

ON YOUR MARK



DEC 2019 / JAN 2020

IN THIS ISSUE

- > RRCA Winter Running Tips
- > Fast Before the Feast Thanks
- > Wisdom from the Prez

MARK YOUR CALENDAR

- Sunday, January 12
PTC Litter Getter
- Saturday, January 18
PTC Potluck Awards Banquet

FAST BEFORE THE FEAST 5K



The Peninsula Track Club

If this is the first time you have read *On Your Mark* or if you are a new member, **welcome to our club!** We currently have more than 400 members and serve the Virginia Peninsula and surrounding communities. **Our goal is to promote and encourage long-distance running and educate the public to its benefits.** Founded in 1955, the PTC is the oldest running club in Virginia and is currently involved in over 35 events annually, ranging from 5Ks to ultramarathons. Your membership dues help pay the upkeep of our equipment, the printing of this publication 10 times a year, social activities such as our General Membership Meetings and Annual Awards Banquet, and other costs incurred in operating a nonprofit organization. Our running club officers are all volunteers, and we encourage you to get involved. You'll find it a lot of fun and very rewarding.

Welcome again and have a safe and healthy running season!

ON YOUR MARK

BRUCE DAVIS, Editor
Steve Amarillo, Graphics Editor

Submit ads and articles to:
Bruce Davis
152 Rustling Oak Ridge
Yorktown, VA 23692
email: weatherwizard1@juno.com

ADVERTISING RATES FOR 2020

Flyer Insert: \$50 per issue
Full Page: \$50/issue • \$250/6 issues
1/2 Page (7.5 x 5 in): \$35/issue • \$175/6 issues
1/3 Page (5 x 5 in): \$25/issue • \$125/6 issues
1/6 Page (2.5 x 5 in): \$20/issue • \$100/6 issues
Mini (2.5 x 2.5 in): \$10/issue • \$50/6 issues

Officers

All area codes are 757 unless otherwise stated.

President: George Nelsen, 874-4635
1st Vice President: Helen Worthington,
(804) 642-5998 (Meeting arrangements)
2nd Vice-President: Pam Garrett,
285-6645 (RRCA Liaison, Contracts)
Secretary: Christine Schaffner, 898-3258
Treasurer: Mike Thomas, 872-9380
Newsletter Editor:
Bruce Davis, 989-0072
Membership: Steve Amarillo,
869-8895 (Address changes)
Webmaster: Thea Ganoe, 272-2927

Volunteer Coordinator:

Jaime Cox, 817-1221
Social Coordinator:
Steve and Maria Peters, 951-3874
Litter-Getter Coordinator:
Amanda Collier, 870-5159
Race Schedule: Rick Platt, 229-7375
Course Measurement:
Pam Garrett, 285-6645
Scott Bartram, 867-8547
Triathlete Information:
Connie Maxwell, 596-4067
Photography: <position open>
Coaching: Robert Trujillo, 927-5004
Christine Schaffner, 898-3258

Contributors

December 2019 / January 2020 issue:

Steve Amarillo, George Nelsen
Bruce Davis, Helen Worthington
Mike Thomas, Kurt Wiedman, Rick Platt
Dale Abrahamson, Steve Peters

Newsletter Deadline!

To include flyers, articles, ads or news in the **February 2020 issue** of *On Your Mark*, (stuffing on *January 30*), email Bruce Davis (weatherwizard1@juno.com) no later than **January 22**.



Club Meetings

General membership meetings are held the **third Tuesday** of **February, April, June, September, October**, and **second Tuesday** of **December** at **Nelson's Grant Clubhouse, 100 Laydon Way, Yorktown**. No meetings in other months. The **Annual Awards Banquet** serves as the January meeting. Board meetings are generally on the second Tuesday of every month. If you would like to attend or bring an issue before the board, please contact the club secretary to reserve a slot on the agenda.

Membership Dues

Individual: \$20 annually (\$35–2 years, \$50–3 years); Family: \$25 annually (\$45–2 years, \$65–3 years); Student (18 years old or younger): \$10 annually (\$18–2 years, \$26–3 years). Membership includes a free PTC T-shirt to new members (available for pick-up at general membership meetings), subscription to *On Your Mark* (10 times annually), and discounts at some local businesses.

Virginia Running Club Contacts

BS	Blacksburg Striders, P.O. Box 764, Blacksburg, VA 24063
CTC	Charlottesville Track Club, P.O. Box 495, Charlottesville, VA 22902, (434) 293-6115
CRR	Colonial Road Runners, P.O. Box 657, Williamsburg, VA 23187, (757) 229-7375
DCRRC	DC Road Runners Club, P.O. Box 100561, Arlington, VA 22210 (703) 241-0395 www.dcroadrillers.org
FARC	Fredericksburg Area Running Club, www.runfarc.com
OBRC	Outer Banks Running Club, www.outerbanksrunningclub.org
PTC	Peninsula Track Club, P.O. Box 11116, Newport News, VA 23601, www.peninsulatracclub.com
RR	Reston Runners, P.O. Box 2924, Reston, VA 20195, (703) 437-FOOT
RRCA/Gatorade Hotline	(703) 683-RRCA, www.rrca.org
RRRC	Richmond Road Runners Club, P.O. Box 8724, Richmond, VA 23226, Hotline: (804) 360-2672
SCS	Star City Striders, P.O. Box 8331, Roanoke, VA 24014, (540) 966-7866
TCRR	Tri-Cities Road Runners, P.O. Box 1512, Petersburg, VA 23805
TRRR	Twin Rivers Road Runners, www.twinriversroadrunners.org
TS	Tidewater Striders, (757) 681-0248, www.tidewaterstriders.com
WR	Washington RunHers, www.facebook.com/DCRunHers/



Race Days 2020 Peninsula Track Club Road Racing Schedule

Note: All races are tentative until the actual race flyer is printed.

For complete race schedule information, visit www.peninsulatracclub.com



indicates a PTC Grand Prix Event.



indicates a HR Super Grand Prix Event.

JANUARY

1 New Year's Day 5K

Wed., January 1, 2020, 10:00 a.m.
Newport News Park, Newport News, Va.
Thomas Tate, (757) 870-0429
email: thomas.tate21@gmail.com
www.peninsulatracclub.com

18 Menchville Winter Chill 5K

Sat., January 18, 2020, 9:30 a.m.
Menchville High School
Newport News, Va.
Joe Biava, (757) 328-4992
email: Juanvaldez345@gmail.com
Jennifer Jarrett
email: Jennifer.Jarrett@nn.k12.va.us

FEBRUARY

8 Knights of Columbus 10-Mile Run for the Heart

Sat., February 8, 2020, 9:00 a.m.
(USATF cert. VA12072RT)
York High School, Yorktown, Va.
John Edwards, (757) 876-8386
email: kofc5480@gmail.com
www.runsignup.com

MARCH

7 Gloucester 3K & 8K Run/Walk

Sat., March 7, 2020, 9:30 a.m.
(USATF cert. VA16057RT)
Gloucester High School, Gloucester, Va.
Carol Dehoux (804) 693-1425
email: GCPSEDFOUND@gc.k12.va.us
Mike Jenkins, (804) 824-4146
email: mickj1@cox.net
Helen Worthington, (804) 642-5998
email: rhworthington@cox.net
www.runsignup.com/gcef3k8k

14 Fort Eustis 10K Run & 10K Ruck

Sat., March 14, 2020, 9:00 a.m.
(USATF cert. VA14007RT)
Anderson Fieldhouse, Ft. Eustis, Va.
Hampton Roads Super Grand Prix
Margy Glass (757) 878-6075
email: margaret.w.glass2.naf@mail.mil
Kellie Jorgensen, (757) 878-2097
email: kellie.m.jorgensen.naf@mail.mil
Michael Washington, (757) 878-5556
sports office: (757) 878-0013
www.active.com www.eustismwr.com

28 Joe & Sue Moore Memorial Scholarship 5K

Sat., March 28, 9:00 a.m.
Sandy Bottom Nature Park, Hampton, Va.
Danielle Hundley, (757) 873-6863
email: danimdanim@hotmail.com

APRIL

25-26 Annual Virginia 24-Hour Run

Sat., April 25-26, 7:00 a.m.
(USATF cert. VA12075RT)
Sandy Bottom Nature Park, Hampton Va.
(individuals or teams of 2 to 12)
George Nelsen, (757) 874-4635
email: nelsengeorge@msn.com
www.va24hourrunforcancer.com

MAY

2 Tabb High School May Day 5K

Sat., May 2, 8:00 a.m.
Tabb High School, York County, Va.
Wendy Wilson, (757) 867-5306
Lindsay Olson, lolson2@ycsd.york.va.us

9 Langley Race Around the Base 10-Miler

Sat., May 9, 8:00 a.m.
(registration deadline May 1, 2020)
(no race day registration)
Langley Air Force Base, Va.
Nicole Blews, (757) 225-0473
email: nicole.blews@us.af.mil
Tony Arroyo
email: victor.arroyo@us.af.mil
Linsun Jackson
email: linsun.jackson@us.af.mil
event email: langleyratb@gmail.com

16 Fox Hill Community 5K

Sat., May 16, 8:30 a.m.
Langley Elementary, Hampton, Va.
Rich Bowen
email: rfbowen@cox.net
Natalie Bowen, (757) 477-7589

25 Yorktown Freedom Run 8K

Mon., May 25, 8:00 a.m.
(USATF cert. VA16022RT)
York High School, Yorktown, Va.
Tom Hunter, (651) 675-7928
email: tom.d.hunter@gmail.com
www.yorktownrotaryclub.org

30 Run for the Stage 5K

Sat., May 30, 8:30 a.m.
Matteson Trail, Hampton, Va.
Joy Charbonneau
email: jcharbonneau@hampton.k12.va.us

JUNE

9 Trailzilla Fast 5K

Tues., June 9, 6:30 p.m.
Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
email: theaellen@hotmail.com

20 Riverwatch on the Piankatank 5K

Sat., June 20, 6:00 p.m.
Riverwatch subdivision, Gloucester, Va.
Karen Schenck, (571) 224-5450
email: schenckk@gmail.com

23 Trailzilla Feel Good 4-Miler

Tues., June 23, 6:30 p.m.
Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
email: theaellen@hotmail.com

JULY

11 Trailzilla Joe-Zilla 5-Miler

Sat., July 11, 9:00 a.m.
Sandy Bottom Nature Park, Hampton, Va.
Thea Ganoe, (757) 272-2927
email: theaellen@hotmail.com

25 Coast Guard Day 5K

Sat., July 25, 8:30 a.m.
(USATF cert. VA10027RT)
Coast Guard Training Ctr, Yorktown, Va.
Hampton Roads Super Grand Prix
William Hogge, (757) 856-2132
email: William.C.Hogge@uscg.mil
Rachel Miller (757) 856-2226
email: Rachel.a.miller@uscg.mil

AUGUST

1 Warwick 5K

Sat., August 1
(USATF cert. VA17036RT)
Mariners' Museum Warwick Field
Newport News, Va.
Vanessa Osmon
email: Vanessa.osmon@nn.k12.va.us

Upcoming Events

JANUARY 12 ADOPT-A-HIGHWAY LITTER GETTER

The first *PTC Adopt-a-Highway Litter Getter* of 2020 will be on *Sunday morning, January 12*. Start time for the litter pick-up is **8:00 a.m.** Help us clean up our adopted section of highway (*Goosley Road/Route 238* and *Old Williamsburg Road/Route 1020* in Yorktown near the battle-field) and earn *PTC Grand Prix Volunteer points* while you're at it. *Meet at Yorktown Middle School just off Route 17 on Goosley Road* (make a left at the light if you are heading north on Route 17 towards Yorktown). Show up a little before 8:00 a.m. Litter bags and safety vests will be provided, but *please bring gloves*. For additional information, contact **Amanda Collier** at **870-5159**.

JANUARY 18 PTC POTLUCK AWARDS BANQUET

The *PTC Awards Banquet* will be held Saturday evening, *January 18, 2020*. The location is the *Edgehill Association Clubhouse, 700 Cockletown Road* in *Yorktown*. This is a chance to celebrate the running and racing accomplishments of the PTC and its members in 2019. Again this year the banquet is a *potluck format*—bring a dish to share with your fellow runners. The club supplies the drinks and a bit of food as well. If you can volunteer to help out with setup just prior to the event and/or clean up afterward, contact **Steve & Maria Peters** at **951-3874**. *Setup* begins at **5:00 p.m.** (*when some early birds can help out*); **6:00 p.m. Social Hour**; **7:00 p.m. Dinner** and **8:00 p.m. Program and Presentation of Awards**. Check the PTC website for additional details. *Save The Date!*

FEBRUARY 1 HAMPTON ROADS SUPER GRAND PRIX

The first race of the *2020 Hampton Roads Super Grand Prix* is the second race of the *Tidewater Striders Distance Series*, the *Distance Series 15-Mile and 10-Mile runs*. The 15-Miler is the *HRS GP race*. This is the only Strider race held on the Peninsula at *Fort Monroe*. Information for this event can be found at www.tidewaterstriders.com. Online registration for the series is available at www.runsignup.com. For questions or information on signing

up for the *Hampton Roads Super Grand Prix*, check out www.hrsupergp.com or email hrsupergp@gmail.com.

FEBRUARY 18 PTC GENERAL MEMBERSHIP MEETING

The first *PTC General Membership Meeting* of 2020 will be held on *Tuesday evening, February 18* at **7:00 p.m.** at the *Nelson's Grant Clubhouse, 100 Laydon Way* in *Yorktown*. The speaker will be announced next month in *On Your Mark* and on the *PTC website*. Plan to join your fellow PTCers and start the New Year right. Refreshments follow the meeting. New members: Come to the meeting and get your *PTC Race Crew T-shirt*. For more info, please contact **Chris Schaffner** by phone at **898-3258** or by email at cjschaffner@msn.com.

FEBRUARY 28-29 PTC BOOTH AT THE ONE CITY EXPO

The *PTC* will be sharing an info booth with the *Colonial Road Runners* at the *One City Marathon Expo*. Stop by, check it out and say, *"Hi."*

MARCH 1 PTC WATER STOP AT ONE CITY MARATHON

The *PTC* will also be manning a *Water Table* for the *One City Marathon* (probably around *Mile 8*) on *March 1*. If you aren't running the race, why not volunteer and help out? For complete info, call **Jaime Cox** at **817-1221** or email her at volunteerptc12@gmail.com.

MARCH 19-22 RRCA NATIONAL CONVENTION - PORTLAND

March 19–22, 2020 will mark the annual gathering of the running tribes when the *Road Runners Club of America* assemble in *Portland, Oregon* for the *62nd Annual RRCA National Convention*. It's three days of seminars, panels, and lectures dealing with all aspects of road racing and operating a running club. If you have an interest in attending, check out the *RRCA website*: www.rrca.org.

THOUGHTS FROM THE PTC PRESIDENT

As the 2019 running year comes to a close, my 2.5-year tenure as PTC president is also coming to a close. When I took over in July 2017 after Joe Harney died, I knew I had big shoes (that were impossible) to fill! But with the help of our amazing PTC board members, the job turned out to be relatively easy. Everyone is a superb professional who knows what to do and just does it! The club almost operates on autopilot. I can't say enough thanks to them all!!

We finished out the year with the always successful "Fast Before the Feast 5K" on Thanksgiving—our largest race of the year, the "Run for the Son 5K" on December 7 (which was a PTC Grand Prix and Hampton Roads Super Grand Prix race), and the "Ugly Sweater 5K" on December 14 at Newport News Park. A big thanks as always to those who volunteered!

To start 2020 we have brought back the always-popular New Year's Day 5K—this year at Newport News Park. Then, on January 18 is the Menchville 5K, the first PTC Grand Prix race of the year. Later that same day will be our PTC awards banquet—don't miss it!

Wisdom from the Prez: "Always have a running goal. When you accomplish one, pick the next one (or race). Goals keep us motivated and on track."

Train smart, stay healthy, and keep moving! Keep our troops and first responders in your prayers.

—George

Races in Other Places



The following is a non-inclusive list of regional and national races of general interest. For an expanded list, visit www.peninsulatrackclub.com.

December 28

Merry Maniac Duathlon

Freedom Park, Williamsburg, Va.

(5-mi run, 10-mi mtn bike, 2.5-mi run)

Ellen Alexander, ultraellen@gmail.com

www.ultrasignup.com

Facebook: @merrymaniac

January 1

Hair of the Dog 5K

Williamsburg, Va.

Mettle Events, (757) 373-4174

email: team@mettleevents.com

January 11

Striders Distance Series

10-Mile & 6-Mile Runs

Dismal Swamp Canal Trail

Chesapeake, Va.

Tidewater Striders

Steve Shapiro, (757) 727-6246

www.tidewaterstriders.com

www.runsignup.com

January 18

Harwoods Half-Marathon & 5K

Harwoods Mill Park, York County, Va.

Flat-Out Events, (757) 880-8843

Info: raceteam@flatoutevents.com

January 19

RRRC Frostbite 15K

Richmond, Va.

Richmond Road Runners, www.rrrc.org

(804) 360-2672, email: rgdavis@vcu.edu

www.runsignup.com

January 19

Key West Half-Marathon & Hemingway Sunset 5K

Key West, Fla.

Barb Wright, (305) 240-0727

email: info@keywesthalfmarathon.com

www.keywesthalfmarathon.com

February 1

Striders Distance Series 15-Mile & 10-Mile Runs

Ft. Monroe, Hampton, Va.

Hampton Roads Super Grand Prix

Tidewater Striders

Steve Shapiro, (757) 727-6246

www.tidewaterstriders.com

www.runsignup.com

February 1

Toano Icy 8K & Frosty 5K

Toano, Va.

Colonial Road Runners

Rick Platt, (757) 345-1431, (757) 229-7375

email: rickplatt1@juno.com

www.colonialroadrunners.org

February 2

Game Day 10K & 5K

City Center & Oyster Point

Newport News, Va.

Flat-Out Events, (757) 880-8843

Info: raceteam@flatoutevents.com

February 8

Loch Lothian 5K & 10K

Midlothian, Va.

email: lochlothianrace@gmail.com

www.runsignup.com

February 15

Colonial Half-Marathon & 5K

DeWitt Wallace Art Museum

Williamsburg, Va.

Hampton Roads Super Grand Prix

Half-marathon – 8:30 a.m., 5K – 8:45 a.m.

Jim Elder, (757) 253-0277

email: jim@colonialsportscustoms.com

www.runsignup.com

February 16

RRRC Sweetheart 8K

Midlothian, Va.

Richmond Road Runners Club

www.rrrc.org (804) 787-4508

email: sweetheart8k@rrrc.org

February 29

Striders Distance Series 20-Mile & 12-Mile Runs

Dismal Swamp Canal Trail

Chesapeake, Va.

Tidewater Striders

Steve Shapiro, (757) 727-6246

www.tidewaterstriders.com

www.runsignup.com

March 1

One City Marathon, Half-Marathon & Maritime 8K

Newport News, Va.

Flat-Out Events, (757) 880-8843

Info: raceteam@flatoutevents.com

www.OneCityMarathon.com

March 7

Jamestown Swamp Run 5K

Jamestown High, Williamsburg, Va.

Colonial Road Runners

Rick Platt, (757) 345-1431, (757) 229-7375

email: rickplatt1@juno.com

www.colonialroadrunners.org

March 8-9

March Maniac 11-Hour 50-Mile & 50K

Warhill Nature Trail, Williamsburg, Va.

Ellen Alexander, ultraellen@gmail.com

www.ultrasignup.com

Facebook: @marchmaniac11

March 14

Pocahontas Trail Festival Marathon & Half-Marathon

Chesterfield, Va.

email: rvadirtraces@gmail.com

www.runsignup.com

March 14

Running of the Leprechauns 5K & 10K

Satterfield Soccer Complex

Nags Head, N.C.

Outer Banks Sporting Events

www.obxse.org www.active.com

March 21

Rebel Run 5K

Richmond, Va.

www.dsathleticbooseters.org

March 21-22

Yuengling Shamrock Marathon, Half-Marathon & 8K

Virginia Beach, Va.

J&A Racing, (757) 412-1056

email: info@shamrockmarathon.com

www.shamrockmarathon.com

March 28

Singletrack Maniac 50K & Cray Cray 10K

Freedom Park, Williamsburg, Va.

Ellen Alexander, ultraellen@gmail.com

www.happycatevents.com

www.ultrasignup.com

Facebook: @STM50K

Come Run with Us



All area codes are 757 unless otherwise stated.

PTC WEDNESDAY INTERVALS

Wednesday evening **PTC Wintervals** will restart in 2020 on Wednesday, January 8 and continue at the **Tabb High School track**. Training for runners of all abilities. Everyone welcome. For info, check out the PTC website, PTC Facebook page or contact **Coaches Robert Trujillo** or **Christine Schaffner**

Location: Tabb High School track

Wednesdays – 6:00 p.m.

Updates at www.peninsulatrackclub.com

Info: Robert Trujillo, 927-5004.

email: tree_n_3@msn.com

Christine Schaffner, 898-3258

THE KAMIKAZE RUN

If you'd like some Fast Serious Training Runs, come out Saturday mornings.

Location: Newport News Park Bikeway

Saturdays – 7:00 a.m.

BILLSBURG BREWERY PUB RUNS

5K distance.

Tuesday evenings – 6:00 p.m.

Registration: 5:45 p.m.

Location: Jamestown Marina, off Jamestown Road near the Jamestown ferry.

Info: Nancy Blount, 220-0440

email: nblount1@cox.net

Rick Platt, 229-7375

email: rickplatt1@juno.com

WILLIAMSBURG WINERY RUNNING CLUB

5K distance.

Thursday evenings through November

Run – 6:00 p.m. Registration: 5:30 p.m.

Food & drink specials: 6:30–8:00 p.m.

Location: 5800 Wessex Hundred, Williamsburg.

Info: 229-0999

email: nblount1@cox.net

Rick Platt, 229-7375

email: rickplatt1@juno.com

ENTERPRISERS RUN

5- to 20-mile distance runs on a variety of courses and paces.

PTC members welcome.

Saturdays – 6:00 a.m.

Location: Meet in parking lot between Baskin-Robbins and Trellis Restaurant at Merchants Square in Williamsburg.

Info: Lisa Osterhoudt

email: lisaann0714@yahoo.com

POINT 2 RUNNING GROUP RUNS

Point 2 Running Company serves all types of walkers and runners and promote endurance running and walk/jog groups (open to everyone). Register on their Facebook page.

Mondays – 6:00 p.m. Pub Run

Location: Point 2 Running store

12080 Jefferson Ave., Ste 910 Marketplace at Tech Center, Newport News.

Info: 223-5000; www.runpoint2.com

DOG STREET PUB RUNNING CLUB

Casual family & dog friendly runs.

Location: 401 W. Duke of Gloucester St., Williamsburg

Mondays – 6:00 p.m. Register: 5:30 p.m.

Info: 293-6478

www.facebook.com/dsprc

NEW ENERGY TRAINING

The Peninsula New Energy youth running group continues and welcomes young runners of all ability levels.

Location: Riverview Farm Park, 105 City Farm Rd., Newport News.

Tuesdays/Thursdays – 5:30–6:30 p.m.

Info: Thomas Tate, 870-0429

email: thomas.tate21@gmail.com

email: newenergy.peninsula@gmail.com

NOVICE & FASTER BIKE RIDES

Novice training bike rides meet on Saturday mornings. Faster paced bike rides meet on Sunday mornings.

Location: Village Bicycles

9913 Warwick Blvd., Newport News.

Saturdays – 8:30 a.m. (Novice rides)

Sundays – 8:00 a.m. (Faster rides)

Info: Connie Maxwell, 596-4067

Please let us know if you would like for us to post details of your active running groups or runs. Contact info is on Page 2.



PTC Treasurer's Report

Respectfully submitted by Mike Thomas, Treasurer

November 2019

Checking Account Balance 10/31/2019	\$ 25,543.23
-------------------------------------	--------------

Revenue (Income)

Membership Dues	\$ 85.00
-----------------	----------

Race Sponsorship – FBTF	750.00
-------------------------	--------

PTC Race Income – FBTF	15,002.95
------------------------	-----------

Total Income:	+ \$ 15,837.95
----------------------	-----------------------

Operating Expenses

Newsletter Printing	\$ 474.58
---------------------	-----------

Newsletter Expenses	75.87
---------------------	-------

Bulk Mail	500.00
-----------	--------

Meeting/Social Expenses	156.23
-------------------------	--------

Fast Before the Feast Shirts	8,673.01
------------------------------	----------

Fast Before the Feast Advertising	40.00
-----------------------------------	-------

Fast Before the Feast Supplies	477.65
--------------------------------	--------

PTC Trailer Chairs	192.58
--------------------	--------

PTC Trailer Property Tax	6.00
--------------------------	------

Banking Fees	2.00
--------------	------

Total Operating Expenses:	– \$ 10,597.92
----------------------------------	-----------------------

Summary

Net Income Gain/Loss (Checking)	+ \$ 5,240.03
---------------------------------	----------------------

Checking Account Balance 10/31/2019	\$ 25,543.23
-------------------------------------	---------------------

Checking Funds Available 11/30/2019	\$ 30,783.26
--	---------------------

AGE-GRADED RACE RESULTS

World Class (90%-100%), National Level Time (80-89%), Regional Level Time (70-79%), Athlete (69% and less)

From *Runner's World*

Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age-graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender. The score is expressed as a percentage of the world-best time for the distance for a given age and gender. Using the information from race results, the age and gender of those who finished around you are used to see whose performance was relatively best.

Example:

50-year old male
5K finishing time of 25:00

Result:

Age-Graded Score: 58.99
Age-Graded Time: 21:52

To discover your own age-graded time, visit <https://www.runnersworld.com/advanced/a20801263/age-grade-calculator/>.

HCA Warrior 5K

Matteson Trail, Hampton Va.
Saturday, November 9, 2019, 8:30 a.m.

Men	Age	Time	Grade
1. Orlando Perez	57	21:27	72.65
2. Tyvon McGlone	18	19:07	67.92
3. Cecil Sawyer	63	24:24	67.08
4. Rob Stammler	60	34:40	63.19
5. Matthew Chapman	12	22:54	62.95
6. Peter Murrer	39	22:03	61.75
7. Brian Engesser	45	23:19	60.97
8. Jack Murrer	11	24:55	59.87
9. Kevin Gibbs	63	26:57	59.25
10. Taj Milligan	10	26:37	58.36

Women	Age	Time	Grade
1. Thea Ganoe	61	29:09	64.38
2. Mary Gibbs	60	30:29	60.80
3. Audrey Wallin	13	27:38	58.32
4. Jamie Cox	41	26:45	57.01
5. Dione Edwards	49	29:10	56.06
6. Kinley Turner	6	36:01	55.85
7. Pam Grooman	59	33:14	55.12
8. Kim Pearson	58	34:54	51.86
9. Samantha Stanaway	35	29:25	50.54
10. Kim Vacha	41	30:11	50.52

Race Around The Base 10 Mile

Langley Air Force Base, Va.
Saturday, November 23, 2019, 9:00 a.m.

Men	Age	Time	Grade
1. James Deviese	68	1:23:56	69.38
2. Thomas Askins	65	1:22:47	68.27
3. Jim Cluff	50	1:16:59	63.97
4. John Ndungu	37	1:09:52	63.86
5. Mark Yates	54	1:20:05	63.66
6. Jose Leal	45	1:14:24	63.46
7. Derrick Dodd	39	1:11:24	63.14
8. Jeff Hammond	47	1:16:18	62.91
9. Michael Pedulla	26	1:11:47	61.30
10. Nicholas Krause	63	1:12:19	60.84

Women	Age	Time	Grade
1. Mical Kupke	54	1:27:21	67.47
2. Laura Cordes	49	1:24:07	65.94
3. Sara Harper	31	1:18:58	62.56
4. Roma Cancio	23	1:23:44	58.94
5. Monica Roybal	34	1:24:25	58.87
6. Sheila Johnson	48	1:33:36	58.56
7. Anna Leverenz	37	1:26:17	58.22
8. Christine Banks	39	1:27:47	57.81
9. Melinda Trahan	43	1:32:26	56.46
10. Kristi Ross	46	1:35:00	56.46



SPECIAL THANKS to the sponsors
and supporters of the Fast before the Feast 5K

**Hampton Roads
Orthopaedics
& Sports Medicine**

Walmart

Rick & Libby's Restaurant

The Mariners' Museum

**Mason & Son
Plumbing & Heating**

Dr. Roxanne Dietzler

State Farm / Patty Heath

Pivot Physical Therapy

Tradition Brewing

Professional Auto

Grand Rental Station

Dick's Sporting Goods

Food Lion

Parkway Printshop

Minuteman Timing LLC

WELCOME NEW MEMBERS AND WELCOME BACK TIME-HONORED MEMBERS

Bill Dancy
Guy Beaver
Genevieve Beaver
Ruth Ann Beaver
Meredith Beaver
Ben Beaver
Dawn Rolph
Jeffrey Houck
Leigh Houck
Katie Houck
Joseph Houck
Luke Gatz
Kristin Harris
Dale Harris
Bob Brunner
Nancy Delaney
Kaitlyn Delaney
Madison Brunner
Robert Trujillo
Doug Berry

HAMPTON CHRISTIAN ACADEMY 5K—THE WARRIOR WAY

Sponsored by Hampton Christian Academy
Matteson Trail, Hampton, Va.

Saturday, November 9, 2019 8:30 a.m.
A PENINSULA TRACK CLUB EVENT

Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time
TOP OVERALL MEN					MEN: 45 - 49					WOMEN: 13 - 19				
1	1 TYVON MCGLONE	18	NNW	19:07	1	5 BRIAN ENGESSER	45	YKT	23:19*	1	27 JENNA VAN DEUSEN	17	HPT	30:51
2	2 ORLANDO PEREZ	57	NNW	21:27	2	10 ALAN EPSTEIN	46	HPT	25:43	2	33 KATELYNN STICKLES	13	HPT	34:49*
3	3 PETER MURRER	39	YKT	22:03	3	49 WILLIAM STRASBURG	49	YKT	40:02	3	34 GRACE SANDHOFFER-ADAMS	15	HPT	34:50
TOP OVERALL WOMEN					4	72 EARL MILLIGAN	48	HPT	49:54	4	35 TERRIANA WILLIAMS	16	NNW	34:53
1	12 JAIME COX	41	NNW	26:45*	5	87 MARK ADAMS	46	HPT	57:40	5	63 ELIANA DEANE	13	HPT	44:16
2	16 AUDREY WALLIN	13	HPT	27:38	MEN: 50 - 54					6	69 KAITLYN BRADFORD	16	HPT	49:13
3	20 THEA GANOE	61	HPT	29:09*	1	47 LEE CHAPMAN	50	HPT	39:22	WOMEN: 20 - 24				
MEN: 12 AND UNDER					MEN: 55 - 59					1	45 MACKENZIE STAMMLER	21	HPT	38:42
1	7 JACK MURRER	11	YKT	24:55	1	15 RICHARD BOWEN	55	HPT	27:34*	WOMEN: 25 - 29				
2	11 TAJ MILLIGAN	10	HPT	26:37	2	64 MICHAEL CANNY	59	HPT	44:18	1	44 SHIREAH RAGNAR	28	NNW	38:12
3	14 BYRON POLEWCZAK	12	VA	27:28	3	89 HOWARD HEARD	56	NNW	1:00:56	2	75 LAURA JONES	28	HPT	51:22
4	17 NATHAN WALLIN	9	HPT	28:09	MEN: 60 - 64					WOMEN: 30 - 34				
5	30 ETHAN EPSTEIN	12	HPT	33:43	1	6 CECIL SAWYER	63	PRT	24:24	1	53 CHRISTY ADKISSON	34	HPT	42:42
6	38 MAX MURRER	8	YKT	36:02	2	9 ROB STAMMLER	60	HPT	25:16	2	65 CHANELLE HOLLOMAN	34	NNW	44:58
7	52 JACE HISSONG	8	HPT	42:27	3	13 KEVIN GIBBS	63	PQN	26:57*	WOMEN: 35 - 39				
8	81 JAYDEN WINDER	6	HPT	54:33	4	19 MICHAEL BYRUM	61	SUF	28:57	1	22 SAMATHA STANAWAY	35	HPT	29:25
MEN: 13 - 19					5	54 LEANDER MYERS	61	HPT	42:54	2	41 KELLY MURRER	38	YKT	37:08
1	4 MATTHEW CHAPMAN	16	HPT	22:54	6	83 HARVEY MORTON	63	HPT	55:08	3	42 AMBER MILLER	36	VA	37:38
2	8 JAMARI NEWSOME	18	NNW	25:09	MEN: 65 AND OVER					4	73 RACHEL TURNER	39	HPT	49:56
3	18 REUBEN DEANE	13	HPT	28:49	1	28 PAUL REITZ	68	VA	32:10	5	80 ISHA WINDER	38	HPT	53:28
4	26 KARL FREDERICKS	16	NNW	30:48	2	50 LEE ROY PADGETT	65	VAB	40:38	WOMEN: 40 - 44				
5	31 ROB STAMMLER	16	HPT	34:40	WOMEN: 12 AND UNDER					1	23 KIM VACHA	41	YKT	30:11
6	48 ROBERT BELLSTEWART	17	NNW	40:00	1	37 KINLEY TURNER	6	HPT	36:01	2	32 REBECCA WARREN	43	HPT	34:48
7	61 HARRIRADAUS WILLIAMS	16	NNW	44:06	2	40 LILY MURRER	9	YKT	37:04	3	66 KIM DEANE	42	HPT	44:58
MEN: 20 - 24					3	62 CHARIS WINDER	11	HPT	44:10	WOMEN: 45 - 49				
NONE					4	67 HALEY ADKISSON	10	HPT	48:39	1	21 DIONE EDWARDS	49	HPT	29:10*
MEN: 25 - 29					5	71 ELLI TURNER	10	HPT	49:51	WOMEN: 50 - 54				
NONE					6	79 KAITLIN WINDER	9	HPT	53:26	1	46 BEVERLY STAMMLER	54	HPT	38:43
MEN: 30 - 34					7	82 HANNA ADKISSON	7	HPT	55:02	2	86 DEBORAH ADAMS	51	HPT	57:39
1	77 KEVIN JONES	32	HPT	51:53	8	85 MADELINE ADAMS	8	HPT	57:38	3	88 SHIRLENE RAGNAR	52	NNW	1:00:44
MEN: 35 - 39					WOMEN: 55 - 59					4	90 SHIRLYNE HEARD	54	NNW	1:00:59
1	68 TYLER ADKISSON	35	HPT	48:40	1	29 PAM GROOMAN	59	VA	33:14	WOMEN: 60 - 64				
MEN: 40 - 44					2	36 KIM PEARSON	58	HPT	34:54	1	25 MARY GIBBS	60	PQN	30:29*
1	39 STEVE TURNER	43	HPT	36:08	3	59 EURICA PIERCE	57	CAR	44:01	WOMEN: 65 AND OVER				
2	43 MATHEW MILLER	42	VA	37:39	4	74 LARONDA WHITE	56	NNW	51:08*	1	55 KAREN SCHENCK	65	ARK	43:27*
3	51 DAVID ULLRICH	44	HPT	40:38*	5	78 ELEANOR NORTHOVER	58	HPT	53:25	2	58 NANCY SCHWIETERS	71	HPT	43:55
4	60 MARSAY WINDER	40	HPT	44:06	6	84 TINA MORTON	59	HPT	55:31	3	70 ANNE-MARIE ADAMS	65	HPT	49:13*

* denotes PTC member



DIONE EDWARDS



JAIME COX



TYVON MCGLONE



CECIL SAWYER, JENNA VAN DEUSEN, KARL FREDERICKS



MATHEW MILLER

RACE AROUND THE BASE 10-MILE AND 5K RUNS

Shellback Fitness Center, Langley Air Force Base, Va.
USATF cert. VA14072RT (10-Mile course)

Saturday, November 23, 2019 9:00 a.m.
A PENINSULA TRACK CLUB EVENT

10 MILE RESULTS

Place	OALL Name	Age City	Time
TOP OVERALL MEN			
1	1 JOHN NDUNGU	37 NNW	1:09:52
TOP OVERALL WOMEN			
1	9 SARA HARPER	31 NNW	1:18:58
MEN: 19 AND UNDER			
NONE			
MEN: 20 - 24			
1	7 BRADLY CEPEDA	24 YKT	1:16:24
2	10 JUSTIN COOPER	24 LNG	1:19:08
MEN: 25 - 29			
1	3 MICHAEL PEDULLA	26 PQN	1:11:47
2	20 SPENCER MCCURDY	27 AR	1:23:54
3	28 JUSTIN LANE	28 NNW	1:27:23
4	29 PATRICK OLSON	25 VAB	1:27:35
5	33 AMARI HOLT	28 NOR	1:30:15
6	43 HUNTER BROOKS	26 NNW	1:36:04
7	47 JONATHAN GREKO	29 HPT	1:37:05
8	52 TAI SEAY	29 HPT	1:40:30
MEN: 30 - 34			
1	4 NICHOLAS KRAUSE	30 YKT	1:12:19
2	12 TY BOWEN	33 YKT	1:20:55
3	26 GARY KODA	30 CHS	1:26:57
4	39 RYAN REEVES	33 NNW	1:32:47
5	75 AARON COWHERD	31 HPT	2:00:58
MEN: 35 - 39			
1	2 DERRICK DODD	39 HPT	1:11:24
2	18 MARCUS PITTS	37 VA	1:23:27
3	24 NICHOLAS PANTIN	35 FEU	1:25:43
4	55 ANTHONY SHERARD	39 HPT	1:41:33
5	60 BEN DAVIS	35 NNW	1:43:53
6	87 DAVID FERET	35 CHS	2:29:35
MEN: 40 - 44			
1	13 BRIAN WEBSTER	41 NNW	1:20:56
2	14 FRANCISCO TORRES	40 NNW	1:22:45
3	16 TERRELL PAGE	40 FEU	1:23:09
4	17 STU WILLIAMSON	43 HPT	1:23:21
5	32 WILLIAM RIDER	44 NNW	1:29:33
6	44 ANDREW MUJICA	42 YKT	1:36:09
7	73 BRIAN MATOSKY	43 WBG	1:57:31
8	78 JASON SMITH	44 WBG	2:10:43
9	80 MIGUEL ARZABALA	40 LNG	2:13:17
10	83 JOHN EPPS	40 YKT	2:15:44*
MEN: 45 - 49			
1	5 JOSE LEAL	45 HPT	1:14:24
2	6 JEFF HAMMOND	47 HPT	1:16:18*
MEN: 50 - 54			
1	8 JIM CLUFF	50 HPT	1:16:59
2	11 MARK YATES	54 SUF	1:20:05
3	34 JACK MATEER	52 YKT	1:31:41
4	38 DAVID GYURE	51 YKT	1:32:29
5	51 EARL DAVIS	53 PRT	1:40:09
MEN: 55 - 59			
1	57 JAMES CASE	55 WBG	1:41:45
2	84 JOHN INMAN	59 NOR	2:17:32
MEN: 60 - 64			
1	61 RUFUS BAKER	63 VAB	1:45:53
MEN: 65 - 69			
1	15 THOMAS ASKINS	65 VAB	1:22:47
2	21 JAMES DEVIESE	68 YKT	1:23:56*
3	62 ANDREW MEDVEC	69 HPT	1:50:31*
MEN: 70 AND OVER			
1	50 RONALD KELLUM	75 HPT	1:39:41*
WOMEN: 19 AND UNDER			
1	82 ELLIE EPPS	10 YKT	2:15:43*
WOMEN: 20 - 24			
1	19 ROMA CANCIO	23 NNW	1:23:44
2	40 LAURA FRAZEE	21 YKT	1:32:57
3	71 MARISSA NORBY	23 NNW	1:55:47

* denotes PTC member

10 MILE RESULTS

Place	OALL Name	Age City	Time
WOMEN: 25 - 29			
1	36 SARAH EDEN	27 HPT	1:32:19
2	58 MARLEY BROOKS	26 NNW	1:42:39
3	63 KATELYN KAFUHL	29 PRT	1:50:50
4	69 SYDNEY LEDESMA	26 HPT	1:54:38
5	70 ERIN BALDRIDGE	26 HPT	1:54:38
6	77 MICHELLE JILEK	29 HPT	2:07:06
WOMEN: 30 - 34			
1	23 MONICA ROYBAL	34 WBG	1:24:25
2	31 CARA HALL	31 NNW	1:28:39
3	35 JENNY RIMER	33 HPT	1:31:47
4	48 MARIA DOUGLAS	34 HPT	1:37:31
5	67 ANN MARIE GERLACH	31 HPT	1:52:08
6	85 ABIGAIL GONZALEZ	30 NNW	2:20:12
WOMEN: 35 - 39			
1	25 ANNA LEVERENZ	37 VAB	1:26:17
2	30 CHRISTINE BANKS	39 PQN	1:27:47*
3	46 KATRINA STRANG	37 YKT	1:36:51
4	54 KARLA SMITH	36 YKT	1:40:54
5	66 KAREN BALENTINE	37 SUF	1:52:07
6	74 TARYN GRAY	37 YKT	2:00:25
7	81 KRISTEN MCDANIEL	35 NNW	2:13:50
8	86 DANI FERET	35 CHS	2:29:34
WOMEN: 40 - 44			
1	37 MELINDA TRAHAN	43 NNW	1:32:26
2	49 MELISSA STONE	43 HPT	1:37:59
3	56 MARISA CLAY	42 FL	1:41:35
4	59 ANN WILLIAMSON	44 HPT	1:42:55
5	64 DAWN ROLPH	44 PQN	1:50:58
6	65 HEATHER WADDELL	40 PQN	1:51:59
7	72 KAREN SMITH	42 YKT	1:56:48*
8	79 YAMICA MCRAE	40 YKT	2:10:46
WOMEN: 45 - 49			
1	22 LAURA CORDES	49 YKT	1:24:07
2	41 SHELIA JOHNSON	48 CHS	1:33:36
3	42 KRISTI ROSS	46 HPT	1:35:00
4	68 ANDREA GARNER	45 NNW	1:53:31
WOMEN: 50 - 54			
1	27 MICAL KUPKE	54 YKT	1:27:21
2	53 JENNIFER WOLF	54 YKT	1:40:40
3	76 KIMBERLY MILLER	50 LNG	2:03:07
WOMEN: 55 AND OVER			
NONE			

5K RESULTS

Place	OALL Name	Age City	Time
TOP OVERALL MEN			
1	1 RILEY MUSICK	16 NNW	23:19
TOP OVERALL WOMEN			
1	4 ERIN MACHIE	35 NNW	24:24
MEN: 19 AND UNDER			
1	2 ELIAS NARRAMORE	12 YKT	23:48
2	12 ETHAN GARZA	15 WBG	29:03
3	37 CARTER LAGUNAS	8 PQN	35:33
4	39 TAI BEHEL	15 YKT	36:23
5	57 CONNOR JOCK	6 YKT	49:08
6	59 BRYSON CLUFF	7 HPT	49:10
MEN: 20 - 24			
1	5 JACOB ST LAURENT	21 HPT	24:53
MEN: 25 - 29			
1	40 BRYCE MAYNARD	29 WBG	36:50
MEN: 30 - 34			
1	7 TIMOTHY YU	31 HPT	26:04
2	13 ALEX HANNAGAN	34 YKT	29:17
3	19 ROB BLEWS	31 NNW	30:52
4	26 SEAN BRAGG	32 YKT	32:04
5	27 JESSE MANCHESTER	30 HPT	32:24
6	35 EVAN SARRETT	34 HPT	34:43
7	48 WILLIAM FARMER	30 NNW	39:35
MEN: 35 - 39			
1	38 MARC MILLER	36 PQN	35:46*
2	56 BYRON HARTS	38 NNW	48:43

5K RESULTS

Place	OALL Name	Age City	Time
MEN: 40 - 44			
1	6 COREY BLACKBURN	42 YKT	25:01
2	9 BRIAN ALEXANDER	42 YKT	26:55
3	16 MICHAEL GARZA	41 WBG	30:33
MEN: 45 - 49			
1	3 PAUL SCRIBBINS	47 GLC	24:10
2	41 TAYLOR JACOBS	46 SEA	38:30
3	53 BRUCE MUNGER	48 HPT	43:18
MEN: 50 - 54			
NONE			
MEN: 55 - 59			
1	11 ROSS WHITLOCK	58 HPT	28:04
MEN: 60 - 64			
1	42 JOHN C OLSON	60 YKT	38:55*
MEN: 65 AND OVER			
1	45 EUGENE THIES	65 HPT	39:29*
2	64 SHELDON SLAUGHTER	67 GLC	51:31
WOMEN: 19 AND UNDER			
1	52 LAUREL MUNGER	17 HPT	43:18
2	65 ABIGAIL MATOSKY	7 WBG	52:11
WOMEN: 20 - 24			
NONE			
WOMEN: 25 - 29			
1	8 KOLBY KELLER	29 NNW	26:45
2	10 MEGHAN OLSON	28 NNW	27:34
3	15 ASHLEY ROCK	26 NNW	30:12
4	24 CARLY BOWEN	26 HPT	31:51
5	25 AMY BRAGG	29 YKT	32:04
6	28 LIZ PACYNA	27 NNW	33:34
7	32 CHARITY YU	28 HPT	33:58
8	33 ARIANA ST GEORGE	28 NNW	34:02
9	46 KERI JUSTICE	27 NNW	39:31
10	47 DENISE FARMER	29 NNW	39:35
11	49 EMBERLI LITTLE	27 PQN	40:09
12	50 TESSA WALTERS	27 HPT	41:24
13	54 JENNELYN TANEDO	25 VAB	44:18
WOMEN: 30 - 34			
1	18 NICOLE BLEWS	30 NNW	30:52
2	23 CARYL DOMINGUEZ	31 HPT	31:48
3	34 LEAH SARRETT	33 HPT	34:43
4	61 KOLLETTE FREDERICK	33 HPT	49:16
WOMEN: 35 - 39			
1	14 TARYN CROWELL	38 YKT	29:26
2	17 SHANNAN BERGTHOLDT	39 YKT	30:38
3	20 JENNIFER BUCK	38 HPT	31:18
4	29 JACQULYN RIDER	35 NNW	33:42
5	36 JOY CAMPBELL	35 HPT	35:25
6	44 KRISTINA LOUIS	37 YKT	38:56
7	58 MELISSA JOCK	39 YKT	49:09
8	66 GENNICA MATOSKY	38 WBG	52:12
9	67 CORIELEE MILLER	35 PQN	52:16*
WOMEN: 40 - 44			
1	21 JENNIFER TROVATO	43 HAY	31:31
2	31 ELIZABETH FARMER	40 YKT	33:50
WOMEN: 45 - 49			
1	51 DENISE NARRAMORE	46 YKT	41:32
2	62 ERIN CLUFF	45 HPT	49:16
WOMEN: 50 - 54			
1	43 HEIDI OLSON	54 YKT	38:55*
2	69 CAROLYN BOWMAN	52 CAR	56:24
3	70 TERI DOYON	51 YKT	56:24
WOMEN: 55 - 59			
1	60 JILLIAN VENTI	57 NNW	49:14
2	63 KAROL DAMERON	59 FMO	50:38
3	68 JACQUELINE KASSEL	58 YKT	56:22
4	71 LARRICA SIDES	55 HPT	56:37
WOMEN: 60 - 64			
1	22 THEA GANOE	61 HPT	31:36*
2	55 KATHARINA LEACH	61 NNW	46:58
3	72 VICKIE ROUNDY	63 NNW	56:38
WOMEN: 65 AND OVER			
1	30 MARTHA GULLO	66 WBG	33:44*

FAST BEFORE THE FEAST 5K RUN

Benefiting the Food Bank of the Virginia Peninsula
Mariners' Museum Park, Newport News, Va.

Thursday, November 28, 2019 8:30 a.m.
USATF Certified Course #VA17036RT;

A Peninsula Track Club Event; Results courtesy of Minuteman Timing

Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time
TOP OVERALL MEN					WOMEN: 20 - 24					WOMEN: 25 - 29 (continued)				
1	1 BRIAN CLAPP	31	SMF	17:36	1	28 GRACE PRILLAMAN	22	NNW	21:36	32	631 JENNA MCELROY	29	NNW	44:59
2	2 TIMOTHY MANCARI	35	ARL	17:42	2	59 BROOKLYNNE GALLIMORE	20	AL	23:49	33	676 TARYN HALL	28	SEA	48:30
3	3 ANDREW CAMERON	34	NNW	17:47	3	70 GRACE BOWEN	23	RIC	24:21	34	679 BRITTNEY THOMPSON	29	CAR	48:58
TOP OVERALL WOMEN					4	88 KIRSTEN ZEIGLER	20	CHS	24:59	35	685 EMILY JUDD	26	HPT	49:04
1	8 JENNIFER ANDERSON	38	WBG	19:31	5	89 LYNN JOHNSON	20	NC	24:59	36	687 KATHRINE RUDZIK	26	FL	49:04
2	13 MEGHAN MULROY	25	NNW	20:22	6	122 NICOLE HEALD	22	NNW	26:06	37	692 ANNE SKELTON	25	RIC	49:26
3	21 MARIA SPADY	28	YKT	20:48	7	145 ABBY WACLO	20	GLC	26:50	38	694 MARNIE BLALOCK	25	NNW	49:27
WOMEN: 14 AND UNDER					8	147 NORA MULROY	21	MID	26:56	39	705 LESLIE MONCAYO	28	NC	50:24
1	64 ADDISON WINSLOW	11	SUF	24:07	9	156 RACHEL LEVINE	21	MI	27:07	40	709 CHRISTY INGELL	28	NNW	50:41
2	77 EMMY CENNAME	13	NNW	24:45	10	164 ASHLEY BURDICK	23	PRT	27:13	41	727 JANANI SRIDHAR	29	HPT	52:12
3	115 FLANNERY BENDA	14	NOR	25:53	11	169 BREONNA CASE	20	VAB	27:22	42	762 GABRIELLE ROSARIO	29	NNW	54:42
4	188 MARI FRAUENZIMMER	10	NOR	27:48	12	177 LAUREN PALAGYI	24	SUF	27:35	43	768 MARIANNE HOPE	26	NNW	55:22
5	225 AVERY NARRON	12	NC	28:48	13	179 BAYLEE THORNBURG	20	VA	27:41	44	771 LACY MALLORY	26	HPT	55:38
6	361 KAMERON ANDERSON	8	FL	32:55	14	181 MADISON YOUNG	21	POQ	27:41	45	780 ANDREA COLLIER	29	NNW	56:13
7	383 ADELAIDE SMITH	14	POQ	33:52	15	198 RACHEL STRATTON	24	YKT	28:04	46	789 CAROLYN HUYGHE	29	DC	56:59
8	401 KLARE BIALKOWSKI	10	NOR	34:13	16	222 MEGAN RICHARDS	23	YKT	28:42	47	790 DEVIN COX	27	SMF	56:59
9	404 ATIANA WILLIAMS	13	NNW	34:15	17	229 ELAINA KLUGE	20	HPT	28:55	48	792 ALEXANDRA HUYGHE	29	DC	57:00
10	423 JULIA GILLIAN	12	SUF	34:39	18	239 COURTNEY MONTGOMERY	22	NNW	29:05	49	813 KILEY MILLER	28	SUF	58:32
11	426 ANNA HESS	10	NC	34:42	19	248 MICHAELA NORFLEET	23	NH	29:19	50	839 GRACE CHO	25	NNW	1:00:13
12	445 PAIGE LA ROCHE	12	HPT	35:12	20	251 KATIE HOUCK	21	NNW	29:42	WOMEN: 30 - 34				
13	449 AVA SLOCUM	9	HPT	35:24	21	266 AMANDA LONCAR	22	YKT	30:11	1	24 JOHANNA TORGESEN	31	VAB	21:20
14	450 ELISE RIVERS	9	HPT	35:24	22	337 RACHAEL MINGIONE	20	CHS	32:08	2	46 AMANDA JAMES	32	VA	22:57
15	473 SARAH MOORE	9	HPT	36:09	23	355 JESSICA FITZPATRICK	23	CHS	32:46	3	75 SERENA MILLER	32	VA	24:45
16	519 BETHEL MERFAKE	14	YKT	38:40	24	368 MORGAN RHODES	22	CHS	33:10	4	76 ALYSON HEIDENTHAL	32	NNW	24:45
17	528 LISHA MOORE	6	NNW	39:15	25	394 MEREDITH HUTCHENS	20	NNW	34:07	5	78 REBECCA DEVINCENT	32	MEC	24:46
18	529 PHOEBE SPENCE	2	VA	39:17	26	397 LUCY MASON	23	NNW	34:08	6	102 RAYNA REID	31	NNW	25:38
19	554 RACHEL LANG	6	HPT	40:56	27	398 JULIA ROZZELL	22	YKT	34:08	7	104 COURTNEY NORRIS	30	NNW	25:41
20	558 KATIE MASON	13	NC	41:14	28	400 ABIGAIL ADCOX	20	YKT	34:12	8	143 SAMANTHA HUDSON	30	HPT	26:44
21	564 ANDEE SEAL	5	CHS	41:30	29	410 CAITLYN PULVER	24	NNW	34:28	9	171 AMANDA SMYER	32	VAB	27:22
22	565 LUCY NORFLEET	10	NNW	41:31	30	416 JOELLE NORFLEET	22	YKT	34:34	10	175 LINDSEY ACCARDI	30	CAR	27:29
23	585 CAROLINE RIVERS	6	HPT	42:34	31	430 KAT PLUCINSKI	22	NNW	34:52	11	185 EMMA HATCH	32	NNW	27:43
24	591 LIANA MERFAKE	6	YKT	42:47	32	441 RACHEL DAWSON	23	HPT	35:07	12	189 MADELINE HALLINGER	32	NC	27:50
25	651 SAGE HENDERSON	5	YKT	46:43	33	542 ELIZABETH PETERSON-ROSE	23	NNW	40:08	13	214 JULIE BARRETT	33	NC	28:33
26	662 ANNALEIGH ROSARIO	7	NNW	47:37	34	546 SOPHIA RAMIREZ	20	NNW	40:19	14	234 AMBER WARD	32	NOR	29:02
27	689 KYLEE HAGERTY	9	SEA	49:08	35	626 SERENA PLAZA	24	NNW	44:38	15	259 ALANA CURRY	34	SUF	29:59
28	711 KARA WEBER	10	VA	50:46	36	635 MIA LUNA	22	NNW	45:12	16	264 DANIELLE HECKMAN	31	YKT	30:07
29	725 GRACE MURRAY	12	HPT	52:05	37	645 REBEKAH SHELBY	24	NNW	46:17	17	268 SUSANA BELTRAN	32	AE	30:12
30	732 KETRA MURRAY	8	HPT	52:27	38	669 COLEY SMITH	22	CHS	48:08	18	273 BRITTANY WILLIAMS	30	NNW	30:19
31	776 KATIE FABRY	13	NNW	55:58	39	704 CASSIDY CROWDER	22	NNW	50:21	19	288 CHRISTINE DAWKINS	33	HPT	30:43
32	777 TAYLOR ADAMS	11	SUF	56:00	40	794 SALLY STOOKS	21	HPT	57:01	20	317 TIFFANY LANGE-ALTMAN	32	HPT	31:33
33	779 ALICE CLARK	6	NNW	56:07	41	844 MELISSA ROGERSON	23	POQ	1:01:15	21	318 KATY GASTON	30	NNW	31:36
34	806 SALINA JAFRI	13	OR	57:49	42	845 ABBY TOPPING	23	POQ	1:01:16	22	323 CRYSTAL BAILEY	33	NNW	31:47
35	835 ADDISON GRAY	10	CAR	59:34	WOMEN: 25 - 29					23	340 JULIA GRAY	30	CAR	32:13
36	842 KYLIE OSTELLINO	3	NNW	1:00:52	1	49 ALY SEARLES	29	DC	23:08	24	429 JASMINE PETTAWAY	30	NNW	34:50
WOMEN: 15 - 19					2	80 JESSICA PONCE	27	YKT	24:48	25	435 GENEVIEVE LOUTINSKY	32	NNW	34:56
1	53 SKYLAR HASKIELL	17	YKT	23:40	3	130 RYLEE PORTER	25	YKT	26:24	26	465 GEORGIA CARLES	34	NNW	35:49
2	54 KARLEY HASKIELL	15	YKT	23:40	4	141 LORI LAWSON	25	FAX	26:40	27	478 ERYNN HATCH	31	NNW	36:12
3	63 JESSICA MAGEE	16	NOR	24:02	5	142 ELIZABETH HUBBARD	26	TX	26:44	28	485 SUSAN NORFLEET	31	NNW	36:25
4	65 SLOANE YOUTSEY	18	YKT	24:11	6	176 RACHEL STADLER	26	POQ	27:32	29	511 JENNIFER MOSBY	34	NNW	38:19
5	109 LILIANA RAMIREZ	18	NNW	25:49	7	207 JENNIFER BOOTH	29	NNW	28:16	30	524 CHELSIE BAKER	33	NNW	38:46
6	133 NATALIE BRAUCKMANN	16	YKT	26:32	8	216 CARLY CROCKETT	26	HPT	28:35	31	535 AMANDA ANDERSON	30	NOR	39:37
7	134 EMMA STOKER	17	YKT	26:32	9	217 AMBERLY LEVAN	28	NNW	28:37	32	536 REBECCA DARRON	31	HPT	39:42
8	135 KALI SKAROSI	15	SC	26:33	10	224 ABBY MASON	27	RIC	28:45	33	539 KAYLA MURCHISON	34	NNW	39:53
9	148 CHRISTINA MULROY	16	MID	26:57	11	247 STEPHANIE MAHER	27	ARL	29:19	34	561 KELLI SEAL	31	CHS	41:20
10	151 SYDNEY EURE	16	NC	27:01	12	296 LAUREN MAHONEY	29	NNW	30:52	35	570 MELYSSA LALONDE	33	GLC	41:40
11	173 MADISON WILHELM	15	YKT	27:27	13	311 LACEY MILLER	27	HAY	31:19	36	572 JASMINE CARPENTER	32	SMF	41:45
12	200 ALEXIS HASKIELL	19	HPT	28:07	14	365 MINDY CRAIG	29	HPT	33:00	37	573 LOREN TAPPAN	33	HPT	41:45
13	213 ADEL BENDA	16	NOR	28:33	15	370 ELIZABETH HOFMANN	25	NC	33:16	38	600 KRISTEN MOORE	34	NNW	43:29
14	242 HOLLY SAGE	15	CAR	29:08	16	373 EMILY NATSIOS	29	ARL	33:21	39	671 ALLISON MORGAN	33	POQ	48:13
15	270 MEGAN MILLER	15	NNW	30:14	17	377 COOPER HATCH	27	NNW	33:32	40	673 MIA CARTER	32	MD	48:23
16	271 ANN CHAPPELL ELLINGTON	15	NNW	30:16	18	385 CAITLIN MESSINA	29	NNW	33:54	41	680 ALISON TEM	31	NOR	48:58
17	330 ERICA GILLIAN	15	SUF	31:55	19	393 ASHLEY SHAH	27	DC	34:06	42	684 CHADNEY THOMPSON	32	CAR	49:02
18	436 KATHLEEN LAINE	18	GA	34:59	20	395 VISHVA PATEL	25	YKT	34:07	43	686 BECCA GRINBARG	34	NNW	49:04
19	437 KATE WISNESKI	15	GA	35:02	21	409 LARISSA SMITH	29	NJ	34:27	44	736 JENNIFER MARTIN	33	NNW	52:40
20	538 EMILY LONCAR	18	YKT	39:49	22	420 MIRANDA WOLFE	27	NNW	34:36	45	746 SHERRI CLAYBORNE	31	GLC	53:16
21	541 ANISTON FRALEY	15	HPT	40:06	23	479 KAYLA CORBIERE	28	KY	36:12	46	747 HANNAH JOHNSON	31	NNW	53:17
22	582 RACHEL GILLETTE	19	YKT	42:19	24	486 EMILY COGGINS	28	SUF	36:26	47	757 JENNIFER SHOOK	34	HPT	54:25
23	630 KENDALL NORFLEET	18	YKT	44:49	25	493 BROOKE LAWRENCE	26	HPT	37:23	48	758 BETH DICKSON	31	HPT	54:27
24	652 CAROLINE GILLETTE	15	YKT	46:44	26	505 BRIENNA SAWYER	25	VA	37:55	49	788 ELISE COLEMAN-WHITE	32	NOR	56:58
25	668 EMMA SMITH	18	CHS	48:05	27	534 BROOKE SYMAN	25	YKT	39:34	50	830 SARAH POLAK	32	SMF	59:11
26	712 ZARA WASIQUE	16	OR	50:51	28	540 ADRIENNE SPILLANE	29	NNW	39:53	51	841 AMANDA OSTELLINO	31	NNW	1:00:51
27	726 KENDALL MURRAY	18	HPT	52:06	29	548 CARLEY DICKSON	26	NNW	40:27	52	849 RENEE LENASSI	33	RIC	1:01:54
28	804 EEMAN JAFRI	16	OR	57:48	30	580 KATY BOBBITT	27	NNW	42:16	53	857 MELISSA THIES	32	HPT	1:03:28
29	819 KAYLIE MANGLICMOT	18	NNW	58:45	31	615 KELSIE BAILEY	27	NC	44:12					

OALL Name					Age	City	Time	OALL Name					Age	City	Time	OALL Name					Age	City	Time
WOMEN: 35 - 39							WOMEN: 40 - 44 (continued)							WOMEN: 50 - 54 (continued)									
1	62	ANGELA THOMPSON	36	SUF	24:02	22	344	MEGHAN O'MALLEY	41	NNW	32:20	18	537	KAREN LAINE	53	GA	39:47						
2	86	ALISON ALCALINE	36	NC	24:54	23	363	JANE MOORE	43	HPT	32:57	19	545	MARY SCOTT	51	NNW	40:19						
3	95	TANIA WHITE	37	NNW	25:08	24	369	KIM TIPTON	44	TN	33:12	20	579	KAY FERGUSON	52	NNW	42:16						
4	97	MARY HALL	38	GLC	25:27	25	389	FARRAH WILSON	42	MID	33:57	21	589	KRISTEN ROBERTSON	53	NNW	42:45						
5	120	MELISSA ABREU TOYENS	35	FL	26:02	26	396	CARI MUJICA	40	YKT	34:08	22	595	KIMBERLY CAROSI	52	NNW	42:54						
6	131	JENNIFER NARRON	39	NC	26:31	27	424	LINDSAY KRAMER	43	YKT	34:40	23	596	MITZI EMBLIDGE	50	NNW	42:55						
7	158	JESSICA CLIFT	37	YKT	27:08	28	447	EMILY QUINN	43	YKT	35:18	24	603	PAULA BUNN	54	NNW	43:36						
8	182	REBECCA MACHUSEK	38	HPT	27:41	29	483	JENNIFER CARPENTER-FI	42	NNW	36:21	25	609	ANN STEFANEK	54	YKT	43:56						
9	191	TABITHA ROYCE-GOLAN	36	NNW	27:51	30	489	ERIN HANCOCK	40	ALX	37:08	26	610	CHRISTINE YOUTSEY	53	YKT	43:56						
10	261	TASHA ROSE	39	NNW	30:02	31	506	ELYSE ROOS	43	HPT	37:56	27	619	PAIGE BREWER	54	POQ	44:18						
11	278	SARAH CHAPPELL	37	NNW	30:25	32	520	JESSICA KLEMENCIC	44	HPT	38:40	28	623	TERESA ROBINSON	54	NNW	44:27						
12	283	CAROL MINTER	37	NNW	30:33	33	526	REBEKAH SENSENIG	40	YKT	39:03	29	629	AMY NORFLEET	54	YKT	44:49						
13	325	HAZEL DOUPE	36	AR	31:49	34	530	TARYN SPENCE	41	VA	39:17	30	650	SUSIE GARDNER	54	YKT	46:27						
14	331	KATRINA CABLE	35	YKT	31:57	35	553	ALLISON KAHANE	44	MD	40:39	31	664	XENIA DELEON	52	SUF	47:37						
15	335	CHRISTINE ILARDI	38	YKT	32:05	36	557	RACHEL HESS	40	NC	41:09	32	674	BECKY RIEBELING	51	NNW	48:24						
16	347	TARA MAYNARD	36	NNW	32:32	37	574	ANITA MASON	43	NC	41:51	33	677	CHERYL COOPER	53	OH	48:33						
17	353	ELIZABETH JONES	36	MD	32:40	38	586	HEATHER SINGLETON	43	HPT	42:37	34	683	ANGELA THOMPSON	51	CAR	49:02						
18	366	MAGEN LEFKOWICZ	39	NNW	33:04	39	611	BETH-ANN MCSWEENEY	41	HAY	43:57	35	708	LORI PALAGYI	52	SUF	50:29						
19	412	GRETCHEN MCMICHAEL	39	HGB	34:31	40	612	KELLY HODSON	42	HPT	43:57	36	716	LISA WIGGINS	52	NNW	51:05						
20	413	SARAH HUGHES	36	HGB	34:32	41	616	CHRISTY WALKER	44	NC	44:15	37	724	MARINA EVANS	52	HPT	52:00						
21	415	SARAH MARCHESE	39	NNW	34:33	42	620	DARCY KNOBLICH	42	SUF	44:19	38	729	JOELLE SCHOLL	52	TN	52:20						
22	421	JAMIE WHEELER	38	SC	34:36	43	637	ALICIA WHEELER	40	NNW	45:36	39	730	MICHAEL SCHOLL	52	TN	52:20						
23	425	LARISSA MARIE AMBROSE	39	HPT	34:42	44	655	JOLEEN SEARLES	41	POQ	46:50	40	750	CHRISTY KRUKLINSKI	54	FL	53:23						
24	442	JESSICA WOLKOWICH	39	SUF	35:07	45	681	TRULEE SWINDLE	44	VAB	49:00	41	755	LINDA FICHT	51	NNW	54:06						
25	448	JANYA MOSBY	36	MID	35:19	46	697	CRYSTAL MCNAMARA	44	MD	50:08	42	759	ELAINE ARRIETA	54	AR	54:32						
26	451	KEISA GARDNER	39	YKT	35:25	47	754	MARIA WASIQUE	44	OR	54:04	43	798	ANN STEVENS	51	NNW	57:14						
27	453	CASEY LA ROCHE	37	HPT	35:33	48	767	TRACI POWERS	43	VA	55:08	WOMEN: 55 - 59											
28	477	AMY GOLDSCHMIEDT	36	WBG	36:11	49	795	KARI ANDERSON	41	FL	57:06	1	123	GABRIELE LINGENFELTER	56	YKT	26:13						
29	492	LINDSEY LA ROCHE	37	HPT	37:19	50	825	VICTORIA FACIANE	41	YKT	58:54	2	159	DEBRA PRICE	56	NNW	27:10						
30	494	ANNIE THALMAN	35	VA	37:25	51	831	CHRISTINE HERDMAN	42	CHS	59:12	3	203	KAREN STADLER	55	POQ	28:09						
31	501	JESSICA MANCARI	36	ARL	37:51	52	854	EMILY KELLY	40	LYN	1:02:52	4	250	MARY PAT NORFLEET	57	NH	29:33						
32	515	LAUREN HENRY	37	NOR	38:34	53	858	CARRIE WALDMAN	41	NNW	1:04:47	5	284	MARY MULROY	56	MID	30:41						
33	518	PAMELA BOERNER	38	NNW	38:39	WOMEN: 45 - 49						6	290	CHRISTINE WILLIAMS	57	POQ	30:45						
34	532	STEPHANIE ROANE	35	VA	39:19	1	96	HOLLI ALLEN	49	YKT	25:24	7	303	MARGARET CARPENTER	55	VA	31:10						
35	547	KATHLEEN WACLAWSKI	37	POQ	40:23	2	228	KATHY WISNESKI	48	GA	28:53	8	320	JANICE POWERS	59	POQ	31:43						
36	549	MEGAN WAGNER	35	SUF	40:29	3	256	SUSAN EURE	48	NC	29:51	9	354	KELLY PECK	55	NNW	32:43						
37	556	JUANITA WILKERSON	35	NNW	41:08	4	310	LORI LANG	45	HPT	31:19	10	359	ALICE FITZPATRICK	57	CHS	32:50						
38	559	RAINA STROMAN	38	AR	41:18	5	328	JOY ELLIOTT	45	NNW	31:54	11	371	KIM HARRIS	56	NNW	33:18						
39	567	ASHLEY WINSLOW	35	SUF	41:34	6	403	JENNIFER ZEIGLER	46	CHS	34:15	12	379	VALERIE BOWEN	57	HPT	33:42						
40	569	JILL VANDERVORT	38	ARL	41:40	7	443	KATIE ELLINGTON	48	NNW	35:08	13	386	DIANE HOPE	55	NNW	33:55						
41	593	HANA RETTA	39	YKT	42:51	8	446	DEBORAH BRISCOE	49	GLC	35:16	14	418	KARI JOHNSON	57	NC	34:35						
42	594	REBECCA NONNEMACHER	36	HPT	42:51	9	454	MARNIE SHARTZER	48	YKT	35:35	15	431	JODY O'HARA	59	VA	34:53						
43	598	KHRISTINA HARTOON	36	NOR	43:24	10	458	CHRISTINA FERRIS	48	HPT	35:43	16	462	DEBBIE HATCH	58	NNW	35:48						
44	602	MARLYN ANDINO	39	NNW	43:34	11	460	LAURA KETTERMAN	48	HPT	35:44	17	474	DIANA L MCGOWAN	58	HPT	36:10						
45	614	ATASHA PANNELL	37	HPT	44:10	12	468	TAMARA KREPPS	46	NNW	35:54	18	504	LINDA LAWRENCE	56	HPT	37:54						
46	618	ELIZABETH FORSLUND	38	VA	44:16	13	480	JENNIFER MILLER	46	NNW	36:14	19	514	ROBIN LEVY	55	NNW	38:29						
47	640	JULIA STEWART	39	NNW	45:51	14	502	KAREN DOWNER	49	YKT	37:52	20	517	BECKY WALTZ	57	NNW	38:37						
48	672	BEKAH ROGERS	38	SMF	48:13	15	509	DONNA PHAN	45	YKT	38:07	21	523	SANDI NONNEMACHER	59	PA	38:44						
49	690	LINDSAY HAGERTY	38	SEA	49:19	16	521	TRACY GALLIMORE	47	AL	38:40	22	533	MERLENE MALLORY	57	HPT	39:30						
50	714	CHRISTINA GRAY	38	CAR	50:58	17	552	TANYA KLUGE	46	FL	40:38	23	587	TRACY LESAGE	55	HPT	42:37						
51	721	STACEY KNIGHT	37	DC	51:48	18	575	TERRY SMITH	47	CAR	41:56	24	588	DANA MACKEY	55	HPT	42:40						
52	740	TIFFANY URBAN	38	NNW	52:51	19	577	KIMBERLEY MURRAY	47	HPT	42:09	25	597	KATHY HUBBARD	58	NNW	43:06						
53	752	JENNY SWEAT	37	GA	53:42	20	605	KAREN FORDE	48	WBG	43:43	26	604	JUDITH STEWART	58	NNW	43:37						
54	766	AMY LEWIS	39	NNW	55:08	21	636	HEATHER GAUTHIER	46	POQ	45:18	27	613	CRYSTAL LANE-TILLERSON	59	NNW	44:09						
55	778	JESSICA NORFLEET	35	NNW	56:06	22	654	MEGAN ALEXANDER	45	YKT	46:46	28	641	AUDREY ROSENTHAL	55	MA	45:57						
56	796	TRACI GORDON	36	FL	57:06	23	658	MONICA MARKLEY	47	POQ	47:00	29	642	JILLIAN VENTI	57	NNW	46:09						
57	805	JULIE JAFRI	39	OR	57:48	24	663	MARILU DELEON	49	CHS	47:37	30	644	KELLY CARPENTER	57	NOR	46:16						
58	816	BRIDGET HAMBLIN	36	OH	58:41	25	667	TRACY LOUK	45	NNW	48:05	31	660	MARGARET ALFSEN	56	CAR	47:12						
59	820	SUSANNA BAILEY	36	NNW	58:46	26	707	KERRIE HOLLIFIELD	49	NNW	50:29	32	701	CHRIS GASTON	59	NNW	50:17						
60	821	KRISTY VANCE	38	SUF	58:50	27	715	JULIE LARCH	47	NNW	51:00	33	702	MARY BETH PLUCINSKI	58	NNW	50:19						
61	851	STACEY RICHMAN	36	RIC	1:01:56	28	753	MOBINA JAFREE	49	OR	54:00	34	717	SONJA WHITTINGTON	57	NNW	51:05						
WOMEN: 40 - 44							29	760	ANDREA SINGLETON	46	VAB	54:37	35	731	BELINDA SCHOLL	57	TN	52:21					
1	31	KAREN SANZO	43	HPT	21:57	30	761	KRYSTAL BARRETT	45	GA	54:37	36	734	LARRICA SIDES	55	HPT	52:36						
2	113	ANNA NEWMAN	41	HPT	25:51	31	824	TRICIA SMITH	48	CHS	58:54	37	735	JERI YARNELL	58	NNW	52:39						
3	117	KRISTIE MANNING	40	NNW	25:56	32	828	TINA MANGLICMOT	47	NNW	59:09	38	737	KIMBERLY HOLLAND	56								

Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time
WOMEN: 60 - 64 (continued)					MEN: 14 AND UNDER (continued)					MEN: 25 - 29 (continued)				
10	675 BARBARA TEM	64	NC	48:25	45	691 BLIAL WASIQUE	8	OR	49:26	20	455 JUSTIN BELVIN	29	HPT	35:38
11	678 GAIL JORDAN	64	WBG	48:38	46	713 LIAM JANKE	11	VA	50:53	21	503 DYLAN HENRY	25	VA	37:53
12	722 MARGO BAIS	64	NNW	51:53	47	741 HENRY RIVERS	7	HPT	52:55	22	562 JOSH STADLER	28	POQ	41:22
13	744 JOANNE STUDEBAKER	62	NH	53:13	48	742 MICHAEL SLOCUM	7	HPT	52:55	23	625 MATT PLUCINSKII	25	NNW	44:35
14	773 NANCY DEGAN	62	LA	55:45	49	756 LOGAN JOHNSON-FOWLE	13	YKT	54:19	24	643 JOHN TERESKA	29	NNW	46:16
15	775 JOANNE DEGAN	62	LA	55:52	50	763 BRETT POWERS	10	VA	54:50	25	665 ANDREW GARDNER	29	YKT	47:56
16	799 JOAN BUTTNER	63	OH	57:15	51	772 MATTHEW TEM	4	NOR	55:43	26	710 ANDREW INGELL	28	NNW	50:44
17	800 CATHI DAVIS	62	YKT	57:20	52	837 JACOB KELLY	12	LYN	1:00:09	27	748 ALEX KRUKLINSKI	25	FL	53:20
18	802 REBECCA NORFLEET	62	NNW	57:25	53	838 PAUL CHO	14	NNW	1:00:12	28	751 CHRISTIAN SYNAN	26	YKT	53:33
19	814 SUE MILLER	61	VA	58:33	MEN: 15-19					29	769 ALDEN HOPE	27	NNW	55:22
20	817 SHELBA BOONE	60	PRT	58:43	1	4 WILLIAM LAINE	15	GA	18:03	30	815 BRIAN MILLER	28	SUF	58:33
21	818 MISSY LIPPIATT	63	PRT	58:43	2	5 JASON LYNCH	17	YKT	18:24	31	843 ANTHONY OSTELLINO	28	NNW	1:00:54
22	833 NADINE ROREM	61	IL	59:33	3	11 WILLIAM PRILLAMAN	19	NNW	19:54	MEN: 30 - 34				
23	853 SANDRA TIDWELL	63	HPT	1:02:34	4	14 CAREY HUTCHENS	18	NNW	20:25	1	7 RYAN DOUPE	33	AR	19:10
24	856 SUSAN THIES	64	HPT	1:03:26	5	34 ALEC GALLIMORE	18	AL	22:08	2	20 NATHAN SPADY	31	YKT	20:48
WOMEN: 65 - 69					6	37 JOSH MARKLEY	15	POQ	22:13	3	22 CHARLES MONCAYO	31	NC	20:51
1	439 DEBBIE VREELAND	66	VA	35:05	7	38 MILLS BECOUVARAKIS	17	HPT	22:21	4	27 THEODORE TORGESSEN	32	VAB	21:35
2	491 MARY HARMAN	69	NNW	37:10	8	42 LUCAS MURPHY	17	NNW	22:38	5	82 ERIC ALTMAN	34	HPT	24:52
3	607 CINDY BRINKER	65	NNW	43:47	9	45 MCKAY WILHELM	17	HPT	22:51	6	87 DESMOND MOORE	33	NNW	24:55
4	648 CHRIS CONLEY	67	HAY	46:20	10	67 CALEB MURPHY	18	NNW	24:19	7	94 RAYMOND CUEVAS	30	YKT	25:08
5	649 VITHENIA FORBES	67	MD	46:20	11	98 IAN MUNDIS	17	MD	25:27	8	121 DANIEL HALLINGER	33	NC	26:06
6	706 TRACY WOOD	65	NNW	50:28	12	99 NATHAN GILLIAN	17	SUF	25:32	9	129 TREY SESEK	30	HPT	26:21
7	723 CONNIE BELTZ	68	NNW	51:53	13	103 PATRICK GILLIAN	19	SUF	25:41	10	157 JOHN KUHN	31	NNW	27:07
8	745 LINDA BOERNER	68	NNW	53:14	14	132 JUSTUS KAMINSKI	15	HPT	26:31	11	172 DEREK ALFSEN	31	CAR	27:22
9	781 ROBERTA THAYER-SMITH	67	YKT	56:20	15	152 TREVOR MCMURRAY	19	SUF	27:03	12	212 PHILIP SILVER	30	HPT	28:29
10	782 MAUREEN DALTON	67	GA	56:22	16	154 BRAD WENSCHLAG	19	NNW	27:05	13	253 CRAIG MURCHISON	31	NJ	29:43
11	785 MARSHA KNOX	69	YKT	56:35	17	219 WILL MCLAUGHLIN	15	SEA	28:39	14	265 EVAN DICKSON	31	HPT	30:07
12	836 MARY GRAY	66	CAR	59:39	18	220 JAMES NORFLEET	18	NNW	28:41	15	276 TREVOR ALBRIGHT	33	CHS	30:21
WOMEN: 70 - 74					19	221 THOMAS NORFLEET	19	NH	28:41	16	277 MICHAEL LEVI RICE	30	NNW	30:25
1	357 JANE ABBOTT	72	HPT	32:48	20	255 ANDREW KENT	19	HPT	29:51	17	321 MICHAEL TEM	33	NOR	31:43
2	508 SUSAN HAMBLIN	72	WI	38:01	21	257 CHRISTOPHER KELLY	17	LYN	29:54	18	341 JEFF GRAY	33	CAR	32:13
3	621 LYNNE ROADARMEL	70	YKT	44:21	22	360 GARRETT NORFLEET	18	YKT	32:52	19	380 DREW SMITH	33	NJ	33:42
4	653 KATE ALEXANDER	73	YKT	46:45	23	807 PAUL MALLORY	19	HPT	57:56	20	384 DAVID MESSINA	31	NNW	33:54
5	695 HELEN JOHNSON-ANDERSON	74	HPT	50:00	MEN: 20 - 24					21	405 LEO BAILEY II	31	NNW	34:16
WOMEN: 75 AND OVER					1	16 TYLER MOORE	23	POQ	20:40	22	566 JOSEPH SEAL	33	CHS	41:34
1	699 PAULINE ELY	81	HPT	50:14	2	19 MAXWELL CARPENTER	21	VA	20:46	23	632 BRENDAN MCELROY	30	NNW	45:00
MEN: 14 AND UNDER					3	25 ZACHARY BECOUVARAKIS	22	HPT	21:24	24	647 JAMIE SHELBY	33	NNW	46:18
1	6 EVAN QUINN	13	YKT	18:57	4	29 EMERSON YOUTSEY	22	YKT	21:42	25	688 TONY GRINBARG	33	NNW	49:06
2	17 JOHN TRAVIS COX	11	YKT	20:43	5	43 WILLARD ROBINSON	24	NC	22:41	26	797 SAM COX	31	SMF	57:11
3	41 SOREN HINES	10	NNW	22:37	6	61 REED MINGIONE	22	CHS	23:58	27	832 CHRISTOPHER SNOW	33	SMF	59:14
4	50 EDWARD HARDY	14	NNW	23:25	7	92 STUART MONTGOMERY	23	NNW	25:02	28	852 KIP NAZDA	30	NNW	1:02:33
5	56 JACK SEBRING	14	POQ	23:43	8	93 RAYMOND GILLIAN	21	SUF	25:07	MEN: 35 - 39				
6	73 BRADY LA ROCHE	14	HPT	24:34	9	125 WALKER MASON	24	NNW	26:17	1	12 JASON TODD	39	NNW	20:05
7	74 HAGEN HINES	14	NNW	24:40	10	149 BUDDY ARCARA	21	VA	27:00	2	32 JASON ANDERSON	37	FL	21:57
8	81 PAUL GOLDSCHMIEDT JR.	14	WBG	24:48	11	180 LANE SLATE	20	YKT	27:41	3	40 ROBERT LEFKOWICZ	37	NNW	22:34
9	100 WINSTON BUNN	12	MA	25:36	12	183 MICHAEL LANE RICE	23	NNW	27:41	4	44 JASON HATCH	36	NNW	22:42
10	101 WESLEY BUNN	12	MA	25:36	13	186 STEVEN LONCAR	20	YKT	27:44	5	51 MATTHEW DICKSON	38	SC	23:32
11	114 MICHAEL STBLEY	14	AR	25:52	14	194 CHRISTIAN MURPHY	22	NNW	27:57	6	79 JAVIER PAGAN PAGAN	37	SUF	24:46
12	119 KELLEN LA ROCHE	12	HPT	26:01	15	199 CAMERON ROZZELL	20	YKT	28:06	7	85 RODRIGO ALCAINE	36	VA	24:54
13	136 LUCAS MARKLEY	12	POQ	26:34	16	235 CHARLES MONTGOMERY	24	NNW	29:04	8	127 RYAN KARLE	38	SUF	26:20
14	155 RYAN MCKENZIE	12	VA	27:05	17	236 BRADFORD MCGEE	20	NNW	29:04	9	146 ADAM CLIFT	36	YKT	26:51
15	163 CHARLIE BUNN	12	MA	27:12	18	260 JACOB HOPE	24	NNW	30:01	10	161 ERIC KARLIN	36	YKT	27:10
16	174 JOSHUA KREPPS	13	NNW	27:28	19	312 CARTER MASON	24	NNW	31:25	11	168 JOE KRUGLER	36	VAB	27:21
17	201 THEO MURPHY	10	NNW	28:07	20	358 HOLDEN NIEMAN	20	SC	32:48	12	193 JARED SHOOK	34	HPT	27:56
18	205 COLIN WINSLOW	9	SUF	28:13	21	440 REID HOWELL	23	HPT	35:06	13	170 ADAM MONTALVO	37	CAR	27:22
19	210 CONNOR MCKENZIE	14	VA	28:24	22	560 ANDREW PETERSON-ROSE	24	NNW	41:18	14	192 AUSTIN WHITE	39	NNW	27:55
20	218 LUCAS NARRON	9	NC	28:38	23	659 ADAM LEVINE	24	IL	47:06	15	227 KYLE NARRON	39	NC	28:50
21	237 LOGAN ONEIL	14	YKT	29:04	24	733 MATTHEW PALAGYI	22	SUF	52:30	16	231 JONATHAN NONNEMACHER	36	HPT	28:59
22	244 DJ MOORE	9	NNW	29:15	25	765 BRADLEY STOVALL	22	VA	55:08	17	275 ZACH WILLIAMS	34	NNW	30:20
23	254 RILEY BELTZ	14	NNW	29:50	26	786 BENJAMIN NORFLEET	21	NNW	56:42	18	279 PHILIP STORCH	37	VA	30:30
24	258 JAKE LA ROCHE	9	HPT	29:55	27	787 DAVID NORFLEET	22	NH	56:43	19	285 BRYAN PAYNE	35	DC	30:41
25	305 DAVID LANG	10	HPT	31:11	MEN: 25 - 29					20	286 AUSTIN GORE	37	NNW	30:42
26	351 DANIEL STOOKS	14	HPT	32:40	1	15 COLIN POPE	28	YKT	20:26	21	295 JOHN BALL	35	NNW	30:51
27	362 CHARLIE MOORE	11	HPT	32:56	2	23 TRAVIS MOORE	26	POQ	21:18	22	308 BRANDON BURMEISTER	36	HPT	31:16
28	364 JAYSON LEFKOWICZ	5	NNW	32:59	3	26 CONNOR MAHAN	25	HPT	21:30	23	342 SEAN ROBERTS	34	HPT	32:16
29	367 MASON NEWLAND	9	TN	33:08	4	36 PATRICK BARRETT	29	ROA	22:11	24	324 JOHN DIXON	36	POQ	31:48
30	375 LUKE SENSENIG	9	YKT	33:23	5	66 NICK NATSIOS	29	ARL	24:19	25	349 WES GOULD	34	ALX	32:33
31	387 SAGE GRAY	12	POQ	33:56	6	68 STEPHEN CLAPP	26	FAX	24:20	26	332 SHANE DEVINCENT	37	MEC	31:59
32	392 MASON HAGERTY	6	SEA	34:04	7	91 AUSTIN HALLINGER	28	POQ	25:01	27	461 TOMMY GRAY	37	CAR	35:47
33	407 ADONIAH MERFAKE	10	YKT	34:20	8	106 ANDREW CLAPP	28	SMF	25:45	28	482 ADAM VANDERVORT	38	ARL	36:21
34	427 THOMAS HESS	8	NC	34:42	9	108 TODD GALYEAN	27	RIC	25:47	29	484 MATTHEW BOERNER	39	NNW	36:24
35	428 NATHAN SENSENIG	7	YKT	34:50	10	178 TOMMY LAWRENCE	27	CHS	27:37	30	438 ROBERT DAY	34	SUF	35:04
36	469 JOSHUA STEWART	13	NNW	35:56	11	208 KYLE LAWRENCE	26	CHS	28:17	31	497 NATHAN SALINAS	35	NNW	37:38
37	481 FINN VANDERVORT	7	ARL	36:20	12	215 CHAZ HALL	29	SEA	28:34	32	563 JESSE CLARK	36	NNW	41:27
38	525 BENJAMIN SENSENIG	6	YKT	39:03	13	241 AUSTIN LINGENFELTER	26	YKT	29:06	33	571 JEREMY TAPPAN	38	HPT	41:43
39	543 MATTHEW MILLER	12	NNW	40:17	14	297 JACOB TRENT	28	YKT	30:54	34	601 MALACHI WAFFORD	36	NNW	43:31
40	568 DEXTER VANDERVORT	5	ARL	41:38	15	315 CHRISTOPHER BOOTH	25	NNW	31:27	35	670 JONATHAN JACOBS	36	SMF	48:12
41	578 JOSEPH BRIGGS	9	GLC	42:13	16	374 MATT DISCHNER	28	FAX	33:22	36	728 MATHEW KOTCH	39	CT	52:12
42	581 RIO HENDERSON	9	YKT	42:18	17	408 GEORGE TILLERSON IV	28	NNW	34:21	37	739 BRIAN GASKINS	39	NNW	52:50
43	590 NEO ELFINSTONE	11	NNW	42:45	18	419 JUSTIN WOLFE	29	NNW	34:35	38	848 JESSE STEELE	34	RIC	1:01:51
44	608 JAYDEN HODSON	14	HPT	43:50	19	432 HARLEY PAGE	25	NNW	34:53	39	859 JASON WALDMAN	39	NNW	1:04:50

Place OALL Name Age City Time

MEN: 40 - 44

1	9	MICHAEL LEECH	41	NNW	19:34
2	10	CHRIS LAWS	44	NNW	19:48
3	39	TERRELL PAGE	40	FEU	22:27
4	48	JIMMY DEGENOVA	42	DC	23:04
5	72	STEVEN BRINKER	42	NNW	24:29
6	112	JASON DORVAL	42	CHS	25:50
7	140	JEFFREY RIVERS	40	HPT	26:39
8	232	ANDREW TURNER	41	YKT	29:00
9	243	RON WEBER II	42	VA	29:10
10	245	TOMMY GUNTER	40	MD	29:16
11	246	ANDREW MUJICA	42	YKT	29:17
12	267	STEVE TURNER	43	HPT	30:12
13	281	DAMON CABLE	40	YKT	30:32
14	301	JEREMY TUNNEY	43	OR	31:08
15	309	MICHAEL RANDALL	44	NNW	31:17
16	319	DANIEL EVANS	43	HPT	31:42
17	339	DAMON GRIMES	43	SUF	32:10
18	391	RYAN HAGERTY	40	SEA	34:04
19	402	PIOTR BIALKOWSKI	44	NOR	34:13
20	411	RODNEY BELTZ	43	NNW	34:30
21	417	MICHAEL CHINN	44	CHS	34:34
22	433	BRYAN STILLLEY	41	NNW	34:54
23	490	TODD KRAMER	43	YKT	37:08
24	507	MICHAEL RODGERS	41	NNW	37:59
25	522	JEFFREY KLEMENCIC	44	HPT	38:42
26	527	DAVID WEBER	40	TN	39:10
27	550	TOM HESS	42	NC	40:30
28	638	CHRISTOPHER DENNARD	42	NNW	45:36
29	682	JOHN GEDVILLE	40	NNW	49:01
30	703	JEREMY HODSON	42	HPT	50:19
31	823	PAUL KNOBLICH	42	SUF	58:52
32	855	MATTHEW KELLY	41	LYN	1:02:52

MEN: 45 - 49

1	47	ROBERT QUINN	48	YKT	22:60
2	52	BRADFORD CARPENTER	45	DC	23:34
3	71	JOHN BRANCH	46	SUF	24:22
4	83	MARK WILHELM	48	HPT	24:54
5	128	DOUG KLUGE	47	FL	26:20
6	153	DAVID MCKENZIE	45	VA	27:03
7	162	ROBERT BUNN	45	MA	27:10
8	184	BRIAN HOLLIFIELD	48	NNW	27:41
9	211	ERIC KENT	49	HPT	28:28
10	233	RICHIE STATON	47	NNW	29:01
11	249	RICHARD ZEIGLER	48	CHS	29:23
12	274	MARK MILLER	49	POQ	30:19
13	280	PHIL MILLER	46	NNW	30:30
14	306	JEFF ELLINGTON	48	NNW	31:13
15	307	JEFF HANSEN	48	CHS	31:15
16	456	MATT FRAUENZIMMER	45	NOR	35:42
17	459	WYNTER BENDA	46	NOR	35:44
18	475	TYLER MOORE	47	HPT	36:10
19	487	MERFAKE SEMRET	48	YKT	36:56
20	555	JASON LANG	45	HPT	40:56
21	576	PAUL MURRAY	47	HPT	42:07
22	633	JONATHAN ANDERSON	47	HPT	45:04
23	639	KOLBI SHARTZER	46	YKT	45:39
24	829	BRAD MITCHELL	45	DC	59:10

MEN: 50 - 54

1	30	DANIEL MINGIONE	54	CHS	21:56
2	33	GREG SUMMERLIN	51	CAR	22:05
3	55	JIM TRETTEL	50	VA	23:41
4	58	MIKE JORDAN	54	NNW	23:49
5	90	STEVEN LAINE	52	GA	25:00
6	111	MICHAEL RICE	52	NNW	25:50
7	116	BRYANT RAMIREZ	50	NNW	25:53
8	118	JOE GILLIAN	52	SUF	25:59
9	138	DAVID YOUTSEY	54	YKT	26:36
10	139	PHIL ARCARA	53	VA	26:38
11	206	TERRY HARRIS	54	NNW	28:15
12	314	SAM ROSE	52	NNW	31:26
13	381	DAVE WHITE	50	NNW	33:49
14	444	DOUG WOLKOWICH	50	SUF	35:09
15	500	BRUCE BESLEY	53	NOR	37:50
16	516	MATT HENRY	50	NOR	38:34
17	624	SHAKEEL JAFREE	50	OR	44:31
18	657	JOHN MARKLEY	51	POQ	46:58
19	693	MOHAMMAD WASIQUE	54	OR	49:26
20	720	STEVE ADCOX	52	YKT	51:31
21	749	MICHAEL KRUKLINSKI	54	FL	53:21
22	784	SCOTT NORFLEET	54	YKT	56:30
23	809	JAMES WENSCHLAG	53	NNW	58:00

Place OALL Name Age City Time

MEN: 55 - 59

1	18	MIC WESTMORELAND	56	VA	20:43
2	35	STEVE ROBBINS	56	POQ	22:08
3	57	DAVID MOORE	55	POQ	23:46
4	60	ALAN VAN ZANDT	58	NNW	23:51
5	69	ROSS WHITLOCK	58	HPT	24:21
6	107	GREG BECOVUARAKIS	57	HPT	25:47
7	110	BILL HATCH	58	NNW	25:50
8	167	JIMMY HEALD	55	NNW	27:20
9	204	SCOTT ALFSEN	55	CAR	28:11
10	209	DAVE HASKIELL	55	YKT	28:23
11	223	KEN STEFANEK	56	YKT	28:43
12	252	JEFF BARLEY	57	NNW	29:42
13	272	DARYL BLOOM	59	NNW	30:16
14	287	STEVE MULROY	57	MID	30:42
15	292	TIMOTHY LAWRENCE	57	HPT	30:47
16	304	CHRISTOPHER L CULLEN	59	MD	31:10
17	316	SEAN MAHAN	57	HPT	31:28
18	329	MIKE MYNES	56	NNW	31:54
19	334	BOBBY PRICE	59	NNW	32:05
20	346	MONTY ROBINSON	59	NNW	32:30
21	352	EDWARD CHU	58	YKT	32:40
22	356	DAVID PECK	55	NNW	32:46
23	406	KEVIN WARRICK	56	YKT	34:18
24	496	CHRIS CUEVAS	57	YKT	37:35
25	512	GUY LEVY	57	NNW	38:28
26	592	STEVE HUBBARD	58	NNW	42:48
27	599	GREGORY COLES	58	NNW	43:28
28	622	TEDDY BREWER	56	POQ	44:22
29	627	ED PLUCINSKI	55	NNW	44:39
30	628	ORLANDO PLAZA	55	NNW	44:42
31	661	RAMON DELEON	55	CHS	47:36
32	666	BRAD GARDNER	57	YKT	47:57
33	696	RORY PORTER	56	YKT	50:06
34	738	KEN WACLO	55	GLC	52:48
35	793	BILL STOOKS	56	HPT	57:01
36	801	MARK NORFLEET	59	NNW	57:22
37	811	MIKE LANGE	59	MI	58:04

MEN: 60 - 64

1	124	MICHAEL LINGENFELTER	60	YKT	26:16
2	195	AL MONTALVO	64	YKT	28:01
3	196	RICHARD LA ROCHE	62	HPT	28:02
4	313	ROBERT HOGGE	61	NOR	31:25
5	345	ANTHONY KRAL	62	YKT	32:26
6	376	RONALD HOLCOMB	63	NNW	33:30
7	390	PORTER CLAPP	62	SMF	34:01
8	457	WILLIAM BEATOVIH	60	YKT	35:43
9	471	BRIAN MILLER	61	VA	36:00
10	476	MARK MCGOWAN	62	HPT	36:10
11	495	DANIEL MASON	60	NNW	37:32
12	544	MARTIN QUIGLEY	60	YKT	40:17
13	583	KIM ANGLIN	64	NC	42:32
14	634	JACK DAVIS	64	YKT	45:05
15	656	KEVIN DOWNER	61	FL	46:57
16	822	DOUG ROREM	63	IL	58:51
17	834	DON TIDWELL	62	HPT	59:34
18	850	MARK LENASSI	61	RIC	1:01:55

MEN: 65 - 69

1	84	ALAN MCCOLLUM	66	YKT	24:54
2	105	BILL DANCY	66	SMF	25:44
3	144	WAYNE WILLIAMS	66	POQ	26:47
4	165	MARK JONES	67	YKT	27:15
5	230	GEORGE JACOBS	66	NNW	28:57
6	262	ANDREW MEDVEC	69	HPT	30:05
7	300	MARK VINYARD	67	HPT	31:05
8	302	KEVIN BURKE	67	NNW	31:09
9	350	DOUG KNOX	66	YKT	32:33
10	399	MILES WONG	65	HAY	34:08
11	463	SIDNEY DEGAN	65	LA	35:49
12	464	WILLIAM WALDRON	67	YKT	35:49
13	606	DAVID BRINKER	65	NNW	43:46
14	646	GENE THIES	65	HPT	46:18
15	700	RON WEBER	69	VA	50:16
16	719	MICHAEL NICOLETTI	69	HPT	51:27
17	743	JERRY BOERNER	69	NNW	53:11
18	774	ED TEM	66	NC	55:51
19	783	CLARK BUTTNER	66	OH	56:27
20	791	PATRICK HUYGHE	67	DC	57:00
21	810	GARY ALTMAN	65	PA	58:02

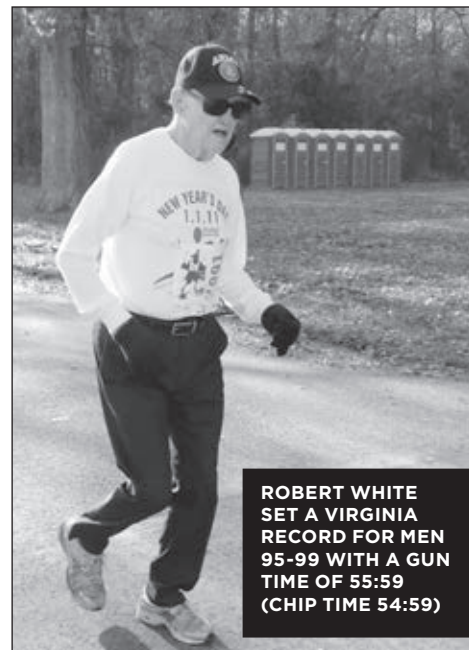
Place OALL Name Age City Time

MEN: 70 - 74

1	187	MICHAEL POFF	74	PA	27:47
2	299	GEORGE FENIGSOHN	72	POQ	30:58
3	498	JOHN ADAMS	71	HPT	37:44
4	531	MORGAN ROANE	71	HPT	39:19
5	584	GARY HAMBLIN	73	WI	42:38
6	861	RAYMOND YOH	73	NNW	1:18:51

MEN: 75 & OVER

1	466	CHARLES TERRELL	80	NNW	35:51
2	698	MICHAEL GONTESKY	77	HPT	50:13
3	718	ROBERT BUNN	75	NNW	51:26
4	764	ROBERT S WHITE	96	HPT	54:59
5	770	LEWIS DAVIS	82	HPT	55:37
6	860	ROBERT ROADARMEL	77	YKT	1:05:42



ST. KATERI'S RUN/WALK WITH THE SON FOR HAITI 5K

Running Man Subdivision, Tabb, Va.

Saturday, December 7, 2019, 8:30 a.m.

A Peninsula Track Club Grand Prix Event

and Hampton Roads Super Grand Prix Event

Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time
TOP OVERALL MEN					MEN: 30 - 34					MEN: 65 - 69				
1	1 BEN MADRIGAL	16	YKT	18:31	1	13 CHRISTOPHER BROWN	32	NNW	20:42*	1	45 RICK PLATT	69	WBG	24:38*
2	2 DYLAN RANEY	16	YKT	18:31	2	63 MARQUIS HARDEN	30	NNW	25:31*	2	60 BILL DANCY	66	SMF	25:09*
3	3 ZACHARY STURM	17	YKT	18:32	3	157 GEORGE IVASCU	34	YKT	32:28	3	84 WAYNE WILLIAMS	66	PQN	26:40*
TOP OVERALL WOMEN					4	276 CHARLES WOOD	34	NNW	50:05	4	98 MARK JONES	67	YKT	27:42
1	12 EMILY HONEYCUTT	28	NNW	20:19	MEN: 35 - 39					5	124 JIMMY C BLOUNT	69	WBG	29:41*
2	19 SORENNNA JEAN	17	WBG	21:37	1	8 CHRIS NOVAKOSKI	38	CHS	19:23*	6	179 JERRY ORTIZ	69	HPT	34:55
3	23 MADDY MORGADO	14	YKT	22:08	2	26 CHRIS D LAFHAMME	38	YKT	22:24	7	216 ALEXANDER CONRAD	68	VA	39:06
MEN: 8 AND UNDER					3	57 NOAH SCHILLER	39	YKT	25:06	8	270 EUGENE THIES	65	HPT	48:47*
1	38 CARSON SADLER	8	CHS	23:46	4	126 BRYAN SPARKMAN	37	YKT	29:45	9	301 ANDREW MEDVEC	69	HPT	55:45*
2	76 JACKSON GULDIN	7	YKT	26:16	5	195 RICH WIGHTMAN	36	YKT	36:04*	MEN: 70 AND OVER				
3	77 NOLAN SCHILLER	7	YKT	26:17	6	197 GOMER BRAGANZA	39	YKT	36:27	1	66 JOHN DICARLO	70	VAB	25:46
4	102 LUKE WOOLFORD	7	YKT	27:45	7	260 JUSTIN UPCHURCH	36	YKT	47:25	2	120 LARRY E ARATA	75	WBG	29:09*
5	152 TATE HODGES	7	YKT	32:07	8	315 DAVID REEVES	37	YKT	1:01:06	3	134 RANDY HAWTHORNE	74	WBG	30:27*
6	154 THOMAS UPCHURCH	7	YKT	32:09	MEN: 40 - 44					4	218 ED SHARP	80	GLC	39:24
7	166 ROHAN STEPHENS	6	YKT	33:30	1	14 RAY RODRIGUEZ	43	NNW	20:49	5	274 MICHAEL GONTESKY	77	HPT	49:52*
8	188 JACKSON NORDIN	8	YKT	35:38	2	47 TIM ROE	41	YKT	24:40	6	285 PJ MENDOLA	87	NNW	52:40*
9	191 LANDON REEVES	8	YKT	35:50	3	69 BRYAN WENDELL	40	YKT	25:52	7	290 JAMES SHARP	77	NOR	53:36
10	198 EVAN EBERT	7	YKT	36:28	4	123 ERIC WILSON	43	HPT	29:40	8	302 JOHN ADAMS	71	HPT	55:46
11	207 WILLAIM BORER	6	YKT	38:12	5	128 BEN ROOKER	44	YKT	29:51	9	303 ROBERT S WHITE	96	HPT	55:46*
12	211 JACKSON MAPP	8	YKT	38:19	6	151 CHRISTOPHER CLARK	42	YKT	32:05					
13	246 KYLE IVASCU	7	YKT	43:49	7	160 JEFF SCOTT	40	PQN	32:51					
14	259 DAVID UPCHURCH	5	YKT	47:24	8	190 ANDREW WISSINGER	43	YKT	35:40					
15	272 TRENT CARAKER	8	YKT	49:28	9	193 BOBBY SCOTT	43	PQN	36:00					
16	280 VINCENT J REANDEAU	8	YKT	51:15	10	217 DAWKINS LE RON	44	NNW	39:16					
17	314 BRYCE REEVES	6	YKT	1:01:06	11	220 DANIEL RHODES	42	YKT	39:39					
MEN: 9 - 11					12	238 ERNANI BRAGANZA	43	YKT	42:44					
1	18 RONAN RANELONE-MIMS	11	PQN	21:33	13	256 KENT BUNCH	40	LYN	46:14					
2	46 ARTHUR ROE	10	YKT	24:39	14	289 BRANNON TACKETT	41	NNW	52:56					
3	48 ANDREW SEGUIN	10	YKT	24:47	MEN: 45 - 49									
4	55 CALEB JACOBS	10	YKT	25:01	1	35 SPENCER MIMS	46	PQN	23:17					
5	56 COOPER GULDIN	9	YKT	25:02	2	36 JACK RYAN	47	YKT	23:19					
6	64 JACOB GRIEME	11	YKT	25:32	3	65 WALTER NARRAMORE	46	YKT	25:42					
7	79 CARTER SHAW	9	YKT	26:19	4	73 ANDREW MORGADO	47	YKT	26:07					
8	97 BRANDON WOWK	10	YKT	27:42	5	116 RICK DAVENPORT	49	YKT	28:56*					
9	105 COLSON CLARK	10	YKT	28:03	6	159 VINCENT MONTANARO	46	YKT	32:40					
10	132 URIJAH HARDEN	10	NNW	30:04*	7	167 MARK STEPHENS	47	YKT	33:31					
11	140 ZACHARY CRAWFORD	9	YKT	31:05*	8	175 BRIAN MASON	49	YKT	34:38					
12	143 DAVIS MAPP	11	YKT	31:14	9	226 JOHN LUCAS	46	NNW	40:09					
13	148 LUKAS MALOOF	9	YKT	31:46	10	250 DOUGLAS RICE	47	YKT	44:44					
14	156 ANDREI IVASCU	9	YKT	32:24	MEN: 50 - 54									
15	178 JAXSON RIENER	9	YKT	34:51	1	6 DAVID P LOCKARD	50	HPT	19:05					
16	181 OWEN RIENER	10	YKT	35:17	2	28 ROBERT KOWALEWSKI	52	YKT	22:34					
17	189 MASON WISSINGER	9	YKT	35:39	3	78 JOE BUCK	54	CHS	26:18					
18	192 WILL SCOTT	11	PQN	35:59	4	108 BRENDAN DONAHOE	53	YKT	28:19					
19	212 ELIJAH HUNT	10	YKT	38:20	5	122 DAVID D YOUNG	52	YKT	29:24					
20	275 TYLER MADDOCK	11	YKT	50:04	6	133 LARRY MADRIGAL	51	YKT	30:05					
MEN: 12 - 14					7	241 MICHAEL VAILLANCOURT	51	YKT	43:33					
1	11 CONNOR BIEBEL	14	YKT	20:15	MEN: 55 - 59									
2	17 ELIAS NARRAMORE	12	YKT	21:32	1	15 KEN ALBERG	58	SUF	20:57					
3	20 SPENCER ROE	14	YKT	21:51	2	16 GREG PIKE	55	YKT	21:16*					
4	39 RYAN KENNEY	14	YKT	23:52	3	21 ORLANDO PEREZ	57	NNW	21:59					
5	53 JACKSON COOPER	13	YKT	24:59	4	29 PETER COEN	59	PQN	22:36					
6	85 ADRIAN RYAN	14	YKT	26:43	5	30 WALT BRUCE	58	YKT	22:44*					
7	113 JACOB RODRIGUEZ	12	NNW	28:51*	6	32 JOHN PHIFER	57	YKT	23:00					
8	158 DOMINIC MONTANARO	12	YKT	32:39	7	40 ALAN VAN ZANDT	58	NNW	24:09*					
MEN: 15 - 19					8	49 ROBERT JEAN	55	WBG	24:50					
1	4 GABRIEL ROSS	18	YKT	18:44	9	52 BOB BRUNNER	58	VAB	24:56					
2	5 COLE BRODERICK	16	YKT	18:55	10	70 DAVID MAZARY	59	NNW	25:55					
3	7 MICAH KAWECKI	15	PQN	19:08	11	168 JOHN HOGAN	57	OR	33:40					
4	10 DJ GUTHINGER	17	YKT	19:57*	MEN: 60 - 64									
5	22 PATRICK DONAHOE	18	YKT	22:01	1	9 ROBERT WHITAKER	61	YKT	19:38*					
6	44 DYLAN CURRIE	17	PQN	24:36*	2	31 KEVIN TOPP	64	TAB	22:48					
7	88 SAM ROOKER	16	YKT	26:54	3	34 WYATT E CUTCHINS	63	YKT	23:08*					
8	117 ZACHARY VAILLANCOURT	16	YKT	28:59	4	37 TIMOTHY WESTFALL	61	NOR	23:44*					
9	174 SEBASTIAN GRASSER	16	PQN	34:31	5	43 SONNY STANLEY	61	SMF	24:35					
10	176 JAXON TOPP	17	TAB	34:39	6	75 GEORGE W NELSEN	64	NNW	26:10*					
MEN: 20 - 24					7	107 GARY FREDERICKSEN	63	PQN	28:08					
1	67 MATTHEW BAKER	22	PQN	25:48	8	119 DAVID YOUKER	62	YKT	29:08					
MEN: 25 - 29					9	129 RICHARD MYER	60	YKT	29:57					
1	54 JOSHUA TOMADA	25	YKT	25:01	10	171 DARRELL COFSKY	63	YKT	34:17					
2	99 BRANDON ALLAMAN	27	YKT	27:43	11	253 TED BLANEY	61	YKT	45:14					

Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time	Place	OALL Name	Age	City	Time
WOMEN: 8 AND UNDER					WOMEN: 40 - 44					WALK - MEN:				
1	100 JILLIAN WALLEN	8	YKT	27:44	1	41 ANNETTE LOMBARDO	43	YKT	24:11	1	203 GEORGE FENIGSOHN	72	PQN	37:25*
2	144 NOELLE LOMBARDO	7	YKT	31:18	2	71 TAMARA WEBB	43	HPT	26:02	2	229 BILL MCDONALD	78	PQN	40:36
3	145 ASHLYNN CLARK	8	YKT	31:20	3	80 REBECCA SHAW	40	YKT	26:21	3	231 CHRISTOPHER JOHNSON	50	PQN	41:50
4	164 AVA STEPHENS	7	YKT	33:06	4	81 SHELBY SCOTT	42	PQN	26:30	4	235 ALEX SEGUIN	46	YKT	42:24
5	194 CHLOE TEMPLE	8	YKT	36:03	5	83 LAURA DOVER	40	YKT	26:39	5	255 TRACEY COOPER	52	YKT	45:54
6	196 MARISSA OCASIO	8	NNW	36:24	6	89 SARAH ANDREWS	41	YKT	26:54	6	265 BILL LAMARSH	56	YKT	47:49
7	209 ALYSSA CRAWFORD	6	YKT	38:17*	7	91 AMANDA COLLIER	40	YKT	27:21*	7	266 JACKSON MARR	7	YKT	48:00
8	224 CHARLOTTE JALLO	8	YKT	40:07	8	93 CARLEEN LAWSON	42	PQN	27:27	8	267 DENNIS KENNEDY	72	YKT	48:10
9	233 ZUZANNA KOWALEWSKA	8	YKT	42:10	9	96 BETHANY SCHILLER	40	YKT	27:32	9	268 ALEXANDER VAZQUEZ	64	YKT	48:16
10	277 ALYSSA JENKINS	8	YKT	50:06	10	101 MILAGROS WALLEN	42	YKT	27:44	10	282 STEVEN REANDEAU	42	YKT	52:11
WOMEN: 9 - 11					11	104 JENNIFER LITTLE	40	YKT	27:52*	11	291 JOHN GALLO	63	NNW	54:10*
1	58 LANA SCHILLER	10	YKT	25:07	12	118 TONYA COLTON	43	PQN	28:59*	12	292 BILL DIEHL	69	YKT	54:56
2	138 JAIME CALHOON	10	YKT	30:51	13	125 SUZANNE MADDOCK	41	YKT	29:43	13	296 ROBERT CRINER	63	YKT	55:19
3	184 ABRIANNA RODRIGUEZ	9	NNW	35:26*	14	127 MANJA GOKCEN	41	YKT	29:46	14	300 KEVIN SANDERS	56	YKT	55:39
4	204 LYDIA SIAGEL	10	YKT	37:27	15	149 EVA MALOOF	42	YKT	31:49	15	304 JIM DELLA VALLE	79	YKT	56:08
5	219 ALEXIS RHODES	9	YKT	39:30	16	163 SAYWARD DUGGAN	40	YKT	33:05	16	307 GREG BENDER	70	YKT	56:56
6	221 CALEIGH NORDIN	11	YKT	39:41	17	173 MANDI ROOKER	44	YKT	34:29	17	309 PHILIP RENDER	72	PQN	57:46
7	225 ELIZABETH LUCAS	9	NNW	40:08	18	183 CARRIE WARD	40	PQN	35:20	WALK - WOMEN:				
8	242 ALIYA DARBY	10	YKT	43:39	19	201 JAN RYAN	44	YKT	36:55	1	205 LAURA SCOTT	54	PQN	37:28*
9	245 KRISTAL C ANYANASO	9	YKT	43:46*	20	208 MARY BORER	42	YKT	38:13	2	206 SUSAN SORLIE	58	PQN	37:40*
10	252 ALEXANDER CARDONA	9	YKT	44:56	21	222 JAIME NORDIN	43	YKT	38:49	3	232 PATRICIA WIEDEMANN	59	SEA	41:51*
11	310 PRAISE EJMKONYE	10	YKT	58:33	22	228 STEPHANIE JALLO	41	YKT	40:16	4	236 LEANNE SEGUIN	45	YKT	42:25
12	320 AVA SCOTT	9	PQN	1:02:03	23	311 KATE FORREST	44	YKT	58:35	5	237 SARAH EBERT	36	YKT	42:26
WOMEN: 12 - 14					WOMEN: 45 - 49					6	244 KATE MCDONALD	59	PQN	43:44
1	33 AVA RANELLONE-MIMS	13	PQN	23:05	1	59 SUSAN HAGEL	46	NOR	25:08*	7	248 VICKI COOPER	64	YKT	44:09
2	72 HANNAH CLARK	13	YKT	26:03	2	86 DANIELLE CHRISTIAN	49	NNW	26:48	8	254 KENDRA COOPER	50	YKT	45:53
3	92 CORINNE LOMBARDO	13	YKT	27:23	3	106 DONNA J PIKE	49	YKT	28:05*	9	257 CAITLYN JORDAN	28	SEA	47:03
4	161 CATHERINE SEGUIN	12	YKT	33:00	4	109 CRYSTAL DAVENPORT	45	YKT	28:20*	10	258 GEORGIA WILLIAMS	58	NNW	47:04
5	172 ERIN BRAGANZA	13	YKT	34:24	5	110 LAUREN ROSENBAUM	46	NNW	28:32	11	262 KRISTEN PRICE	29	NNW	47:38
6	249 GILLIAN RICE	12	YKT	44:43	6	112 STEFANIE PAUL	48	PQN	28:47	12	263 KATHY LAMARSH	24	YKT	47:41
7	269 ANYA SIMSIC	14	YKT	48:42	7	139 TRACEY BREWER	46	YKT	30:58	13	278 VIRGINIA JOHNSON	67	PQN	50:24
WOMEN: 15 - 19					8	177 MARCY RICE	45	YKT	34:44	14	279 JENNIFER GUNN	55	NNW	51:13
1	50 CANNON JEAN	15	WBG	24:51	WOMEN: 50 - 54					15	281 TERRI MEAGHER	56	YKT	52:07
2	114 SHRADHA RATHORE	16	YKT	28:53	1	62 MILDA DONAHOE	52	YKT	25:26*	16	283 WANDA WIGGS	64	YKT	52:12
3	180 TANVEE GUPTA	15	YKT	35:05	2	68 TAMMY SADLER	52	CHS	25:49	17	284 CAROLYN RICHMOND	70	HPT	52:13
WOMEN: 20 - 24					3	90 MICHELLE GRAU	51	NNW	27:05*	18	287 ANDREA WENDELL	38	NNW	52:52
1	200 KARINA DONAHOE	23	YKT	36:52	4	115 MARIA PETERS	54	YKT	28:54*	19	294 AUDRA SIMSIC	40	YKT	55:17
WOMEN: 25 - 29					5	130 AMY MYER	54	YKT	30:00	20	295 REKHA GUPTA	45	YKT	55:18
NONE					6	141 CATHERINE HARDEN	53	NNW	31:11*	21	297 AGNES CRINER	60	YKT	55:20
WOMEN: 30 - 34					7	147 CRIZTINA JEAN	51	WBG	31:39	22	298 BETH ARAGER	53	YKT	55:26
1	25 EMILY BROWN	32	NNW	22:22*	8	182 CINDI LANIER	54	YKT	35:19	23	299 MARGARET MCFARLAND	61	HPT	55:27
2	135 ERIN GEDICKE	30	HAY	30:36*	9	202 CONNIE TOPP	53	TAB	37:11	24	305 TINA NOVOTNY	60	NNW	56:53
3	213 KELLY MANAHAN	31	YKT	38:23	10	214 ELIZABETH CRONIN	53	PQN	38:59	25	306 SHARON BENDER	62	YKT	56:55
4	247 KAITLYN IVASCU	33	YKT	43:50	11	223 JOLANTA KOWALEWSKI	50	YKT	40:00	26	308 ANGELA RENDER	67	PQN	57:37
WOMEN: 35 - 39					12	240 KIM HOGAN	53	OR	43:30	27	312 HEATHER THOMPSON	27	GLC	59:35
1	27 SHEILA SCOTTI	36	NNW	22:31*	13	286 JENNY STADHEIM	53	YKT	52:51	28	313 JULIA MULLINS	22	NNW	59:36
2	42 JENNY RODRIGUEZ	37	NNW	24:22*	WOMEN: 55 - 59					29	316 MEGAN FLAHERTY	40	YKT	1:01:10
3	51 JAIME LAWSON	37	HPT	24:54*	1	24 KARLA HAVENS	57	VA	22:14*	30	317 EVELYN FLAHERTY	8	YKT	1:01:11
4	82 RACHEL NOVAKOSKI	37	CHS	26:33*	2	61 VALOR FOY JONES	56	NNW	25:21*	31	318 CECILIA BAKER	13	PQN	1:01:29
5	94 REBECCA THAYER	38	HPT	27:28	3	74 CHRISTINE SCHAFFNER	56	YKT	26:08*	32	319 JASMINE BAKER	15	PQN	1:01:32
6	146 TRACY CLARK	38	YKT	31:27	4	95 DONNA SANDERS	55	YKT	27:30*	33	321 LAUREN SCOTT	34	PQN	1:02:28
7	153 ELIZABETH HODGES	35	YKT	32:08	5	103 JANICE KAILOS	58	WBG	27:49	34	322 LAURETH BAKER	55	PQN	1:02:29
8	165 LAURA STEPHENS	37	YKT	33:07	6	137 CHRISTINE WILLIAMS	57	PQN	30:42*	35	323 SUSAN THIES	64	HPT	1:02:31*
9	169 STEPHANIE SPARKMAN	36	YKT	34:07	7	142 G DEREN	58	NNW	31:13	36	324 MELISSA THIES	32	HPT	1:03:11*
10	186 APRIL RIENER	38	YKT	35:29	8	150 JANICE POWERS	59	PQN	31:59	TEAM RESULTS				
11	199 VANNA UPCHURCH	35	YKT	36:41	9	170 DONNA BROOKOVER	55	MA	34:13	1. GRAFTON HIGH SCHOOL				
12	210 MICHELLE CRAWFORD	39	YKT	38:18*	10	239 JULIE LAPOINTE	58	YKT	43:16	18:31 18:31 18:32 18:55 = 1:14:29				
13	243 TYESA DARBY	35	YKT	43:40	11	261 LAURA CROWDER	56	HPT	47:37	BEN MADRIGAL 16, DYLAN RANEY 16				
14	251 CATHERINE CARDONA	35	YKT	44:50	12	264 MARGO LAMARSH	56	YKT	47:43	ZACHARY STURM 17, COLE BRODERICK 16				
15	293 KRISTEN MASSEY	38	NNW	55:03	WOMEN: 60 - 64					2. TABB HIGH SCHOOL				
					1	131 SHIRLEY STEPHENS	63	WBG	30:03*	19:57 20:15 21:51 22:01 = 1:24:04				
					2	136 THEA GANOE	61	HPT	30:39*	DJ GUTHINGER 17, CONNOR BIEBEL 14				
					3	185 KATHY GALLO	63	NNW	35:27*	SPENCER ROE 14, PATRICK DONAHOE 18				
					4	230 CHERYL HAYES	63	HPT	40:51	3. MOUNT VERNON ELEMENTARY SCHOOL				
					WOMEN: 65 - 69					24:39 25:01 25:02 26:16 = 1:40:58				
					1	87 HELEN WORTHINGTON	65	BEN	26:49*	ARTHUR ROE 10, CALEB JACOBS 10				
					2	111 PATRICIA TRAVIS	68	WBG	28:36*	COOPER GULDIN 9, JACKSON GULDIN 7				
					3	162 DOTTIE HUMPHREYS	67	NNW	33:03*	4. GRAFTON BETHEL ELEMENTARY SCHOOL				
					4	187 KAREN CORL	65	WBG	35:31	24:47 25:07 26:17 26:19 = 1:42:30				
					5	215 YVONNE CONRAD	66	VA	39:00	ANDREW SEGUIN 10, LANA SCHILLER 10				
					WOMEN: 70 AND OVER					NOLAN SCHILLER 7, CARTER SHAW 9				
					1	121 BARBARA BIASI	72	YKT	29:14*	5. TABB MIDDLE SCHOOL				
					2	227 BETH DIEHL	70	YKT	40:15	25:32 27:23 31:14 35:17 = 1:59:26				
					3	234 NANCY BLOUNT	73	WBG	42:12*	JACOB GRIEME 11, CORINNE LOMBARDO 13				
					4	271 KATHLEEN POWELL	71	PQN	49:17	DAVIS MAPP 11, OWEN RIENER 10				
					5	273 PAULINE ELY	81	HPT	49:51*	6. POQUOSON HIGH SCHOOL				

* denotes PTC member



NOLAN SCHILLER, JOE BUCK

Course Records: Run with the Son for Haiti 5K – Running Man Subdivision

Male Records						Female Records					
Age Group	Name	Time	Year	Age	City, State	Age Group	Name	Time	Year	Age	City, State
Overall	Derryn Bray	15:27	2008	24	Poquoson, VA	Overall	Karen Terry	17:30	2012	23	Newport News, VA
9 & under	Carter Goetz	22:08	2017	9	Smithfield, VA	9 & under	Anaya Dayton	26:25	2018	8	Yorktown, VA
10 - 14	Ben Madrigal	17:54	2017	14	Yorktown, VA	10 - 14	Kasandra Aulenbach	21:39	2015	14	Yorktown, VA
15 - 19	S J Blenkush III	17:19	2013	16	Yorktwon, VA	15 - 19	Julia McMasters	21:09	2015	17	Newport News, VA
20 - 24	Derryn Bray	15:27	2008	24	Poquoson, VA	20 - 24	Karen Terry	17:30	2012	22	Newport News, VA
25 - 29	Nate Wallace	16:08	2007	25	Yorktown, VA	25 - 29	Laura Springer	19:26	2010	28	Bainbridge Isle, VA
30 - 34	Mark Tompkins	16:08	2007	32	Williamsburg, VA	30 - 34	Jessica Burcham	21:35	2014	33	Lanexa, VA
35 - 39	Michael Stohler	17:50	2015	36	Newport News, VA	35 - 39	Kristi Markowicz	18:13	2008	38	Newport News, VA
40 - 44	David Lockard	17:56	2012	43	Hampton, VA	40 - 44	Ellen Enoch	22:04	2010	44	Yorktown, VA
45 - 49	Jack Lovett	18:45	2016	46	Yorktown, VA	45 - 49	Valerie Plyler	19:51	2007	48	Yorktown, VA
50 - 54	Henry Gleisburg	18:29	2008	52	Yorktown, VA	50 - 54	Mercedes Castillo-D'Amico	20:03	2011	54	Newport News, VA
55 - 59	Henry Gleisburg	18:34	2012	56	Yorktown, VA	55 - 59	Karla Havens	22:05	2017	55	Plainview, VA
60 - 64	Robert Whitaker	19:16	2018	60	Yorktown, VA	60 - 64	Helen Worthington	24:54	2015	61	Bena, VA
65 - 69	Langston Shelton III	20:46	2012	65	Grafton, VA	65 - 69	Barbara Biasi	26:46	2012	65	Yorktown, VA
70 - 74	Robert H Wright	22:47	2011	70	Hampton, VA	70 - 74	Barbara Biasi	28:35	2017	70	Yorktown, VA
75 - 79	Tom Ray	27:48	2010	77	Kitty Hawk, NC	75 - 79	Robin Jorlett	36:36	2018	75	Newport News, VA
80 - 84	Ed Sharp	39:24	2019	80	Gloucester, VA *	80+	Pauline Ely	49:17	2018	80	Hampton, VA
85 - 89	P J Mendola	52:01	2018	86	Newport News, VA						
90 - 94	Robert S White	37:15	2014	91	Hampton, VA						
95+	Robert S White	55:46	2019	96	Hampton, VA *						

* Indicates new record in 2019

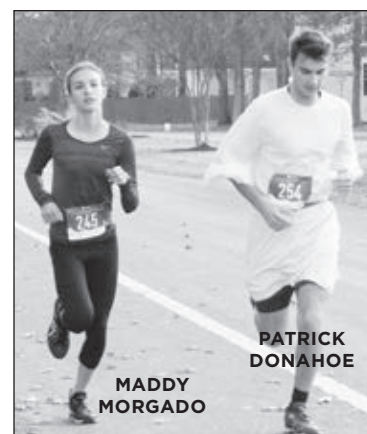
* Indicates new record in 2019



DYLAN RANEY, BEN MADRIGAL, COLE BRODERICK, ZACHARY STURM, JACK RYAN



VALOR
FOY JONES



MADDY
MORGADO

PATRICK
DONAHOE



CHRIS NOVAKOSKI



RAY RODRIGUEZ



D.J. GUTHINGER



CHRISTINE WILLIAMS



CHRIS BROWN

RAPTOR CHAPTER UGLY SWEATER RUN 5K

Newport News Park, Newport News, Va.
Saturday, December 14, 2019, 8:30 a.m.

USATF certified course #VA13054RT
A Peninsula Track Club Grand Prix Event

Place OALL Name Age City Time

TOP OVERALL WOMEN

1	1	MEGHAN MULROY-GOLDMAN	26	NNW	21:20
2	3	EVA SUSANNE BLAZER	31	FEU	25:12
3	5	HELEN WORTHINGTON	65	BEN	27:52*

TOP OVERALL MEN

1	2	TIMOTHY PITT	41	HPT	21:23
2	4	RICHARD PEELING	45	NNW	27:50
3	6	JACOB RODRIGUEZ	12	NNW	28:23*

MEN: 19 AND UNDER

1	7	RICK ZINSER	17	YKT	28:30
---	---	-------------	----	-----	-------

MEN: 20 - 44

NONE

MEN: 45 - 49

1	16	ROY ZINSER	49	YKT	39:34
---	----	------------	----	-----	-------

MEN: 50 - 59

NONE

MEN: 60 AND OVER

1	21	JOHN GALLO	63	NNW	50:24*
---	----	------------	----	-----	--------

WOMEN: 19 AND UNDER

1	14	ABRIANNA RODRIGUEZ	9	NNW	36:48*
---	----	--------------------	---	-----	--------

WOMEN: 20 - 24

1	19	MARISSA NORBY	23	NNW	46:30
---	----	---------------	----	-----	-------

WOMEN: 25 - 29

1	12	MINDY CRAIG	29	HPT	32:59
---	----	-------------	----	-----	-------

WOMEN: 30 - 34

1	13	JESSICA RIPPY	34	MS	36:30
---	----	---------------	----	----	-------

2	17	ABIGAIL GONZALEZ	30	NNW	40:28
---	----	------------------	----	-----	-------

WOMEN: 35 - 39

1	9	LENE ISRAELSEN	36	NNW	28:36
---	---	----------------	----	-----	-------

2	18	KELLEY MULLENNIEX	39	PRT	42:50
---	----	-------------------	----	-----	-------

3	20	AMELIA QUIN	38	HPT	49:04
---	----	-------------	----	-----	-------

WOMEN: 40 - 44

1	10	MAURA RUST	40	PQN	31:10
---	----	------------	----	-----	-------

WOMEN: 45 - 49

1	8	SARAH ZINSER	47	YKT	28:31
---	---	--------------	----	-----	-------

WOMEN: 50 - 59

NONE

WOMEN: 60 - 64

1	11	THEA GANOE	61	HPT	31:35*
---	----	------------	----	-----	--------

2	15	KATHY GALLO	63	NNW	36:49*
---	----	-------------	----	-----	--------

WOMEN: 65 AND OVER

1	22	LEORA HARTY	69	NNW	1:00:36
---	----	-------------	----	-----	---------

* denotes PTC member



TIMOTHY PITT



RICK ZINSER



RICHARD PEELING



THEA GANOE



AMELIA QUIN



MEGHAN
MULROY-GOLDMAN

Runner Doc



PERFORMANCE
Chiropractic, L.L.C.

State of the Art, With A Caring Touch
Chiropractic • Acupuncture • Massage

Daniel Shaye, DC, CCSP, FIAMA

Doctor of Chiropractic
Certified Chiropractic Sports Physician
Fellow, International Academy of Medical Acupuncture

Safe, Gentle, Effective Care
Aches, Pains, Sprains, Strains

www.performancechiropractic.com

229-4161

1307 Jamestown Road #103 • Williamsburg

2019 PTC Grand Prix Standings (12 of 12 events completed)

WOMEN (QUALIFIED)

Name	run	vol	total
Susan Hagel	111	89	200
Helen Worthington	98	75	173
Maria Peters	92	64	156
Valor Foy Jones	97	52	149
Dottie Humphreys	73	58	131
Barbara Biasi	89	34	123
Patricia Wiedemann	60	58	118
Amanda Collier	71	46	117
Catherine Harden	60	46	106
Jennifer Little	59	40	99
Emily Brown	68	22	90
Patricia Travis	66	6	72
Martha Gullo	43	22	65
Karla Havens	56	3	59
Thea Ganoe	25	25	50
Rachel Novakoski	43	6	49
Christine Schaffner	24	24	48
Dione Edwards	25	16	41
Kathy Gallo	17	16	33
Maria Ramirez Gorton	18	3	21
Jessica Anderson	9	9	18
Katherine Canalichio	10	6	16
Karen Schenck	8	8	16
Mary Gibbs	9	6	15
Kim Flint	7	7	14
Gail Lucado-Phelps	8	3	11
Sridevi Maddiveni	8	3	11
Nancy Blount	8	3	11
Carol Bartram	4	4	8

.....

2019 PTC GRAND PRIX RACE SCHEDULE

Menchville Winter Chill 5K
10-Mile Run for the Heart
Fort Eustis 10K

Joe & Sue Moore Scholarship 5K
Yorktown Freedom Run 8K
Joe-Zilla Trailzilla 5-Miler
Coast Guard Day 5K
Smart Smiles 5K

Mulberry Island Half-Marathon
Poquoson Run with the Bulls 5K
Yorktown Battlefield 10-Miler
Run with the Son for Haiti 5K

.....

NEXT GRAND PRIX RACES

Menchville Winter Chill 5K
January 18, 2020

.....

10-Mile Run for the Heart
February 8, 2020

MEN (QUALIFIED)

Name	run	vol	total
Chris Novakoski	118	43	161
Christopher Brown	83	37	120
Randy Hawthorne	52	49	101
Rick Platt	45	24	99
Andrew Medvec	45	43	88
Dale Abrahamson	49	31	80
P J Mendola	39	39	78
James Gullo	48	22	70
Alan Van Zandt	61	3	64
George Nelsen	31	31	62
James Deviese	47	6	53
Christopher Laws	43	3	46
David Anderson	27	16	43
Peter Navin	18	18	36
Jimmy Blount	25	6	31
Skip Cole	15	15	30
Eric Wiebke	26	3	29
Mike Thomas	12	12	24
Steve Peters	12	12	24
Richard Bowen	12	12	24
Bob Curtin Jr.	17	6	23
George Fenigsohn	16	3	19
Will Palagyi	9	9	18
Scott Bartram	9	9	18
Urijah Harden	9	9	18
Rick Webb	9	3	12
Danny Young	6	6	12

.....

PTC'ERS WHO SCORED IN ALL 12 GRAND PRIX RACES:

Chris Novakoski

.....

PTC'ERS WHO SCORED IN 11 OF 12 GRAND PRIX RACES:

Susan Hagel

.....

PTC'ERS WHO SCORED IN 10 OF 12 GRAND PRIX RACES:

Valor Foy Jones, Maria Peters
Helen Worthington

.....

GRAND PRIX UPDATE

Race points have been tallied through the
Run with the Son for Haiti 5K
held on *December 7*.

Volunteer points have been tallied through the
Raptor Chapter Ugly Sweater 5K
held on *December 14*.

WOMEN (NOT YET QUALIFIED)

Name	run	vol	total
Jennifer Anderson	47	0	47
Carolyn Harrison	41	0	41
Jennifer Cornette	37	0	37
Sheila Scotti	30	0	30
Campbell Anderson	29	0	29
Megan Schulze	26	0	26
Finley Anderson	23	0	23
Christine Williams	23	0	23
Brenda Mitchell	22	0	22
Donna Sanders	22	0	22
Karen Sanzo	20	0	20
Maya Gorton	20	0	20
Shirley Stephens	20	0	20
Mary Brown	19	0	19
Donna Pike	17	0	17
Crystal Davenport	15	0	15
Lori Sherwood	14	0	14
Jaime Lawson	13	0	13
Linda Ayers	12	0	12
Crystal Witte	11	0	11
Barbara Mathewson	10	0	10
Corielee Miller	10	0	10
Debbie McHugh	10	0	10
Parker Anderson	10	0	10
Rebecca Machusek	10	0	10
Milda Donahoe	10	0	10
Mary Eaker	9	0	9
Gabriele Lingenfelter	9	0	9
Erin Gedicke	9	0	9
Jenny Rodriguez	9	0	9
Susan Sorlie	9	0	9
Lori Melle	8	0	8
Jessica Templeton	8	0	8
Kelly Lambley	8	0	8
Deedee Weaver	8	0	8
Susan Canedy	8	0	8
Liz Young	8	0	8
Michelle Grau	8	0	8
Maryanne Lee	7	0	7
Debbie Belin	7	0	7
Alyson Kast	7	0	7
Valerie Butcher	6	0	6
Abrianna Rodriguez	6	0	6
Laronda White	5	0	5
Christine Youtsey	5	0	5
Jennifer Epps	5	0	5
Sara Leone	5	0	5
Karen Smith	4	0	4
Alyssa Crawford	4	0	4
Cynthia Robinson	3	0	3
Linda Holmes	2	0	2
Dawn Marshall	2	0	2
Elaine Arrieta	1	0	1
Samantha Highsmith	1	0	1
Milagros Wallen	1	0	1

MEN (NOT YET QUALIFIED)

Name	run	vol	total
Larry Arata	75	0	75
Braxton Lee	51	0	51
Jim Highsmith	46	0	46
Walt Bruce	42	0	42
Wayne Williams	42	0	42
Timothy Westfall	41	0	41
Collins Ombikwa	38	0	38
Winston Trice	36	0	36
Joseph Verdirame	36	0	36
Robert Whitaker	31	0	31
Robert S White	30	0	30
Wyatt Cutchins	28	0	28
Craig Hymes	23	0	23
Ryan Carroll	23	0	23
Ryan Doupe	22	0	22
Edward Rietscha	22	0	22
Bill Russell	22	0	22
Marquis Harden	20	0	20
Steven Kast	19	0	19
Joe Day	19	0	19
Greg Pike	19	0	19
Jack Gorton	17	0	17
Matthew Hoffman	17	0	17
John Scott	16	0	16
Mark Konst	16	0	16
Ed M Rietscha	15	0	15
Eugene Thies	15	0	15
Rich Wightman	14	0	14
Greg Lynn	12	0	12
Charles Terrell	10	0	10
David Milby	10	0	10
Ernest Schillinger	10	0	10
Doug Berry	10	0	10
Paul Pelletier	10	0	10
William R Jones	10	0	10
Eric Everton	10	0	10
Jeff Hammond	10	0	10
Ronald Kellum	10	0	10
Jonathan Nonnemacher	9	0	9
Stephen Scudder	9	0	9
Roy Blackburn	9	0	9
Robert Thornburgh	9	0	9
Christian Holter	9	0	9
Theo Murphy	9	0	9
Rick Davenport	9	0	9
Mike Gontesky	9	0	9
Bill Dancy	9	0	9
Charles Webb	8	0	8
David Edwards	8	0	8
Joshua Pike	8	0	8
George Dever	8	0	8
Jason Miller	8	0	8
Michael Daly	8	0	8
Arthur Mertz	7	0	7
Terry Imbery	7	0	7
Scott Young	7	0	7
DJ Guthinger	7	0	7

MEN (NOT YET QUALIFIED, CON'T.)

Rodney Beltz	6	0	6
Brian Butcher	6	0	6
John Epps	6	0	6
Steven Shapiro	6	0	6
James Thayer	5	0	5
Kevin Burke	5	0	5
Dylan Currie	5	0	5
Andrew Lambley	4	0	4
Michael Lingenfelter	4	0	4
William Harrison Jr.	4	0	4
Jacob Rodriguez	4	0	4

MEN (NOT YET QUALIFIED, CON'T.)

Dexter Moore	3	0	3
Blake Tice	3	0	3
Kevin Warrick	3	0	3
John Gallo	2	0	2

QUESTIONS?

For questions or corrections regarding the **2019 Grand Prix** standings, please contact **Bruce Davis** via email at **weatherwizard1@juno.com**

PTC VIRTUAL MARATHON

Have you ever thought about running a marathon, but the whole experience seemed too daunting? How about running a marathon on the installment plan?

How it works

- Sign up for the Virtual Marathon at www.runsignup.com or link to it through the PTC website: www.peninsulatrackclub.com.
- Run any timed event on the PTC schedule and receive credit for the distance/time run.
- Run PTC events totaling 42K or more and you are a FINISHER in the PTC Virtual Marathon.
- Run additional PTC events beyond 42K to improve your Virtual Marathon finishing time.

Event Distance	Distance Credited
5K	5K
4 miles	6K
4.3 miles	7K
8K	8K
5 miles	8K
10K	10K
10 miles	16K
Half-Marathon	21K

Once 42K is reached, improved times for identical distances (a 5K for a 5K) will be substituted, making it possible to improve your Virtual Marathon finishing time.

Entry Fee

\$15 for PTC members
\$35 for non-members (fee includes one-year PTC membership)

2019 Virtual Marathon Standings (through December 14, 2019)

NAME	AGE/GENDER	TIME
Finish Line: 42K		
Chris Novakoski	37 M	2:49:53
Rick Platt	68 M	3:24:25
Susan Hagel	46 F	3:36:00
Valor Foy Jones	56 F	3:43:32
Helen Worthington	65 F	3:59:31
Maria Peters	54 F	3:59:32
Braxton Lee	10 M	3:59:49
Amanda Collier	39 F	4:04:33
Rachel Novakoski	36 F	4:09:47
Steve Peters	54 M	4:13:36
Barbara Biasi	72 F	4:18:49
Catherine Harden	52 F	4:26:25
Dione Edwards	48 F	4:39:12
Dottie Humphreys	67 F	4:50:41
Patricia Wiedemann	58 F	5:07:55
Maryanne Lee	36 F	5:18:21
Peter Navin	64 M	5:53:58
Bob Curtin Jr.	66 M	6:19:48
34K		
Ryan Doupe	32 M	2:11:21
31K		
Bryton Lee	6 M	3:39:14
20K		
Karen Schenck	65 F	3:00:44

PTC Virtual Marathon 2020

Look for details for entering the PTC Virtual Marathon in 2020 in the next newsletter, on the PTC website or on Runsignup.com.

The End of the Chute

The song “*I Can See Clearly Now*” comes to mind. Composed and first sung by **Johnny Nash**, the song has been covered by artists ranging from **Martina McBride**

to **Jimmy Cliff**. It has been used in commercials for **Claritin**, the

allergy medication, **Glass Plus**, the window cleaner, and most recently by **Samsung** for a QLED television. And I have a feeling we will be hearing even more of this song throughout next year when everything becomes ‘2020’. So let’s take a clear-eyed peek at the *New Year*.

At the December **PTC General Membership meeting**, some changes to the **PTC Board** became official for 2020. As you read in his article, **George Nelsen** is stepping down from his position as president after taking over the reins of the PTC two and a half years ago. **Steve Peters** has come forward and was confirmed as **PTC president** for 2020-2021. Two other board positions also changed, with **Helen Worthington** moving to the **secretary** position and **Chris Schaffner** taking over as **first vice president**. **Pam Garrett** continues as **second vice president** as does **Mike Thomas** as **treasurer**.

The **PTC** kicks off 2020 at 10:00 a.m. on **January 1** with the *New Year’s Day 5K* at **Newport News Park**. The course is the all-pavement, triple out-and-back course on **Constitution Avenue** and **Stable Road**. Registration and post-race activities are in **Pavilions 19 and 20**. The registration fee contains a bonus. If you are not a PTC member, you receive a **one-year membership**. If you are currently a member, your membership receives an **extension of one year** (if a **family** membership) or **15 months** (for **individual** memberships). All this and you get to start your year off on the right foot with a 5K run—clearly a great deal!

The **first PTC Litter Getter of 2020** on **Sunday, January 12**, offers us a chance to clear away some trash from our adopted roads—sections of **Goosley Road** and **Old Williamsburg Road** in **Yorktown**. Meet at **Yorktown Middle School** at 8:00 a.m. Grand Prix volunteer points and a do-good feeling await. **Amanda Collier (870-5159)** is the contact. Trash bags and safety vests are provided, but *please bring gloves*.

Speaking of the *Grand Prix, Saturday, January 18* is a busy day for the club. It starts with the **first PTC Grand Prix event of 2020**, the *Menchville Winter Chill 5K*, with registration at **Menchville High School** at 8:00 a.m. and a **9:30 a.m. race start**.

That evening, the **PTC** celebrates 2019 with the **Annual PTC Awards Banquet** on **Saturday evening, January 18**. You will see awards for the **2019 Grand Prix**, the **Virtual Marathon**, the **Virginia Peninsula Road Racing Hall of Fame** along with food, drink, and camaraderie. The tradition of a **potluck affair** continues—bring some food to share with fellow runners, and the **club** kicks in additional food and the drinks. You can find **directions** and **details** (including how you can assist with setup or cleanup) on the **next page**. **Steve & Maria Peters (951-3874)** are the contacts. Look for a **sign-up genie** in your email soon.

February brings a single race, but also the **second Grand Prix event of 2020**, the *10-Mile Run for the Heart*. The end of February is **One City weekend**, with the **PTC** jointly manning a booth with the **Colonial Road Runners** at the **One City Expo**, as well as providing water-stop services at the **8-mile mark** of the **One City Marathon**.

March is busier with the **Gloucester 8K**, the **Fort Eustis 10K Run & Ruck** and the **Joe & Sue Moore Memorial PTC Scholarship 5K**. If not running, please consider volunteering for any of these events (and earn those Grand Prix volunteer points). Simply contact **Jaime Cox** at **volunteerptc12@gmail.com** or **817-1221**. One thing is clear—our gratitude when you volunteer.

That’s a look forward, but now for a look back to acknowledge the work and support of the past year, especially from those who contributed to the creation of **On Your Mark** in 2019. First and foremost, thanks go to my fellow editor, **Steve Amarillo**, who selects and lays out pictures, graphics, and covers for each issue. **Helen Worthington** provides proofreading for each issue and writes a few articles to boot. Photos featured in the newsletter are courtesy of the cameras of **yours truly**, **Thea Ganoe**, **Peter Navin**, **Larry Turner**, and **Michael Angelo**.

A huge thank you goes to all the **contributors** to **On Your Mark** with info

and articles from **George Nelsen**, **Rick Platt**, **Mike Thomas**, **Dale Abrahamson**, **Steve Peters**, **Jaime Cox**, **Rick Webb**, **Sydney Garrett**, **Cheryl Lager**, **Kurt Wiedman**, **Karen Schenck**, **Robert Trujillo**, **Danielle Hundley**, and others. Without your content, articles, and information, the newsletter would be sparse indeed.

So, if you have a story to tell, an experience to share, or even your own hard-won observations of training, running, or racing, **On Your Mark** is the place to share them. All runners have race experiences just like you, but no two experiences at a race are the same. Like a **Facebook** post, you can retell and share your experience. All contributions are most welcome.

Each issue of **On Your Mark** culminates with a newsletter stuffing, where flyers are collated and inserted into newsletters, which are then stapled, labeled, and bagged. Thanks to everyone participating in the stuffings. But the biggest thank you goes to the **stuffing hosts for 2019**: **Cindy Slominski**, **Scott and Carol Bartram**, **Steve and Maria Peters (twice!)**, **Christopher Laws**, **Ron and Helen Worthington**, **Jim and Chips Halley**, **George Nelsen**, **Laura Cvitanovich**, and **Debi Henderson**.

In 2020 the PTC will be looking for volunteers as usual, but also for help organizing some of our events. Events like the **Trailzilla** races provide an excellent way to get involved with the organizational side of racing, which is rewarding in a variety of ways. If nothing else, become an activist for the **PTC**. Mention us to other runners and encourage them to join. And volunteer for a race from time to time. But most of all, enjoy your running and racing. Running is your regular exercise diet—racing is your dessert. So savor it.

I’ll leave you all with my annual wish—may each and every one of you have a very **Merry Christmas**, a **Happy Chanukah**, a **Joyous Kwanzaa** and a **Fantastic Festivus**. May you all PR in the *New Year*. See you in **Y2K+20!**

Later...

Bruce Davis
Newsletter Editor



celebrate

a year of running at the Peninsula Track Club Annual Awards Banquet

All members and guests are welcome.

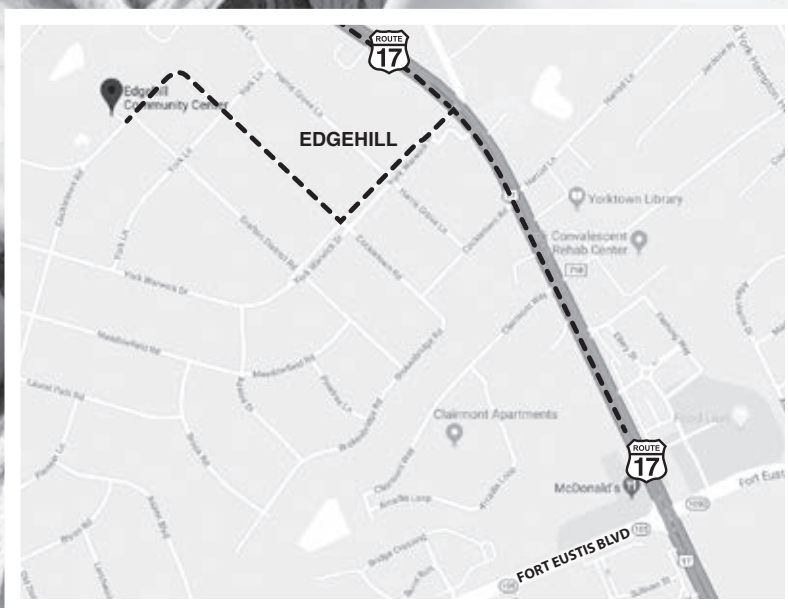
Saturday • January 18, 2020

**Edgehill Association Clubhouse
700 Cockletown Road • Yorktown**

**6:00 p.m. - Social Hour
7:00 p.m. - Potluck Dinner
8:00 p.m. - Awards**

**Watch your email for the SignUpGenius
invitation to select the dish that you would
like to share for the potluck dinner.**

Wear your favorite race T-shirt and bling!



Winter Safety Tips

From the RRCA

Winter is the season for runners to be extra vigilant to ensure their personal safety. During these winter months, keep these important safety tips in mind:

- * **Wear bright-colored reflective clothing** so you are noticeable. For added visibility, wear a lightweight headlamp or flashing light.
- * **Stay alert and aware** of the weather conditions. Oncoming storms can quickly drop the temperature, putting you at increased risk for frostbite or hypothermia.
- * **Know where to find shelter** on your route if the weather really gets bad.
- * **Run with a partner.** If it's your favorite four-legged friend, protect their feet against the cold and ice as well as yours.
- * **Avoid running on the roads in snowy conditions.** Drivers have a decreased ability to maneuver and stop.
- * **Wear layers of clothing** that will help you maintain your core body temperature during the run but will keep you warm during warm-up and cool-down phases. If you drive to a running trail or route, leave a change of dry clothes and a blanket in the car for emergency situations.
- * **Do not ignore shivering.** It is an important first sign that the body is losing heat.
- * **Stay hydrated.** You still sweat even when it is cold outside.

VOLUNTEERS NEEDED

FOR RACES: To volunteer to work a race, simply call or email *PTC Volunteer Coordinator Jaime Cox* (see below). Then just show up on race day *one hour* prior to race start. You'll enjoy the volunteer experience, qualify for the *2019 PTC Grand Prix competition*, earn Grand Prix volunteer points, get a race discount pass, and—if available—a race T-shirt.

TO VOLUNTEER FOR A RACE

Call/Text 817-1221 or email
volunteerptc12@gmail.com

VOLUNTEERS NEEDED FOR:

New Year's Day 5K - January 1
PTC Litter Getter - January 12
Winter Chill 5K - January 18
10-Mile Run for the Heart - Feb. 8
One City Expo - February 28-29
One City Water Stop - March 1
Gloucester 3K & 8K - March 7
Fort Eustis 10K - March 14
PTC Scholarship 5K - March 28
Virginia 24-Hour Run - April 25-26
Tabb May Day 5K - May 2

NEWSLETTER STUFFING

Each month the stuffing of *On Your Mark* is hosted by a loyal PTC member. Stuffings start at 7:00 p.m., last 1-2 hours, and end with a small "pig out."

Next stuffing:
Thursday, January 30
Host:
Jennifer Little
(880-8671)

TO HOST A STUFFING: If you would like to *host* a monthly newsletter stuffing, please contact **Bruce Davis** at **989-0072** (stuffing dates are listed below). Host for the January stuffing is **Jennifer Little, 116 Melvins End** in *Tabb*. The stuffing starts at **7:00 p.m.** For directions, call Jennifer at **880-8671**. *Future stuffing dates* include: *Thursday, March 5* (Michele Grove), *Thursday, April 9* (open), *Thursday, May 14* (Karen Schenck), *Thursday, June 18* (Ron and Helen Worthington), *Thursday, July 23* (open) and *Thursday, August 27* (open).



RICK & LIBBY'S
EST 2014
11006 Warwick Blvd., Unit 458
Newport News
(757) 599-5500

We offer a variety for all tastes on our menu—appetizers (fresh fried mushrooms and mozzarella sticks we cut ourselves), salads, sandwiches, homemade soups (ask us about the soups that Rick and Abraham make), seafood (lightly breaded in-house and fried, grilled or broiled) and steaks. And Libby makes all of the desserts herself.

PTC MEMBERSHIP DISCOUNTS

All area codes are 757 unless otherwise stated.

The running stores, sporting goods stores, and fitness centers featured on this page will give PTC members discounts on certain items, memberships, or services (show your PTC membership card and, if possible, bring a copy of the PTC newsletter). Please give them your business. To add your business to this list, contact Bruce Davis by email at weatherwizard1@juno.com.

Sporting Goods/Running Stores

Bikes Unlimited — 141 Monticello Ave., Williamsburg (229-4620) - 10% discount (restrictions on cycle and exercise equipment).

Colonial Sports — 1303 Jamestown Rd., Suite 111, Williamsburg; (253-0277) - 10% discount.

Point 2 Running — 12080 Jefferson Ave., Ste. 910, Marketplace at Tech Center, Newport News; www.runpoint2.com (223-5000) - 10% off regular price on everything in store (not valid on sale items).

Running Etc. — 1707 Colley Ave., Norfolk; (627-1500); 1940 Laskin Road, Virginia Beach; (491-2340) - 10% discount off regular price on everything in store (not valid on store sale items).

Village Bicycles — 9913 Warwick Blvd., Newport News in Hilton Village; (595-1333) - 15% discount on clothing, nutritional supplies, parts and accessories, including baby joggers and car racks (not good on labor, bikes, or fitness equipment).

Fitness Centers and Services

In Motion Therapy and Sports Performance Clinic — Bon Secours Mary Immaculate Hospital, Newport News; (202-5206) - 10% off all fee-based services.

Iron-Bound Gym — 1228 Richmond Road, Williamsburg; (229-5874) - 10% discount on new memberships.

Peninsula YMCA — 7827 Warwick Blvd., Newport News; (245-0047) and 1320 LaSalle Ave., Hampton; (722-9044) - 50% off application fee.

Performance Chiropractic & Acupuncture — 1307 Jamestown Road, Ste. 103, Williamsburg; (229-4161) Runner's Diagnostic Questionnaire and/or Performance Chiropractic T-Shirt for new chiropractic or acupuncture patients.

Riverside Wellness & Fitness Center — 12650 Jefferson Avenue, Newport News; (875-7525) - 50% off the initiation fee.

Tidewater Performance Centers — Newport News; (223-5612) Gloucester; (804-210-1343) Complimentary sports assessment including functional movement screening.

Total Fitness — 6120 Jefferson Ave., Newport News; (827-0629) - 10% off regular membership rates.

Williamsburg Marriott Health & Racquet Club — 50 Kingsmill Road, Williamsburg; (220-2500) - 10% discount on new memberships.

York County Chiropractic — 121-G Grafton Station Lane Yorktown; (989-5393) - 50% off initial visit fee.



Mary's Custom Quilts

Not sure what to do
with those old T-shirts
Recycle Them!!

Recycle them into a NEW custom
Quilt from Mary

(757) 340-7385
Reasonable Rates

MOVING?

If you have recently moved or are planning to move, please be sure to notify the Membership Chairperson:

Steve Amarillo
samarillo@cox.net

or drop him a note at:
126 Tidal Drive
Newport News, Va.
23606

The post office will
NOT forward the
newsletter.

The Last
Word

**"SEEING IS BELIEVING, BUT SOMETIMES THE MOST REAL THINGS IN THE WORLD
ARE THE THINGS WE CAN'T SEE."** — THE CONDUCTOR FROM 'THE POLAR EXPRESS'

Peninsula Track Club Membership Application

☐ Membership is for myself ☐ Membership is a gift for: _____

Name: _____ Gender: ☐ M ☐ F New Member ☐ or Renewal ☐

Address: _____ Date of Birth: _____

City/State/Zip: _____ T-shirt size (new members only): ☐ S ☐ M ☐ L ☐ XL

Phone: Home _____ Email _____ (to receive club announcements)

Membership Fees: One-Year Two-Year Three-Year PTC Adopt-a-Family Contribution (optional):

\$ _____

Individual ☐ \$20 ☐ \$35 ☐ \$50 Membership Fee: \$ _____

Student (18 yrs. old max.) ☐ \$10 ☐ \$18 ☐ \$26 Total Amount Enclosed: \$ _____

Family ☐ \$25 ☐ \$45 ☐ \$65 (Make checks payable to Peninsula Track Club)

Name: (additional names for Family Membership)

Gender: Date of Birth:

_____ M F _____

_____ M F _____

_____ M F _____

Send Gift Membership Card to: ☐ address above ☐ this address: _____

Club membership waiver. Please read the following statement and sign below.

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

Signature _____ Parent/Guardian (if under 18 years) _____ Date _____

Enclose a self-addressed, stamped envelope and mail to: Steve Amarillo, PTC Membership, 126 Tidal Drive, Newport News, VA 23606



PENINSULA TRACK CLUB
P.O. Box 11116
Newport News, VA 23601

NON PROFIT ORG.
U.S. POSTAGE
PAID
HAMPTON, VA
PERMIT NO. 9

ADDRESS SERVICE REQUESTED

UPCOMING PTC EVENTS

JANUARY

- 1 New Year's Day 5K
- 12 PTC Adopt-a-Highway Litter Getter
- 18 Menchville Winter Chill 5K (PTCGP event)
- 18 PTC Potluck Awards Banquet

FEBRUARY

- 8 Run for the Heart 10-Miler (PTCGP event)
- 18 PTC General Membership Meeting
- 28-29 PTC Booth at One City Expo

MARCH

- 1 PTC Water Stop at One City Marathon
- 7 Gloucester 3K & 8K
- 14 Fort Eustis 10K Run & Ruck (PTCGP and HRSuperGP event)
- 28 Joe & Sue Moore Scholarship 5K (PTCGP event)



RUNNING
ETC
NORFOLK • VIRGINIA BEACH

EVERYTHING FOR RUNNERS!

SHOES
APPAREL
ACCESSORIES

WWW.RUNNINGETC.COM

1707 COLLEY AVE. (GHENT)
NORFOLK, VA 23517
(757) 627-1500

1940 LASKIN RD., SUITE 302
VIRGINIA BEACH, VA 23454
(757) 491-2340

MON.-FRI. 10-7
SATURDAY 10-5
SUNDAY LONG RUN