	Misti	Frodyrna	42:41.5	7	F 40-44
138	Andrea	Furtado	44:05.4	8	F 40-44
172	Virginia	Flores	46:18.4	9	F 40-44
175	Alison	Hale	46:49.8	10	F 40-44
187	Meghan	Deal	47:35.5	11	F 40-44
188	Katie	Moss	47:38.0	12	F 40-44
203	Mary Chris	Escobar	48:28.8	13	F 40-44
209	Tonisha	Woods	48:48.2	14	F 40-44
225	Helene	Aubut	50:00.9	15	F 40-44
227	Amanda	Delaney	50:08.3	16	F 40-44
232	Tiffani	Norris	50:36.9	17	F 40-44
250	Stephanie	Epps	52:47.4	18	F 40-44
251	Cheryl	Davis	52:55.1	19	F 40-44
266	Julie	Bingham	53:59.2	20	F 40-44
282	Sarah	Kelley	55:54.9	21	F 40-44
285	Lizz	Pleasant	56:12.6	22	F 40-44
288	Krystal	Fisher	56:38.5	23	F 40-44
297	Ali	Baedeke	57:20.1	24	F 40-44
308	Amy	Miller	58:20.3	25	F 40-44
334	Selina	Gilliam	59:46.8	26	F 40-44
358	Lisa	Sprosty	1:02:48.8	27	F 40-44
375	Katie	Winn	1:05:28.3	28	F 40-44
383	Elizabeth	Nissly	1:06:36.5	29	F 40-44
394	Jennifer	Carduck	1:10:04.9	30	F 40-44
400	Jaclyn	Groves	1:11:16.2	31	F 40-44
401	Amanda	Yavorsky	1:11:16.4	32	F 40-44
404	Corey	Haire	1:11:53.6	33	F 40-44
423	Tamika	Brewer	1:20:08.1	34	F 40-44
430	Mecca	Marsh	1:25:13.8	35	F 40-44
434	Angie	Mercer	1:36:38.6	36	F 40-44
48	Debbie	Goodpasture	35:05.0	1	F 45-49
76	Diane	Johnson	38:53.6	2	F 45-49
106	Cheryl	Christensen	41:03.3	3	F 45-49
115	Carrie	Roth	42:18.7	4	F 45-49
130	Lisa	Branch	43:48.0	5	F 45-49
140	Paula	Inserra	44:06.4	6	F 45-49
149	Janice	Hagan	44:29.2	7	F 45-49
154	Tracey	Houchens	44:53.0	8	F 45-49
168	Kim	Engleman	46:01.6	9	F 45-49
230	Dawn	Walker	50:26.1	10	F 45-49
257	Dana	Walters	53:15.4	11	F 45-49
267	Heidi	Tshudy	54:04.1	12	F 45-49
268	Heidi	LaCrosse	54:04.2	13	F 45-49
269	Kathy	Riley	54:09.4	14	F 45-49
275	Heidi	Metzger	55:00.7	15	F 45-49
281	Crystal	Madison	55:53.7	16	F 45-49
302	Rachel	Levy	57:42.6	17	F 45-49
310	Kathleen	Kessinger	58:21.7	18	F 45-49
318	Tamara	Elzey	58:43.8	19	F 45-49
325	Caroline	Andrews	59:07.7	20	F 45-49
329	Katherine	Faina	59:26.1	21	F 45-49
351	Dawn	Young	1:01:47.3	22	F 45-49
352	Dorinda	Wegener	1:01:50.4	23	F 45-49
356	Cristina	Sweeney	1:02:35.2	24	F 45-49
362	Beth	Stovall	1:02:57.0	25	F 45-49
376	Sally	Carmack	1:05:42.0	26	F 45-49
388	April	Davis	1:08:04.2	27	F 45-49
392	Bonnie	Williams-Harris	1:09:39.2	28	F 45-49
409	Diane	Kelley	1:13:55.1	29	F 45-49
421	Kimberly	Bender	1:20:04.2	30	F 45-49
422	Tracey	Hemmings	1:20:07.9	31	F 45-49
438	Selina	Celebre	1:38:27.9	32	F 45-49
82	Amy	Sperry	39:08.4	1	F 50-54
113	Fran	Babashak	41:58.8	2	F 50-54
161	Tammy	Wooten	45:15.9	3	F 50-54
182	Monica	Ledwith	47:11.1	4	F 50-54
193	Laura	White	47:49.7	5	F 50-54

Place	First Name	Last Name	Time	Place	Division
202	Lisa	Schott	48:21.5	6	F 50-54
206	Deanna	Krautner	48:43.2	7	F 50-54
238	Traci	Crowder	51:40.4	8	F 50-54
241	Lisa	Durish	52:05.8	9	F 50-54
242	Dina	Thibodeau	52:17.4	10	F 50-54
263	Rebecca	Randolph	53:51.1	11	F 50-54
279	Alicia	Watkins	55:43.8	12	F 50-54
290	Deborah	Harsh	56:47.2	13	F 50-54
301	Denise	Weisberg	57:35.8	14	F 50-54
303	Elizabeth	Kyser	57:55.4	15	F 50-54
333	Maureen	Dingus	59:39.6	16	F 50-54
336	Beth	Bradberry	59:52.9	17	F 50-54
378	Lynne	Robinson	1:05:51.8	18	F 50-54
386	Victoria	Ministri	1:07:58.1	19	F 50-54
397	Rachelle	Forrest	1:10:49.6	20	F 50-54
416	Karen	Bowker	1:17:08.8	21	F 50-54
419	Yolanda	Bledsoe	1:19:14.0	22	F 50-54
431	Roxanne	Lamb	1:25:14.0	23	F 50-54
83	Amber	Rader	39:17.4	1	F 55-59
100	Monica	Cassier	40:25.8	2	F 55-59
102	Terri	Gerloff	40:40.2	3	F 55-59
122	Linda	Newman	43:05.8	4	F 55-59
239	Sharon	Kessinger	51:54.4	5	F 55-59
259	Angel	Moyer	53:24.2	6	F 55-59
278	Colleen	Moore	55:42.0	7	F 55-59
280	Theresa	Wagner	55:49.8	8	F 55-59
283	Judy	Tetlow	56:01.5	9	F 55-59
286	Jacqueline	Childress	56:14.6	10	F 55-59
287	Gail	Holstrom	56:26.2	11	F 55-59
291	Bethany	Denlinger	56:51.9	12	F 55-59
305	Vicky	Stow	58:11.1	13	F 55-59
311	Carolyn	Tinsley	58:21.9	14	F 55-59
322	Janet	Graham	59:05.3	15	F 55-59
342	Barbara	Leonard	1:00:30.6	16	F 55-59
365	Karen	Richardson	1:03:29.8	17	F 55-59
382	Gillian	Larrabee	1:06:25.4	18	F 55-59
384	Jill	Hansen	1:06:38.1	19	F 55-59
408	Michelle	Bardis	1:13:26.3	20	F 55-59
410	Susan	Verghis	1:13:58.3	21	F 55-59
415	Beth	Goodloe	1:17:07.6	22	F 55-59
420	Veronica	Atkins	1:19:36.1	23	F 55-59
424	Brenda	Carter	1:20:11.3	24	F 55-59
135	Sharon	Wake	44:00.8	1	F 60-64
214	Pamela	Faulkner	49:12.4	2	F 60-64
216	Anita	Schilling	49:16.5	3	F 60-64
377	Susan	Cheatham	1:05:45.8	4	F 60-64
380	Mary Beth	Hall	1:05:57.2	5	F 60-64
405	Martha	Hodges	1:12:22.7	6	F 60-64
243	Donna	Certosimo	52:17.5	1	F 65-69
244	Rosie	Schutte	52:20.0	2	F 65-69
264	Terry	Miffleton	53:52.0	3	F 65-69
412	Karen	Marsh	1:16:11.8	4	F 65-69
425	Joanne	James	1:20:11.9	5	F 65-69
337	Lou	Norton	59:55.4	1	F 70-74
413	Barbara	Straub	1:16:15.8	2	F 70-74
24	CJ	Mierchuk	32:40.5	1	M 10-14
63	Avery	Heleniak	37:15.8	2	M 10-14
353	Aidan	Ministri	1:01:59.6	3	M 10-14
403	Corey	Haire	1:11:53.6	4	M 10-14
26	Alexander	Tan	33:00.9	1	M 15-19
176	Carlos	Cervantes	46:55.9	2	M 15-19
198	Caleb	Blanton	48:03.5	3	M 15-19
8	Ryan	Holtz	29:37.1	1	M 20-24
18	Jake	Mathahs	31:54.0	2	M 20-24
46	Anthony	Sicari	34:58.6	3	M 20-24
68	Austin	Zoldork	38:12.8	4	M 20-24
84	John	Dickenson	39:19.3	5	M 20-24
108	Michael	Raat	41:30.4	6	M 20-24
221	Trevor	Rhodes	49:29.6	7	M 20-24
11	William	Kirk	30:26.8	1	M 25-29
19	Aaron	Harlan	32:04.1	2	M 25-29



Place	First Name	Last Name	Time	Place	Division
25	Travis	Human	33:00.7	3	M 25-29
43	Chris	Straus	34:45.1	4	M 25-29
58	Benjamin	Casto	36:41.3	5	M 25-29
74	Benjamin	Thoreson	38:33.6	6	M 25-29
86	Rob	Rhoton	39:20.2	7	M 25-29
90	Jonathan	Mathes	39:37.0	8	M 25-29
134	Andrew	Berlin	43:59.0	9	M 25-29
139	Adrian	Lane	44:05.4	10	M 25-29
145	Juan	Garcia	44:18.3	11	M 25-29
179	Sean	Adkins	47:03.0	12	M 25-29
197	Colin	Hess	47:56.7	13	M 25-29
294	Cameron	Baumgardner	57:15.3	14	M 25-29
361	Jake	Rogers	1:02:55.5	15	M 25-29
373	William	Denton-Edmundson	1:05:19.5	16	M 25-29
6	Curtis	Vollmar	29:17.5	1	M 30-34
10	Caleb	Ocasio	29:49.3	2	M 30-34
12	James	Hazelwood	30:32.0	3	M 30-34
13	Kevin	Peggs	30:32.5	4	M 30-34
16	Kyle	Donovan	31:18.8	5	M 30-34
64	Christian E.	Toro	37:20.9	6	M 30-34
155	Christopher	Cruz	44:56.4	7	M 30-34
167	Seth	Schemahorn	45:48.0	8	M 30-34
192	Daniel	Murdock	47:49.4	9	M 30-34
212	Jason	Alexander	49:07.6	10	M 30-34
219	Penn	Stephenson	49:25.6	11	M 30-34
228	Thomas	Sage	50:10.8	12	M 30-34
320	Eliot	Hill	58:59.4	13	M 30-34
338	Jason	Carmichael	1:00:02.1	14	M 30-34
359	Colin	Schoenhaut	1:02:51.0	15	M 30-34
371	Evan	Rawls	1:04:53.7	16	M 30-34
390	Rashad	Hawkins	1:08:49.3	17	M 30-34
407	Peter	Diaz	1:13:08.7	18	M 30-34
14	Dustin	Winton	30:56.6	1	M 35-39
17	Derek	Rowe	31:51.8	2	M 35-39
30	Mark	Lohman	33:13.2	3	M 35-39
39	dan	gariepy	33:44.1	4	M 35-39
54	Michael	Forder	36:06.5	5	M 35-39
69	Timon	Schumacher	38:16.7	6	M 35-39
81	Rhys	Lewis	39:05.8	7	M 35-39
97	Obie	Arrington	40:18.1	8	M 35-39
103	Greg	Hansard	40:44.6	9	M 35-39
112	Shane	Jimison	41:57.2	10	M 35-39
117	Kyle	Davidson	42:31.8	11	M 35-39
131	Kevin	Willing	43:51.1	12	M 35-39
191	Chance	Harding	47:44.9	13	M 35-39
199	Nathan	Whitaker	48:03.6	14	M 35-39
207	Paul	Ziolkowski	48:43.3	15	M 35-39
271	Jeff	Richardson	54:26.1	16	M 35-39
316	James	Barrett	58:36.6	17	M 35-39
350	Rodney	Thomas	1:01:38.7	18	M 35-39
381	Michael	McDermott	1:06:16.3	19	M 35-39
7	Robert	Flanigan	29:31.0	1	M 40-44
20	Allen	Baugh	32:29.6	2	M 40-44
22	Chung	Ma	32:38.3	3	M 40-44
36	Benjamin	Evans	33:39.1	4	M 40-44
41	John	Amoroso	34:06.1	5	M 40-44
45	Warner	Winthrop	34:48.5	6	M 40-44
104	Dejoel	Whitaker	40:51.6	7	M 40-44
107	Dan	Bayliss	41:05.5	8	M 40-44
110	Brian	Johnston	41:44.5	9	M 40-44
121	Josh	Bennett	42:49.2	10	M 40-44
123	Matthew	Brown	43:17.3	11	M 40-44
124	Ryan	Balbach	43:23.9	12	M 40-44
126	Stuart	Curtin	43:34.8	13	M 40-44
144	Tazewell	Hines	44:12.7	14	M 40-44
157	Brian	Shaffer	45:08.0	15	M 40-44
200	Aaron	Steelman	48:19.9	16	M 40-44
245	William	Carduck	52:28.0	17	M 40-44
298	Justin	White	57:21.8	18	M 40-44
309	Johnny	Simpkins	58:21.0	19	M 40-44
330	Noah	Mercer	59:26.1	20	M 40-44
347	Eric	Stenborg	1:01:03.3	21	M 40-44
357	Edwin	Sweeney	1:02:36.0	22	M 40-44
398	Charles	Randall	1:11:09.3	23	M 40-44
399	Herbert	Teachey	1:11:09.3	24	M 40-44
27	John	Turner	33:01.0	1	M 45-49
34	Troy	Unger	33:24.4	2	M 45-49

Place	First Name	Last Name	Time	Place	Division
35	Zacc	Allen	33:34.8	3	M 45-49
51	John	Everhart	35:46.5	4	M 45-49
56	Adam	Foldenauer	36:25.0	5	M 45-49
57	Rodrigo	Vallejo	36:26.1	6	M 45-49
71	Kirk	Sweeney	38:26.9	7	M 45-49
95	Vince	Doherty	39:57.5	8	M 45-49
105	Kevin	Horvath	41:02.0	9	M 45-49
128	John	Sicat	43:45.3	10	M 45-49
136	Michael	Separ	44:02.5	11	M 45-49
150	Mike	Escobar	44:35.8	12	M 45-49
162	Zachery	Bir	45:20.0	13	M 45-49
181	Walter	Witt	47:07.1	14	M 45-49
183	Stephen	Kelley	47:11.1	15	M 45-49
189	jermaine	fox	47:39.9	16	M 45-49
204	Travis	McHugh	48:31.4	17	M 45-49
224	Michael	Bender	49:53.2	18	M 45-49
226	Don	O'Bryen	50:06.9	19	M 45-49
231	David	Fenton	50:34.8	20	M 45-49
256	Ben	Walters	53:15.0	21	M 45-49
260	Tony	Fisher	53:29.9	22	M 45-49
261	Ron	Binshtok	53:32.9	23	M 45-49
265	James	Mercer	53:52.6	24	M 45-49
273	Jesus	Gonzalez	55:00.0	25	M 45-49
284	Brian	Shirkey	56:08.2	26	M 45-49
343	Richard	Sizemore	1:00:33.4	27	M 45-49
391	Kevin	Kramer	1:08:54.3	28	M 45-49
28	Terry	Price	33:12.2	1	M 50-54
29	Jim	Oddono	33:12.3	2	M 50-54
32	Eric	Wilson	33:21.9	3	M 50-54
38	David	Morgan	33:42.3	4	M 50-54
47	Tom	Shepley	35:03.7	5	M 50-54
87	Markus	Koerner	39:26.0	6	M 50-54
96	Harry	Conn	40:16.7	7	M 50-54
114	Eric	Benotsch	42:09.5	8	M 50-54
125	Darryl	Kerkeslager	43:30.2	9	M 50-54
127	Tim	Thibodeau	43:37.5	10	M 50-54
166	Ralph	Gibbs	45:39.6	11	M 50-54
185	Bobby	Orndorff	47:18.0	12	M 50-54
208	Gregory	Krautner	48:43.9	13	M 50-54
215	Jim	Porter	49:16.2	14	M 50-54
233	Scott	Thruston	50:41.4	15	M 50-54
240	Michael	Sloss	52:05.1	16	M 50-54
332	Steve	Dingus	59:39.0	17	M 50-54
346	Barry	Ridgeway	1:00:39.2	18	M 50-54
364	Todd	Bradberry	1:03:15.9	19	M 50-54
369	Eric	Nachman	1:03:51.7	20	M 50-54
379	Eric	Robinson	1:05:51.9	21	M 50-54
393	James	Marr	1:09:55.9	22	M 50-54
437	Michael	Celebre	1:38:27.6	23	M 50-54
42	Jamie	Ledwith	34:22.0	1	M 55-59
59	Dan	Buchholtz	36:47.3	2	M 55-59
65	Mark	Cerny	37:41.7	3	M 55-59
70	Brian	Dueweke	38:23.7	4	M 55-59
270	Art	Stow	54:18.5	5	M 55-59
304	John	Leonard	58:03.1	6	M 55-59
313	Philip	Richardson	58:33.9	7	M 55-59
340	Charles	Via	1:00:06.3	8	M 55-59
348	Patrick	Graham	1:01:15.0	9	M 55-59
432	Darwin	Richardson	1:25:45.2	10	M 55-59
439	Steve	Burke	1:38:46.4	11	M 55-59
88	Will	Hofacker	39:32.6	1	M 60-64
101	Mark	Bare	40:29.6	2	M 60-64
116	Steven	Lerner	42:24.6	3	M 60-64
142	Barry	Kreisa	44:07.1	4	M 60-64
170	Randall	Miller	46:11.5	5	M 60-64
171	Chant	Connock	46:18.3	6	M 60-64
201	Gordon	Jones	48:20.6	7	M 60-64
249	Jeff	Shugart	52:42.8	8	M 60-64
326	Bill	Miles	59:11.7	9	M 60-64
331	randy	Harris	59:31.2	10	M 60-64
429	Hervey	Sherd	1:22:02.5	11	M 60-64
137	Charles	Beverage	44:03.3	1	M 65-69
258	Dennis	Rainear	53:17.9	2	M 65-69
296	Dwight R.	Hood	57:18.9	3	M 65-69
133	Bill	Kelly	43:56.6	1	M 70-74
165	Edward	Paterek	45:34.4	2	M 70-74
402	Herb	Norton	1:11:46.9	1	M 75-79
335	John	Borkowski	59:47.6	1	M 80-84

# HUGUENOT 3 MILER

MIDLOTHIAN, VA • MARCH 10, 2019

Place	First Name	Last Name	Time	Place	Division	Place	First Name	Last Name	Time	Place	Division
1	Caleb	Ocasio	18:21.9	1	M Open	118	Amy	Black	36:08.5	8	F 45-49
2	James	Hazelwood	18:29.7	2	M Open	160	Rebecca	Sitton	49:27.4	9	F 45-49
3	Trent	Sewell	18:31.6	3	M Open	166	Kimberly	Bender	56:21.8	10	F 45-49
10	Heather	Lambert	19:54.5	1	F Open	173	Diane	Kelley	1:04:09.7	11	F 45-49
11	Becky	Turlip	20:03.3	2	F Open	73	Julie	Kogut	29:06.7	1	F 50-54
13	Lindy	Heffernan	20:26.9	3	F Open	100	Shelley	Burns	33:21.7	2	F 50-54
8	Jim	Oddono	19:47.7	1	M Masters	105	Rebecca	Randolph	34:26.4	3	F 50-54
41	Shawna	Blowe	25:15.6	1	F Masters	107	Dina	Thibodeau	34:38.8	4	F 50-54
146	Kelsey	Forder	42:51.9	1	F 1-9	175	Vikki-Lynne	Bradshaw	1:09:52.3	5	F 50-54
157	Karlee	Thompson	46:24.5	2	F 1-9	58	Linda	Newman	27:09.7	1	F 55-59
49	Audrey	Shepley	25:57.3	1	F 10-14	92	Barbara	Phillips	32:06.4	2	F 55-59
101	Ava	Patron	33:25.6	2	F 10-14	113	Colleen	Moore	35:31.0	3	F 55-59
141	Trinity	Mannenberg	41:06.1	3	F 10-14	119	Theresa	Wagner	36:24.0	4	F 55-59
154	Paula	Riggan	46:18.2	4	F 10-14	129	Jenni	Treadwell	38:22.0	5	F 55-59
167	Any	Bender	56:37.8	1	F 15-19	131	Patty	Henson-Dacey	38:57.5	6	F 55-59
168	Mia	Bender	57:00.4	2	F 15-19	133	Gail	Holstrom	39:27.8	7	F 55-59
28	Katie	Pokorny	23:07.8	1	F 20-24	143	Suzi	Silverstein	42:14.6	8	F 55-59
90	AnnaMarie	Koehler-Shepley	31:48.7	2	F 20-24	150	Juliette	Staples	43:06.8	9	F 55-59
120	Brooke	Silverstein	36:26.5	3	F 20-24	71	Sharon	Wake	28:31.7	1	F 60-64
16	Alyson	McGonigle	20:46.8	1	F 25-29	77	Betsy	Somerville	29:43.9	2	F 60-64
22	Taylor	Clevinger	21:49.4	2	F 25-29	89	Pamela	Faulkner	31:26.9	3	F 60-64
26	Brittany	Murphy	22:28.0	3	F 25-29	117	Dawn	Eberhard	35:52.8	4	F 60-64
33	Gabi	Wechsler	24:05.0	4	F 25-29	148	Gina	Benere	42:56.1	5	F 60-64
45	Rachel	Southard	25:43.3	5	F 25-29	149	Johnette	Overton	42:59.8	6	F 60-64
87	Victoria	Henderson	30:38.5	6	F 25-29	151	Martha	Hodges	44:27.7	7	F 60-64
137	Holly	Donchev	40:04.9	7	F 25-29	163	Theresa	Hayes	50:30.4	8	F 60-64
174	Nikkia	Young	1:04:23.4	8	F 25-29	110	Rosie	Schutte	35:00.1	1	F 65-69
27	Regina	Richardson	23:05.0	1	F 30-34	116	Terry	Miffleton	35:41.4	2	F 65-69
31	Jamiris	Merritt	23:40.5	2	F 30-34	153	Karen	Marsh	46:09.7	3	F 65-69
50	Melissa	Gonzalez	26:04.7	3	F 30-34	170	Marcy	George	1:03:13.1	4	F 65-69
56	Jessica	Reber	26:43.9	4	F 30-34	165	Linda	Newton	54:07.2	1	F 70-74
62	Anna	Czaplicki Ryan	27:54.9	5	F 30-34	81	Matt	Uzochukwu	30:05.9	1	M 1-9
67	Amanda	Smider	28:07.0	6	F 30-34	35	Jack	Payne	24:32.2	1	M 10-14
72	Jessica	Lugo	28:36.0	7	F 30-34	51	Quilan	Powell	26:09.0	2	M 10-14
88	Amy	Kruger	31:13.9	8	F 30-34	84	Quavis	Tidwell	30:14.6	3	M 10-14
96	Christine	Trostler	32:36.2	9	F 30-34	108	Xavier	Liggins	34:52.9	4	M 10-14
122	Amy	Weiss	36:56.1	10	F 30-34	111	Morocco	Liggins	35:08.6	5	M 10-14
136	Kristen	Callan	39:59.1	11	F 30-34	135	Alex	Buchanan	39:58.3	6	M 10-14
139	Rachel	Tracz	40:06.6	12	F 30-34	138	Nathaniel	Bertha	40:04.9	7	M 10-14
142	Mara	George	41:16.0	13	F 30-34	140	Kennan	Green	40:14.8	8	M 10-14
18	Megan	Edwards	20:58.6	1	F 35-39	144	Jiovanni	Elliott	42:23.9	9	M 10-14
44	Kate	Miller	25:41.6	2	F 35-39	156	Naim	Richardson	46:21.8	10	M 10-14
47	Andrea	Beyer	25:50.8	3	F 35-39	43	Andrew	Bernhardt	25:34.3	1	M 15-19
65	Francie	Hiles	28:02.3	4	F 35-39	6	Aaron	Harlan	19:40.7	1	M 25-29
68	Christina	Arrington	28:20.5	5	F 35-39	30	Rob	Rhoton	23:39.1	2	M 25-29
79	Sinead	Lynch-Hall	29:51.9	6	F 35-39	39	Jonathan	Mathes	24:54.7	3	M 25-29
114	Reta	Smith	35:32.4	7	F 35-39	4	Kevin	Peggs	19:20.8	1	M 30-34
115	Joanna	Ernst	35:32.6	8	F 35-39	25	Christian E.	Toro	22:24.0	2	M 30-34
155	Ashley	Stiebeling	46:21.4	9	F 35-39	5	Spencer	Bissett	19:33.2	1	M 35-39
158	Jennifer	Levin	47:11.2	10	F 35-39	7	Derek	Rowe	19:46.8	2	M 35-39
162	Debbie	Roberts	49:28.4	11	F 35-39	9	Lee	Harrelson	19:52.4	3	M 35-39
171	Courtney	Legum-Wenk	1:03:13.7	12	F 35-39	12	Mark	Lohman	20:10.9	4	M 35-39
176	Allison	May	1:09:52.6	13	F 35-39	17	Dan	Gariepy	20:47.5	5	M 35-39
48	Nina	Marino	25:56.2	1	F 40-44	20	Leonardo	Chappell	21:21.1	6	M 35-39
54	Miriam	Bernhardt	26:21.9	2	F 40-44	29	Obie	Arrington	23:24.3	7	M 35-39
66	Asheley	Tuck	28:05.9	3	F 40-44	40	Barry	Herndon	25:10.8	8	M 35-39
69	Jennifer	Clark	28:28.4	4	F 40-44	42	Mark	O'Brien	25:23.2	9	M 35-39
102	Andrea	Furtado	33:26.4	5	F 40-44	97	Jeff	Richardson	32:47.0	10	M 35-39
121	Jennifer	Perrin	36:47.7	6	F 40-44	123	Blair	Wilcox	37:01.4	11	M 35-39
124	Julie	Wilcox	37:02.0	7	F 40-44	147	Michael	Forder	42:52.4	12	M 35-39
126	Sarah	Bain	37:13.1	8	F 40-44	15	Warner	Winthrop	20:33.2	1	M 40-44
127	Desiree	Van Horn	38:00.7	9	F 40-44	21	John	Amoroso	21:41.0	2	M 40-44
161	Zoyla	Hochfelder	49:27.8	10	F 40-44	38	Anthony	Berrios	24:53.8	3	M 40-44
53	Kelly	Casey	26:15.6	1	F 45-49	14	Troy	Unger	20:28.6	1	M 45-49
61	Janice	Hagan	27:53.0	2	F 45-49	24	Robert	Monolo	22:23.2	2	M 45-49
63	Brenda	Morris	28:00.8	3	F 45-49	34	roger	williams	24:31.2	3	M 45-49
76	Kara	Fetsko	29:40.8	4	F 45-49	36	Bill	Anderson	24:42.8	4	M 45-49
86	Kim	Engleman	30:36.9	5	F 45-49	55	John	Sicat	26:35.0	5	M 45-49
99	Dawn	Walker	33:06.0	6	F 45-49	64	Stephen	Kelley	28:01.0	6	M 45-49
104	Tammy	Arnette	34:04.1	7	F 45-49	70	Ted	Currens	28:29.8	7	M 45-49



Place	First Name	Last Name	Time	Place	Division
74	Michael	Bender	29:27.6	8	M 45-49
94	James	Mercer	32:22.4	9	M 45-49
95	Scott	Waldo	32:33.8	10	M 45-49
98	Add	Hagan	33:00.7	11	M 45-49
109	Damon	Manning	34:53.8	12	M 45-49
152	Kevin	Kramer	44:58.7	13	M 45-49
19	Tom	Shepley	21:07.0	1	M 50-54
23	Daniel	Edwards	22:18.2	2	M 50-54
75	Bill	Atkinson	29:36.8	3	M 50-54
78	Tim	Thibodeau	29:45.6	4	M 50-54
80	Scott	Thruston	30:05.2	5	M 50-54
93	Bobby	Orndorff	32:08.4	6	M 50-54
106	James	Marr	34:35.5	7	M 50-54
112	Ralph	Gibbs	35:20.2	8	M 50-54
128	Jeff	Van Horn	38:00.7	9	M 50-54
134	Michael	Atkinson	39:31.1	10	M 50-54
37	Mark	Cerny	24:43.0	1	M 55-59
91	Kevin	Bruny	32:01.1	2	M 55-59

Place	First Name	Last Name	Time	Place	Division
172	Darwin	Richardson	1:03:42.4	3	M 55-59
32	Will	Hofacker	24:03.4	1	M 60-64
46	Chant	Connock	25:47.6	2	M 60-64
57	Steven	Lerner	26:44.7	3	M 60-64
59	Randall	Miller	27:45.4	4	M 60-64
85	Jesus	De Los Santos	30:20.2	5	M 60-64
125	Patrick	Hughes	37:07.6	6	M 60-64
132	Jeffrey	Luke	39:19.8	7	M 60-64
159	Hervey	Sherd	48:47.4	8	M 60-64
164	Joseph	Newman	53:16.0	9	M 60-64
52	Charles	Beverage	26:12.5	1	M 65-69
60	George	Somerville	27:51.9	2	M 65-69
130	Doug	Schutte	38:54.6	3	M 65-69
145	David	Trump	42:25.1	4	M 65-69
82	Bill	Kelly	30:07.4	1	M 70-74
83	William	Chadim	30:11.0	2	M 70-74
103	Kevin	O'Connor	33:42.3	3	M 70-74
169	Curtis	Newton	58:39.4	4	M 70-74

## Forty and Done

*continued from page 14*

but there were so few spots for the freshman team. Chances of making the team were slim to none. Track, on the other hand, had basically no cuts. Plus, the way they divided the league meant a freshman received the same amount of points for winning his class as a senior, and there was a better shot of being an actual champion as a freshman or sophomore.

### What were your first runs like?

I knew I wasn't a sprinter, but the idea of running a mile was daunting. So I started running half miles, which back then were still measured in yards. I seem to remember from 50-some years ago that the first race had nine people, and I finished fifth. I wasn't first, but I wasn't last! (laughing)

### Obviously it was enough to keep you going.

Yeah, and then in my sophomore year, I went out for cross country. At the time, it was a 2.5-mile distance. I had a really good race at an invitational. It was out of the blue, totally unexpected, and never again replicated. Our school won the invitational, and I was the fifth man on that team, which means my placing counted toward the results. That was a high-water mark for me individually. The team itself, two years later in 1968, were Massachusetts state champions.

### What an unforgettable experience.

It was, and we had our 50th reunion last fall. Of the 10 people who were on that team, nine of the runners showed up, as well as the coach. It really was good for us all to get together because the coach passed away in January.

### How did you go from cross country to long-distance running?

Over time, I just added distance. Living in Boston back then, I knew people who had run marathons. Some of them were talking about going down to New York to run the

marathon. That was when it was still four loops of Central Park, before 1976 when they moved it out across the five boroughs.

### Being from Boston, was the Boston Marathon always in your sight?

I think probably. Certainly by the time I was out of college and running a little bit more. I can't remember when I started doing races that were longer than five or six miles.

### Tell me about your experience running Boston.

I ran the Boston Marathon in 1978. I qualified in 1977 at a race that started in Buffalo, N.Y. and ended in Niagara Falls, Ontario. What's interesting is that, a year later, it was the course that was used for the U.S. Olympic Marathon trials, and it's funny that we had our national trials finishing in Canada.

### Did you ever go for a second Boston?

Well, I started the race in 1988. I had qualified a month beforehand, and I just wasn't ready to run enough race and ended up dropping out. It's the biggest mistake of my running career! My biggest regret! I just didn't have the mindset at the time to say, "back off, do what you need to do to finish." I ended up doing 16 miles. That was a major disappointment.

### It's still an accomplishment in my book. And I know you're still running races today. What's your running like these days?

I run three days a week now, for the most part about an hour or so. More on trails, too. I feel like it doesn't beat me up as much. Particularly in warm weather, dirt isn't as hot as running on the road. Usually there's some shade.

### Do you have a favorite trail in Richmond?

The one I seem to run the most is Buttermilk. Mostly because I live on this side of the river, so I don't have to pay the toll (laughing).

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## Forty and Done

*continued from page 19*



Mike Levins and Marcy George at the finish line.

**I'd be remiss if I didn't ask you about the impact you've had on RRRC over the years, holding a number of positions including president.**

I was the Gerald Ford of this club, without there being a scandal involved (laughing). The guy who was the president at the time, he was moving out of town. They basically needed a warm body to take over the presidency.

**But you didn't fall down any stairs, did you?**

No, but I could have! (laughing) About a year and a half



Mike Levins entering same-day registrations.



Mike Levins (center) at the 2019 First Day 5K.

ago, I was at Reedy Creek and jumped on this concrete platform. I didn't realize there were toe clips in there, and down I went. A day later, I went to the doctor, and the only reason I went was because this finger (pointing to ring finger) swelled, and I was afraid the ring was going to cut my circulation. They had to cut my ring off. So, I don't run with my wedding ring anymore.

**What did your wife say about that?**

Not much! (laughing) She wasn't happy. She now tells people these great descriptions of what happened, but I have to say to them, "remember that only one of us was actually there!" (laughing) But I've been a faller my whole life, constantly tripping and having falls during runs.

**Who hasn't?! Certainly you haven't faltered with Stratford Hills. After 40 successful years, why hang up your race director's hat now?**

It's just a matter of time. I still expect to do a lot of things (with RRRC), but it's time for new things.

**Will you miss being at the helm?**

It doesn't bother me in the least! (laughing) Truth is, I don't expect to not be there just because I'm not directing it. I don't know if I'll run the race next year. Maybe I'll time it.

**How does the Stratford Hills 10K 'stack up' in RRRC's portfolio of races?**

It has a niche. I know this race doesn't reach those runners who do it for the medals or the t-shirts. What I've always tried to do is look out for someone who is cost-conscious. I don't give anything away! I realize that, moving forward, Nikkia (Young, 2019 race co-director) may end up doing a shirt or even a medal. If she wants to do all that, that's fine with me. Once I'm no longer the race director, so be it.

**What advice do you have for anyone interested in becoming a race director?**

Try to partner with someone. Before you try to take one on solo, work with someone on an established race. It seems like we have several races now with co-race directors for people who are relatively new to race directing. ■

# CARYTOWN 10K

RICHMOND, VA • APRIL 28, 2019

Place	First Name	Last Name	Time	Place	Division
1	Thomas	Adam	32:38.5	1	M Open
2	David	McCollam	32:59.6	2	M Open
3	Trevor	Hopper	33:54.6	3	M Open
18	Tressa	Breindel	37:40.5	1	F Open
19	Sara	Baugh	37:54.6	2	F Open
25	Molly	Breidenbaugh	38:41.8	3	F Open
4	Jason	Dowdy	34:38.4	1	M Masters
26	Rachel Wheeler	Northup	38:51.4	1	F Masters
32	Stefan	Calos	39:27.9	1	M G Masters
109	Stephanie	Ryan	45:06.5	1	F G Masters
124	Preston	Evans	45:52.1	1	M SG Masters
237	Terri	Gerloff	51:05.5	1	F SG Masters
402	Anabelle	Burnham	57:51.9	1	F 10-14
493	Abigail	McKay	1:00:46.6	2	F 10-14
692	Sydney	Goodman	1:12:02.2	3	F 10-14
757	Sophie	Batiste	1:22:11.6	4	F 10-14
431	Allison	Landeragan	58:40.9	1	F 15-19
707	Disha	Trivedi	1:13:47.0	2	F 15-19
53	Becky	Turlep	41:14.0	1	F 20-24
73	Casey	Mulroy	42:57.7	2	F 20-24
115	Katie	Pokorny	45:26.9	3	F 20-24
174	Jessica	Bachelder	48:07.4	4	F 20-24
236	Molly	Robinson	50:58.2	5	F 20-24
295	Caroline	Echevarria	53:16.0	6	F 20-24
311	Heather	McShane	53:40.3	7	F 20-24
370	Kaitlyn	Jones	56:16.4	8	F 20-24
396	Adrienne	Fisher	57:27.2	9	F 20-24
428	Karyn	Comfort	58:35.4	10	F 20-24
466	Ariana	Hooper	59:52.3	11	F 20-24
511	Sofia	Duarte	1:01:39.8	12	F 20-24
615	Christy	Yee	1:07:29.6	13	F 20-24
669	Rebecca	Hostetter	1:11:10.6	14	F 20-24
721	Jessica	Jocson	1:15:13.8	15	F 20-24
727	Isabella	Blanco	1:15:49.7	16	F 20-24
742	Brooke	Silverstein	1:17:24.8	17	F 20-24
780	Rachael	Smith	1:27:03.7	18	F 20-24
800	Nathalie	Underwood	1:32:38.9	19	F 20-24
809	Tyler	Chalkley	1:35:27.0	20	F 20-24
810	Peyton	Rose	1:35:27.3	21	F 20-24
815	Emma	Follmer	1:37:02.0	22	F 20-24
28	Ashley	Simard	39:12.2	1	F 25-29
29	Gabi	Wechsler	39:18.3	2	F 25-29
45	Leah	Schubel	40:28.0	3	F 25-29
127	Molly	Johnson	45:57.5	4	F 25-29
131	Rachel	Nelson	46:12.8	5	F 25-29
238	Rachel	Southard	51:05.8	6	F 25-29
285	Marirose	David	52:54.3	7	F 25-29
294	Jana	Ford	53:15.1	8	F 25-29
316	Kristen	Morris	53:58.0	9	F 25-29
335	Olivia	Jones	54:41.6	10	F 25-29
341	Nicole	Milligan	54:53.0	11	F 25-29
362	Mary	Miller	55:50.1	12	F 25-29
369	Emily	James	56:15.1	13	F 25-29
410	Savannah	Owens	58:00.4	14	F 25-29
436	Kayce	Slayton	58:42.7	15	F 25-29
446	Jennifer	Falin	58:57.6	16	F 25-29
453	Jessica	Johnson	59:12.8	17	F 25-29
473	Meagan	Jackson	1:00:04.0	18	F 25-29
492	Alexandria	Brown	1:00:44.0	19	F 25-29
496	Lauren	Schneider	1:00:52.5	20	F 25-29
526	Abby	Mason	1:02:20.0	21	F 25-29
534	Meredith	Looney	1:02:52.4	22	F 25-29
543	Laura	Oganowski	1:03:13.1	23	F 25-29
568	Sara	Laverdy	1:05:14.3	24	F 25-29
585	Celia	Ross	1:05:50.6	25	F 25-29
607	Spencer	Blanton	1:06:57.8	26	F 25-29
619	Hayley	Anderson	1:07:34.7	27	F 25-29

Place	First Name	Last Name	Time	Place	Division
636	Brittany	Keup	1:08:45.4	28	F 25-29
637	Olivia	Harper	1:08:47.1	29	F 25-29
641	Courtney	King	1:09:06.4	30	F 25-29
644	Megan	Molnar	1:09:12.5	31	F 25-29
689	Shelby	Ferguson	1:11:57.6	32	F 25-29
709	Lauren	Stonerock	1:13:48.8	33	F 25-29
720	Kiara	Mann	1:14:59.7	34	F 25-29
726	Sejla	Petrovic	1:15:36.4	35	F 25-29
738	Lacie	Leming	1:17:13.3	36	F 25-29
772	Angel	Aymond	1:25:49.1	37	F 25-29
796	Leah	Morris	1:31:09.3	38	F 25-29
811	Bronwyn	Baumgardner	1:36:28.3	39	F 25-29
820	Taylor	Goodbody	1:38:48.8	40	F 25-29
44	Sarah	Bohn	40:06.8	1	F 30-34
110	Elaine	SanFilippo-Burchman	45:15.9	2	F 30-34
121	Kristen	Kelley	45:42.6	3	F 30-34
162	Katie	Chandler	47:23.5	4	F 30-34
181	Carrie	Souleret	48:23.9	5	F 30-34
289	Veronica	Ciscitiello	53:03.9	6	F 30-34
308	Lindsay	Williams	53:35.1	7	F 30-34
309	Nici	Rhodes	53:38.8	8	F 30-34
368	Claire	James	56:09.0	9	F 30-34
373	Jennifer	Helmke	56:26.2	10	F 30-34
379	Brittney	Antozzi	56:38.6	11	F 30-34
381	Terra	Haggard	56:44.3	12	F 30-34
390	Malissa	Bradshaw	57:12.7	13	F 30-34
414	Sally	Apel-Scholer	58:09.5	14	F 30-34
416	Stephanie	Millholland	58:13.2	15	F 30-34
419	Rebecca	Bryson	58:23.2	16	F 30-34
438	Nicole	Zawitkowski	58:46.3	17	F 30-34
442	Virginia	Massaro	58:54.3	18	F 30-34
447	Amanda	Brooks	58:59.7	19	F 30-34
457	Jordan	Goodwin	59:23.0	20	F 30-34
459	Rainey	Niklawski	59:26.1	21	F 30-34
470	Laura	Sokol	59:59.4	22	F 30-34
474	Sarah	Rohrer	1:00:04.6	23	F 30-34
501	Alicia	Myers	1:01:06.0	24	F 30-34
504	Chelsea	Garfield	1:01:19.1	25	F 30-34
537	Abby	Femino	1:03:00.8	26	F 30-34
539	Molly	Templeton	1:03:04.2	27	F 30-34
558	Molly	Bristol	1:04:26.3	28	F 30-34
570	Margaret	Melton	1:05:20.8	29	F 30-34
571	Tristan	Filkoski	1:05:27.3	30	F 30-34
587	Julie	Bayer-Vile	1:05:54.0	31	F 30-34
596	Isabel	Wescoat	1:06:27.9	32	F 30-34
626	Jennifer	Dempsey	1:08:13.7	33	F 30-34
655	Kelsey	Hilton	1:10:12.8	34	F 30-34
668	Selina	Guider	1:11:07.4	35	F 30-34
671	Kellie	Buehler	1:11:11.1	36	F 30-34
679	Stephanie	Harty	1:11:25.4	37	F 30-34
687	Sigourney	Gruenther	1:11:41.1	38	F 30-34
691	Susan	Borowski	1:12:01.9	39	F 30-34
693	Michelle	Mertens	1:12:03.1	40	F 30-34
710	Lauren	Ramos	1:14:08.0	41	F 30-34
714	Jennifer	Williams	1:14:22.4	42	F 30-34
717	Emily	Krapf	1:14:36.1	43	F 30-34
731	Amy	Weiss	1:16:14.1	44	F 30-34
753	Karen	Austin	1:20:25.2	45	F 30-34
760	Claire	Witmeyer	1:23:24.6	46	F 30-34
763	Krista	Burns	1:23:56.8	47	F 30-34
767	Valerie	Matthews	1:24:43.8	48	F 30-34
790	Melissa	Snader	1:29:51.7	49	F 30-34
803	Melanie	Leckey	1:32:51.4	50	F 30-34
808	Yerika	Batiste	1:34:33.8	51	F 30-34
822	Stephanie	Frick	1:39:00.1	52	F 30-34
31	Jacqueline	Morgan	39:25.0	1	F 35-39



# CARYTOWN 10K

RICHMOND, VA • APRIL 28, 2019

Place	First Name	Last Name	Time	Place	Division
80	Maegan	Bendit	43:27.6	2	F 35-39
95	Megan	Schulze	44:16.0	3	F 35-39
97	Whitney	Mylum	44:21.3	4	F 35-39
118	Krissie	Rothermel	45:37.0	5	F 35-39
119	Kiersten	Whitaker	45:39.1	6	F 35-39
129	Janie	Mena	46:09.4	7	F 35-39
142	Diane	Dunn	46:33.7	8	F 35-39
150	Shannon	Conway	46:52.3	9	F 35-39
155	Merry	Pool	47:03.2	10	F 35-39
160	Megan	Capito	47:20.6	11	F 35-39
188	Lisa	Curtin	48:45.8	12	F 35-39
190	Shelley	Morris	48:48.5	13	F 35-39
194	Julie	Lambi-Martelli	48:59.8	14	F 35-39
227	Carissa	McGuan	50:39.7	15	F 35-39
278	Mary Caton	Lingold	52:40.9	16	F 35-39
281	Jessica	Reber	52:50.8	17	F 35-39
282	Meghan	Nguyen	52:51.6	18	F 35-39
293	Carolyn	Estes	53:13.8	19	F 35-39
299	Kate	Miller	53:22.2	20	F 35-39
307	Michelle	Emrich	53:30.3	21	F 35-39
318	Anne	Hogge	54:07.9	22	F 35-39
324	Mary	Hutson	54:15.9	23	F 35-39
328	Andrea	Beyer	54:23.2	24	F 35-39
329	Rachel	Strickland	54:23.4	25	F 35-39
339	Sarah	Raynor	54:49.1	26	F 35-39
343	Claudia	Guerrero Barrera	54:58.1	27	F 35-39
344	Lauren	Edwards	55:01.8	28	F 35-39
348	Jessy	McGraw	55:13.0	29	F 35-39
358	Neelam	Singh	55:40.4	30	F 35-39
377	Victoria	Hauser	56:34.8	31	F 35-39
399	Erin	Bates	57:45.0	32	F 35-39
415	Amanda	Parrish	58:11.3	33	F 35-39
422	Jaime	Burlock	58:25.8	34	F 35-39
426	Jennifer	Talbott	58:33.6	35	F 35-39
429	Christina	Arrington	58:36.1	36	F 35-39
444	Heather	Herman	58:55.7	37	F 35-39
458	Cath	Bennion	59:24.6	38	F 35-39
488	Tracy	Williamson	1:00:33.8	39	F 35-39
490	Courtney E	Tolmie	1:00:39.8	40	F 35-39
494	Gigi	McKay	1:00:47.3	41	F 35-39
495	Kim	Williams	1:00:51.0	42	F 35-39
502	Kathryn	Will	1:01:06.9	43	F 35-39
507	Amy	Holt	1:01:23.7	44	F 35-39
508	Kate	Aliberti	1:01:36.9	45	F 35-39
529	Tiffany	Wright	1:02:29.6	46	F 35-39
536	Joanna	Ernst	1:03:00.2	47	F 35-39
541	Alicia	Conrad	1:03:09.1	48	F 35-39
555	Jenifer	Friedel	1:04:05.3	49	F 35-39
576	Katie	Goodman	1:05:40.7	50	F 35-39
590	Margaret	Hodges	1:06:03.2	51	F 35-39
600	Erica	Banks	1:06:34.5	52	F 35-39
643	Liz	Jarvis	1:09:12.3	53	F 35-39
646	Meredith	Harrington	1:09:20.2	54	F 35-39
660	Kelley	Eason	1:10:27.5	55	F 35-39
678	Elizabeth	Mikula	1:11:25.2	56	F 35-39
680	Romney	Beebe	1:11:26.0	57	F 35-39
704	Tobie	Mayer	1:13:45.6	58	F 35-39
732	REGINA	IVEY	1:16:16.9	59	F 35-39
733	Jenn	Nixon	1:16:29.4	60	F 35-39
744	Michelle	Brooks	1:18:24.5	61	F 35-39
761	Elizabeth	Rogers	1:23:41.3	62	F 35-39
769	Jennifer	Levin	1:25:20.6	63	F 35-39
778	Andrea	Norris	1:26:58.5	64	F 35-39
782	Andrea	Blanchard	1:28:09.3	65	F 35-39
785	Melissa	Winter	1:28:36.0	66	F 35-39
791	Suzanne	Andrews	1:29:51.8	67	F 35-39
798	Ruth	Lang	1:32:06.4	68	F 35-39
804	Allison	May	1:33:02.1	69	F 35-39
806	Shannon	LaRock	1:34:14.4	70	F 35-39

Place	First Name	Last Name	Time	Place	Division
816	Tiffany	Silverio	1:37:35.3	71	F 35-39
36	Kate	Gardner	39:33.2	1	F 40-44
46	Tracy	Dzibela	40:37.6	2	F 40-44
94	Ashton	Harris	44:14.1	3	F 40-44
99	Alison	Manning	44:27.5	4	F 40-44
102	megan	reynolds	44:33.5	5	F 40-44
107	Cass	Gregory	44:49.0	6	F 40-44
128	Sara	Gilliam	46:05.5	7	F 40-44
139	Lesley	Brocato	46:28.3	8	F 40-44
143	Kerry	Dixon	46:36.3	9	F 40-44
146	Janet	Foldenauer	46:39.4	10	F 40-44
153	Angela	Kennedy	46:54.4	11	F 40-44
165	Catherine	Kotalo	47:36.5	12	F 40-44
167	Jocelyn	Vorenberg	47:49.3	13	F 40-44
172	Michelle	Cerny Harner	48:04.4	14	F 40-44
175	Michelle	Lemke	48:08.0	15	F 40-44
191	Jill	Godard	48:48.8	16	F 40-44
195	Tiaisha	Myers	49:05.5	17	F 40-44
213	Angela	Allen	49:55.0	18	F 40-44
215	Heather	Bender	50:02.6	19	F 40-44
218	Julie	Schrall	50:16.6	20	F 40-44
219	Laurie	Troup	50:17.6	21	F 40-44
252	Devereaux	Lowe	51:34.8	22	F 40-44
269	Misti	Frodyma	52:22.2	23	F 40-44
277	Julie	Bingham	52:36.7	24	F 40-44
283	Sue	Moss	52:52.7	25	F 40-44
290	Beth	Bumgarner	53:07.3	26	F 40-44
298	Nina	Marino	53:20.5	27	F 40-44
300	Glenia	Williams	53:23.2	28	F 40-44
304	LaTorsha	Davis	53:28.9	29	F 40-44
306	Rebecca	Madison	53:29.7	30	F 40-44
313	Jennifer	Hopp	53:44.4	31	F 40-44
325	Karen	Berndt	54:20.0	32	F 40-44
347	Julie	Messina	55:12.6	33	F 40-44
375	Candace	Kirby	56:31.1	34	F 40-44
382	Virginia	Flores	56:46.9	35	F 40-44
387	Kelly	Fibich	57:06.2	36	F 40-44
403	Elizabeth	Shoenfeld	57:53.0	37	F 40-44
412	Sarah	Benbouzid	58:02.7	38	F 40-44
423	Krystal	Fisher	58:26.8	39	F 40-44
425	Janet	Penn	58:32.2	40	F 40-44
430	kelly	mccall	58:39.8	41	F 40-44
439	Liza	Bowersox	58:46.6	42	F 40-44
443	Olga	Jackson	58:55.7	43	F 40-44
445	Jennifer	Mulligan	58:57.6	44	F 40-44
449	Anne	Handzel	59:04.0	45	F 40-44
455	Amy	Golden	59:15.7	46	F 40-44
476	Lindsay	Tuhey	1:00:06.7	47	F 40-44
477	Becky	Pocock	1:00:08.5	48	F 40-44
489	MaryJo	Steinmetz	1:00:37.2	49	F 40-44
506	Summer	Taylor	1:01:22.7	50	F 40-44
510	Misti	Davidson	1:01:37.8	51	F 40-44
519	Janine	Gibbons	1:02:03.4	52	F 40-44
520	Sasha	Baier	1:02:03.7	53	F 40-44
527	Amber	Johnson	1:02:22.7	54	F 40-44
542	Katherine	Yonce	1:03:10.7	55	F 40-44
545	Mandy	Lushch	1:03:34.0	56	F 40-44
565	Heatherann	McCreary	1:05:01.8	57	F 40-44
572	Olga	Raymond	1:05:28.3	58	F 40-44
577	Tammy	Bennett	1:05:41.0	59	F 40-44
586	Shirron	Bullock	1:05:53.8	60	F 40-44
595	Allyson	Steele	1:06:22.9	61	F 40-44
597	Niki	White	1:06:28.7	62	F 40-44
605	Sara	Watts Small	1:06:48.5	63	F 40-44
606	Stephanie	Peterson	1:06:56.9	64	F 40-44
609	Janean	Trimble	1:07:08.3	65	F 40-44
617	Sarah	Bain	1:07:33.5	66	F 40-44
620	Eulanda	Whiteside	1:07:49.1	67	F 40-44
622	Ashley	Van der Waag	1:08:04.8	68	F 40-44

Place	First Name	Last Name	Time	Place	Division
629	Alana	McCann	1:08:29.7	69	F 40-44
632	Heather	Hall	1:08:37.1	70	F 40-44
645	Staci	Redfern	1:09:16.3	71	F 40-44
647	Alix	Bryan	1:09:27.3	72	F 40-44
659	Jennifer	Sulanke	1:10:21.9	73	F 40-44
661	Elizabeth	Holland	1:10:28.4	74	F 40-44
675	Rebecca	Cavalli	1:11:24.4	75	F 40-44
676	Erin	Folkenroth	1:11:24.6	76	F 40-44
682	Jennifer	Carduck	1:11:28.0	77	F 40-44
697	Desiree	Van Horn	1:12:40.5	78	F 40-44
699	Desiree	Jackson	1:12:45.2	79	F 40-44
702	Julie	Wilcox	1:13:27.6	80	F 40-44
706	Raksha	Trivedi	1:13:46.7	81	F 40-44
712	Tonya	McCarther	1:14:16.1	82	F 40-44
723	Kristin	Stevens	1:15:19.6	83	F 40-44
736	Katie	Winn	1:16:44.3	84	F 40-44
740	Lesley	Lindsey	1:17:21.0	85	F 40-44
779	Tricia	Norris	1:27:00.2	86	F 40-44
807	Reynaul	DeShazor	1:34:14.9	87	F 40-44
89	Gina	Ladde	43:58.6	1	F 45-49
98	Amy	Mccann	44:21.6	2	F 45-49
104	Debbie	Goodpasture	44:41.6	3	F 45-49
148	Cathy	Cosner	46:49.2	4	F 45-49
192	Lisa	Roy	48:55.6	5	F 45-49
199	Carrie	Roth	49:14.6	6	F 45-49
209	Kelly	Casey	49:48.4	7	F 45-49
259	Lynn	Walters	52:01.3	8	F 45-49
268	Wendy	Figg	52:20.7	9	F 45-49
276	Brenda	Beck	52:35.5	10	F 45-49
291	Virginia	Smith	53:12.2	11	F 45-49
312	Beth	Diefenthaler	53:40.9	12	F 45-49
320	Shawna	Blowe	54:12.5	13	F 45-49
323	Amanda	Viol	54:14.9	14	F 45-49
326	Debbie	Liane	54:21.2	15	F 45-49
346	Ashley	Lowrey	55:06.2	16	F 45-49
371	Brenda	Chavis	56:17.3	17	F 45-49
398	Greta	Selden	57:42.5	18	F 45-49
418	Stephani	Stock	58:21.9	19	F 45-49
437	Tomomi	Steincamp	58:45.3	20	F 45-49
464	Dawn	Walker	59:49.2	21	F 45-49
472	Amy	McLeod	1:00:02.2	22	F 45-49
478	Missy	Ogden	1:00:11.2	23	F 45-49
514	Kerri	Wright	1:01:51.7	24	F 45-49
554	Blair	Whitley	1:04:05.1	25	F 45-49
562	Cara	Matthews	1:04:47.6	26	F 45-49
569	Briana	Condrey	1:05:20.7	27	F 45-49
578	Julee	Ozmore	1:05:41.3	28	F 45-49
610	Carme	Warren	1:07:09.3	29	F 45-49
630	Sue	Perkins	1:08:36.0	30	F 45-49
631	Lori	White	1:08:36.7	31	F 45-49
633	Casie	Garner	1:08:37.6	32	F 45-49
639	Tracey	Hemmings	1:08:51.8	33	F 45-49
652	Christina	Walker	1:09:59.1	34	F 45-49
662	Heidi	LaCasse	1:10:34.4	35	F 45-49
663	Leslie	Pakula	1:10:34.9	36	F 45-49
666	Sherry	Long	1:10:52.2	37	F 45-49
670	Susan	Massengill	1:11:10.7	38	F 45-49
713	Ruth	Greene	1:14:16.6	39	F 45-49
730	Dena	Goble	1:16:14.1	40	F 45-49
743	Diane	Lynch	1:17:33.4	41	F 45-49
749	lisa	rountree	1:19:32.1	42	F 45-49
764	Monique	Finneran	1:23:57.6	43	F 45-49
773	Elizabeth	Jordan	1:25:49.4	44	F 45-49
788	Diane	Kelley	1:29:12.2	45	F 45-49
797	Kimberly	Bender	1:31:34.3	46	F 45-49
817	Hope	Watkins	1:38:15.3	47	F 45-49
825	Mary	Biehl	1:41:32.3	48	F 45-49
827	Dawn	Young	1:42:16.9	49	F 45-49
125	Karen	McIntick	45:53.5	1	F 50-54
166	MaryAnn	Cooley	47:45.6	2	F 50-54
186	Ellen	Waybright	48:36.8	3	F 50-54

Place	First Name	Last Name	Time	Place	Division
257	Janice	Shaheen	51:58.6	4	F 50-54
265	Julie	Kogut	52:14.4	5	F 50-54
354	Becca	Pizmoht	55:20.0	6	F 50-54
384	Laurie	Canning	56:58.2	7	F 50-54
394	Laura	White	57:25.3	8	F 50-54
397	Therese	Judson	57:37.1	9	F 50-54
420	Lori	Speagle	58:24.0	10	F 50-54
424	Crystal	Carter	58:30.5	11	F 50-54
460	Shelley	Burns	59:30.1	12	F 50-54
499	Nancy	Love	1:00:57.8	13	F 50-54
547	Donna	Lawson	1:03:37.7	14	F 50-54
550	Ginger	Holland	1:03:50.6	15	F 50-54
566	Michelle	O'Hearn	1:05:03.6	16	F 50-54
573	Trish	Bradley	1:05:29.2	17	F 50-54
588	Daphne	Edwards	1:06:01.1	18	F 50-54
589	Elizabeth	Steele	1:06:01.5	19	F 50-54
591	Julie	Jones	1:06:07.6	20	F 50-54
592	Emily	Chrysler	1:06:08.6	21	F 50-54
594	Paige	Mccleary	1:06:21.9	22	F 50-54
613	Laura	Dudley	1:07:27.4	23	F 50-54
621	Rebecca	Randolph	1:08:03.2	24	F 50-54
624	Katherine	Mayo	1:08:09.1	25	F 50-54
627	Donna	Fitzgerald	1:08:28.9	26	F 50-54
634	Vicky	Echevarria	1:08:39.1	27	F 50-54
635	April	Ristau	1:08:39.7	28	F 50-54
640	Lisa	Durish	1:08:58.6	29	F 50-54
656	Valerie	Waller	1:10:13.2	30	F 50-54
657	Dorothy	Hill	1:10:14.5	31	F 50-54
681	Heidi	Schmidt	1:11:26.2	32	F 50-54
684	Dina	Thibodeau	1:11:29.0	33	F 50-54
694	Paige	Fitzgerald	1:12:05.0	34	F 50-54
719	SANDRA	SHELLEY	1:14:53.6	35	F 50-54
724	Kathy	Martin	1:15:25.4	36	F 50-54
728	Laura	Phillips	1:15:50.4	37	F 50-54
729	Elizabeth	McKenna	1:16:13.3	38	F 50-54
734	Shelly	Gale	1:16:38.3	39	F 50-54
746	Lynne	Robinson	1:18:56.4	40	F 50-54
751	Susan	Shearin	1:19:55.3	41	F 50-54
755	Christina	Shearer	1:21:50.5	42	F 50-54
765	Sangita	Kling	1:24:06.4	43	F 50-54
768	Annette	Kelley	1:25:08.9	44	F 50-54
774	Michelle	Beaudin	1:26:36.8	45	F 50-54
784	Mary	Comfort	1:28:23.2	46	F 50-54
814	Liz	Gill	1:37:01.9	47	F 50-54
154	Amber	Rader	46:54.9	1	F 55-59
205	Monica	Cassier	49:38.8	2	F 55-59
212	Linda	Newman	49:54.0	3	F 55-59
248	Cindy	Geisinger	51:26.5	4	F 55-59
258	Anne	Looney	51:59.5	5	F 55-59
336	Holly	Barth	54:45.7	6	F 55-59
357	Mary Anne	Williams	55:40.1	7	F 55-59
364	Elaine	Casper	55:55.8	8	F 55-59
389	Paula	Bryant	57:09.5	9	F 55-59
450	Barbara	Phillips	59:07.5	10	F 55-59
524	Lidia	Baca	1:02:15.8	11	F 55-59
530	Sharon	Kessinger	1:02:43.6	12	F 55-59
556	Judy	Tetlow	1:04:19.5	13	F 55-59
559	Cynthia	Blanton	1:04:31.5	14	F 55-59
560	Sharon	Waters	1:04:35.3	15	F 55-59
575	Lynne	Millholland	1:05:35.9	16	F 55-59
584	Bethany	Denlinger	1:05:48.9	17	F 55-59
616	Barb	Jewell	1:07:32.5	18	F 55-59
628	Karen	Cooper	1:08:29.6	19	F 55-59
654	Jenny	Salyers	1:10:03.4	20	F 55-59
683	Theresa	Wagner	1:11:28.3	21	F 55-59
700	Lynne	McMichael	1:13:06.4	22	F 55-59
739	Kelly	Palace	1:17:15.4	23	F 55-59
741	Suzi	Silverstein	1:17:24.7	24	F 55-59
748	Jill	Hansen	1:19:09.3	25	F 55-59
758	Leigh	Grant	1:22:30.1	26	F 55-59
775	Dawn	Hall	1:26:41.6	27	F 55-59

# CARYTOWN 10K

RICHMOND, VA • APRIL 28, 2019

Place	First Name	Last Name	Time	Place	Division	Place	First Name	Last Name	Time	Place	Division
776	Karen	Jones	1:26:41.7	28	F 55-59	40	Chris	Morthland	39:44.6	7	M 25-29
793	Susan	Robinson	1:30:27.8	29	F 55-59	48	Lawrence	Cooper	40:45.6	8	M 25-29
805	Linda	Noel-Batiste	1:33:17.4	30	F 55-59	63	Alexander	Gerofsky	42:03.4	9	M 25-29
813	Laura	Follmer	1:37:01.4	31	F 55-59	64	Marc	MacDonald	42:17.5	10	M 25-29
821	Kym	Osterbind	1:38:57.9	32	F 55-59	68	Chris	Straus	42:46.1	11	M 25-29
824	N Constance	Whitney	1:40:02.7	33	F 55-59	133	Josh	Kerwood	46:17.8	12	M 25-29
301	Leslie	Rigby Kash	53:25.5	1	F 60-64	147	Juan	Garcia	46:48.2	13	M 25-29
333	Sharon	Wake	54:32.1	2	F 60-64	159	Clark	Ambrose	47:17.9	14	M 25-29
359	Susan	Larsen	55:40.7	3	F 60-64	163	Tim	Vass	47:24.6	15	M 25-29
376	Sarah	Schimmels	56:33.2	4	F 60-64	182	Allan	Waechter	48:27.6	16	M 25-29
406	Pamela	Faulkner	57:55.9	5	F 60-64	187	John	Hussar	48:41.5	17	M 25-29
454	Catherine	Hoe	59:13.5	6	F 60-64	200	Gregory	Lomaka	49:21.5	18	M 25-29
487	Peggy	Bell	1:00:31.1	7	F 60-64	211	Dominique	Matlock	49:53.8	19	M 25-29
500	Janet	Perlowski	1:00:57.8	8	F 60-64	242	Jonathan	Mathes	51:15.4	20	M 25-29
518	Betsy	Somerville	1:02:00.5	9	F 60-64	249	Hector	Camacho	51:27.5	21	M 25-29
532	JOAN	KRAMER	1:02:50.5	10	F 60-64	273	Nazana	Weeks	52:28.0	22	M 25-29
551	Cristi	Wilson	1:04:00.8	11	F 60-64	353	Jacob	Smith	55:18.1	23	M 25-29
623	Donna	Guza	1:08:06.1	12	F 60-64	365	Todd	Galyean	56:01.7	24	M 25-29
718	Karen	Redford	1:14:52.3	13	F 60-64	561	Javier	Flores	1:04:42.5	25	M 25-29
722	Susan	Robinson	1:15:17.6	14	F 60-64	567	Deylan	Smith	1:05:08.8	26	M 25-29
725	Tina	Darling	1:15:25.5	15	F 60-64	604	Natan	Diskin	1:06:47.4	27	M 25-29
756	Johnette	Overton	1:21:59.0	16	F 60-64	799	Matthew	Higgins	1:32:38.3	28	M 25-29
759	Margaret	Davis	1:22:51.0	17	F 60-64	812	Jake	Rogers	1:36:28.6	29	M 25-29
770	Pamela	Cross	1:25:22.7	18	F 60-64	5	Piotr	Dybas	34:46.2	1	M 30-34
771	Mary Beth	Hall	1:25:32.4	19	F 60-64	14	Kevin	Peggs	37:08.5	2	M 30-34
777	Martha	Hodges	1:26:53.9	20	F 60-64	15	James	Hazelwood	37:36.8	3	M 30-34
783	Kathy	Johnston	1:28:22.6	21	F 60-64	33	Jason	Driscoll	39:29.1	4	M 30-34
795	Patricia	Selig	1:31:09.1	22	F 60-64	35	Timothy	Hichak	39:32.5	5	M 30-34
819	Bonnie	Kettlewell	1:38:47.9	23	F 60-64	49	Tyler	Curtis	40:51.0	6	M 30-34
833	Christie	Wamsley	56:48.1	1	F 65-69	56	Jason	Wells	41:23.8	7	M 30-34
794	Karen	Marsh	1:30:28.6	2	F 65-69	62	Christopher	Cooper	41:56.8	8	M 30-34
818	Thelma	Cooper	1:38:15.3	3	F 65-69	70	Jim	Thompson	42:51.5	9	M 30-34
618	Ann	Hirn	1:07:33.9	1	F 70-74	93	Cory	Smith	44:14.0	10	M 30-34
650	Christina	Dodson	1:09:56.6	2	F 70-74	103	Christian E.	Toro	44:40.1	11	M 30-34
664	Judi Faye	Robertson	1:10:47.9	3	F 70-74	106	Brandon	Mickens	44:48.6	12	M 30-34
781	Susan C	Ross	1:27:19.7	4	F 70-74	108	Thomas	DiNuzzo	44:53.9	13	M 30-34
826	Denise	Pakula	1:41:32.5	5	F 70-74	117	Jason	Alexander	45:33.4	14	M 30-34
171	Jack	Salley	48:04.3	1	M 1- 9	122	Curt	Dozier	45:49.6	15	M 30-34
593	Rory	Patterson	1:06:14.9	2	M 1- 9	134	Shane	Rowley	46:21.8	16	M 30-34
674	Rex	Folkenroth	1:11:24.3	3	M 1- 9	136	Ty	Torrance	46:23.0	17	M 30-34
105	Rylan	Brocato	44:42.4	1	M 10-14	180	Gaelan	Finney-Day	48:20.4	18	M 30-34
138	Parker	McKay	46:27.7	2	M 10-14	189	Alex	Merrick-Tagore	48:47.7	19	M 30-34
305	Justin	Madison	53:29.7	3	M 10-14	208	Tyler	Pinkard	49:45.5	20	M 30-34
350	Kristian	Whiteside	55:16.2	4	M 10-14	220	Drew	Kohan	50:17.7	21	M 30-34
461	David	Taber	59:33.4	5	M 10-14	245	Ryan	Miles	51:22.4	22	M 30-34
599	Mason	White	1:06:30.1	6	M 10-14	263	Socheat	Peou	52:12.9	23	M 30-34
92	Alexander	Tan	44:08.6	1	M 15-19	270	Jared	Jennings	52:23.4	24	M 30-34
120	Willie	sadler	45:41.9	2	M 15-19	271	Tyler	Callahan	52:24.5	25	M 30-34
135	Jack	Madison	46:22.1	3	M 15-19	292	Christopher	Cruz	53:12.4	26	M 30-34
224	Michael	Chin	50:31.3	4	M 15-19	296	Yuki	Hashimoto	53:18.0	27	M 30-34
279	tyler	blowe	52:41.3	5	M 15-19	302	Charles	Kennedy	53:25.5	28	M 30-34
708	Dev	Trivedi	1:13:47.3	6	M 15-19	332	Howard	Cross	54:28.4	29	M 30-34
34	Emmett	Saulnier	39:29.3	1	M 20-24	380	Christopher	Melton	56:39.5	30	M 30-34
54	David	King	41:17.0	2	M 20-24	440	David	Crabtree-Logan	58:47.4	31	M 30-34
60	Scott	Walter	41:48.3	3	M 20-24	441	Brian	McDaniel	58:47.9	32	M 30-34
83	Jason	Kim	43:43.4	4	M 20-24	475	Jon	Rohrer	1:00:05.0	33	M 30-34
130	Shawn	Terry III	46:10.6	5	M 20-24	497	Travis	Nebel	1:00:57.6	34	M 30-34
179	Jamal	Robinson	48:19.6	6	M 20-24	516	Ronny	Garcia	1:01:57.8	35	M 30-34
241	Mikey	Higgins	51:11.1	7	M 20-24	517	Rashad	Hawkins	1:01:58.2	36	M 30-34
388	Kolby	Williams	57:07.4	8	M 20-24	521	Tony	Plok	1:02:05.3	37	M 30-34
392	Christopher	Comfort	57:21.8	9	M 20-24	601	Meg	Petrunej	1:06:35.5	38	M 30-34
672	Dat	Ha	1:11:11.4	10	M 20-24	6	Mac	Basinski	34:53.6	1	M 35-39
8	Shihan	Wijeyeratne	35:16.7	1	M 25-29	9	Scott	Honaker	35:40.7	2	M 35-39
12	Joseph	Hengoed	36:50.6	2	M 25-29	17	Riley	Irving	37:40.2	3	M 35-39
13	William	Kirk	36:57.6	3	M 25-29	20	Dustin	Winton	37:55.4	4	M 35-39
22	Aaron	Harlan	38:18.9	4	M 25-29	21	Josiah	Jenkins	38:06.8	5	M 35-39
30	Will	Hymes	39:20.6	5	M 25-29	24	Jamie	Ficor	38:35.3	6	M 35-39
39	Brian	Welch	39:43.6	6	M 25-29	27	James	Hayner	38:52.4	7	M 35-39



Place	First Name	Last Name	Time	Place	Division
43	Derek	Rowe	40:05.2	8	M 35-39
50	Spencer	Bissett	41:05.4	9	M 35-39
55	Mark	Lohman	41:23.7	10	M 35-39
61	Drew	Miller	41:54.9	11	M 35-39
69	Timon	Schumacher	42:49.9	12	M 35-39
84	Michael	Forder	43:45.4	13	M 35-39
90	Robert	Monteiro	44:01.3	14	M 35-39
126	Obie	Arrington	45:55.3	15	M 35-39
141	Ryan	Shannon	46:32.5	16	M 35-39
149	Black	Liquid	46:51.2	17	M 35-39
158	Artie	Strunk	47:13.3	18	M 35-39
168	Gavin	Chadwick	47:50.1	19	M 35-39
169	Aaron	Spicer	47:53.2	20	M 35-39
173	Paul	Lamborn	48:05.1	21	M 35-39
176	Thomas	Hockey	48:13.7	22	M 35-39
203	Marin	Luka	49:27.4	23	M 35-39
214	Kevin	Willing	49:57.4	24	M 35-39
222	Steve	Escobar	50:19.6	25	M 35-39
233	Mark	O'Brien	50:47.2	26	M 35-39
253	Shane	Jimison	51:36.4	27	M 35-39
274	Ryan	Saldanha	52:30.0	28	M 35-39
287	Marques	Baytop	53:02.4	29	M 35-39
288	adam	longest	53:03.2	30	M 35-39
319	Kyle	Denholm	54:12.5	31	M 35-39
321	Barry	Herdon	54:13.2	32	M 35-39
337	Aubrey	Smalls	54:46.8	33	M 35-39
351	Matthew	Edwards	55:16.4	34	M 35-39
367	A.J.	McFadden	56:07.2	35	M 35-39
372	Chip	Hogge	56:21.5	36	M 35-39
400	Andrew	Kinch	57:46.0	37	M 35-39
432	Steve	Cooper	58:41.5	38	M 35-39
433	Brian	Paquette	58:41.6	39	M 35-39
465	Jonathan	Lucier	59:51.9	40	M 35-39
468	Elliot	Fitzgerald	59:57.2	41	M 35-39
549	Chad	Basham	1:03:44.1	42	M 35-39
553	Jeff	Richardson	1:04:04.2	43	M 35-39
603	Drew	Thaller	1:06:39.0	44	M 35-39
648	Andy	Hoge	1:09:37.8	45	M 35-39
690	Rodney	Thomas	1:12:01.7	46	M 35-39
701	Blair	Wilcox	1:13:27.0	47	M 35-39
801	Mark	Shapiro	1:32:45.7	48	M 35-39
7	John	Sharp	35:05.9	1	M 40-44
16	Robert	Flanigan	37:37.1	2	M 40-44
38	Mike	Cook	39:39.0	3	M 40-44
41	romain	Iheritier	39:56.0	4	M 40-44
52	Robbie	Stephens	41:13.7	5	M 40-44
58	Warner	Winthrop	41:30.7	6	M 40-44
59	Joseph	Flynn	41:30.9	7	M 40-44
67	Wesley	Mullins	42:36.4	8	M 40-44
71	Christopher	Piper	42:52.8	9	M 40-44
75	Andrew	Vorenberg	43:09.2	10	M 40-44
76	Julio	Escobar	43:11.4	11	M 40-44
77	Steve	Stoloff	43:21.1	12	M 40-44
79	Jesse	Merrill	43:27.2	13	M 40-44
82	Greg	Gilliam	43:39.2	14	M 40-44
114	Nolan	Shigley	45:26.6	15	M 40-44
178	Anthony	Berrios	48:16.0	16	M 40-44
193	Daniel	Thompson	48:56.9	17	M 40-44
197	John	Martin	49:09.3	18	M 40-44
202	Ryan	Blanchard	49:26.7	19	M 40-44
204	Dustin	Hood	49:28.2	20	M 40-44
207	Mac	Nzombola	49:43.0	21	M 40-44
210	Dejoel	Whitaker	49:53.3	22	M 40-44
225	Rahul	Bhardwaj	50:32.2	23	M 40-44
229	Chris	Mason	50:42.5	24	M 40-44
230	Jake	Wiseman	50:43.3	25	M 40-44
235	Johnny	Heath	50:53.6	26	M 40-44
243	Mauricio	Morales	51:15.4	27	M 40-44
251	Melvin	Denwiddie	51:34.4	28	M 40-44
254	Graham	Williams	51:39.3	29	M 40-44
256	Stuart	Curtin	51:56.4	30	M 40-44

Place	First Name	Last Name	Time	Place	Division
284	James	Beck	52:54.2	31	M 40-44
331	Nathan	Hatfield	54:26.4	32	M 40-44
334	Phani	Gade	54:34.4	33	M 40-44
352	Aaron	Steelman	55:17.3	34	M 40-44
401	Sudhir	Sharma	57:49.0	35	M 40-44
405	John	Hallett	57:55.7	36	M 40-44
434	Cliff	Parr	58:42.7	37	M 40-44
471	Niraj	Kute	1:00:01.0	38	M 40-44
482	Joel	Zuloaga	1:00:27.6	39	M 40-44
484	Justin	Bennett	1:00:29.8	40	M 40-44
505	Wetherly	Bristow	1:01:19.3	41	M 40-44
509	Kevin	Flores	1:01:37.0	42	M 40-44
538	James	LeBaron	1:03:02.4	43	M 40-44
563	Partha	Gopalakrishna	1:04:49.2	44	M 40-44
564	William	Carduck	1:04:55.3	45	M 40-44
582	Robert	Bohannon	1:05:47.5	46	M 40-44
686	Noah	Mercer	1:11:40.3	47	M 40-44
703	Divesh	Kumar	1:13:30.7	48	M 40-44
705	Nilesh	Trivedi	1:13:45.9	49	M 40-44
711	Eric	Durish	1:14:12.1	50	M 40-44
716	Michael	D'Elia	1:14:28.9	51	M 40-44
754	Gary	Compton	1:21:29.7	52	M 40-44
802	Daniel	Judge	1:32:46.5	53	M 40-44
10	Matt	Boyd	35:57.6	1	M 45-49
11	mike	colaiacovo	36:41.8	2	M 45-49
23	Craig	Chasse	38:23.8	3	M 45-49
42	Troy	Unger	40:02.4	4	M 45-49
72	Shawn	Crumlish	42:54.8	5	M 45-49
78	Brian	McCleskey	43:21.9	6	M 45-49
88	John	Sicat	43:58.4	7	M 45-49
91	Blake	Robinson	44:07.9	8	M 45-49
96	Rodrigo	Vallejo	44:16.8	9	M 45-49
100	Robert	Monolo	44:31.6	10	M 45-49
132	David	Necessary	46:13.0	11	M 45-49
144	James	Vardy	46:36.9	12	M 45-49
145	Ed	Murray	46:37.7	13	M 45-49
170	David	Salley	48:03.3	14	M 45-49
196	Hemant	Desai	49:07.8	15	M 45-49
198	Dan	Bayliss	49:14.2	16	M 45-49
216	Tadao	Uchisawa	50:07.2	17	M 45-49
223	David	O'Hearn	50:22.7	18	M 45-49
244	David	Irick	51:18.9	19	M 45-49
250	Bill	Anderson	51:33.0	20	M 45-49
255	Jonathan	Austin	51:46.3	21	M 45-49
264	Mark	Palace	52:13.6	22	M 45-49
280	Tim	Metz	52:41.4	23	M 45-49
315	Allen	Freeman	53:57.1	24	M 45-49
327	Matthew	Clark	54:22.2	25	M 45-49
330	Michael	Separ	54:25.9	26	M 45-49
338	Don	O'Bryen	54:47.4	27	M 45-49
363	Paul	Gregory	55:51.1	28	M 45-49
391	Son	Duong	57:14.3	29	M 45-49
404	Doug	Couvillion	57:55.4	30	M 45-49
407	Christopher	Burnham	57:56.4	31	M 45-49
452	Grant	Neely	59:10.8	32	M 45-49
463	sean	kim	59:39.8	33	M 45-49
469	Justin	Godard	59:58.6	34	M 45-49
480	Walter	Witt	1:00:15.8	35	M 45-49
515	Daniel	Tang	1:01:53.0	36	M 45-49
523	Stephen	Kelley	1:02:07.7	37	M 45-49
525	Michael	Bender	1:02:18.3	38	M 45-49
540	Jesus	Gonzalez	1:03:08.6	39	M 45-49
546	Eric	Lawson	1:03:36.7	40	M 45-49
552	John	Lyerly	1:04:03.2	41	M 45-49
580	Ron	Binshtok	1:05:46.2	42	M 45-49
581	Blair	Mauzy	1:05:47.5	43	M 45-49
608	Jeff	Trimble	1:07:08.0	44	M 45-49
611	Oscar	Cordova	1:07:16.1	45	M 45-49
614	Chip	Hassell	1:07:29.5	46	M 45-49
651	Hugh	Marble	1:09:57.3	47	M 45-49
677	Ross	Folkenroth	1:11:25.0	48	M 45-49

# CARYTOWN 10K

RICHMOND, VA • APRIL 28, 2019

Place	First Name	Last Name	Time	Place	Division	Place	First Name	Last Name	Time	Place	Division
688	Frank	Lynch	1:11:47.1	49	M 45-49	260	Thomas	Schram	52:02.8	11	M 55-59
750	Bart	Rountree	1:19:33.8	50	M 45-49	297	Doug	Roth	53:19.0	12	M 55-59
762	Kevin	Kramer	1:23:48.2	51	M 45-49	314	Ray	Kniphuisen	53:55.0	13	M 55-59
789	Larry	Hodges	1:29:32.3	52	M 45-49	356	Randolph	Robinson	55:31.2	14	M 55-59
37	Terry	Price	39:33.8	1	M 50-54	366	Tom	Richardson	56:03.9	15	M 55-59
47	David	Morgan	40:40.9	2	M 50-54	395	Thomas	Hoover	57:25.7	16	M 55-59
51	Bil	Cullen	41:12.8	3	M 50-54	409	Christopher	Maestrello	58:00.3	17	M 55-59
57	Jim	Oddono	41:28.7	4	M 50-54	417	jeff	geren	58:21.3	18	M 55-59
66	Daniel	Edwards	42:34.6	5	M 50-54	451	Malcolm	Taylor	59:10.3	19	M 55-59
74	Russ	Smith	43:01.3	6	M 50-54	467	David	Kling	59:56.1	20	M 55-59
81	Tom	Shields	43:31.8	7	M 50-54	498	Michael	Love	1:00:57.6	21	M 55-59
87	Robert	Roy	43:57.5	8	M 50-54	512	Vance	Jones	1:01:47.8	22	M 55-59
111	Eric	Van Quill	45:17.2	9	M 50-54	513	Edward	Iwanski	1:01:48.3	23	M 55-59
112	Pankaj	Sharma	45:17.6	10	M 50-54	522	Darryl	Starnes	1:02:06.5	24	M 55-59
113	Markus	Koerner	45:24.9	11	M 50-54	531	Kevin	Bruny	1:02:50.5	25	M 55-59
116	Daniel	Zelinski	45:28.6	12	M 50-54	544	Ronald	Mitchell	1:03:26.5	26	M 55-59
151	Steven	Martin	46:53.4	13	M 50-54	658	David	Whitlow	1:10:21.3	27	M 55-59
152	Harry	Conn	46:53.9	14	M 50-54	673	John	Leonard	1:11:22.5	28	M 55-59
157	Mark	Every	47:09.9	15	M 50-54	735	John	Gale	1:16:38.9	29	M 55-59
185	John	Cohen	48:36.6	16	M 50-54	786	Darwin	Richardson	1:28:53.1	30	M 55-59
201	Michael	Hindle	49:24.1	17	M 50-54	123	Jack	King	45:50.9	1	M 60-64
221	John	Gotschalk	50:17.8	18	M 50-54	140	Bruce	Anderson	46:29.1	2	M 60-64
228	Scott	Rose	50:41.1	19	M 50-54	164	David	Pinnick	47:29.3	3	M 60-64
231	Kevin	Lake	50:43.3	20	M 50-54	262	Daniel	Jamison	52:07.4	4	M 60-64
240	Greg	Echevarria	51:09.3	21	M 50-54	266	Randall	Miller	52:15.1	5	M 60-64
246	Eric	Benotsch	51:23.0	22	M 50-54	267	Chant	Connock	52:16.4	6	M 60-64
247	Ed	Gotta	51:24.5	23	M 50-54	275	James	Fox	52:32.5	7	M 60-64
261	Tracey	Lowery	52:06.9	24	M 50-54	286	Corky	Gardner	52:58.3	8	M 60-64
310	Thomas	Gillespie	53:40.2	25	M 50-54	303	Steven	Lerner	53:26.1	9	M 60-64
322	Lewis	Fraughnaugh	54:13.5	26	M 50-54	349	Craig	Waters	55:15.5	10	M 60-64
340	Michael	Barnett	54:52.7	27	M 50-54	393	John	Fisher	57:23.1	11	M 60-64
345	Pascal	Fernandez	55:03.6	28	M 50-54	413	Jonathan	Lyle	58:03.0	12	M 60-64
360	Steve	Pruitt	55:44.1	29	M 50-54	435	Pete	Landeragan	58:42.7	13	M 60-64
361	James	LaFratta	55:46.4	30	M 50-54	448	Mel	Mitchell	59:00.0	14	M 60-64
374	Jim	Porter	56:30.4	31	M 50-54	479	Joel	Giacobbe	1:00:15.8	15	M 60-64
378	Ralph	Gibbs	56:38.3	32	M 50-54	503	Michael I.	Shoop	1:01:08.7	16	M 60-64
386	Bobby	Orndorff	57:03.9	33	M 50-54	528	Jesus	De Los Santos	1:02:23.5	17	M 60-64
408	David	Wright	57:59.8	34	M 50-54	579	scott	thornhill	1:05:45.4	18	M 60-64
411	Steven	Maestrello	58:01.7	35	M 50-54	642	Victor	Garner	1:09:09.4	19	M 60-64
421	Mike	Canning	58:24.6	36	M 50-54	653	Patrick	Hughes	1:10:00.1	20	M 60-64
456	William	Thornton	59:21.4	37	M 50-54	685	Larry	Glidewell	1:11:31.0	21	M 60-64
481	Nick	Gerbino	1:00:26.5	38	M 50-54	766	Harry	Donati	1:24:28.7	22	M 60-64
483	Sean	Kinnear	1:00:28.0	39	M 50-54	792	chapin	jones	1:29:52.3	23	M 60-64
485	Jeffrey	Edwards	1:00:30.3	40	M 50-54	823	Diego	Vizcaino	1:39:59.1	24	M 60-64
486	William	Munson	1:00:30.7	41	M 50-54	161	Jim	Riordan	47:21.0	1	M 65-69
491	Gray	Gurkin	1:00:41.1	42	M 50-54	177	Morrie	Piersol	48:14.9	2	M 65-69
533	Artan	Cami	1:02:51.1	43	M 50-54	217	Mike	Levins	50:09.0	3	M 65-69
535	Cleon	Slater	1:02:58.7	44	M 50-54	232	Charles	Beverage	50:45.3	4	M 65-69
548	Shravan	Morishetty	1:03:42.7	45	M 50-54	272	Scott	DiPardo	52:25.5	5	M 65-69
557	Ralph	Holmes	1:04:21.9	46	M 50-54	317	Richard	Pyle	54:02.7	6	M 65-69
574	Frank	Trani	1:05:32.2	47	M 50-54	342	William	Massey	54:57.2	7	M 65-69
602	Robert	Woodson	1:06:37.2	48	M 50-54	385	George	Somerville	56:58.7	8	M 65-69
612	Michael	Sloss	1:07:18.9	49	M 50-54	427	Rick	Cole	58:34.1	9	M 65-69
638	Robert	Orndorff	1:08:51.1	50	M 50-54	695	Maurice	Finnegan	1:12:31.4	10	M 65-69
649	David	Bennett	1:09:40.4	51	M 50-54	752	Michael	George	1:19:56.4	11	M 65-69
667	Reiss	Wilks	1:11:01.8	52	M 50-54	787	Robert	Harris	1:29:03.1	12	M 65-69
696	James	Marr	1:12:38.1	53	M 50-54	239	Michael	Gallooly	51:09.2	1	M 70-74
698	Jeff	Van Horn	1:12:42.0	54	M 50-54	355	Edward	Paterek	55:27.3	2	M 70-74
747	Eric	Robinson	1:18:56.9	55	M 50-54	583	Scott	Tilley	1:05:48.0	3	M 70-74
65	Jim	Carter	42:26.7	1	M 55-59	598	Howard	Owen	1:06:28.7	4	M 70-74
85	Karl	Cover	43:50.1	2	M 55-59	625	James	Hesoun	1:08:13.5	5	M 70-74
86	Thomas	Pritt	43:55.2	3	M 55-59	665	Howard	Grove	1:10:51.9	6	M 70-74
101	Dexter	Wade	44:31.8	4	M 55-59	715	George	Ferranti	1:14:24.3	7	M 70-74
137	Brian	Dueweke	46:26.1	5	M 55-59	745	Larry	Small	1:18:54.0	8	M 70-74
156	Mark	Cerny	47:09.4	6	M 55-59	234	Ben	Dyer	50:49.7	1	M 75-79
183	Alok	Upadhyaya	48:31.8	7	M 55-59	462	Randy	Terry	59:38.7	2	M 75-79
184	Mark	Jozwicki	48:35.0	8	M 55-59	737	John	Borkowski	1:16:45.9	1	M 80-84
206	Jon	Lugbill	49:39.5	9	M 55-59						
226	David	Timberline	50:32.4	10	M 55-59						

## [ 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/368386789999522">https://www.facebook.com/ groups/368386789999522</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>

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## [ MERCHANT DISCOUNTS ]



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# RRRC Annual Banquet • March 2, 2019



All photos courtesy of Jesse Peters.