

[MILES and MINUTES]

Publication of the Richmond Road Runners Club

January/February 2017 | Volume 40, Issue 1

Viva la Resolutionaries!

page 10

Inside:

- (we love our) **Volunteers!** page 4
- **Race Results** page 16
- **Who is this Van Horn?** page 5

Boston with Physical Therapy – Page 12

PETERSBURG HALF MARATHON & 5K | SATURDAY, APRIL 22, 2017



Join us for the 3rd Annual Petersburg Half Marathon & 5K! The scenic course will start in Old Towne Petersburg and will include the Petersburg National Battlefield, Blandford Cemetery, Pocahontas Island and other historical places in Petersburg! Witness a battle re-enactment taking place during the race!

SAVE 15% WITH THE CODE: RUNPETERSBURG



WWW.RUNPETERSBURG.COM | WWW.FACEBOOK.COM/PETERSBURGHALFMARATHON



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

Club Officers

- Bill Kelly *President*
- Jim Oddono *Vice President/Operations*
- Ed Kelleher *Vice President/Communications*
- Rosie Schutte *Secretary*
- Ralph Gibbs *Treasurer*

Function Heads

- Mara George *Membership Director*
- Bill Webb *Equipment Manager*
- Jim Oddono *Race Coordinator*
- Don Garber *Club Historian*
- Sean McGrath *Group Runs*
- Sean McGrath *Technology, Web*
- Rosie Schutte, Ralph Gibbs *Grand Prix Coordinators*
- Tammy Harrison *Volunteer Coordinator*
- Anne Brown *Photography*
- Tammy Harrison, Mara George *Social Media*

Miles and Minutes

- Crystal Koch Pintac *Editor*
- Melissa Savage *Graphic Design*

Board of Directors: Anne Brown, Suzen Collins, Jennifer Culhane, Jamie Ficor, Don Garber, Mara George, Marcy George, Michael George, Frank Gerloff, Ralph Gibbs, Sandra Gray, Mark Guzzi, Tammy Harrison, Ed Kelleher, Bill Kelly, Crystal Koch Pintac, Mike Levins, Sam Lowe, Skeeter Morris, Stephen D. Nolan, Jim Oddono, Chris Piper, Rosie Schutte, Jeff Van Horn, Jason Walters.

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

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

Table of Contents

- 2 President's Message
- 3 Club News: RRRC Board Minutes
- 4 Volunteers
- 5 Up & Running with Jeff Van Horn
- 6 Running Shoe Comfort
- 8 Health & Wellness: Hip Pain
- 10 Stuck on Resolutions
- 12 Physical Therapy and the Boston Marathon
- 15 The Value of Cross-Training
- 16 Bear Creek 10 Mile Trail Results
- 19 Turkey Trot 10K Results
- 29 Group Runs
- 31 Club & Race Calendar
- 32 Merchant Discounts

[EDITOR'S LETTER]



Here we are at another new year, another beginning to try again whatever didn't stick last year. Or the year before that. Or the year before that.

Hit that reset button; give yourself the ability to decide again what you want your life to look like in another year. Don't bring that bad juju into this new future you have

planned for yourself. Like Rafiki said in *The Lion King*, "It doesn't matter. It's in the past."

This means you get to let go of whatever was and is not here right in front of you. I give you permission.

Did you know the number one resolution made every year is about exercise and losing weight? Did you know it is also the most common resolution to be broken?

Every year those of us who go to the gym year round notice an influx of members who are referred to with much affection as "resolutionaries". These are the people who have made a promise to themselves to get more fit and healthy and/or lose weight in their new year. So beginning in January, gyms are packed with extra people, these resolutionaries.

Resolutionaries can definitely be annoying because they take up extra space at the gym. You may have to alter or rework your routine to accommodate the crowd or maybe even help the noobs learn their way around the Big Boy area. Sometimes they want to be chatty – and you are not there to chat.

Often we who gym hold out hope the resolutionaries will give up soon so we can get our space back.

Except that's kind of rude, right? It's definitely not kind. To wish someone would give up on their promise to themselves so you can continue yours is the antithesis of paying it forward. Didn't someone once help us not be intimidated by this brand new thing? Shouldn't we instead be encouraging and supporting the resolutionaries with this brand new, possibly overwhelming, goal?

We all gotta start somewhere, right?

continued on page 19

On the cover: What are your New Year's resolutions? Tell us.



Richmond Road Runners Club



@rvroadrunners

[PRESIDENT'S MESSAGE]



It's that time of the year when we do two very important things:

1. Write a letter to Santa.
2. Make our New Year's resolutions.

It's also time for me to write my President's Message (or risk receiving threatening e-mails from the Miles and Minutes editor), so I

am combining all three tasks in this issue's message. Here we go, letter to Santa first:

Dear Santa,

Thanks so much for listening carefully last year when I sat on your lap and told you I wanted a new clubhouse for the Richmond Road Runners Club. It's a great clubhouse with enough room for meetings, storage, training sessions and more. The address is **4901 Fitzhugh Avenue, Richmond, VA 23230**. The clubhouse is right next to Willow Lawn shopping center in case you need to stop there first to pick up extra supplies for your sleigh.

Now, here's my Christmas wish list for this year:

- *Great weather for all our club races* (neither as hot as the usually sweltering Cul-de-Sac 5K nor as cold as the bone-chilling Frostbite 15K). And I might as well take this opportunity to ask for good weather for all the times our volunteers turn out to help with our contract races.
- *More runners for our great club races*. Our races may not have all the glitz of a color run, but they offer a great value and a great competitive experience. As our tag line says, "We run Richmond."
- *New unique races for the Richmond running community to enjoy*. We also need someone to encourage more folks to get off the couch and embrace a healthy lifestyle. Remember, if you cannot run, you can always volunteer. Contact Tammy "Taminator" Harrison, our volunteer coordinator. She'll find a spot for you.
- *No more office furniture for the new clubhouse*. Mark Guzzi and his employer, The Doctors Company, played Santa big time recently in donating chairs, desks, a refrigerator, a microwave, office supplies, and more. The clubhouse is stocked. Many, many thanks to Mark and The Doctors.
- *Patience*. Put in a rush order, please. I constantly battle a compulsion to get a lot done in a hurry. The club has taken on lots of initiatives in the past few months – in addition to the clubhouse, we have a new registration and membership platform, four first-time club officers, a

chip timing system, a new Grand Prix format, two new races and six new race directors. Maybe we (I) need to slow down and work to put our key priorities into place, remembering that we are an all-volunteer organization.

- *Lastly, good weather for the RRRC Grand Prix and Volunteer Recognition Banquet*. We moved the banquet from January to March to avoid the treacherous winter weather we have occasionally faced in January. It would be a cruel twist of fate to have a winter storm on the weekend of the March 11 banquet.

Again Santa, remember our new address is 4901 Fitzhugh Avenue. You will find milk and cookies on the conference room table and a special bottle of craft beer, compliments of Michael George and Mike Muldowney (both past RRRC presidents), for you to enjoy when you return to the North Pole and relax with Mrs. Claus. Party on – but keep that bottle in the bag until you get home, and no texting when you're driving that sleigh.

Now, here are my 2017 New Year's resolutions:

- To have our chip timing service available to support club and contract races by the end of the 1ST quarter of the year.
- To complete a successful transition of our membership and race registration platforms to RunSignUp. (Special thanks to Mara George for presiding over the transition.) The RunSignUp platform promises to enhance the race registration and membership experience for both new and old members.
- To identify and develop new and more club leaders so as to ensure the success and growth of this fantastic club for years to come.
- To make the club better. Thanks to the collective efforts of the current board and key members, we have the energy and passion to make the club stronger, with an active and involved membership representing our diverse running community and a sound financial base.
- To develop a new website to better serve our membership and the Richmond running community (yes, sorry to say, not every runner in Richmond is a member) and train at least two members to be webmasters.

On behalf of the RRRC Board of Directors, I would like to wish the Richmond running community a Merry Christmas and a happy and injury-free New Year. See you at the First Day 5K.

Gotta run. ■

Bill Kelly | *President*



Tour de France runner to speak at banquet

The featured speaker for the annual RRRC Grand Prix and Volunteer Recognition banquet will be Zoe Romano, a University of Richmond alum who made history by becoming the first person to run the entire 2,200-mile Tour de France bicycle course.

The banquet will be held at Meadowbrook Country Club on Saturday, March 11, 2017, beginning at 6 p.m.

Romano's Tour de France run in the summer of 2013, which raised about \$166,000 for the World Pediatric Project, was Romano's second major fund-raising run. In 2011 she had run from the Pacific Coast (Huntington Beach, CA) to the Atlantic Coast (Virginia) in support of Boys and Girls Clubs of America.

Romano, who lives in Portland, ME, will fly in for the banquet from Buenos Aires, Argentina, where she is studying on a South Richmond Rotary research grant. ■

RRRC Board Minutes

November 9, 2016

Participants: President – Bill Kelly, VP – Jim Oddono, VP – Ed Kelleher, Treasurer – Ralph Gibbs, Secretary – Rosie Schutte

Anne Brown, Dawn Eberhard, Don Garber, Mara George, Marcy George, Michael George, Frank Gerloff, Diane Glaze, Sandra Gray, Mark Guzzi, Tammy Harrison, Kiersten Helgerson, Steve Kelley, Crystal Koch Pintac, Barry Kreisa, Sam Lowe, Jeff Luke, Chris Mason, Karen McCarthy, Glenn Melton, Dean Miller, Jeff Moore, Skeeter Morris, Michael Muldowney, Steve Nolan, David Trump, Jeff Van Horn, Jason Walters

The meeting began at 6:10 p.m. October meeting minutes were approved.

Treasurer's Report – Ralph Gibbs

The proposed annual budget for 2017 was distributed. If there are any questions, please contact Ralph Gibbs prior to the December meeting.

Newsletter – Crystal Koch Pintac

Miles and Minutes will be available for distribution at the expo, it was a double printing order so please be liberal with its distribution. The next issue will be digital and the deadline for submissions will be 12/10. Mark Guzzi asked that some printed copies be available at lululemon.

Social Media – Tammy Harrison

Chris Mason has been added as an admin to our Facebook and Instagram page. His goal is to drive more traffic to the page and update content on a more regular basis.

Volunteers – Tammy Harrison

Crystal Koch Pintac will be the volunteer coordinator on site for Turkey Trot. Shirts will be delivered to Lucky Road prior to the race, Barry Kreisa offered to pick them up and bring them to U of R. The Toy Run, 12/11, still needs many volunteers. Particular needs are people to assist with the Kids Run and parking attendees. Desiree was offered up as the Kids Run director.

Volunteers for First Day 5k is not yet opened, but will be once Turkey Trot is complete.

Ralph Gibbs will be setting up and coordinating the candy stop at the half way point along the marathon route. The volunteers for that will be Ralph, Michelle Gibbs, Colleen Moore, Anne Brown, and Stephen Brown.

Chris Mason, Mara George, and Anne Brown offered to be guru-liasons with RunSignUp as the need arises.

We are currently looking for a truck/equipment assistant for Bill Webb.

Grand Prix – Rosie Schutte, Ralph Gibbs

Questions were brought up about offering discounted race entries to those volunteers for the races during the "Dead Zone". It was deemed fiscally irresponsible to implement once the projected cost was estimated. Instead, it was decided to have random drawings with only volunteer names at those club races to encourage and reward volunteerism.

Operations – Jim Oddono

We have one contract race on the calendar, the King William Turkey Trot on 11/19. UR Turkey Trot and Toy Run will be

continued on page 19

[VOLUNTEERS]

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

Turkey Trot 10k at University of Richmond

November 24, 2016 • Race Director: Roy Saettel

Sarah Akin, Alexandra Bourgeois, Kate Brown, Kellie Brown, Marcus Brown, Scott Brown, Todd Brown, Sara Buczkowski, Mallery Carter-Hicks, Weldon Chafe, Yikun Chen, Jim Cieslak, Suzen Collins, Bil Cullen, Michael Davi, Kim Engleman, Scott Firestine, Mike Gallogly, Betsy Garber, Bruce Garber, Don Garber, Leah Garber, Megann Garber, Mara George, Marcy George, Michael George, Emily German, Christina Greulich, Karen Guardado, Elizabeth Gunn, Taminator Harrison, Keirsten Helgerson, Craig Herndon, Martha Hodges, Gail Holstrom, Larry Holstrom, Pam Hunter, Kate Jackson, Paul Jackson, Diane Johnson, Judith Johnson, Ed Kelleher, Kevin Kramer, Barry Kreisa, George Li, Michelle Marr, Audrey Matheny, Mark Matheny, Glenn Melton, Jodi Miller, Colleen Moore, Rod Morgan, Richard “Skeeter” Morris, Angel Moyer, Violette Nicholas Yu, Arielle Niklawski, Rainey Niklawski, Zack Niklawski, Matt Nordin, Jim Oddono, James Parks, Varun K. Penumadu, Babs Phillips, Danny Piper, Hannah Piper, Terri Pollard, Rebecca Randolph, Christine Ritzkowski, Rick Rowland, Wayne Ruotolo, Hervey Sherd, Jr., Janet Sherd, Tracy Sikes, Morgan Strudgeon, Grace Sylvester, Sara Thompson, Diego Vizcaino, N. Constance Whitney



The Turkey Trot race-day T-shirt crew.



While Mommy runs the Turkey Trot.

Bear Creek 10 Mile Trail Run

December 4, 2016 • Race Director: Barry Kreisa

Bill Anderson, Beverly Buchanon, Farleigh Fitzgerald, Marcy George, Michael George, Peter Girardi, Jeremy Greenwood, Kiersten Helgerson, Marie Horton, Ed Kelleher, Diane Kelley, Stephen Kelley, Michele Marr, Glenn Melton, Wade Morasco, Mike Muldowney, Caitlin Myzie, Curtis Newton, Linda Newton, Danielle Pohlman, Won Rinthalukay, Nikkia Young



Bear Creek registration volunteers.



Data processing at Turkey Trot 2016

JEFF VAN HORN

One in a series of runner profiles of RRRC members

Name: Jeff Van Horn

Age: 52

Place of birth: Washington, D.C.

City/county of residence: I can be seen, on occasion, running the streets of Midlothian

Brief job history: With a degree in Sports Medicine, I was able to get a job as the Athletic Trainer at Potomac HS here in Virginia. After a few years of helping injured athletes, I decided I wanted to own a running store. In 1999 I created VA Runner in Fredericksburg, VA. We were consistently voted one of the top 50 Running stores in America. In 2012 I started over and created another running store, Lucky Foot/Lucky Road, in Midlothian, VA. We've since added two more locations in Willow Lawn and Fredericksburg.

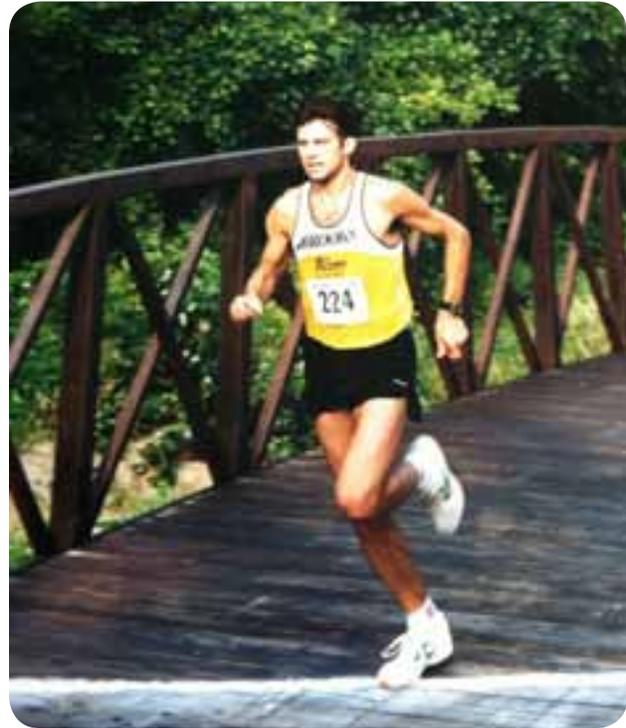
Relationship status: Finally married to the most amazing woman I've ever known. Desiree. I have no idea what she sees in me so I'm just rolling with it.

Running history: HS State XC Champion. Collegiate All-American 5,000 meters. Raced competitively for Brooks during the 1990's. PR's of 14:17 5K, 30:05 10K, 68:11 Half Marathon and 2:39:00 Full Marathon

Best overall experience as a runner: That long run which starts off with a real slow shuffle of the feet. Then, as your body warms up, and the form becomes smoother, the pace gradually quickens and feels easy. As each mile passes, the pace becomes even faster until you come to the last mile and feel as though you're in an all out sprint but floating effortless at the same time. And then it hits, that runner's high which lingers for a while. That's an amazing running experience.

Favorite all-time race: Any Cross Country race. The amount of time put into studying the uniqueness of a course, its hills and turns. The practice runs along that course, developing a race strategy. Then on race day, executing that strategy to perfection.

How I benefit, and how the club benefits, from my presence as an RRRC board member. For me personally, I benefit from the sense of giving back to the running community. Not sure how the club benefits though. Sometimes I wonder if I'm doing enough.



As a provider of running shoes, apparel and accessories:

- **Biggest challenge:** Convincing people that I truly care about them. That I'm not a cheesy salesman; I'm honestly trying to help everyone I meet overcome the obstacles that might be preventing them from enjoying a happy and healthy running routine.
- **Most rewarding part of the job:** Seeing the smile on a client's face when they tell me I made a difference in their life.
- **What I would do differently if I could turn the clock back:** With VA Runner, I started small and finished big. With Lucky Foot/Lucky Road, I started big. That created some real challenges the past five years. If I had it to do over, I would start small again and take my time growing. However, I'm very happy with who I am and what we've been able to accomplish, challenges and all.

Something about me that most people don't know: Hmm, not sure about this one. I'm a pretty open guy. If someone asks me a question, I answer to the best of my ability. I don't really have any secrets. ■

RUNNING SHOE COMFORT:

The Deal-Breaker

By Dr George Lane, Adult & Child Foot and Ankle Care

Now that the determining factors of what properties to be aware of when selecting the right running shoes have been discussed in the previous six issues of *Miles and Minutes* (<https://drive.google.com/drive/folders/0BxTPguza2ZlQZkt6ZmRkeE5qUjA>), the most important one must be considered: do the shoes feel comfortable on your feet when you run in them? If not, at least one of the



Figure 1. Skipping lacing eyelets

If the laces of the shoe are causing discomfort across the top of your foot, there may be alternative lacing techniques (example: skipping eyelets at a level of pinching) or laces with different properties (example: laces with elasticity) that could possibly remedy this problem (see figure 1).

The outsole lugs may be uncomfortably prominent under the area of the foot at which they are located, and unfortunately, there is little to do to adjust for this problem. Running with

criteria as described in the previous articles probably was not met. It may be time to review those criteria to see what you may consider changing. A few miscellaneous things not mentioned in the previous articles may also affect the ultimate feel of the shoe, such as the lacing system, the outsole lug configuration, and the “forefoot rocker” of the shoe.



Figures 2a and 2b. Outsole lugs

such a situation could lead to bruising or more severe injury under the corresponding part of the foot or elsewhere (see figure 2).

If the shoe has a significant “forefoot rocker” shape, especially if stiff, this could cause an unnatural feel to the “ride” of the shoe, and the position of the toes (bent upward, or “dorsiflexed” – see figure 3). For runners with arthritic joints in the ball of the foot, this may have either a positive or negative effect, depending on the specific nature of the arthritic condition.



Figures 3. bent upward, or “dorsiflexed”

continued on page 9



Beat the rush, run Carytown when it's closed to traffic!

**Sunday, April 30, 2017
8:00 am – 10:00 am**



Boxer Brief 5k Run
RICHMOND, VA



Saturday, June 3rd
Stony Point Fashion Park
Start Time 8:30am

Register Online at HCB2.org

Sponsored by 



Hitting Cancer Below the Belt



FROSTBITE 15K

Wear your warmest clothes, this one is chilly!

**Sunday, January 22, 2017
9:00 AM - 12:00 PM**

The **results** you want.
The **motivation** you need.

TRAIN WITH RUN LIKE A FOX
Customized Training Plans & Personal Coaching

Make your New Year's Resolution a reality with personalized training!

RUN LIKE A FOX
www.RunLikeAFox.net

RRRC Monthly Meetings

Wednesday, January 11 • 6:00 pm
Wednesday, February 8 • 6:00 pm
Wednesday, March 8 • 6:00 pm

RRRC Clubhouse • 4901 Fitzhugh Avenue
www.rrrc.org

Hip Pain: Gluteal Tendon Problems Postures & Positions to Avoid

By Damien Howell, PT, DPT, OCS



Tendon problems are a common diagnosis of Achilles, knee (patellar tendon), shoulder (rotator cuff), and elbow (tennis elbow) pain. Interestingly though, pain on the side of the hip is commonly thought to be an inflammation of the bursa. Recent investigation has shown that pain on the side of the hip commonly thought to be trochanteric bursitis may

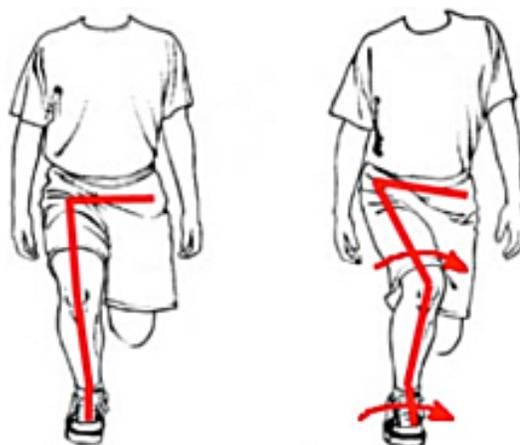
actually be a tendon problem involving the gluteal muscles (gluteus medius, gluteus minimus). Only recently have clinical examination procedures been identified in order to diagnosis gluteal tendonopathies. Definitive diagnosis does require the visualization from an MRI.

Common symptoms include hip pain lying on the affected side, walking, and climbing stairs. It can occur in active athletes or sedentary individuals, and most commonly it affects premenopausal and post-menopausal women. There is an interesting clinical trial underway at La Trobe University, Bundoora, Australia, that is investigating whether hormone supplementation is helpful or hurtful when it comes to treating tendon synthesis and repair.

Historically, standard treatment for tendon problems was to recommend stretching exercises. Thanks to the work of Jill Cook at La Trobe University and others we have come to recognize tendons problems and/or bursitis is likely caused by compressive forces on tissues. Stretching the muscle tendon unit often results in compression of the painful tendon and/or painful bursa against the underlying bony prominence. Therefore stretching exercises should be avoided. Do not do IT band stretches. Do not do piriformis stretching exercises. Do not do massage or foam rolling of the painful area.

Musculoskeletal pain occurs when there is not enough movement or when there is too much movement. Gluteal tendon problems are related to too much movement of the hip in the direction of adduction, or thigh crossing the mid-line. Treatment therefore needs to minimize or avoid habitual repetitive movement and postures of the thigh moving in the direction of adduction, again thigh crossing the mid-line of the body.

The figure on the right in the illustration below shows excessive femoral adduction medial rotation of the right leg. This movement needs to be avoided and eliminated during daily activities.



The **first step** to heal gluteal tendon pain is to minimize and avoid habitual postures and positions which increase compressive load on the gluteal tendons. Avoid or minimize postures/positions of femoral adduction and medial rotation. Avoid or minimize the following sitting postures illustrated below



Don't cross your legs in any of the following positions: Leg around thigh, thigh over thigh, ankle over knee, sitting on one leg, or crossed leg sitting.



Avoid or minimize asymmetrical standing postures and positions with the majority of weight borne in the painful hip in a position of femoral adduction. The illustrations below show the left leg is crossing the mid-line of the body (femoral adduction) and turned inward (medial rotation). This can be described as standing with

continued on page 9

Health & Wellness

continued from page 8



“hip hanging posture”, or standing “with an attitude”.

Avoid or minimize sleeping postures where the painful hip/thigh is in a position of adduction, or crossing the mid-line of the body as illustrated below (left leg). Use pillows between the knees to decrease compressive forces at the hip.

The **second step** is to begin strengthening exercises. Due to gluteal tendon problems likely being mis- or underdiagnosed, Dr. Google does not have a lot of information available describing appropriate strengthening exercise protocols available. A smart physical therapist can assist in identifying appropriate exercise to do at the appropriate stage of healing, as well as identify appropriate activity restrictions and return to sport/exercise.



If you're experiencing hip pain, it may be due to gluteal tendon problems. If that's the case, avoid compression of the area and do not stretch the tendon. Work with your physical therapist to facilitate healing and strengthening of the tendon. ■

Damien Howell is a Board Certified Orthopedic Physical Therapist. If you have questions, comments, or suggestions you can reach him at Damien@damienhowellpt.com

Running Shoe Comfort

continued from page 6

For people with otherwise relatively normal feet, the rocker shape may or may not have a detrimental effect, depending on the specific biomechanics of the individual. In general, if the shape of the shoe causes an alteration in the normal alignment of the toes, it is probably not wise to wear.

Finally, if you feel “unbalanced” when walking or running in the shoe, or if it feels like your foot is not moving in the proper direction, such as tilting inward (over-pronating) or outward (under-pronating or over-supinating) while walking or running, the shoe is probably not a good choice for you. Having an experienced employee or the manager at a specialty running shoe store observe you walk and/or run in the shoes can help confirm whether the shoes are maintaining your feet in proper alignment (see figure 4).

In summary, having knowledge of the general properties and critical fitting issues of running shoes will provide you with the understanding necessary to find the optimal shoes for you, regardless of the brand, model, or design features of the shoes you are evaluating. It is important to take the time necessary to consider the key points discussed in the series

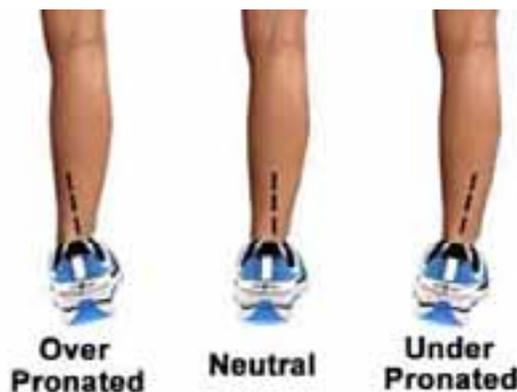


Figure 4. Alignment of heel should remain closer to that of the central image during gait.

of articles printed in previous issues of Miles and Minutes when going through the shoe selection process. I strongly recommend going to a running shoe specialty store where there is a large selection of quality running shoes and the staff is knowledgeable, for best results.

Please feel free to contact me at drlane@acfac.com if you have any questions on this topic. ■

Stick on Resolutions

There are some mornings you wake up and decide today is The Day. This day will be the first day of the new you. Often it is the dawn of a New Year, and sometimes we make it stick despite life's trials and tribulations. A whole year passes by, we reflect on the past as is custom for this time of life, and we realize we are now a runner. And we have so many crazy runner friends.

When asked if you vowed on New Year's Day to begin running and are still going strong, many replied with a resounding affirmations. Here are your stories.

Rachel Loughlin:

I did – hadn't run at all in six years and signed up for the 10k Training Team on New Year's. I am not fast, AT ALL – and it's still a jog/walk more than a run, and when my knees

started bugging me I switched to more time at the gym (but keep up a weekend 10k faithfully and am trying to get back to trail running) – but I feel so much stronger and just over all better than year ago when I wandered into that first 10 training team meeting to struggle through a single mile – and that's what counts!

Shellie Smith:

Me! In 2013 at the age of 53! I signed up for a 5k with the thought that I would do that and then never run another race...but once [I] crossed the finish line, I was hooked!!

Judith Johnson:

2006 signed up for 10k training teams. 25 Halfs and 1 Full later still running.



When asked who helped her get started, she responded with two names we know very well here in the RVA Runners community: John Hurley and Dan Blankenship.

Elizabeth Gunn:

I did in 2015. 2 marathons this year. I dabbled in getting back to running after having kids. My youngest was almost 2.5, I was having trouble losing my baby weight, and I was frustrated with not feeling good about myself. So on 1/1/15, I got out my one pair of winter tights (2 sizes too small at that point), a long sleeve tech shirt, a coat, and my reflective vest, and I ran laps on my cul-de-sac. I ran 2 miles. They were slow. There was walking. But I did them. The next day, I did it again. About 10 days later, I caught (by chance) a post in the FB RVA All Runners page by Eric Nachman about a group of people that met at the John Rolfe Y 3 mornings a week to run. I responded and made my first run the next day. There were 3 of us. Eric stayed with me as I huffed and puffed out 3 12:00-13:00 miles. But I kept going. Slowly 12:00 miles turned into 11:30, which turned into half marathon training, which turned into a half PR in August at Patrick Henry (by 10 minutes), which turned into SHMTT over the winter, which turned into another ½ PR at Shamrock and then again at the Marine Corps Half. Then it morphed into MTT, which resulted this fall in a 51 minute marathon PR in Portland. I've lost 30 lbs. I've lost (at times) over 3:00/mile. But, I keep going to that same running group - now called Ridgefield Runners. Three or more days a week, I'm there. In 2016 I had a PR in 5k, 8k, 10k, 10m, ½ and full marathon distances. But I've gained a whole running community.

Matt Nordin:

I said I would run this year. I did! Colin asked me to train with him for the 2013 Richmond Half Marathon. I was hooked after that.

He sure has! You may have seen him around town running in short flag shorts and a flag in his hand.

Derek Rowe:

I started on New Year's Day of 2015. I wanted to lose weight and be healthier for my family. Officially hooked almost two years later. I've lost and kept off almost 50 pounds. I've raced in 20+ races, including 3 marathons and a 50 mile ultra. I'll hit 2000 miles sometime tomorrow since I started that day. Quitting drinking at the beginning of this year has just fueled the running even more. Running very well might have saved my life.

When asked if anyone put the running bug in his ear:

I would say that was me, honestly. I asked for a pair of running shoes for Christmas 2013 for some reasons I can't remember, and then they sat in my closet until January 2015. I think I might have had a few friends around who were running and I also felt like I was getting too old to chase my dream of playing pro dad weekend soccer anymore. December 28th of 2014 I looked at Kate [wife] and said, "I'm gonna run 1000 miles this upcoming year", to which she laughed. I think I only managed 750 miles, but it stuck. I think my main motivation in the early times when I struggled, was to try and outrun the few people on my Nike leaderboard. And watching the [pounds] fall off around the fourth month didn't hurt either.

Debbie Weatherford:

I did! I couldn't walk a flight of stairs on January 1st without getting winded. I've lost 77 pounds and run 2 half marathons, 3 10ks and various other races this year!!!

Heart disease and stroke run in my family. My dad had his first heart attack at 48. I was turning 45 this year and it really scared me how out of shape I was. I decided at this time last year, my resolutions were going to be to lose weight and start exercising again. I was really into running 10 years ago, but got away from it when I went back to grad school. Anyway, I signed up for the monument 10k last December so I had a goal to work towards. I also had unexpected surgery in early January and wasn't cleared to run until mid February...after I signed up for [a] race! So I started walking every day after the surgery and then when I could run, I did a walk/run combo until I built up to full time running. By April, I decided to sign up for [the] OBX Half in November. I did other races in between to keep challenging myself. By the end of this coming weekend I'll have completed 13 races since Feb.

I've lost 80 pounds by eating right and running. I already have 6 races on the books for 2017.

Rachel Southard:

I did! I had spinal surgery in 2014 and New Year's Day 2015 I made it a goal to run 1,000 miles in 365 days. I completed that goal and then just kept going! Have been hooked ever since and have ran too many races to even count now.

I started blogging about my 1,000 miles here as a way to keep me on task with what I had challenged myself to do.

www.365daystorun1000.wordpress.com ■

How physical therapy helped me run A 2:37 Boston Marathon at age 48



I wanted Boston again and I was willing to put in the miles. But as a seasoned physical therapist, I also knew increasing training meant increasing my risk of injury.

By Dan List

Marines are known to be hard-headed. So maybe that's my excuse.

But why did it take me – a Marine veteran, physical therapist, marathoner and former triathlon aficionado – so long to figure out what should have been obvious?

That, at age 48, I could trim several minutes off my best finish in the Boston Marathon if I only practiced what I preached.

Namely, if I was going to increase my training mileage beyond 100 miles a week, I would need to focus on diet, sleep, core exercises and a physical therapy routine that kept me injury-free.

I had finished 18 marathons and various triathlons during 25 years of road racing. History and conventional wisdom suggested my best times were behind me. I felt otherwise.

I wanted Boston again and I was willing to put in the miles. But as a seasoned physical therapist, I also knew increasing training meant increasing my risk of injury.

The six marathon finishes times prior to my run in Boston 2014 were within two minutes of each other (2:41-2:43). I was

confident I could break 2:40. The question was how.

I previously felt it wasn't necessary to run high mileage in order to run a sub 2:40 marathon. I was putting in 60 to 80 mile weeks and figured that was sufficient.

I honestly believed my training had improved year by year as I approached those six marathons: a little more mileage here, a little more track work there. In reality; however, I was doing the same thing while expecting an improved result.

I reached out to marathon coach Mark Hadley who suggested I was merely "pushing on the edge of the couch" with my efforts. He said what I really needed to do was "push the whole couch across the floor." That advice stayed with me and changed my training plan for the 2014 Boston Marathon.

I knew I had to do significantly more training than ever before. My plan was to increase weekly mileage into triple digits for the first time ever.

For Boston 2013 I had averaged just over 80 miles per week and ran a 2:42. So I bumped the mileage up by an average

continued on page 13



The foam roller is basically self massage. The rolling action of the leg muscles on the foam roller simulates massage stroking.

ED KELLEHER

of 25 miles per week for 2014. My 12-week average was over 105 miles per week and included a four week stretch where I averaged 115 miles (462mi). That meant running every day seven days a week for 12 weeks, and often twice a day. My first day off from running in 2014 was on Easter, April 20, the day before the Boston Marathon.

In order to tolerate the demands of consistent high-mileage weeks, I paid greater attention to body maintenance.

The methods to my madness

It only made sense to rely on the methods I used in the clinic. Nearly every night I spent 15 to 20 minutes using a foam roller on my calves, quads, and hips, followed by stretching of these muscle groups by using therapy bands. I also used a tennis ball to massage my sore feet and consistently performed core strengthening exercises.

The foam roller is basically self-massage. I lie on the floor and use my body weight on top of the roller to provide pressure. The rolling action of my extremity on the foam roller simulates massage stroking. It's important to keep treated muscles relaxed, if not limp. If, for example, you're treating calf muscles, you would move the roller in a head to toe direction using mostly quadricep and hamstring muscles. You can rotate your hips to slight inner/outer areas of your calves. I tend to concentrate on calves, quadriceps, posterior hips, low back and hamstrings in that order.

The same principle applies to the tennis ball for plantar (undersurface) foot muscles. There are four layers of muscle on the undersides of our feet and they get tired and stiff from running every day. I usually sit on my living room couch and cruise the tennis ball in a heel-toe direction along the

continued on page 14



A flat rubber therapy band simultaneously stretches muscles over several joints.

ED KELLEHER

Physical Therapy

continued from page 13

underside of my foot for several minutes. Once again I'm doing my best to keep the foot relaxed to allow for the deepest layers of muscle to be treated.

Once my legs and feet have been loosened up a bit with the foam roller, I'll gently stretch using a flat rubber therapy band. The band seems to simultaneously stretch muscles over several joints. I tend to perform a slow dynamic (moving) stretch with some static stretching mixed in. Typically I lie on my back on a carpeted floor. Anecdotally, I think the rubber therapy bands work better than a towel roll or belt.

None of this takes an exceptional amount of time, and it makes the next morning's run much easier.

Core exercises

As a former back patient, I've learned through trial and error that attention to trunk (core) strengthening makes me less susceptible to sudden onset back pain. For me, I spend about five minutes total per day doing these exercises: crunches,



Uses a tennis ball to massage the plantar muscles of the foot.

ED KELLEHER

bridging, superman, and pushups. These exercises help me maintain a stable trunk while running, which contributes to a more efficient running stride.

I began running consistently in college while preparing to attend Marine Corps Officer Candidate School. Initially, I was placed under medical scrutiny because of my history as a back patient. I took it upon myself to obtain a perfect score on the USMC physical fitness test, figuring it would resolve any questions about my back health.

My interest in fitness expanded while I was serving as an active duty Marine. I became interested in triathlons and ultimately was selected to represent the USMC at the 1992 Hawaii Ironman Triathlon World Championship.

Diet

To train for Boston 2014, I stopped taking supplements and ate a normal omnivore diet. This made me a little more attentive to ensuring I was adequately nourished and hydrated to continue training through the 14-week training cycle.

I ate lots of salads, fish, chicken, eggs and yogurt, and replenished with fluids, carbs and protein soon after my workouts to ensure quick recovery. I try to avoid processed foods. As a general rule, I didn't let anything "through the door" after dinner.

I avoided alcoholic beverages during the eight weeks before Boston and skipped most desserts (except Gelati Celeste ice cream; there has to be some reward for all that work).

Sleep

And lastly, I paid proper attention to sleep. One advantage to running high mileage is that you fall asleep quickly. My general rule was after my girls went to bed and I did all my body maintenance, I hit the sheets. I also reminded myself that growth hormone, important for running improvement, is only released while running and during deep sleep.

The result of all this – increased mileage and training pace, greater attention to diet and sleep, and use of core exercises and physical therapy techniques on a daily basis during training – was a 2:37:36 PR in the 2014 Boston Marathon. My training regimen was justified. Hoo rah!

Now, if I could only break 2:35... ■

Dan List, a two-time finisher of the Hawaii Ironman Triathlon, is the owner-operator of James River Physical Therapy in Bon Air. He, his wife Jinx, and daughters Izzy and Tilly, reside in Powhatan County. For more information, check out <http://jamesriverpt.com>.

The value of **CROSS-TRAINING** *and the different ways to do it*

By Aubrey Eicher

The winter season is upon us! The coldness of the air, the longer nights and shorter days ... what are YOU doing this offseason?

Cross-training allows you to mix it up both physically and mentally.

It strengthens supporting muscles that don't get worked as often in the running/racing season.

You get to take full advantage of the great indoors and outdoors.

Let's talk about what cross-training is. As a personal trainer and health coach, I look at more than the physical benefits. If we consider it, our training affects our whole lives. My definition of cross-training is simple: any physical activity outside of your sport of choice. Surmounting the mental hurdle of doing something other than running, in this case, not only has tremendous physical benefits such as balancing the body's posture and musculoskeletal equilibrium and thus preventing injury, but also mental benefits, including learning more about your body and yourself, encountering the excitement of something new and engaging in new challenges for yourself.

So basically, we are talking about anything other than running. (Gasp!)

Among the benefits of cross-training, you get a way to increase and/or maintain your fitness and motivation for running. It can assist you in keeping unwelcome extra pounds away during the holidays.

If you've acquired an injury this past season, specific cross-training can help you to retain your ability to run as well as keep you sane while resting from your run workouts. See a coach or physical therapist if needed for nagging injuries to explore what is going on.

Weight training - in particular core exercises including crunches, planks, back extensions and leg exercises including squatting, different variations of lunges, single-leg exercises,

and hip-stabilization exercises such as clam shells - can help running efficiency, increase power and the amount of time you can spend training next season without accumulating fatigue or getting injured.

Plyometric exercises such as box jumps and burpees can increase the power your muscles can exert in a short amount of time (think sprinting or trail running). Keep it functional and fun. Take the time to move in different planes of motion other than forward and backward - try lateral (side-to-side) and transverse (twisting) ways of movement.

Yoga can help restore flexibility to tight muscles and range of motion to your joints. Hot yoga is fantastic if you're craving that good sweat that comes with a summer run, and an added bonus - it warms the muscles so you get more effective stretching in your practice.

What are our other options for cross-training, particularly in the cooler months? This is the perfect time to get serious about: weight training, trying HIIT or TRX, doing more yoga, getting in the pool, checking out kickboxing and other group exercise classes such as dancing, pole dancing, barre class, spin and other martial arts.

If the cold doesn't bother you, take your dog and/or kids for more walks, spend your weekends skiing or snowboarding, we have so much hiking to do here and it's less crowded in the winter months, rollerblading or roller skating works the hips, kayaking on the James, golf, cycling, and more.

The options are endless - don't limit yourself to this list alone. Explore! Go ahead and try something new this winter. You might discover another hobby you love almost as much as running. ■

Aubrey Eicher

Owner/Operator at Richmond Wellness

8 N Robinson Street

<http://richmond-wellness.com>

BEAR CREEK 10 MILE TRAIL

CUMBERLAND, VA • 12/4/2016

Not USATF Certified *RRRC Web Member



John Hurley enthusiasm award goes to...



Spirited race to the finish.



Just over 4 hours.

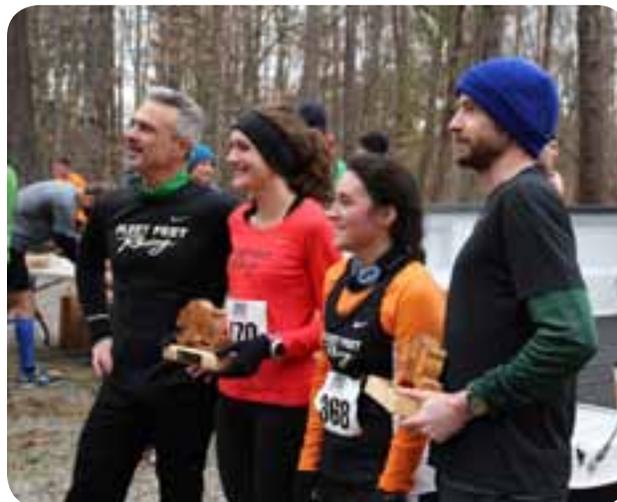
Category	Place	Name	Age	Time
Male Overall	1	1 * JOHN MARTIN	42	1:14:32
	2	2 GRAHAM KEARNEY	32	1:15:16
	3	3 * SPENCER BISSETT	35	1:15:39
	4	4 PAUL SMARTSCHAN	37	1:15:49
	5	5 EVAN KEARNEY	30	1:17:34
Female Overall	1	10 KATE GARDNER	39	1:23:32
	2	18 * MAKENZIE MCDONALD	22	1:33:21
	3	20 KELLY BITSKO	43	1:33:46
	4	22 CLAIRE MCCLINTICK	18	1:34:31
	5	29 CHARLOTTE HIGGINSON	23	1:36:45
Female 10 - 14	1	159 * CHLOE MARTIN	13	2:21:56
Male 15 - 19	1	9 MAX SIEMERS	16	1:23:03
	2	76 * NICHOLAS KURER-AHRENS	17	1:47:58
Female 15 - 19	1	22 CLAIRE MCCLINTICK	18	1:34:31
Male 20 - 24	1	28 CARL PASTORE	23	1:36:45
Female 20 - 24	1	18 * MAKENZIE MCDONALD	22	1:33:21
	2	29 CHARLOTTE HIGGINSON	23	1:36:45
	3	131 * EVA CHILDREY	21	2:05:28
Male 25 - 29	1	48 * ALEX ANLIKER	26	1:41:20
	2	102 CHARLES MARSTON	27	1:54:26
	3	196 RYAN MAZZONE	28	3:47:09
Female 25 - 29	1	43 * BOBBIE DAVEY	28	1:40:21
	2	138 HANTING KNIPHUISEN	26	2:12:29
	3	176 SIMONE PARKER	26	3:08:58
	4	187 * KAITLYN SLATTERY	25	3:18:18
Male 30 - 34	1	2 GRAHAM KEARNEY	32	1:15:16
	2	5 EVAN KEARNEY	30	1:17:34
	3	11 ROBBIE OLSEN	33	1:24:32
	4	13 MATT DALY	34	1:26:01
	5	27 * STEVE NOLAN	31	1:36:43
	6	32 * LANDON MATZ	34	1:37:34
	7	33 * PATRICK HURLEY	30	1:37:42
	8	45 JAMES LUGGEN	34	1:40:42
	9	47 PHIL BUCSKA	31	1:41:16
	10	55 PHILLIP ANDREWS	33	1:42:48
	11	168 * COLIN SCHOENHAUT	31	2:39:50
Female 30 - 34	1	106 * ANDREA BEYER	34	1:58:01
	2	140 MEGAN KERTIS	34	2:13:44
	3	155 * LINDA MEIRING	31	2:19:48
	4	166 CATHERINE CHARON	31	2:35:54
	5	169 * AMANDA SMIDER	30	2:39:53
Male 35 - 39	1	3 * SPENCER BISSETT	35	1:15:39
	2	4 PAUL SMARTSCHAN	37	1:15:49
	3	6 WILL BYRNES	39	1:19:59
	4	23 * JESSE MERRILL	38	1:34:33
	5	24 CHRISTOPHER MIKLOS	39	1:35:16
	6	25 PETER HAAR	39	1:35:43
	7	26 JIMMY LANE	37	1:36:10
	8	58 JESSE HAGBERG	38	1:44:35
	9	62 JOSEPH HALL	37	1:45:48
	10	73 * RAYMOND REIBEL	38	1:47:18
	11	77 * MATT WIGGINS	38	1:48:02
	12	87 * GEOFFREY HUGO	39	1:51:20
	13	95 BRIAN CALL	36	1:52:24
	14	117 TRAVIS SPARROW	38	1:59:43
	15	124 BOB PRAY	35	2:01:56
	16	143 MIKE CONFER	36	2:15:00

BEAR CREEK 10 MILE TRAIL

CUMBERLAND, VA • 12/4/2016

Not USATF Certified * RRTC Web Member

Category	Place	Name	Age	Time	
Male 35 - 39	17	167	MICHAEL CHARON	36	2:35:55
Female 35 - 39	18	191	JOHN SHERIDAN	35	3:30:18
	1	10	KATE GARDNER	39	1:23:32
	2	36	MARY VERASIN	36	1:39:13
	3	66	SHAYNA COOKE	39	1:46:16
	4	111	* AMANDA DICKEY	35	1:58:45
	5	142	MICHELLE WRIGHT	38	2:14:59
	6	153	* CHARLOTTE MCDANNALD	37	2:18:29
	7	173	SHANNA ORR	37	2:42:29
	8	177	JENNIE DRAPER	36	3:10:31
	9	184	ERIN MOORE	36	3:13:26
	10	190	ANN BAKER	38	3:18:31
	11	195	ELLEN CASSIDY	35	3:46:52
	12	198	* SARAH AKIN	37	4:00:05
Male 40 - 44	1	1	* JOHN MARTIN	42	1:14:32
	2	12	* BRIAN GUYTON	42	1:25:43
	3	19	MATTHEW BITSKO	44	1:33:35
	4	30	CHRISTOPHER ORR	41	1:36:57
	5	31	SCOTT JANUS	44	1:37:32
	6	40	* JAKE WISEMAN	41	1:39:40
	7	41	JOHN MCCARTHY	40	1:40:07
	8	56	* FRANK GILHOOLY	41	1:42:49
	9	57	* JASON WALTERS	44	1:44:18
	10	60	* CREIGHTON ANDERS	41	1:45:44
	11	63	BRIAN WINTERHOFF	40	1:45:51
	12	67	* ROBERT EAVES	42	1:46:37
	13	70	ROBERT KERNS	44	1:46:50
	14	78	NATHAN GINGRAS	41	1:48:08
	15	79	JOHN BATES	41	1:48:23
	16	85	* DAVID WELLS	44	1:50:38
	17	88	TIMOTHY NEE	43	1:51:23
	18	100	* ANDREW CRISLIP	43	1:54:11
	19	113	* DANIEL DICKEY	40	1:59:00
	20	116	* WINSTON TRICE	43	1:59:41
	21	119	* THOMAS DORAN	44	2:01:01
	22	145	* JIM HALL	43	2:16:04
	23	150	MICKIE FLEMING	40	2:18:09
	24	156	* ALEX SHELTON	43	2:20:34
	25	165	* KENNETH CHITTY	42	2:24:51
Female 40 - 44	1	20	KELLY BITSKO	43	1:33:46
	2	51	LIZ SHIELD	44	1:41:51
	3	52	MEGAN CASSIDY	40	1:41:52
	4	64	* CHRISTINA BLEVINS	42	1:45:55
	5	83	* JENNIFER JANUS	42	1:49:09
	6	99	EMILY FRENCH	41	1:53:54
	7	105	* CRYSTAL PINTAC	41	1:55:29
	8	107	DANIELLE GEIST	42	1:58:07
	9	126	* KAREN HOLT	42	2:02:15
	10	129	JENNIFER JOHNSON	43	2:02:43
	11	135	* VIRGINIA FLORES	41	2:09:43
	12	185	ANDREA CARPENTER	43	3:13:27
	13	201	* KELLY HARRIS	43	4:02:52
Male 45 - 49	1	7	JEFF JAMISON	48	1:22:34
	2	8	* DAVID MORGAN	48	1:22:53
	3	15	* JIM ODDONO	49	1:27:22
	4	17	* ROBERT ROY	48	1:30:14
	5	21	* GRAHAM PARLOW	47	1:33:59
	6	37	* STEVE MCCOY	45	1:39:15
	7	38	TOM CONNAUGHTON	47	1:39:22
	8	42	CHRIS KENNEY	46	1:40:16
	9	49	JEFFREY CHIEPPA	47	1:41:24
	10	50	JEFFREY ATEN	46	1:41:35
	11	53	MAX LOPER	46	1:42:11
	12	54	* MIKE MATHER	48	1:42:33



Some top finishers.



First woman to cross the finish line.



Victory arch.

BEAR CREEK 10 MILE TRAIL CONTINUED

Not USATF Certified *RRRC Web Member



Nikkia dresses for the weather.



Rapt attention.



And the winner is...

Category	Place	Name	Age	Time	
	13	61	DUTCH BUMGARDNER	48	1:45:44
Male 45 - 49	14	65	GEOFF MACDONALD	46	1:46:03
	15	74	* ELLIOT GIBBS	45	1:47:30
	16	75	* BEN WALTERS	46	1:47:57
	17	82	CHRIS MCCARTNEY	46	1:49:07
	18	86	MUNDY HACKETT	46	1:50:59
	19	90	RICK ALBERG	45	1:51:27
	20	91	* LLOYD VANSICKLE	45	1:51:36
	21	96	ANDREW HARDYMON	47	1:52:38
	22	104	* M. ALAN HARRISON	47	1:55:13
	23	108	* MICHAEL BLANCHARD	45	1:58:27
	24	121	MATTHEW HADDAD	46	2:01:18
	25	134	CHIP HARDY	47	2:07:11
	26	154	* ROBBIE DARLING	49	2:18:35
	27	160	* GARY MARTIN	47	2:21:57
	28	163	STUART JORDAN	47	2:22:56
	29	182	CHRIS STERLING	47	3:13:12
	30	183	MICHAEL THURMAN	45	3:13:13

Category	Place	Name	Age	Time	
Female 45 - 49	1	35	MARGARET BENSON	45	1:39:12
	2	44	* LISA ROY	47	1:40:32
	3	81	* ERIN HATCHER	49	1:48:54
	4	92	* MICHELLE LILLY	49	1:52:03
	5	109	* BOBBIE JO CARROLL	45	1:58:29
	6	114	* DEEDEE KARANIAN	48	1:59:30
	7	120	MARY BUCHANAN	45	2:01:13
	8	125	AMY BELCHER	46	2:02:14
	9	132	JENNIFER LOVE	46	2:06:39
	10	136	LISA SCHOTT	49	2:10:04
	11	149	* TAMMY WAYLAND-BOUZEK	47	2:18:08
	12	151	KRISTA BOYD	49	2:18:24
	13	152	KATHRYN CORBETT	46	2:18:26
	14	171	* AMY Black	46	2:39:58
	15	172	* JEAN WOOD	46	2:40:17
	16	179	* MOLLY WASH	49	3:10:46
	17	186	LORI PEREZ	46	3:13:32
	18	189	* AMANDA HUFF	48	3:18:22
	19	193	* STACEY NANNERY	49	3:31:37
	20	194	* MAUREEN DINGUS	48	3:31:38

Category	Place	Name	Age	Time	
Male 50 - 54	1	16	* JAMIE LEDWITH	53	1:27:29
	2	34	JOHN CRABTREE	51	1:37:56
	3	46	MARK JOZWICKI	54	1:41:09
	4	59	* THOMAS PRITT	54	1:44:51
	5	72	* MARK HOLT	51	1:47:07
	6	89	* MIKE ANLIKER	51	1:51:25
	7	94	* RALPH GIBBS	51	1:52:21
	8	98	* ED GOTTA	50	1:53:34
	9	110	* KEVIN BARTLEY	53	1:58:32
	10	115	* NIGEL BAVIN	54	1:59:30
	11	118	JIM COLLINS	50	2:00:42
	12	123	* ROBERT HAMRICK	52	2:01:52
Male 50 - 54	13	130	PAUL SALVUCCI	53	2:05:03
	14	133	KEVIN COX	53	2:06:39
	15	139	RAY KNIPHUISEN	54	2:12:30
	16	146	BARRY RIDGEWAY	51	2:16:15
	17	148	* JAMES MARR	50	2:17:56
	18	158	WILLIAM MOSLOW	52	2:21:18
	19	162	TIM CLINTON	50	2:22:55
	20	170	* MIKE HALL	51	2:39:55

Category	Place	Name	Age	Time	
Female 50 - 54	1	39	SOPHIE SPEIDEL	53	1:39:31
	2	127	* LESLIE SHAKESPEARE	51	2:02:15
	3	128	* LISA STEINBERG	53	2:02:15
	4	144	VICTORIA DRYER	52	2:15:18
	5	161	DEB WARRICK	54	2:22:52
	6	178	POLLY STEPHENS	51	3:10:43
	7	188	* PATTY HENSON-DACEY	53	3:18:21

Category	Place	Name	Age	Time	
Male 55 - 59	1	14	* KARL COVER	56	1:26:03

BEAR CREEK 10 MILE TRAIL CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
	2	68 * BUCKY FLANAGAN	58	1:46:38
Male 55 - 59	3	84 * BRIAN DUEWEKE	56	1:50:01
	4	97 * QUATRO HUBBARD	56	1:53:18
	5	101 * CHARLES DICKINSON	59	1:54:25
	6	122 * DIEGO VIZCAINO	58	2:01:25
	7	175 * ED OROKOS	58	2:48:05
	8	197 * JOHN MURPHY	59	3:47:10
Female 55 - 59	1	69 * AMBER RADER	57	1:46:40
	2	71 JEANIE TRENT	55	1:47:06
	3	80 * MARTHA WRIGHT	55	1:48:28
	4	147 * CAROL MIRANDA	57	2:17:33
	5	199 * JENNI TREADWELL	55	4:00:06
Male 60 - 64	1	93 * NED DALY	64	1:52:05
	2	103 * DAVID TRUMP	64	1:54:52

Category	Place	Name	Age	Time
	3	112 WILLIAM BOYD	61	1:58:53
Male 60 - 64	4	137 * JOHN HURLEY	61	2:10:12
	5	141 MIKE GHOLSON	60	2:13:45
	6	157 JAMES CASTLEBERRY	61	2:20:38
	7	174 * MICHAEL GEORGE	63	2:48:04
	8	180 PAUL OSWELL	63	3:10:47
	9	192 * BRENDAN CONWAY	60	3:30:18
Female 60 - 64	1	181 * FRANCES NEWTON	62	3:11:08
Male 65 - 69	1	164 JOE TRAFICANTI	65	2:23:47
	2	202 CHARLES BEVERAGE	66	4:02:52
Female 65 - 69	1	200 BOBBIE SMYTHE	65	4:00:31

RRRC Board Minutes

continued from page 3

timed by Mettle. Bear Creek will be timed by the club. First Day 5k will not be a chip timed race.

Dates through June 2017 are solid on the calendar.

Expo – Jim picked up everything and will deliver it all by 2 pm for set up at the expo. There was discussion if the tent should or should not be used. It was decided that it was too confining. The bus tours are being coordinated by John and Lisa Burton. Pacers will pick up their shirts and information at the RRRC booth after 2 pm.

Memberships – Mara George

RunSignUp has been transferring membership to their site. The family memberships are the most difficult to transfer. If you are having problems with club email addresses, please let Mara know.

Chip timing – Mara George

We still do not have the equipment yet. Contact will be made after Turkey Trot by Mara.

New Business

- *Westminster Capital Campaign* – Via the survey, the majority voted to donate \$5,000. Pastor Joel Morgan will be invited to receive the donation.
- *December Membership meeting* – Mark Guzzi has secured Strangeways Brewery for the December 14th meeting. Alcohol will be available for purchase, but soda and food will be catered.
- *Furniture donation* – Please thank Mark Guzzi for arranging the donation of office furniture from his company. Movers will be needed to take and install the furniture.

- *Open House for general membership* – It was suggested that we have an open house at the new club house location for the membership.

The meeting was voted to adjourn at 6:47 pm. ■

Editor's Letter

continued from page 1

Research has shown men tend to be totally gung ho about most challenges they face even if they have no idea how it is going to get done or lack the ability to do it in the first place. In contrast, women need to feel all the confidence before tackling those same challenges. This is one of the few times you will ever hear me say this: sometimes we need to be more like men and snatch that confidence off the dusty shelf. And then once you have gained it for yourself, think about passing on some of that confidence to a revolutionary.

So while we may occasionally get annoyed, choose instead to high-five one another when we're out and about getting our exercise on. Or offer a fist bump, aka runner's handshake, whatever works for all of us. And give each other a smile when we're in the Big Boy room. Or, ladies, sometimes let's give each other tips on our form or what may work better since, let's face it, boys and girls are different when it comes to physiology; we store fat and muscle in different ways.

Just think, we have the world's fourth largest 10k right here in the River City. What better chance to pay it forward than by helping a revolutionary run/walk their first 6.2 miles.

Well, what are you waiting for? ■

Crystal Koch Pintac | *Editor*



Richmond Road Runners Club

<http://www.rrrc.org>

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

2017 RRRC Featured Races and Events (All events subject to change—updated 12-20-16)

Jan 1	RRRC First Day 5k	Apr 12	RRRC Club Meeting	Jul 17	Cul-de-Sac 5k #3
Jan 1	Start of GP Year	Apr 27	Checkered Flag 5k	Jul	Pony Pasture 5k
Jan 11	RRRC Club Meeting	Apr 29	GCA Trailblazer 5k	Aug 9	RRRC Club Meeting
Jan 15	Willis River 35k, 50k	Apr 30	RRRC Carytown 10k	Aug 10	Moonlight 4 Miler
Jan 22	RRRC Frostbite 15k	May 6	SEES Eagle Challenge 5k	Aug 26	Patrick Henry Half
Jan 28	Shiver in the River	May 10	RRRC Club Meeting	Sep 13	RRRC Club Meeting
Feb 8	RRRC Club Meeting	May 13	Holton Hustle 5k	Sep 16	Children's Hosp 4 Miler
Feb 12	RRRC Sweetheart 8k	May 13	Blaze'n Trails 5k	Oct 11	RRRC Club Meeting
Mar 5	RRRC Huguenot 3 Miler	May 20	Ashcreek 5k	Nov 8	RRRC Club Meeting
Mar 8	RRRC Club Meeting	May 28	RRRC Stratford Hills 10k	Nov 11	Richmond Marathon
Mar 11	RRRC Runners Banquet	Jun 7	National Running Day	Nov 23	RRRC Turkey Trot 10k
Mar 25	SPCA Dog Jog 5k	Jun 14	RRRC Club Meeting	Dec 3	Bear Creek 10 Miler
Mar 25	Chesterfield COC	Jun 18	Thanks Dad 5k	Dec 10	Toy Run 5k
Apr 1	Monument Ave 10k	Jul 3	Cul-de-Sac 5k #1	Dec 13	RRRC Club Meeting
		Jul 10	Cul-de-Sac 5k #2	Dec 31	End of GP Year

- Race details and registration can be found at <http://www.rrrc.org/events>
- All races and dates are subject to change. Please check back for updated versions. Review date at top.
- Some events allow walkers and/or have kid runs. Please check race details.
- Grand Prix "Racing" Points can be earned for the races in bold. For Race and Volunteer points distribution and Grand Prix rules, please read details at <http://www.rrrc.org/page/grand-prix>. Registration for Grand Prix participation is required.
- Use of RRRC web site by other than RRRC events should not be considered a solicitation by RRRC for their respective charities.

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

Interested in our Race Services? See <http://www.rrrc.org/page/race-services>

Not running? Consider volunteering. <http://www.rrrc.org/volunteers>

TURKEY TROT 10K

RICHMOND, VA • 11/24/2016

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time	
Male Overall	1	1	CABELL WILLIS	24	33:26
	2	2	JOHN MINEN	27	33:45
	3	3	ZACH RIVERS	26	34:30
	4	4	CAMERON FRANCIS	21	34:36
	5	5	CHAYA GORDON	29	35:44
Female Overall	1	17	ELIZA PARKER	25	38:13
	2	18	SARAHBETH JONES	25	38:37
	3	25	RACHEL WHEELER NORTHUP	41	39:20
	4	31	ANNE MENEFFEE	23	40:12
	5	35	LEIA LAUTZENHEISER	24	41:01
Female 0 - 4	1	1313	CHRISTINA SCANDIFFIO	0	1:22:13
Male 5 - 9	1	250	JOSEPH (ASHER) GREEN	9	50:16
	2	684	MYLES SWAIN	9	58:47
	3	734	DESMOND UNICE	9	59:51
Female 5 - 9	1	528	KARSIN BEATTY	9	55:46
	2	1146	SOPHIE COLLINS	9	1:10:25
	3	1178	CHARLOTTE ASHBY	9	1:11:54
	4	1189	SAVANNAH EDWARDS	8	1:12:27
Male 10 - 14	1	30	MATTHEW VORSTER	14	40:06
	2	108	CHARLIE UNICE	14	45:09
	3	256	MICAH MCDORMAN	12	50:21
	4	336	QUINN ROBERTS	10	51:52
	5	348	DAVIS GUISE	12	52:07
	6	486	NIK STRATIOU	12	54:59
	7	549	SAM CHRISTIAN	13	56:07
	8	562	NICHOLAS CAVALLO	14	56:16
	9	567	MADDUX REECE	14	56:20
	10	570	PETER DONALD02	11	56:22
	11	575	ADAM ZOLDORK	14	56:25
	12	581	ETHAN MEYER	14	56:28
	13	584	CAMPBELL REECE	10	56:33
	14	715	TYLER ALEXANDER	12	59:17
	15	782	DECLAN SPICER	12	1:00:42
	16	783	RYAN WALTER	11	1:00:43
	17	1002	JOSIAH SEGUIN	11	1:05:50
	18	1131	JORDAN DUKE	10	1:09:45
	19	1157	BEN BROUSSEAU	13	1:10:51
	20	1349	NOLAN HASSENFRATZ	11	1:27:41
	21	1368	GARRETT BAIRD	14	1:34:17
Female 10 - 14	1	230	ELIZABETH LOWE	11	49:55
	2	362	CHLOE MARTIN	13	52:21
	3	401	ANNE GAMBLE JENNINGS	14	53:23
	4	477	KYLA TUCKER	13	54:49
	5	645	ELLIE NUCKOLS	11	58:04
	6	679	CARA BRICKHOUSE	11	58:44
	7	945	ANNE CAITRIN TOWEY	10	1:04:38
	8	983	GABRIELLE FLYNN	12	1:05:20
	9	1010	LILY COLLINS	11	1:06:02
	10	1030	KAYLE STONE	14	1:06:26
	11	1087	CAMERON UNICE	12	1:08:02
	12	1094	MARY RACHEL FRANCIS	13	1:08:25
	13	1177	REGAN PORTER	10	1:11:53
	14	1262	ADDY MCDOWELL	10	1:16:35
	15	1330	KATE DOHERTY	12	1:24:55
	16	1331	FAITH MCCLARY	12	1:25:06
	17	1365	LILLY PARRISH	10	1:33:06
	18	1370	BECCA BAIRD	11	1:34:27
Male 15 - 19	1	20	MAX SIEMERS	16	38:50
	2	22	NATHAN LAM	16	39:12
	3	23	AUSTIN MORGAN	18	39:16
	4	28	JOEY CUEVAS	19	40:02

Category	Place	Name	Age	Time		
Male 15 - 19	5	33	JOSHUA LAM	16	40:50	
	6	38	ALEC HILLEN	18	41:10	
	7	46	JOHN CAVEDO	16	41:50	
	8	50	CASEY FENSTER	16	41:55	
	9	67	OWEN AYERS	19	43:22	
	10	93	BEN POOLE	17	44:28	
	11	141	ZACHARY LAM	16	47:02	
	12	142	DOLAN EDINBORO	18	47:06	
	13	147	JACK BAIRD	16	47:21	
	14	152	IAN FRASER	19	47:31	
	15	180	COLIN FENSTER	19	48:30	
	16	200	NICHOLAS KURER-AHRENS	17	49:01	
	17	220	CHRISTIAN SMUCKER	18	49:35	
	18	238	HENRY BRYANT	15	50:00	
	19	258	GEORGE LADNER	18	50:23	
	20	304	JOSH HUBBARD	16	51:11	
	21	305	KEVIN BENNETT	16	51:11	
	22	317	DEREK BOYER	18	51:31	
	23	328	NATHAN HUNNICUTT	19	51:42	
	24	343	JACK DRIMER	17	51:58	
	25	363	CALEB ECKERD	15	52:29	
	26	433	JOSHUA PUSEY	15	53:59	
	27	449	SAGAN O'NEILL-YODER	17	54:17	
	28	451	JORDAN TRAYER	16	54:19	
	29	620	GABRIEL EVANS	15	57:27	
	30	759	BRANDON BOWEN	18	1:00:22	
	31	908	GABRIEL LANGENBUCHER	15	1:03:54	
	32	1142	JACOB EDWARDS	18	1:10:23	
	Female 15 - 19	1	104	MIA GIRARDI	16	44:59
		2	158	KAYLA DAHL	18	47:39
		3	210	EMILY MAUCK	19	49:16
		4	217	LILI LADNER	18	49:30
5		316	MADELINE FITCH	18	51:30	
6		320	LEXI BROWNELL	18	51:35	
7		358	MERIWETHER BRYANT	19	52:19	
8		382	BRAELEY NUCKOLS	16	52:58	
9		406	CARTER WARE	19	53:28	
10		473	RACHEL THOMS	19	54:39	
11		503	ASHLEY MCCREARY	19	55:14	
12		519	ANDREA SCHWARTZ	18	55:34	
13		534	KATE PARTLOW	18	55:51	
14		661	JESS CURBEIRA	19	58:24	
15		685	BROOKE DIPPOLD	17	58:47	
16		686	MAKAYLA REYNOLDS	18	58:48	
17		717	SOPHIA PAWELA	15	59:17	
18		776	KAITLYN JONES	19	1:00:36	
19		807	KAYA PETERSON	17	1:01:20	
20		828	AMANDA CURBEIRA	16	1:01:56	
21		866	CARY MAUCK	15	1:02:56	
22		896	CATHERINE KELLIS	19	1:03:41	
23		948	GRACE JENNINGS	19	1:04:39	
24		1022	JULIANNA ELLIOTT	19	1:06:11	
25		1028	MARISSA STONE	19	1:06:24	
26		1055	MARINA DABAGHIAN	18	1:07:02	
27		1107	MAGGIE FISK	16	1:08:53	
28		1192	KENDALL LYNCH	15	1:12:30	
29		1226	MADELYN PARKER	18	1:14:25	
30		1241	MERCEDES SADIE HODGES	19	1:15:34	
31		1243	ELIZABETH SCHROEDER	18	1:15:35	
32		1261	MADELINE BROUSSEAU	18	1:16:34	
33		1298	ELANA SILVERSTEIN	19	1:20:01	
34		1299	ALYSSA MERTINS	19	1:20:06	
35		1336	PEYTON LYNCH	18	1:25:11	
36		1341	MEGAN RAMAGE	18	1:26:49	
Male 20 - 24	1	1	CABELL WILLIS	24	33:26	
	2	4	CAMERON FRANCIS	21	34:36	

TURKEY TROT 10K CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time	
Male 20 - 24	3	13	MATTHEW STOPKEY	20	38:03
	4	14	CORY FINES	20	38:04
	5	15	MATTHEW BIGMAN	24	38:10
	6	24	DANIEL NOVAK	23	39:18
	7	37	KYLE PATE	22	41:07
	8	61	BENJAMIN BUDINGER	22	43:01
	9	92	VAN PEARCE	20	44:27
	10	131	CRISTIAN FRANCO	22	46:35
	11	137	ELLIOTT PATE	23	46:51
	12	167	JACOB COURINGTON	22	48:00
	13	209	IAN SAUNDERS	20	49:16
	14	242	KYLE GRONDIN	23	50:04
	15	299	GRAYSON THOMAS	21	51:02

Category	Place	Name	Age	Time	
Male 20 - 24	16	470	JANSEN FRASER	23	54:36
	17	518	RYAN BERRY	21	55:34
	18	546	KEVIN RUSSELL	20	56:04
	19	551	FORREST ANSELL	23	56:08
	20	641	CAMERON MOORE	22	58:00
	21	708	JOEL GOODLOE	23	59:09
	22	845	GABRIEL TORO	20	1:02:23
	23	851	JACK HIPPCHEN	22	1:02:36
	24	1070	MARK WEILER	22	1:07:37
	25	1097	JONATHAN ANDERSON	21	1:08:39
	26	1111	TIMOTHY MERRY	21	1:08:56
	27	1201	JAKE WENZEL	22	1:12:56
	28	1268	MATTHEW BRYANT	24	1:16:56
29	1327	CODI WARD	23	1:24:45	

Category	Place	Name	Age	Time	
Female 20 - 24	1	31	ANNE MENEFFEE	23	40:12
	2	35	LEIA LAUTZENHEISER	24	41:01
	3	124	ANNA COLE	24	46:05
	4	196	CATELYN HILL	23	48:54
	5	205	MARY DOWELL	23	49:12
	6	213	TAYLOR BROWNELL	23	49:23
	7	234	ABBY FINES	24	49:57
	8	270	TAYLOR O'BRIEN	22	50:35
	9	279	ANNE PEYTON LEITCH	23	50:43
	10	318	CARISA INGERSOLL	24	51:33
	11	341	JANIE O'CONNOR	24	51:56
	12	342	MAURA SIMPSON	23	51:56
	13	365	KATIE BLAND	22	52:30
	14	402	MACNAIR JENNINGS	22	53:23
	15	421	TIFFANY REYNOLDS	21	53:45
	16	423	KATIE O'MALLEY	22	53:45
	17	446	EVA CHILDREY	21	54:11
	18	496	KATIE TOIBIN	22	55:08
	19	561	EMILY O'LAUGHLIN	21	56:15
	20	585	MARIA CONTE	22	56:33
	21	590	MARINA BATALIAS	21	56:37
	22	609	HOLLY SPECK	21	57:04
	23	611	MOLLY ROBINSON	21	57:09
	24	624	CASSIDY PILLOW	23	57:36
	25	632	ANNIE O'CONNOR	24	57:49
	26	637	PEYTON CURRY	20	57:56
	27	638	SYDNEY LENHART	23	57:56
	28	642	ANN CREWS	21	58:00
	29	663	MCKENZIE FRANCIS	23	58:25
	30	669	SARAH PARSONS	23	58:29
	31	687	BROOKE HAISLIP	21	58:50
	32	756	HALLE EDINBORO	22	1:00:20
33	761	DEVIN O'BRIEN	21	1:00:22	
34	779	ERICA HESS	23	1:00:38	
35	784	REBECCA SHERROD	23	1:00:45	
36	790	NATALIE ZOLDORK	22	1:00:54	
37	827	ALYSSA DEMITRI	24	1:01:55	
38	831	SIERRA WINSTON	24	1:02:00	
39	847	AINSLEY WALKER	20	1:02:25	
40	848	LUCY CONTE	20	1:02:25	
41	889	RACHELLE MUELLER	20	1:03:23	
42	890	BAILEY HALL	21	1:03:28	
43	928	LYNDSEY HUNTER	24	1:04:17	
44	977	JENNIFER MORASCO	24	1:05:11	
45	986	NANCY SLOAN	21	1:05:28	
46	987	JEN BUSCH	22	1:05:28	
47	997	SAMANTHA VANINWEGEN	24	1:05:46	
48	1056	HOLLY BROWN	24	1:07:03	
49	1058	MEGAN JOHNSTON	22	1:07:06	
50	1062	HANNAH FENSTER	23	1:07:08	
51	1063	KATE SMUCKER	22	1:07:21	
52	1092	ABIGAIL RAMSBOTTOM	20	1:08:15	
53	1113	MARCELLINE MERRY	21	1:08:58	
54	1158	MEREDITH CARROLL	23	1:10:53	
55	1165	MELANIE GAINSFORTH	23	1:11:22	



Focused on the finish line.

TURKEY TROT 10K CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time	
Female 20 - 24	56	1174 CHRISTINE WENGLOSKI	24	1:11:49	
	57	1175 Kelsey HOFFMAN	24	1:11:49	
	58	1180 ERIN GREGORY	24	1:12:01	
	59	1206 AMANDA MCGHEE	24	1:13:14	
	60	1216 BRONWYN BAUMGARDNER	22	1:13:53	
	61	1237 ERIN SHIVELY	20	1:15:11	
	62	1245 KATE SCHAEFER	22	1:15:44	
	63	1259 HANNAH ROBBINS	23	1:16:32	
	64	1269 LAUREN DENNY	23	1:16:56	
	65	1289 SARAH MURPHY	21	1:18:54	
	66	1293 RACHEL HIPPCHEM	21	1:19:17	
	67	1317 SYDNEE LOPES	21	1:23:01	
	68	1326 AVA MCCLAIN	20	1:24:43	
	69	1328 KATHERINE RICHARDSON	21	1:24:45	
	70	1332 JULIANA MOSKOWITZ	22	1:25:08	
	71	1333 MORGAN SILVERSTEIN	23	1:25:08	
	72	1340 KATIE RAMAGE	23	1:26:47	
	73	1352 GIANNA LEONARD	20	1:28:08	
	74	1359 EMMA BRYANT	22	1:31:14	
	75	1379 EMMA DAMON	24	1:36:39	
	76	1381 LAURA NOCKENGOST	22	1:36:44	
	77	1396 BROOKE SILVERSTEIN	20	1:45:12	
	78	1397 STEPHANIE WENGEL	20	1:45:13	
	Male 25 - 29	1	2 JOHN MINEN	27	33:45
		2	3 ZACH RIVERS	26	34:30
		3	5 CHAYA GORDON	29	35:44
		4	6 RYAN SPERAY	26	35:47
		5	11 JUDSON WHITE	27	37:52
6		19 BRIAN WELCH	26	38:48	
7		27 JASON DRISCOLL	28	39:56	
8		34 KIRK MILLIKAN	27	40:58	
9		53 DANIEL ASTROP	27	42:26	
10		55 MCDONALD WELLFORD	26	42:32	
11		62 CHRIS GENTRY	28	43:06	
12		63 ADAM LERNER	26	43:08	
13		69 KEVIN KINDLER	26	43:27	
14		94 ANDREW GILLIGAN	27	44:31	
15		112 ROBERT BROSSART	28	45:36	
16		146 STEPHEN HARTKA	29	47:20	
17		161 MICHAEL GOLDEN	27	47:46	
18		170 JOSEPH LIGHTHISER	29	48:13	
19		189 JAMES LINTON	25	48:46	
20		227 KYLE HOSMER	29	49:51	
21		235 ALEX ANLIKER	26	49:58	
22		239 AARON GRONDIN	25	50:01	
23		273 TYLER CALLAHAN	27	50:40	
24		298 QUINTON JOHNSON	28	51:02	
25		303 DAN CROWDER	26	51:10	
26		322 FRENCY GIBERTI	26	51:38	
27		323 LUKE TODD	29	51:38	
28		327 DUSTIN NEWTON	29	51:42	
29		338 JAMES O'HAGAN	27	51:54	
30		359 NICK RUTLEDGE	27	52:20	
31		388 ROSS O'CONNOR	25	53:06	
32		391 JOHN WALK JR	29	53:08	
33		394 SAM SCHUTH	27	53:13	
34		396 CHAD NEWTON	26	53:16	
35		417 COLIN HALLIGAN	26	53:38	
36		419 BRIAN LINTON	29	53:44	
37		441 MICHAEL HUNTER	27	54:08	
38		464 JOHN GANTHER	26	54:25	
39		504 DANIEL SCOLESE	26	55:16	
40		514 JOHN HAUGHT	25	55:31	
41		525 CAMERON BENDALL	29	55:41	
42		527 CHARLES KENNEDY	27	55:45	
43		557 SAM CASTONGUAY	25	56:14	
44		559 ANDREW CASTONGUAY	27	56:15	
45		604 STEPHEN LANGHAM	28	56:52	
46		626 RYAN PULLIN	29	57:40	

Category	Place	Name	Age	Time
Male 25 - 29	47	670 DARYL JONES	28	58:31
	48	677 KYLE RUSSELL	25	58:42
	49	723 JASON SHAPIRO	29	59:33
	50	760 FRED ADCOCK	25	1:00:22
	51	765 DAVID DWYER	26	1:00:28
	52	817 MAXSON JEFFREY	26	1:01:39
	53	885 KEVIN MELSON	29	1:03:21
	54	900 CHRIS LINGERFELT	28	1:03:46
	55	924 SAM ORELOVE	27	1:04:15
	56	938 PETE RICHARDSON	28	1:04:34
	57	950 ANDREW YANCEY	27	1:04:41
	58	957 PATRICK LAVAN	27	1:04:47
	59	976 ZACKARY LOPEZ	29	1:05:11
	60	1029 RYAN SCHULTZ	26	1:06:26
	61	1031 DREW STAHLITZ	27	1:06:27
	62	1139 WILLIAM MOORE	26	1:10:16
	63	1207 ERNEST BROOKS	29	1:13:28
	64	1277 MILES DEMARK	28	1:17:49
65	1325 JASON BLUMENFELD	27	1:24:15	
66	1358 COREY VAUGHN	28	1:31:14	
67	1378 ROBERT OLDHAM	27	1:36:39	
Female 25 - 29	1	17 ELIZA PARKER	25	38:13
	2	18 SARAHBETH JONES	25	38:37
	3	36 JULIA WARREN	26	41:06
	4	84 GABI WECHSLER	25	43:56
	5	87 MICHELLE TRICE	25	44:07
	6	127 REGINA BRESSON	29	46:11
	7	134 NATALIE DAVIS	26	46:41
	8	172 BETH LIGHTHISER	28	48:13
	9	194 NICKY MITCHELL	26	48:53
	10	218 KATHERINE KIK	29	49:33
	11	286 SARAH BURNHAM	28	50:53
	12	293 EMILY FISHER	29	50:57
	13	313 LEAH ABBATE	29	51:27
	14	321 ANA TUCKER	26	51:36
	15	332 REBECCA KURIHINE	29	51:48
	16	356 ALLISON WELLS	27	52:13
	17	378 MEGAN RIDGWAY	29	52:52
	18	403 KATE BYRON	25	53:25



The air is magic.

TURKEY TROT 10K CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time	
Female 25 - 29	19	416	CHRISTINA FINOTTI	26	53:37
	20	426	Kelsey SOULERET	26	53:55
	21	442	ELIZABETH NEWTON	28	54:08
	22	463	MALINDA MORAWETZ	28	54:24
	23	467	JENNIE LYNNE LEONARD	28	54:33
	24	469	ANNIE HARRIS	27	54:35
	25	485	JANE MITCHELL	28	54:55
	26	488	ANNE SHAPIRO	27	55:02
	27	490	JENNIFER SATCHELL	27	55:03
	28	493	LAMYA KING	28	55:06
	29	498	RACHEL SOUTHARD	27	55:09
	30	501	JULIA CAMPUS	27	55:11
	31	506	MAURA SCOLESE	28	55:16
	32	513	MOLLY HARRINGTON	29	55:30
	33	515	ALLYSON LINGERFELT	27	55:32
	34	539	ANNA CONTE	25	55:57
	35	553	ALISA CHESTER	29	56:11
	36	571	SHANNAN FITZGERALD	26	56:22
	37	580	TAYLOR LENHART	25	56:27
	38	582	MEGAN MACHICH	29	56:28
	39	629	DEVON BURNS	29	57:43
	40	636	AUSTIN CURRY	25	57:55
	41	647	KELLY POLLOCK	28	58:08
	42	648	KANDICE PEAY	28	58:08
	43	652	CANDACE BROADDUS	29	58:16
	44	664	CHELSEA RUSSELL	27	58:25
	45	695	JULIA PARKER	26	58:53
	46	705	MARY MAULTSBY	28	59:04
	47	709	Rachael FREEMAN	25	59:09
	48	733	KAYLEA KIRVEN	26	59:47
	49	741	MIMI RICHARDSON	26	59:56
	50	742	NICOLE VISSICHELLI	27	59:56
	51	762	AMANDA MCCLISH	29	1:00:23
52	766	ALEXA DIAZ	26	1:00:28	
53	767	EMILY WILCOX	26	1:00:28	
54	773	ASHLEY KINDER	27	1:00:34	
55	778	MEGAN WALTON	28	1:00:38	
56	780	ALLIE SMITH	29	1:00:38	
57	801	REBECCA HASTINGS	26	1:01:08	
58	809	KATHERINE PUMPHREY	29	1:01:21	
59	811	MAGGIE ANDERSON	27	1:01:26	
60	822	LEAH JAY	25	1:01:44	
61	825	AMANDA GARNETT	28	1:01:50	
62	835	SARA HENSHAW	28	1:02:06	
63	839	REBECCA CHERRY	29	1:02:19	

Category	Place	Name	Age	Time	
Female 25 - 29	64	849	MEGAN NOVAK	26	1:02:31
	65	852	KAYTLEN KELLER	25	1:02:36
	66	853	KATE LARSEN	25	1:02:37
	67	884	CAITY SWANSON	28	1:03:20
	68	886	MEREDITH MELSON	27	1:03:21
	69	901	KIRSTEN LINGERFELT	29	1:03:46
	70	909	JEANA HORTON	29	1:03:54
	71	910	CHANTAL PENNINGTON	26	1:03:55
	72	919	DIANA CIMINO	27	1:04:04
	73	926	ELLEN CROWDER	26	1:04:15
	74	929	EMILY Adamson	26	1:04:17
	75	941	LINDSAY HOWLAND	27	1:04:36
	76	952	MEGAN YANCEY	26	1:04:41
	77	959	LAURA LAUKAITIS	28	1:04:49
	78	978	SARAH MANZI	27	1:05:13
	79	980	JENNIFER MILNE	29	1:05:15
	80	988	ELIZABETH BRYANT	25	1:05:29
	81	993	BERKLEY HENSHAW	26	1:05:42
	82	994	MARY HOYT	26	1:05:44
	83	1007	MARGEUX SERRANO	28	1:05:54
	84	1032	SARAH KATHRYN STAHLING	26	1:06:27
	85	1038	ALEXANDRA EARLY	27	1:06:36
	86	1050	RACHEL BERRY	29	1:06:50
	87	1067	CHELSEA LEAR	25	1:07:34
	88	1068	BECCA Leaf	25	1:07:34
	89	1091	TORI WILLIAMS	27	1:08:14
	90	1114	BRIDGETTE JOHNSON	29	1:09:00
	91	1124	MORGAN ANNE HOWARD	29	1:09:39
	92	1140	KRISTIN LAURITSCH	26	1:10:16
	93	1156	LIBBY COX	25	1:10:50
	94	1200	SARAH AKIN	28	1:12:52
	95	1209	MONICA GRAHAM	28	1:13:28
	96	1210	ALISON DAVIDSON	28	1:13:30
97	1212	JEAN LINNELL	27	1:13:38	
98	1213	MARY LINNELL-SIMMONS	29	1:13:40	
99	1221	KATHRYN SNIDOW	29	1:14:20	
100	1250	LAUREN CALDAS	29	1:15:53	
101	1260	EMILY BROWN	26	1:16:33	
102	1290	RACHEL GARMON	27	1:18:56	
103	1296	Caitlin ARGALAS	28	1:19:33	
104	1324	TAYLOR GATES	26	1:24:14	
105	1347	MAGGI MAST	25	1:27:21	
106	1353	KAT Larson	25	1:28:14	
107	1380	SARAH NOCKENGOST	26	1:36:40	
108	1387	ERIN BARRAR	29	1:38:32	
109	1399	KAYLA MILLER	25	1:45:15	
110	1410	NIKKIA YOUNG	25	1:58:41	

Category	Place	Name	Age	Time	
Male 30 - 34	1	8	KEVIN PEGGS	30	36:50
	2	9	CHRIS DECAMPS	34	37:19
	3	16	GARRETT MORRIS	33	38:11
	4	29	JASON LIPPY	30	40:03
	5	47	PETE WOODY	34	41:53
	6	54	NICK MAZZENGA	32	42:28
	7	57	DEREK ROWE	33	42:36
	8	64	MATTHEW LANO	34	43:09
	9	68	JASON WELLS	30	43:26
	10	75	RYAN HOLSTON	30	43:36
	11	76	DANNY TAMAGNI	31	43:37
	12	77	STEVE ESCOBAR	33	43:39
	13	81	DAVID SOLANA	34	43:49
	14	101	CHRIS SALTONSTALL	33	44:44
	15	107	RICHARD SHANNON	33	45:06
	16	117	KYLE FOULGER	32	45:50
	17	122	STUART GROSECLOSE	32	46:00
	18	144	TYLER CLICK	33	47:11
	19	165	ADAM HAHN	30	48:00
	20	168	ADAM SCOTT	34	48:08
	21	171	SHANE MELANKO	30	48:13
	22	175	BRENDAN HALLIGAN	34	48:19



Black is the winning color.

TURKEY TROT 10K CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time		
Male 30 - 34	23	177	MATTHEW CARLETON	34	48:22	
	24	183	TIMOTHY GORDON	34	48:36	
	25	195	MICHAEL RICHARDSON	30	48:54	
	26	203	MICHAEL LARKUM	33	49:04	
	27	206	JASON STENDER	30	49:13	
	28	233	PAUL BRUCE	32	49:57	
	29	243	GRAY CLEVINGER	32	50:05	
	30	248	PATRICK HURLEY	30	50:11	
	31	249	STEPHEN MCNEIL	33	50:15	
	32	263	BRANTLEY JARVIS	31	50:28	
	33	271	RYAN LEWIS	31	50:37	
	34	276	GREG HARRIS	32	50:42	
	35	290	DAVID MCWHORTER	33	50:56	
	36	329	IAN JOHNSON	32	51:44	
	37	334	TAYLOR MORRIS	31	51:51	
	38	340	BENJAMIN TYLER	32	51:56	
	39	353	KILE NIKLAWSKI	31	52:10	
	40	366	TOMMY SIBIGA	33	52:32	
	41	372	JOEL WINBIGLER	33	52:40	
	42	389	NICK ELLS	32	53:06	
	43	392	NICHOLAS SERRANO	32	53:10	
	44	444	JOHN BOLAND	34	54:11	
	45	524	BRIAN BISHOP	32	55:41	
	46	541	WILLIAM MATHENY	32	55:59	
	47	558	JOSH GLASCO	33	56:14	
	48	573	ANDREW MOESLEIN	34	56:23	
	49	597	ANDREW PERRY	30	56:47	
	50	598	ROBERT HORTON	32	56:47	
	51	602	CHRISTOPHER WHELPLEY	34	56:49	
	52	605	WILL DUKE	31	56:57	
	53	656	JEFF RICHARDSON	33	58:19	
	54	665	MATTHEW BUSS	31	58:26	
	55	701	JORDAN HARRIS	32	58:59	
	56	706	JOEY ECHEVERRIA	34	59:05	
	57	744	MOORE CAPITO	34	1:00:02	
	58	768	BRIAN CAVE	34	1:00:30	
	59	777	BUCK WALTON	30	1:00:38	
	60	806	KEITH AUSTIN	30	1:01:20	
	61	813	MATT NORDIN	30	1:01:28	
	62	829	ANDREW RYAN	32	1:02:00	
	63	837	JAMES HENDERSON	32	1:02:12	
	64	841	MICHAEL SIMA	30	1:02:20	
	65	867	SHAWN TREADWELL	30	1:02:58	
	66	871	JEFF CERTOSIMO	34	1:03:07	
	67	878	DANIEL MIDKIFF	32	1:03:15	
	68	1021	SEAN POOL	31	1:06:10	
	69	1057	COLIN SCHOENHAUT	31	1:07:06	
	70	1109	MATTHEW EISENMAN	32	1:08:55	
	71	1133	JAMES GORDON	34	1:10:05	
	72	1181	JESSE BOARDMAN	34	1:12:04	
	73	1186	CHRISTIAN TORO	30	1:12:23	
	74	1223	JONATHAN WILSON	33	1:14:23	
	75	1225	JAMES HUGHES	32	1:14:25	
	76	1246	MICHAEL CONGDON	34	1:15:45	
	77	1252	BRAD LEHMANN	33	1:16:09	
	78	1294	JACOB HYATT	32	1:19:24	
	79	1310	JOSEPH BAKER	33	1:21:38	
	80	1312	IAN LINNELL-SIMMONS	34	1:22:12	
	81	1350	SHAUN SLATER	34	1:27:43	
	82	1360	JUSTIN TIGGETT	32	1:31:25	
	83	1371	TOMMY HARRIS	30	1:34:43	
	84	1388	CHRISTOPHER BARRAR	32	1:38:33	
	Female 30 - 34	1	42	LAURA TAYLOR	31	41:33
		2	86	CASANDRA WILLIAMSON	31	44:02
		3	99	TRICIA DENARDIS	33	44:40
		4	106	ROBIN WHELPLEY	32	45:04
		5	126	KATIE LEDESMA	33	46:08
		6	160	JESSICA HUPE	34	47:45
		7	236	LAURA MURPHY	31	49:58

Category	Place	Name	Age	Time	
Female 30 - 34	8	254	LUCY CARRIG	32	50:19
	9	280	PATRICE HARMON	31	50:43
	10	297	HILLARY PATTERSON	34	51:01
	11	307	EMILY LEHMANN	33	51:15
	12	367	ERIN LANO	34	52:32
	13	385	MEGHAN MORRIS	32	53:01
	14	386	KATHRYN PULLAM	33	53:01
	15	400	KATHERINE REIMANN	31	53:19
	16	411	NICOLE FICOR	33	53:31
	17	447	MOLLY BRANNAN	32	54:16
	18	452	MELISSA MATHENY	31	54:19
	19	453	AMY MCNEIL	34	54:19
	20	456	KENDALL LITCHFIELD	31	54:20
	21	457	BETH PATTERSON	34	54:20
	22	461	JESSICA COOLEY	34	54:21
	23	472	KRISTIN TAM	34	54:39
	24	475	JAMIE MCLEOD	33	54:40
	25	478	LINDSEY MONACELL	34	54:50
	26	479	MEGHANN QUINN	30	54:50
	27	494	LISA Looney	31	55:06
	28	502	ROBYN WALSH	30	55:14
	29	520	KATHERINE CLEVINGER	30	55:36
	30	529	DIANA ABELL	33	55:46
	31	538	JOSEFA ANTUNEZ	34	55:56
	32	544	EMILY SHANE	33	56:01
	33	550	LINDSAY WILLIAMS	31	56:07
	34	564	MEAGAN GLASCO	31	56:16
	35	569	BROOKE RUSH	32	56:21
	36	572	JEANNE NUARA	33	56:22
	37	588	EMILY WINTER	33	56:35
	38	616	SHYLA RODAL	34	57:18
	39	628	KERRY BUNTING	32	57:42
	40	653	MONICA MENSCH	34	58:17



Teamwork. Brotherhood.

TURKEY TROT 10K CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time	Category	Place	Name	Age	Time			
Female 30 - 34	41	666	MIRANDA DAVIS	31	58:26	Male 35 - 39	5	51	BREC CARSON	38	42:01	
	42	668	MERCER CRONEMEYER	32	58:28		6	56	PETER HANES	35	42:34	
	43	674	JILL PEECOOK	33	58:37		7	58	DREW MILLER	36	42:47	
	44	704	LYDIA POMPLUN	31	59:01		8	72	GRANT RISSLER	39	43:34	
	45	711	MEGAN CLARK	31	59:15		9	73	MATTHEW TAMAGNI	35	43:35	
	46	720	KATE RAY	34	59:25		10	82	MATT BROTHERTON	38	43:52	
	47	726	ALEXANDRA MIKKELSEN	31	59:39		11	83	CHRISTOPHER PIPER	39	43:52	
	48	745	KATHERINE CAPITO	30	1:00:02		12	88	BRYAN MARSHALL	35	44:15	
	49	751	W S JENNINGS-CHAMBERLAIN	34	1:00:14		13	89	BRAD RENUART	36	44:17	
	50	810	SARAH SHANNON	33	1:01:24		14	95	GREGG Stratton	38	44:32	
	51	812	KATHRYN ZAVREL	31	1:01:26		15	98	DAVE KEEGAN	39	44:37	
	52	846	LINDA MEIRING	31	1:02:23		16	109	STEPHEN MYERS	38	45:10	
	53	857	MEGAN NAPIER	32	1:02:40		17	114	JESSE MERRILL	38	45:37	
	54	858	KELLI ELLS	32	1:02:40		18	123	BRIAN BISCHOFF	38	46:05	
	55	870	COURTNEY CASTELLUZZO	33	1:03:06		19	125	CHAD ALMY	35	46:06	
	56	881	KAITLYN HEMSLEY	30	1:03:18		20	132	R RYAN KELL	37	46:37	
	57	883	ERIN GARRETT	34	1:03:20		21	140	TYLER LADNER	37	47:01	
	58	898	MELINDA HARVEY	31	1:03:42		22	145	JESSE HAGBERG	38	47:18	
	59	902	KATE ALIBERTI	34	1:03:47		23	148	JUDD GLASCO	35	47:21	
	60	912	KIM GUNST PRADO	34	1:03:57		24	150	GEORGE KITE	35	47:24	
	61	913	SINEAD LYNCH HALL	33	1:03:59		25	151	JASON HUBER	39	47:25	
	62	956	MOLLY ESCALANTE	33	1:04:46		26	163	CAMERON SNAPP	35	47:47	
	63	965	ABIGAIL BISHOP	31	1:04:56		27	176	JAMES ROBERTS	38	48:22	
	64	966	ABIGAIL FLOYD	31	1:04:57		28	178	CAMERON JONES	38	48:23	
	65	967	MAITREYEE CHAUKULKAR	31	1:04:59		29	182	JOHANN HERZOG	35	48:34	
	66	991	ELIZABETH DOOLEY	33	1:05:40		30	188	MATTHEW WIGGINS	38	48:44	
	67	1001	APRIL HYATT	32	1:05:49		31	193	ERIK GROSSGOLD	37	48:52	
	68	1020	JULIA KING	31	1:06:09		32	197	KARL LIPSCOMB	35	48:55	
	69	1036	KRISTINA WADE	31	1:06:33		33	204	MATTHEW GOOCH	38	49:05	
	70	1043	KATHRYN BRENNAN	31	1:06:43		34	221	ROGER HART	39	49:35	
	71	1047	CAROLINE SHEEHAN	33	1:06:46		35	226	TOMMY MILLER	38	49:51	
	72	1059	KATIE WICKS	32	1:07:07		36	261	KIRK VOGEL	35	50:25	
	73	1060	VICTORIA WALTERS	32	1:07:07		37	262	ROBERT SPICER	36	50:25	
	74	1065	REEMA BADR	34	1:07:29		38	268	JOSEPH HALL	37	50:34	
	75	1089	AMANDA PEDINI	31	1:08:04		39	269	ROBERT PLAGMANN	37	50:35	
	76	1116	DANA EISENMAN	30	1:09:03		40	277	STAFFORD VIA	38	50:42	
	77	1121	CLAIRE WITMEYER	31	1:09:31		41	289	MATTHEW MYERS	36	50:56	
	78	1122	ELIZABETH HUNTER	31	1:09:31		42	291	ERIC PRESCOTT	36	50:57	
	79	1135	KALI RUNK	34	1:10:14		43	292	MARK O'BRIEN	35	50:57	
	80	1137	KALLIE WICKS	32	1:10:15		44	294	CHRIS JONES	36	50:58	
	81	1138	EVA MALLORY	34	1:10:15		45	310	BARRY HERNDON	36	51:20	
	82	1150	KIMBERLY HINES	31	1:10:40		46	311	NICHOLAS GROSECLOSE	35	51:23	
	83	1152	LEAH DUBUISSON	32	1:10:45		47	312	ABILIO REIS	38	51:25	
	84	1159	TARA BROWN	30	1:10:54		48	314	RAYMOND REIBEL	38	51:28	
	85	1160	ANNA STEARNS	30	1:10:57		49	324	JED PATTERSON	36	51:38	
	86	1168	SARA BYERS	32	1:11:27		50	354	ERIC TURPIN	35	52:11	
	87	1170	KATIE SPICER	33	1:11:29		51	355	YI-TING LIN	35	52:12	
	88	1190	ASHLIE TSENG	30	1:12:29		52	368	MATTHEW BROWN	39	52:33	
	89	1204	SARAH WOGAN	34	1:13:01		53	383	JOHN HALLETT	39	52:59	
	90	1211	VIRGINIA WILCOX	30	1:13:37		54	405	MATTHEW KELLER	38	53:26	
	91	1228	NADINE BRADLEY	31	1:14:36		55	407	STEVE HASTINGS	37	53:30	
	92	1229	CHELSEA GARFIELD	32	1:14:37		56	415	KYLE DAVIDSON	36	53:37	
	93	1256	JILL DURR	30	1:16:31		57	430	MARK HARMON	35	53:58	
	94	1278	SHANNON BLANKINSHIP	32	1:17:57		58	438	MICHAEL BLUEMLING JR	38	54:03	
	95	1305	VICKY SCHANDEVEL	31	1:20:37		59	450	DANIEL PRICE	35	54:18	
	96	1306	HEATHER LOURENCO	30	1:20:45		60	454	TRACY PATTERSON	38	54:20	
	97	1322	SHIRA GORDON	31	1:23:52		61	466	STEVEN CLARK	35	54:32	
	98	1354	BRIANNE GAYLE	33	1:28:48		62	471	GEOFFREY HUGO	39	54:38	
	99	1362	ROSE JOYNER-TIGGETT	31	1:31:31		63	474	JAMES KEETON	39	54:40	
	100	1369	KYLE MCLAUGHLIN	34	1:34:21		64	480	CHRIS AYERS	36	54:52	
	101	1372	CORI HARRIS	31	1:34:44		65	484	JASON JONES	35	54:55	
	102	1385	SUSIE PYPNIOWSKI	30	1:38:14		66	491	ANDREW GOULD	39	55:04	
	103	1391	JUDITH SCHREMPF-STIRLING	34	1:41:33		67	526	DEJOEL WHITAKER	38	55:45	
	104	1401	SHAUNA BENSON	31	1:48:06		68	540	ALGREGG PAYPA	39	55:59	
	Male 35 - 39	1	10	JOSHUA HOCHSTEIN	39		37:40	69	552	ROB HERRING	38	56:10
		2	12	PAUL SMARTSCHAN	37		37:53	70	555	BRIAN PAQUETTE	35	56:13
		3	48	RYAN MCCARTHY	36		41:53	71	568	BRADY SMITH	37	56:20
		4	49	PATRICK CLARK	35		41:55	72	576	CHRISTIAN SHEA	37	56:25
							73	577	JAMES HESS	39	56:25	

TURKEY TROT 10K CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time
Male 35 - 39	74	589 CHRIS MASON	38	56:36
	75	608 MAGNUS KARLSSON	37	57:04
	76	618 JASON BLAKE	39	57:21
	77	621 JOHN DANIEL	37	57:32
	78	622 BRAD DAIL	37	57:32
	79	630 MARK HAMRICK	36	57:48
	80	635 CARTER BOWEN	36	57:55
	81	662 JARIAN KEREKES	37	58:25
	82	707 MATTHEW HANSON	35	59:06
	83	727 BRYAN STOGDALE	37	59:41
	84	728 JAMES BUCHANAN	35	59:41
	85	729 CARLTON KOTALO	39	59:41
	86	781 JERRY SAUNDERS	39	1:00:40
	87	786 BARCLAY ANDERSON	36	1:00:49
	88	802 BEN KING	36	1:01:09
	89	814 ROY SHANNON	39	1:01:30
	90	859 JAMES HUNTZINGER	35	1:02:43
	91	876 GARRON HANSEN	39	1:03:13
	92	880 MATTEO PEDINI	37	1:03:18
	93	925 ABEL ORELOVE	36	1:04:15
94	933 TEAGUE AVEY	37	1:04:25	
95	1126 PATRICK LOTH	35	1:09:41	
96	1188 WILLIAM EDWARDS	36	1:12:26	
97	1215 AKHIL MATHUR	36	1:13:50	
98	1323 TIAGO LOURENCO	35	1:24:14	
99	1417 MICHAEL GARRETT	38	57:02:00	
Female 35 - 39	1	90 KATIE DANAHY	35	44:24
	2	155 CAMERON QUINONES	35	47:36
	3	157 STACY LANE	36	47:37
	4	159 NANCY BRODA	35	47:44
	5	185 LISSA GUPTON	38	48:38
	6	190 SARAH VOYACK	35	48:47
	7	212 JANET FOLDENAUER	38	49:20
	8	219 ALISON ANDERSON	39	49:34
	9	232 KIERSTEN WHITAKER	35	49:56
	10	251 TARA KARNES	38	50:16
	11	331 SUZANNE ANTHONY	36	51:48
	12	333 ADRIANA ALDAPE	36	51:49
	13	346 SUZANNE GARDNER	39	51:59
	14	349 KATHERINE OROS	38	52:07
	15	422 SUSANNA SHIPMON	39	53:45
	16	432 CATHERINE KOTALO	38	53:58
	17	439 ERIN HERNDON	36	54:04
	18	482 BRITT NELSON	38	54:53
	19	495 LAURI LLEWELLYN	39	55:06
	20	547 SARAH ROHDE	38	56:04
21	554 SARAH BISCHOFF	38	56:12	
22	560 MEGAN REYNOLDS	38	56:15	
23	578 RUTH MCDORMAN	39	56:25	
24	594 JULIET DAGOSTINO	38	56:43	
25	595 EMILY DAVIDSON	35	56:44	
26	601 AMBER KARLSSON	36	56:48	
27	603 ERIN REIBEL	37	56:51	
28	667 LINDSEY LAYNE	35	58:28	
29	680 NINA MARINO	38	58:44	
30	682 MAGGIE HOPKINS	39	58:46	
31	683 AMANDA BUTLER	39	58:46	
32	713 ERICA ZUBOF	36	59:16	
33	718 AISHA DURHAM	37	59:18	
34	719 ASHELEY TUCK	37	59:19	
35	725 LEAH BATTEN	35	59:38	
36	736 NICOLE UNICE	39	59:52	
37	739 TORY BOFFO	39	59:54	
38	755 ELEANOR NOWAK	35	1:00:20	
39	758 COURTNEY O'HARA	35	1:00:21	
40	763 LINDSAY TUHEY	37	1:00:23	
41	764 MELISSA LANCE	37	1:00:24	
42	769 SHANNON REPPARD	35	1:00:32	

Category	Place	Name	Age	Time
Female 35 - 39	43	770 KATE CLARK	37	1:00:33
	44	772 LAURA STONEMAN	35	1:00:34
	45	785 ASHLEY GIBBS	36	1:00:48
	46	789 ANNA HINGST	37	1:00:52
	47	791 AMBER SPICER	35	1:00:54
	48	820 BETH ROBERTS	38	1:01:42
	49	856 SARAH STAUFFER	36	1:02:39
	50	860 TORY TINGEN	39	1:02:43
	51	861 KAREN HIRKO	38	1:02:45
	52	887 AIMEE DECA	38	1:03:21
	53	888 ANNE TAITE VOGEELEER	37	1:03:22
	54	892 ELIZABETH SHOENFELD	38	1:03:34
	55	907 KRISTEN SNAPP	36	1:03:53
	56	914 SHANELLE BURNETT	38	1:04:00
	57	935 JENNIFER BOWIE	39	1:04:27
	58	942 LAURA O'CONNOR	37	1:04:37
	59	955 BETH THOMAS	36	1:04:45
	60	975 DIANE MIFFLETON	37	1:05:09
	61	984 MELISSA VAN VICKLE	38	1:05:26
	62	985 MICHELLE BROWN	36	1:05:27
63	992 KRISTI CROXTON	39	1:05:41	
64	996 ISABEL BARBATO	36	1:05:45	
65	1004 KAYLON KRUKIEL	35	1:05:53	
66	1006 JODY SAUNDERS	35	1:05:53	
67	1013 HILLARY HESS	38	1:06:04	
68	1016 AMY GILKEY	36	1:06:06	
69	1025 REANN CHIAPPINELLI	39	1:06:21	
70	1054 ALLISON KAHELSKI	36	1:07:02	
71	1064 RACHEL HEINIG	36	1:07:28	
72	1071 AMY MELI	39	1:07:37	
73	1088 ERIN NIELSEN	35	1:08:03	
74	1106 REBECCA CAVALLI	38	1:08:49	
75	1108 JENIFER EISENMAN	37	1:08:53	
76	1123 MINA TABIBI	35	1:09:35	
77	1127 CASEY TORRENCE	35	1:09:41	
78	1128 JILLIAN AVEY	35	1:09:43	
79	1134 GINGER MCTERNAN	35	1:10:11	
80	1164 AMY ELDER-SMITH	38	1:11:04	
81	1167 SARA SULLIVAN	38	1:11:25	
82	1169 MICHELLE ALTIC	36	1:11:28	
83	1183 KELLY GANNON	36	1:12:11	
84	1185 KATE OSBORNE	38	1:12:15	
85	1193 NIKI WHITE	37	1:12:31	
86	1194 HILLARY KEETON	36	1:12:31	
87	1230 VALERIE OLIVER	39	1:14:39	
88	1231 BECKY BARNETT	37	1:14:40	
89	1235 SARA EVANS	36	1:15:01	
90	1257 JESSICA DUKE	35	1:16:31	
91	1287 ANNE HUDAK	39	1:18:51	
92	1302 SUEANN ELLIS	37	1:20:14	
93	1311 JAMMIE CHASTEEN	35	1:22:10	
94	1319 SARA MATHEWSON	39	1:23:10	
95	1345 KIMBERLY KELL	35	1:27:08	
96	1351 SAMANTHA HASENFRATZ	35	1:27:51	
97	1361 CARRIE HOOD	39	1:31:30	
98	1366 RACHEL PARRISH	39	1:33:07	
99	1367 KELLY ALLEN	35	1:33:31	
100	1382 CIARA IMBERT	37	1:36:47	
101	1386 JENNIFER COURNOYER	37	1:38:15	
102	1390 KATE AYERS	38	1:41:31	
103	1392 JENNIFER LEVIN	35	1:43:19	
Male 40 - 44	1	32 BOB GEIL	40	40:18
	2	39 AUSTIN CRAUN	41	41:28
	3	41 MORY LOWE	40	41:33
	4	44 SPENCER WELLS	41	41:40
	5	59 CURT SOLOMON	44	42:48
	6	60 NATHAN CASTLE	40	42:50
	7	66 DAN HICKMAN	43	43:17
	8	74 MICHAEL MENEFFEE	40	43:35

TURKEY TROT 10K CONTINUED

Not USATF Certified * RRTC Web Member

Category	Place	Name	Age	Time
Male 40 - 44	9	79 JOHN MEYERS	44	43:42
	10	85 BRIAN LENZ	40	43:57
	11	119 ADAM FOLDENAUER	43	45:56
	12	120 DAVID UNICE	41	45:59
	13	129 BYRON MILLER	40	46:20
	14	135 RICK HOLLOWELL	44	46:47
	15	202 JARROD CEDERQUIST	42	49:03
	16	225 JOHAN PETERSSON	42	49:51
	17	231 ANDREW LOWE	44	49:56
	18	237 CHRISTOPHER GUNN	40	49:59
	19	240 MATT OSENGA	41	50:02
	20	241 ROBERT KERNS	44	50:03
	21	257 CREIGHTON ANDERS	41	50:22
	22	272 JOHN BENNETT	43	50:40
	23	275 ROBERT FOWLER	44	50:41
	24	285 KIM MARSH	42	50:52
	25	295 VINCE DOHERTY	43	51:01
	26	296 JOHN GREEN	40	51:01
	27	301 ROBERT EAVES	42	51:05
	28	335 GAVIN BOWIE	40	51:51
	29	339 BRAD LOWERY	43	51:55
	30	344 BRENT SCHNEIDER	43	51:59
	31	350 MATT GUISE	40	52:08
	32	357 STEPHEN YODER	43	52:18
	33	370 DAVID WELLS	44	52:35
	34	395 DANIEL RAPP	44	53:15
	35	404 DAVE JONES	41	53:26
	36	418 KIRK YATES	41	53:43
	37	431 MARK SHORT	42	53:58
	38	434 MARK SIMONTON	42	54:00
	39	437 ROB DUDLEY	40	54:02
	40	440 PAULO GAZONI	43	54:06
	41	445 JESSE PROCIOSUS	43	54:11
	42	492 JEAN-PAUL COSSÉ	42	55:04
	43	522 GRAHAM WILLIAMS	40	55:38
	44	523 GEORGE STRUDGEON	42	55:38
	45	533 GAETANO CALLA	42	55:51
	46	548 MICHAEL BLANCHARD	44	56:07
	47	556 RANDY HALL	42	56:13
	48	583 DAVID MIZELLE	41	56:32
	49	593 ANDRES BLANCO	42	56:43
	50	617 JONATHAN HUMPHREY	40	57:20
	51	644 JOHN POISSANT	40	58:02
	52	675 JAKE WISEMAN	41	58:39
	53	692 SCOTT BROOKS	44	58:53

Category	Place	Name	Age	Time
Male 40 - 44	54	743 FREDERICK08 ECHEVERRIA	44	59:58
	55	747 CHUCK ALEXANDER	43	1:00:07
	56	803 JIM HALL	43	1:01:10
	57	854 JACOB YORKIS	40	1:02:39
	58	862 DAVID GALLAGHER	43	1:02:48
	59	875 GREG EPPS	42	1:03:11
	60	944 SCOTT VANWAGNER	43	1:04:38
	61	947 JAKE FALCONE	44	1:04:39
	62	982 JOSEPH FLYNN	41	1:05:20
	63	1069 BRIAN MELI	40	1:07:36
	64	1074 MIKE BROOKS	40	1:07:44
	65	1084 MICHAEL ANDREWS	40	1:07:59
	66	1093 ADAM GOLDSMITH	40	1:08:16
	67	1098 DAVID COPEN	41	1:08:39
	68	1129 MARCIO-ELIO MANIQUE JUNIOR	40	1:09:44
	69	1141 GERALD EVANS	41	1:10:20
	70	1184 BRADFORD ASHBY	43	1:12:14
71	1203 JONATHAN GOSHEA	41	1:12:59	
72	1222 RAY ALEXANDER	43	1:14:21	
73	1286 JASON COLLIER	42	1:18:48	
74	1309 CHAD GILL	42	1:21:30	

Category	Place	Name	Age	Time
Female 40 - 44	1	25 RACHEL WHEELER NORTHUP	41	39:20
	2	65 ROBYN HARTLEY	41	43:10
	3	97 INGRID LOUW	44	44:34
	4	156 KERRY KNIGHT	40	47:37
	5	216 LAURA DOHERTY	42	49:29
	6	223 TINA CHO	42	49:42
	7	229 HANA BRILLIANT	41	49:53
	8	274 JENNIFER BENNETT	44	50:40
	9	281 ROBIN COURVILLE	42	50:45
	10	300 VICTORIA GREEN	40	51:02
	11	302 KATE LOWE	40	51:07
	12	306 LAURA MEYERS	44	51:14
	13	315 CYNTHIA EDWARDS	41	51:28
	14	345 Sonia SHAH-PANDYA	43	51:59
	15	347 TRACY SCHNEIDER	42	52:05
	16	412 TINA BONGIORNI	44	53:31
	17	420 TAMI O'TOOLE	41	53:45
	18	427 CARRIE ROTH	43	53:56
	19	435 MEG SIMONTON	41	54:01
	20	499 LAURIE ASHENFELDER	41	55:09
	21	536 MARYBETH RYAN	43	55:52
	22	545 JENNIFER HALSTEAD	42	56:02
	23	574 AMY DONALD	41	56:24
	24	591 MELISSA KISH	43	56:40
	25	619 LIZA BOWERSOX	40	57:21
	26	623 ANGELA ALLEN	42	57:35
	27	639 DOTTY Stratton	41	57:57
	28	646 CHERIE NUCKOLS	43	58:07
	29	655 KENDRA LENGUA	41	58:18
	30	688 MELANIE SWAIN	44	58:51
	31	694 ASHLEY BROOKS	40	58:53
	32	698 SARAH SMITH	42	58:55
	33	702 SARAH STAMPER	42	59:00
	34	710 JULIE SOLOMON	44	59:12
	35	750 LYNN IZOD	40	1:00:13
	36	787 SHANNON GRYMES	43	1:00:49
	37	797 ANNE PRYOR	42	1:01:04
	38	818 HEATHER SEYMOUR	42	1:01:39
	39	836 MICHELLE ANDINO	44	1:02:07
	40	863 GRACE GALLAGHER	42	1:02:49
	41	872 TRACI MCKINLEY	42	1:03:08
	42	874 KIMBER DOWLING	44	1:03:10
	43	877 MISTI DAVIDSON	40	1:03:14
	44	879 ANGELA VANWAGNER	44	1:03:16
	45	891 KRISTIN LANE	43	1:03:33
	46	899 ALLISON WATKINS	44	1:03:43
	47	905 NICOLE MUMFORD	43	1:03:51
	48	916 SANDRA LANGENBUCHER	44	1:04:01



Focus, finish, FINALLY!

TURKEY TROT 10K CONTINUED

Not USATF Certified * RRRR Web Member

Category	Place	Name	Age	Time
Female 40 - 44	49	917 ASHLEY WELLS	42	1:04:02
	50	927 AMANDA DELANEY	41	1:04:16
	51	936 MELANIE FRANK	42	1:04:29
	52	973 KESHIA CASE	40	1:05:06
	53	995 CARA MATTHEWS	44	1:05:44
	54	1012 KRISTIN FRIEDLINE	40	1:06:03
	55	1023 RAJANYA PETERSSON	42	1:06:13
	56	1026 RHONDA GRABOSKE	41	1:06:22
	57	1075 SARAH BAIN	40	1:07:44
	58	1082 JESSICA Mooney	41	1:07:56
	59	1086 MIRIAM MCATEE	42	1:08:00
	60	1095 TRACIE LOVING	43	1:08:25
	61	1096 DANA WALTERS	43	1:08:26
	62	1100 AMY SPENCER	42	1:08:43
	63	1147 ANNE HOWLAND	42	1:10:26
	64	1163 MELODIE MARTIN	40	1:11:02
	65	1179 ASHLEY MCLEOD	43	1:11:59
	66	1187 TOWNSEND DUANE	42	1:12:25
	67	1195 ANDIE YATES	44	1:12:33
	68	1214 CHRISTA PORTER	41	1:13:49
	69	1233 SHANNON STEPHENSON	42	1:14:57
	70	1239 DEIRDRE COX	42	1:15:15
	71	1247 JOY CHENAULT	41	1:15:49
	72	1255 KERRY O'BRIEN SMITH	41	1:16:30
	73	1264 ERIN FREEMAN	43	1:16:41
	74	1266 MARISSA MITCHELL	42	1:16:51
	75	1272 TRACY BAIRD	44	1:17:26
	76	1281 KRISTEN OSENGA	44	1:18:08
	77	1285 BECKY ASHLEY	43	1:18:29
	78	1291 MELISSA GEIL	41	1:18:58
	79	1308 VIRGINIA GILL	43	1:21:29
	80	1318 KIM ENGLEMAN	44	1:23:09
	81	1329 BERYL HENING	42	1:24:45
	82	1334 ANNA MCCLARY	40	1:25:10
	83	1344 JILL GRANVILLE	44	1:27:07
	84	1363 PAMELA NORRIS	40	1:31:55
85	1373 BETTINA SULLIVAN	43	1:35:04	
86	1374 TRICIA WINGARD	44	1:35:04	
Male 45 - 49	1	7 MIKE COLAIACOVO	47	35:51
	2	43 DAVID MORGAN	48	41:37
	3	52 JIM ODDONO	49	42:16
	4	70 MIKE HILLEN	49	43:28
	5	71 JEFF JAMISON	48	43:28
	6	91 MATT SERVAITES	48	44:26
	7	103 MIKE MAGEE	47	44:48
	8	110 KEVIN BURNS	48	45:15
	9	111 PATRICK ANDRIANO	47	45:16
	10	113 ERIC JOHNSON	45	45:37
	11	118 ANDREW HOFFMAN	49	45:54
	12	128 STEVE MCCOY	45	46:17
	13	130 TERRY THORNTON	46	46:32
	14	138 GRAHAM PARLOW	47	46:59
	15	139 CHRIS FOX	49	47:00
	16	143 WILFRANK PAYPA	45	47:09
	17	162 SCOTT HALVORSON	46	47:46
	18	166 JAMES COLLIER	45	48:00
	19	179 MIKE JACKSON	49	48:25
	20	191 PETE GALLINI	49	48:48
	21	199 PATRICK FAGAN	48	49:01
	22	201 BEN WALTERS	46	49:01
	23	215 KARTIK ATHREYA	45	49:29
	24	224 JOEY SCHLAGER	46	49:49
	25	244 Goran JOZIC	46	50:06
	26	246 PANKAJ SHARMA	48	50:08
	27	259 PAUL LADNER	48	50:23
	28	266 FOSTER ROWE	46	50:31
	29	282 TIMOTHY COSTELLO	47	50:49
	30	308 DEREK TAYLOR	45	51:17
	31	330 JEFF COURINGTON	49	51:45

Category	Place	Name	Age	Time
Male 45 - 49	32	351 GRAY GURKIN	48	52:08
	33	352 STEVEN JONES	46	52:08
	34	360 GARY MARTIN	47	52:21
	35	373 MYKL EGAN	48	52:40
	36	375 ED KLEIN	47	52:44
	37	397 BRETT LAW	46	53:16
	38	409 MICHAEL SPINOS	45	53:30
	39	443 ROBERT FIX	49	54:10
	40	460 MICHAEL MORSE	48	54:21
	41	487 JOHN STRATIOU	46	55:02
	42	511 DOUG LAM	49	55:26
	43	563 PETER GIRARDI	46	56:16
	44	579 DEAN FRANCIS	48	56:26
	45	586 ROBERT GROOMS	49	56:34
	46	587 KENNETH JOHNSTON	46	56:35
	47	599 JOHN FITZHUGH	45	56:47
	48	673 JOHN COHEN	48	58:32
	49	693 EDWARD CARROLL	47	58:53
	50	697 ANDREW MILLER	47	58:55
	51	714 GREGORY PROVENZO	46	59:17
	52	730 STEPHEN KELLEY	47	59:44
	53	749 JOHN GRANTIER	45	1:00:13
	54	753 HARRY JAEGER	45	1:00:19
	55	792 HARALAMBOS KIPREOS	48	1:00:55
	56	824 CARL GOFORTH	47	1:01:49
	57	904 CHRIS MUMFORD	46	1:03:51
	58	943 JAMES TOWEY	45	1:04:38
	59	946 MARIO KEPUS	48	1:04:39
	60	1008 RAMIN VALIAN	49	1:05:55
	61	1015 TERREN PETERSON	46	1:06:06
	62	1027 DAVID MEYER	46	1:06:23
	63	1034 STEPHEN GORMAN	48	1:06:29
	64	1052 SEAN KINNEAR	47	1:06:57
	65	1066 HIRAM CUEVAS	49	1:07:30
	66	1072 WALTER WITT	46	1:07:41
	67	1083 NOEL HODGES	48	1:07:57
68	1085 ROB MCATEE	49	1:08:00	
69	1099 DOUG BROWN	45	1:08:43	
70	1103 MATT OVERTON	48	1:08:48	
71	1118 FRANK CAVALLO	48	1:09:13	



Our dedicated finish line workers.

TURKEY TROT 10K CONTINUED

Not USATF Certified * RRTC Web Member

Category	Place	Name	Age	Time	Category	Place	Name	Age	Time		
Male 45 - 49	72	1143	MICHAEL GIBSON	48	1:10:23	Female 45 - 49	64	1274	ARMISTEAD HENDERER	45	1:17:40
	73	1144	TRES HOWLAND	47	1:10:25		65	1283	DENISE ASHBY	45	1:18:19
	74	1145	GARY COLLINS	49	1:10:25		66	1288	JILL TINSLEY	49	1:18:53
	75	1234	BRENTON EVANS	47	1:14:58		67	1295	JENNIFER LOVINGS	46	1:19:31
	76	1265	DREW CAHOON	49	1:16:42		68	1300	JEN ALEXANDER	45	1:20:09
	77	1339	SEAN RAMAGE	47	1:26:45		69	1304	JENIFER HUGHES	45	1:20:25
							70	1314	JULIA LLOYD	46	1:22:21
Female 45 - 49	1	78	KAREN PARRY	48	43:41	71	1335	KRISTI LYNCH	48	1:25:11	
	2	252	JULIE DAHL	48	50:17	72	1338	DIANE KELLEY	47	1:25:17	
	3	260	LAURA MCELLIGOTT	49	50:24	73	1346	LORI CARRASCO	47	1:27:14	
	4	264	ERIN HATCHER	49	50:28	74	1355	KELLY GRANTIER	48	1:29:20	
	5	283	REBECCA ANGUS	46	50:49	75	1356	ALISA STONE	48	1:30:33	
	6	380	ANGELA WILLIAMS	46	52:54	76	1409	ANDREA NACHMAN	49	1:56:56	
	7	387	TERI ATHREYA	45	53:02						
	8	393	SHAWNA MILLER	48	53:12	Male 50 - 54	1	26	JEFFREY MURRAY	50	39:35
	9	465	KRISTY TRAYER	45	54:31		2	45	JOSEPH VIDUNAS	52	41:42
	10	497	SUSAN WASHBURN	47	55:09		3	80	JAMES LEDWITH	53	43:49
	11	531	KATE GARNETT	48	55:48		4	96	WILLIAM PUSEY	50	44:34
	12	535	SARAH FRANCIS	48	55:51		5	102	FRED W MANGELS	51	44:44
	13	565	TONYA SYLVIA	46	56:17		6	116	FORD SCOTT	51	45:42
	14	614	HEATHER WAY	46	57:11		7	153	MIKE TRAVELINE	54	47:33
	15	640	L JILL BLANKENBURG	49	57:59		8	169	CHUCK O'BOYLE	52	48:12
	16	657	LESLIE MILLMAN	48	58:19		9	173	DANIEL VORSTER	50	48:15
	17	658	DENISE THOMSON	45	58:21		10	174	CHRISTOPHER MAESTRELLO	53	48:17
	18	681	TEGWYN BRICKHOUSE	46	58:45		11	181	VICTOR ARHANGELSKY	52	48:33
	19	689	KAREN CHANDLER	45	58:51		12	184	RONNIE SHRINER	53	48:38
	20	691	HEATHER FITCH	47	58:52		13	186	ALOK UPADHYAYA	54	48:39
	21	696	BETH COLLINGWOOD	48	58:53		14	198	GREG CONTE	52	48:57
	22	699	DEBBIE WEATHERFORD	45	58:56		15	207	MICHAEL SOUTHWARD	50	49:15
	23	748	SHELLI STEPP	45	1:00:10		16	265	Troy ARNOLD	50	50:31
	24	754	THEODORA JAEGER	45	1:00:19		17	287	MARTIN WALL	50	50:54
	25	771	KIM GALGANO	48	1:00:33		18	309	ALLEN WILSON	50	51:20
	26	774	LAURA JARRETT	49	1:00:34		19	325	TIM O'DELL	50	51:39
	27	796	AMY GARBER	48	1:01:03		20	369	JEFF MOORE	53	52:35
	28	842	ANGIE DINARDI	49	1:02:20		21	379	TOM TYLER	50	52:54
	29	843	SHANNON JAMISON	48	1:02:21		22	384	BJOERN HANSEN	51	53:00
	30	903	STEWART ALLEN	46	1:03:48		23	398	NEAL RUTLEDGE	52	53:16
	31	934	JANET CHO	45	1:04:25		24	408	BRAD NOVAK	51	53:30
	32	960	CATHERINE TAYLOR	45	1:04:52		25	413	JAY CARTER	51	53:32
	33	964	DONNA SCHIESS	49	1:04:55		26	414	DOUG MERCADO	53	53:33
34	968	TRACY EVANS	46	1:05:03	27		425	WIRT MARKS IV	53	53:54	
35	971	LISA ZIROPOULOS	47	1:05:05	28		455	THOMAS GILLESPIE	52	54:20	
36	979	ANNE KENNON	45	1:05:13	29		458	TOM PARIETTI	52	54:21	
37	1005	JULIE FLOURNOY	49	1:05:53	30		459	MICHAEL LOVE	53	54:21	
38	1009	SARA COLLINS	46	1:06:02	31		521	JIM COLLINS	50	55:38	
39	1014	KAREN NEUBAUER	45	1:06:05	32		532	ROBERT PARTLOW	50	55:50	
40	1033	SUZETTE CAVALLO	47	1:06:28	33		566	RON TIEMANN	52	56:19	
41	1035	MOLLY GORMAN	48	1:06:29	34	600	PAUL SHIVELY	52	56:48		
42	1037	LORI WHITE	45	1:06:33	35	606	STEPHEN STORY	54	57:00		
43	1044	KRISTI PHAUP	45	1:06:44	36	607	MIKE ANLIKER	51	57:04		
44	1046	MARY DRIMER	48	1:06:46	37	610	STEVE BURKE	53	57:05		
45	1048	SUSAN MORRIS	49	1:06:47	38	615	CRAIG RAMSBOTTOM	52	57:16		
46	1077	HOLLY SHIFLETT	48	1:07:47	39	625	MARTY BLAND	52	57:39		
47	1080	LINDA PACE	47	1:07:52	40	659	TOM CRAVER	51	58:22		
48	1110	JAN PARKER	48	1:08:55	41	671	NOEL SABEL	53	58:31		
49	1119	KIMBERLY GILLIAM	45	1:09:15	42	700	MIKE SWAIN	54	58:58		
50	1120	DONNA FITZGERALD	48	1:09:29	43	703	TIM GABBARD	52	59:01		
51	1125	MARIE PARIETTI	45	1:09:39	44	732	ALAN CLDORK	53	59:47		
52	1148	MARCEY LEONARD	45	1:10:36	45	757	TIM CLINTON	50	1:00:21		
53	1161	ELAINE SUMMERFIELD	48	1:10:59	46	788	LEE WHITE	54	1:00:50		
54	1162	MAUREEN DINGUS	48	1:11:02	47	795	MARK FINES	53	1:01:02		
55	1196	TRACI CROWDER	48	1:12:39	48	805	JIM FRASER	50	1:01:18		
56	1205	MICHELLE SCHLAGER	46	1:13:13	49	823	MICHAEL MORRISON	53	1:01:45		
57	1218	LYNNE ROBINSON	48	1:13:59	50	897	TODD MILLER	50	1:03:42		
58	1220	SUZANNA THOMAS	47	1:14:02	51	911	GERD LANGENBUCHER	51	1:03:56		
59	1227	MARIKA KURER	49	1:14:27	52	921	JAMES MARR	50	1:04:07		
60	1236	KIMBERLY WILLIAMS	47	1:15:01	53	954	GARY WILSON	54	1:04:42		
61	1238	HEATHER MONTGOMERY	46	1:15:13	54	961	RICHARD MARCUS	51	1:04:53		
62	1248	STACEY NANNERY	49	1:15:49	55	969	ALAN SCHRADER	54	1:05:05		
63	1267	KATHRYN OLIVER	48	1:16:51	56	974	TODD BROWNELL	54	1:05:07		

TURKEY TROT 10K CONTINUED

Not USATF Certified *RRRC Web Member

Category	Place	Name	Age	Time	
Male 50 - 54	57	1017	ROBBY STAMPER	50	1:06:07
	58	1078	JOHN REECE	51	1:07:51
	59	1079	JOHN LEONARD	54	1:07:52
	60	1101	RICK DAVIS	53	1:08:44
	61	1115	MIKE FISK	52	1:09:03
	62	1155	KEVIN COX	53	1:10:49
	63	1198	ERIK IMAJO	50	1:12:45
	64	1202	JIM ELLIS	53	1:12:57
	65	1217	ERIC ROBINSON	52	1:13:59
	66	1232	ROBERT ZIEGLER	54	1:14:41
	67	1253	MICHAEL FOJTIK	51	1:16:22
	68	1254	BRAD WATKINS	50	1:16:28
	69	1263	MICHAEL MULDOWNEY	53	1:16:40
	70	1273	MIKE HALL	51	1:17:40
	71	1276	SCOTT HUDSON	52	1:17:49
	72	1282	ERIC NACHMAN	52	1:18:17
73	1357	RON STONE	51	1:30:34	
74	1407	ROGER NOVAK	54	1:53:51	

Category	Place	Name	Age	Time	
Female 50 - 54	1	164	LAURIE HOUSEHOLDER MEHLER	52	47:48
	2	247	DEB MINNICK	52	50:08
	3	284	JANE CASH	51	50:51
	4	364	JESSICA SALOMONSKY	52	52:30
	5	390	CRICKET O'CONNOR	53	53:06
	6	436	KIMBERLY MOORE	52	54:01
	7	507	ANN BUDINGER	54	55:20
	8	510	AMY MULHOLLAND	50	55:25
	9	530	LAUREN TRICE	54	55:46
	10	592	ATHENA CONTE	52	56:41
	11	631	LOUISE O'CONNOR	52	57:48
	12	672	THERESE JUDSON	51	58:31
	13	721	KELLEY MCPHEE	50	59:29
	14	722	DELLA DUMBAUGH	53	59:31
	15	808	LISA STEINBERG	53	1:01:20
	16	816	KAREN HAWKINS	53	1:01:33
	17	821	PAULA SENN	53	1:01:43
	18	834	LISA KOZSDIY	52	1:02:03
	19	838	CHRISTINE MARTINE	53	1:02:17
	20	850	MISSY MAUCK	50	1:02:35
	21	855	DEBORAH WOODLE	50	1:02:39
	22	869	MEL MITCHELL	52	1:03:06
	23	915	MAGGIE GEOGHEGAN	51	1:04:00
	24	918	MONICA LEDWITH	52	1:04:04
	25	922	COURTNEY MOSES	53	1:04:10
	26	930	PAM DOUGHERTY	54	1:04:17
	27	932	PRISCILLA TRENTHAM	53	1:04:23
	28	937	ROBIN CARROLL	54	1:04:33
	29	951	BEV BEAVER	53	1:04:41
	30	958	REED BROWNELL	53	1:04:49
	31	963	KIM TRENTHAM	53	1:04:54
	32	972	SUZI SILVERSTEIN	53	1:05:05
	33	1003	KELLY VIDUNAS	52	1:05:52
	34	1019	JULIE JONES	50	1:06:08
	35	1024	TERRI POLLARD	54	1:06:14
	36	1040	LINDA MILES	52	1:06:39
	37	1045	KARA CHACONAS	54	1:06:46
	38	1076	MARY ELLEN FINES	51	1:07:45
	39	1081	APRIL RISTAU	51	1:07:54
	40	1090	NANCY LOVE	52	1:08:06
	41	1102	LYDIA LISNER	53	1:08:45
	42	1104	BETHANY DENLINGER	54	1:08:48
	43	1117	WENDY FEWSTER	53	1:09:04
	44	1151	SALLY COSTARAS	52	1:10:43
	45	1154	MARY-SUZANNE POWELL	50	1:10:46
	46	1191	KAREN BRANHAM	51	1:12:29
	47	1208	KATHY NOVAK	51	1:13:28
	48	1224	LELIA GRINNAN	50	1:14:24
49	1240	TERRIE LANTOR	53	1:15:16	
50	1280	TRISH EDINBORO	54	1:18:07	
51	1303	BARBARA LEONARD	54	1:20:17	

Category	Place	Name	Age	Time	
Female 50 - 54	52	1307	LISA CHILDRESS	50	1:20:46
	53	1316	BARBARA HUNTER	52	1:22:40
	54	1364	CHERYL BOWEN	50	1:32:54
	55	1402	KELLY HALL	52	1:48:50
	56	1403	SANDY BROWN	54	1:48:50

Category	Place	Name	Age	Time	
Male 55 - 59	1	21	MARTY STIEGMANN	55	39:11
	2	40	KARL COVER	56	41:31
	3	100	MICHAEL BALDWIN	55	44:41
	4	105	ERIC COSS	57	45:03
	5	115	CORT KIRKLEY	58	45:39
	6	121	JON LUGBILL	55	46:00
	7	133	JOHN DOUGHERTY	57	46:40
	8	149	DAVID GILLIGAN	57	47:24
	9	187	PETER RUGGLES	57	48:42
	10	192	STEVEN RIVERS	55	48:50
	11	208	BUCKY FLANAGAN	58	49:16
	12	253	RONALD MITCHELL	57	50:18
	13	267	BOB O'BRIEN	55	50:33
	14	278	MICHAEL KOWAL	56	50:43
	15	319	MARK STYDUHAR	56	51:35
	16	326	MIKE HUNNICUTT	58	51:41
17	337	CHARLES DICKINSON	59	51:54	
18	371	DON LOONEY	59	52:38	
19	377	BRIAN REDMOND	55	52:50	
20	381	JEFF WELLS	57	52:57	
21	410	FRANK GERLOFF	55	53:31	
22	424	TIMOTHY POPPELL	55	53:53	
23	429	DOUG ROTH	55	53:57	
24	462	ALLEN PICKETT	55	54:24	
25	483	HENRY WITZ	55	54:55	
26	505	RAM PAI	57	55:16	
27	516	SCOTT FISHER	58	55:33	
28	517	KEN PEARCE	55	55:34	
29	596	MICHAEL NELSON	55	56:46	
30	612	JIM SEGUIN	56	57:10	
31	613	RICK EDWARDS	58	57:11	
32	654	LYNWOOD BROADDUS	58	58:18	
33	676	MARK PARHAM	55	58:42	
34	724	RICH RICHARDSON	57	59:36	
35	735	PETE GALLAGHER	59	59:52	
36	737	BRUCE WOOD	55	59:54	
37	738	FRANK RIDGWAY	58	59:54	
38	740	CHUCK RICHARDSON	58	59:55	
39	793	JOHN DAVIS	58	1:00:57	
40	800	JAMES HATCHER	55	1:01:08	
41	815	THOMAS HOOVER	55	1:01:33	
42	840	MICHAEL PILLOW	59	1:02:20	
43	844	PAUL SIMA	59	1:02:22	
44	920	CLARKE GARNETT	57	1:04:05	
45	949	DON COSTELLO	59	1:04:41	
46	989	GORDON THOMSON	58	1:05:35	
47	990	RICHARD MELTON	55	1:05:38	
48	1039	MARK MACHICH	57	1:06:38	
49	1051	DAVID HUNTER	57	1:06:56	
50	1061	ALAN LAYMAN	57	1:07:08	
51	1073	TOM KOZUSKO	56	1:07:43	
52	1166	ROD GAINSFORTH	55	1:11:23	
53	1172	REX HODGSON	56	1:11:46	
54	1219	CHANT CONNOCK	57	1:14:01	
55	1244	JAMES SCHAEFER	55	1:15:44	
56	1279	LES EDINBORO	55	1:18:07	
57	1292	DAVID Leaf	58	1:19:15	
58	1315	GEORGE SOULERET	57	1:22:24	
59	1342	JOE HARPOLE	57	1:26:51	
60	1405	DAVID CASTONGUAY	58	1:50:24	
61	1414	SANJOG MATHUR	56	2:10:03	

Category	Place	Name	Age	Time	
Female 55 - 59	1	154	AMBER RADER	57	47:33
	2	228	TERRI HUDDLESTON	57	49:52

TURKEY TROT 10K CONTINUED

Not USATF Certified * RRTC Web Member

Category	Place	Name	Age	Time	Category	Place	Name	Age	Time	
Female 55 - 59	3	361 ANNE LOONEY	56	52:21	Male 60 - 64	23	752 ROBERT BRANDAU	60	1:00:18	
	4	374 SANDRA GRAY	57	52:41		24	775 JOHN NELSON	61	1:00:35	
	5	376 LESLIE BULLER	58	52:49		25	798 STAN JENNINGS	64	1:01:05	
	6	428 LINDA NEWMAN	55	53:56		26	799 THOMAS MARCY	60	1:01:06	
	7	634 DONNA SABEL	57	57:51		27	804 KEVIN O'LAUGHLIN	60	1:01:18	
	8	651 CAROL MIRANDA	57	58:14		28	826 RICK MCWHORTER	60	1:01:52	
	9	712 CONNIE ARCHIBALD	59	59:16		29	864 WILLIAM HARPER	61	1:02:54	
	10	716 ELIZABETH CHAPMAN	59	59:17		30	873 COURTNEY CHAPMAN	64	1:03:09	
	11	746 TRACY PICKETT	55	1:00:06		31	894 PAUL HARVEY	63	1:03:41	
	12	794 SUSAN FISCHER DAVIS	57	1:00:58		32	906 PAUL WOODY	63	1:03:53	
	13	832 ALISON JONES-NASSAR	57	1:02:00		33	970 JOHN HURLEY	61	1:05:05	
	14	833 BETSY SOMERVILLE	58	1:02:01		34	1018 STEVEN BIEGLER	63	1:06:08	
	15	865 LAURA STASSI	56	1:02:55		35	1049 TOM GROSECLOSE	61	1:06:49	
	16	893 MARTI STEPHENS-HARTKA	57	1:03:37		36	1130 GEORGE GATES	62	1:09:44	
	17	931 KATHI TAYLOR	59	1:04:17		37	1375 HARRY DONATI	62	1:35:43	
	18	939 DONNA GUZA	59	1:04:35		38	1394 CHRIS SNIDOW	64	1:44:11	
	19	998 NORMA MACHICH	57	1:05:47		39	1416 STEVEN LERNER	61	2:15:10	
	20	999 BETSY ERICKSON	58	1:05:49		Female 60 - 64	1	468 SALLY CHEWNING	61	54:35
	21	1000 VAL MORAWETZ	58	1:05:49		2	481 SHARON WAKE	61	54:52	
	22	1041 STEPHANIE HAMLETT	57	1:06:40		3	678 CRISTI WILSON	61	58:43	
	23	1132 MARY RIVERS	55	1:10:03		4	819 REBECCA BROADDUS	61	1:01:41	
	24	1149 PAMELA FAULKNER	59	1:10:38		5	895 MEREDYTH NELSON	61	1:03:41	
25	1153 KIM MACMILLAN	55	1:10:45	6	940 JACQUE PETERSEN	60	1:04:35			
26	1171 GAY LUND	56	1:11:37	7	1271 YVONNE CONRAD	63	1:17:03			
27	1173 SALLY HUNNICUTT	55	1:11:48	8	1275 NANCY STELLING	60	1:17:44			
28	1176 LISA MCNAMARA	58	1:11:53	9	1297 JEAN PIERCE	60	1:19:42			
29	1197 JACQUELIN IMAJO	56	1:12:44	10	1321 TERRI SALSER	60	1:23:43			
30	1199 JENNI TREADWELL	55	1:12:51	11	1376 SHARON HORD	63	1:36:35			
31	1242 THERESA WAGNER	55	1:15:35	12	1384 SUSAN BRAGG	64	1:37:03			
32	1249 MARTHA HODGES	59	1:15:51	13	1404 MARY BETH HALL	60	1:48:55			
33	1251 SUSAN ROBINSON	59	1:16:01	14	1411 FRAN SMITH	62	2:02:07			
34	1258 CRYSTAL CHANDLER	55	1:16:31	Male 65 - 69	1	288 MIKE LEVINS	65	50:55		
35	1284 ALICE MIDDLETON	56	1:18:27	2	543 DONGHWAN SHIN	67	56:01			
36	1348 GAIL BENDALL	55	1:27:25	3	627 CHARLES BEVERAGE	66	57:42			
37	1377 MARY DAMON	57	1:36:36	4	882 KEVIN SHEA	67	1:03:20			
38	1383 KYM OSTERBIND	56	1:37:02	5	923 DWIGHT R HOOD	66	1:04:11			
39	1389 LILLIAN HAZELTON	59	1:39:35	6	953 CHARLIE CONRAD	65	1:04:42			
40	1395 GISELA PILLOW	58	1:44:25	7	1042 BOB CLAY	66	1:06:42			
41	1398 PAULA MILLER	55	1:45:15	8	1053 CARL ERICKSON	66	1:06:57			
42	1406 KATHY CASTONGUAY	58	1:50:26	9	1112 BOB JONES	66	1:08:58			
43	1408 WENDY KLIEWER	58	1:53:51	10	1136 ALFRED WICKS	68	1:10:15			
44	1413 LORI GORE	58	2:02:14	11	1270 ALEXANDER CONRAD	65	1:17:03			
45	1415 RENUKA MATHUR	56	2:10:09	Female 65 - 69	1	448 NANCY PATTERSON	68	54:16		
Male 60 - 64	1	136 RICHARD SNYDER	61	46:48	2	868 SUE DEJESUS	65	1:03:00		
	2	211 KENYON ERICKSON	62	49:17	3	962 DONNA CERTOSIMO	65	1:04:54		
	3	214 DAVID TRUMP	64	49:25	4	1337 SUSAN ROSS	69	1:25:16		
	4	222 NED DALY	64	49:36	Male 70 - 74	1	1011 SCOTT TILLEY	72	1:06:03	
	5	245 TOM VISOTSKY	64	50:06	2	1105 GARY LEADER	70	1:08:49		
	6	255 ROB ASTROP	64	50:20	3	1320 HERB NORTON	73	1:23:32		
	7	399 BARRY KREISA	62	53:16	Female 70 - 74	1	830 LOU NORTON	70	1:02:00	
	8	476 ROBERT KELLIS	60	54:42	2	1182 VICKI TOLBERT	70	1:12:06		
	9	489 ROHN PRICE	63	55:03	3	1393 JEAN GREENBERG	72	1:43:21		
	10	500 BOB HARRIS	62	55:10	4	1400 JEANETTE REAMES	73	1:46:19		
	11	508 JOHN WALK	62	55:22	Male 75 - 79	1	1301 JOHN BORKOWSKI	78	1:20:13	
	12	509 JOHN BARBATO	61	55:23	2	1343 DAN FOLDENAUER	76	1:27:07		
	13	512 TOM HARRINGTON	63	55:29	Female 75 - 79	1	981 MARY KATE BERGLUND	75	1:05:18	
	14	537 JONATHAN LYLE	61	55:53	Female 80 - 84	1	1412 DOROTHY FLEMATTI			
	15	542 MARK TINSLEY	60	56:00						
	16	633 JOHN MCNAMARA	60	57:50						
	17	643 RICK COLE	64	58:01						
	18	649 GEORGE SOMERVILLE	64	58:12						
	19	650 MAREK MIERZEJEWSKI	62	58:14						
	20	660 BILL PIKE	63	58:22						
	21	690 RANDY PARKER	64	58:52						
	22	731 GEORGE TAYLOR	60	59:45						

[GROUP RUNS]

Group Name	Contact	Start Location	Day and Time	Type of Run/Notes
Fuddy Muckers	www.facebook.com/groups/fekkers	Rotate between Pumphouse, Forest Hill Park and Ancarrow's Landing	Sunday, 0800	large group trail run, various paces and distances
3Sports Monday Night Run Club	https://www.facebook.com/events/482448048498425/	3Sports, River Road Shopping Center	Mondays, 6 p.m.	5K
3Sports Run Club	www.threesports.com or facebook.com/3sportsrc	River Road and Short Pump	Wednesdays 6:15 p.m.	
Ashland Running	http://ashlanddave.podbeam.com	Ashand Train Station	Saturdays, 7 a.m.	Long, slow runs
Black Girls Run	blackgirlsrunva@gmail.com	Various locations in Richmond, Petersburg, Chesterfield, Chester and Waynesboro	For a schedule, contact blackgirlsrunva@gmail.com	Weekly runs.
Basch's Group	Ellie Basch (ellieruns@gmail.com , 804-873-5156)	4605 Monument Avenue, Richmond, VA 23226	Tuesdays, 5:30 a.m. Thursdays, 5:30 a.m.	3-6 miles at 8-9:00 min mile pace
Byrd Park Group (BPG)	http://byrdparkgroup.com	Mary Munford Elementary School	Wednesdays, 6 p.m.	Distances and paces vary. All levels welcome. Check www.brydparkgroup.com or run contacts for more information.
CrossRoads Coffee and Ice Cream	www.rrrc.org/group/crossroads-coffee-and-ice-cream	Crossroads Coffee and Ice Cream 3600 Forest Hill Ave	Wednesdays, 6 p.m.	4-6 miles at 9 min/mile and faster.
Fleet Feet Sports	www.fleetfeetrichmond.com	Fleet Feet Sports, 5600 Patterson Ave.	Tuesdays, 6 p.m.	3-5 miles, run or walk; strollers, pets OK
Mary Munford School	Steve Nunn (stephen.nunn@comcast.net)	211 Westmoreland Street, Richmond, VA 23226 - corner of Grove and Commonwealth	Sundays, 7:30 a.m.	10-20 miles at 8-8:30 min/mile pace
Midlothian Athletic Center (formerly Robious Sports & Fitness)	Jay Fournier (804-379-2686)	10800 Center View Dr, Richmond, VA 23235	Tuesdays, 6:00 p.m.	Speed workouts
Monthly Trail Run	Mark Iscool Guzzi	Pump House Road Parking Area	First or second Sat. or Sun. of each month	6-7 miles; 10 min pace
New Kent in Motion	Nancy Burnet, nancy@activelifefitnesscenter.com	Active Life Fitness Center, 11815 Aspengraf Lane, New Kent	Saturdays at 8 a.m.	Distances and paces vary; all runners/walkers welcome

continued on next page

[GROUP RUNS]

Group Name	Contact	Start Location	Day and Time	Type of Run/Notes
Peak Physique Free Run/Jog/Walk Club	www.peakphysiqueva.com www.facebook.com/peakphysiqueRVA	Tennis Courts by Shelter 1 at Bryan Park	Saturdays 8:30 am	We warm up together with running drills before we break into groups based on pace and distance. All fitness levels are welcome!
Road Runner Running Store	http://blog.run.com/road-runner-running-store/runs-rr/	Road Runner Running Store, 3002 W. Cary St.	Wednesdays 7 p.m. and Saturdays 9 a.m.	Pace groups from 6:30 min/mile to 10 min/mile; distances 6 to 10 miles.
Rogue Runners	www.rrrc.org/group/rogue-runners	Starbucks at Libbie and Grove	Tuesdays and Thursdays, 5:30 a.m.	About an hour at paces ranging from 7:30 min/mile to 10 min/mile.
Shamrock Half Training	www.rrrc.org/group/shamrock-hmtt	City Stadium	Saturdays, 8 a.m., November through May	
Skirt Run	Amanda VandenBroek (awvance@gmail.com , 804-338-3260)	Legend Brewery - 321 West 7th Street, Richmond, VA 23224	First Wednesday of the month, 6:30 p.m.	30 minutes – easy social run. A “girls only” run. Skirt Run Facebook Page
SMarT Group	Mike Davi		Saturdays, 6:30 a.m.	Most members of this group are 3:30 marathoners or faster. The Saturday runs are long, easy runs, not race pace.
WMT (formerly SMTT)	fgcbasuccess@gmail.com	Willow Lawn, Gold's Gym	Saturdays only	\$16, \$31
Team Wednesday Night Fan Run – (TWN FAN RUN)	Email the team organizers - TWN.FAN.RUN@GMAIL.COM	Monument/Boulevard First Baptist Church 2709 Monument Avenue, Richmond, VA 23220-2671	Wednesday evenings (adjusted seasonally)	All paces/distances typically based on Marathon Training Team mid-week long run schedules. Email to get routes and any run updates. Post run social.
Thursday Museum Run	Mark Iscool (804-651-5415, markiscool1@hotmail.com)	Runs start on Sheppard Street behind VMFA 200 N. Boulevard, Richmond, Virginia USA 23220-4007	Thursdays, 5:30 p.m.	7-9:45 mile tempo run at a sub-10 min/mile pace; distances vary.
Tuesday Nite Speedwork/Hill Repeats/Trail Runs	Mark Guzzi (804-651-5415, markiscool1@hotmail.com)	<ul style="list-style-type: none"> • Hills: MCV Gateway Building- 1200 E. Marshall Street, Richmond, VA, 23298 • Speedwork: St. Christopher's Track 711 St. Christopher's Road, Richmond, VA 23226 • Trails: Parking lot between Dogwood Dell and Barker Field - off of Park Drive in Byrd Park 	Each week's upcoming workout will be posted to the RRRRC message board on Monday or Tuesday. Look for the heading Tuesday Nite Workout.	Tuesdays, 5:30 p.m.

[CLUB & RACE CALENDAR]

Date	Race/Event	Location	Contact/Web Address
[JANUARY]	1 SUN 11:00A.M. First Day 5K	ACAC Fitness & Wellness Center Midlothian	www.rrrc.org
	1 SUN 10:00A.M. Hair of the Dog 5K	Merchants Square, Williamsburg	http://hairofthedog.mettleevents.com
	11 WED 6:00P.M. RRRC Monthly Meeting	RRRC Clubhouse, 4901 Fitzhugh Avenue	www.rrrc.org
	15 SUN 8:00A.M. Willis River 35K & 50K Trail Runs	Bear Creek Lake State Park, Cumberland County	www.rrrc.org
	22 SUN 9:00A.M. RRRC Frostbite 15K	Amelia Street School, 1821 Amelia St.	www.rrrc.org
	28 SAT 11:00A.M. Shiver in the River 5K	Historic Tredegar, 500 Tredegar Street	www.rrrc.org
[FEBRUARY]	5 SUN 8:30A.M. Game Day 5K/10K	City Center, Newport News	www.rrrc.org/events/gameday-10k-5k
	8 WED 6:00P.M. RRRC Monthly Meeting	RRRC Clubhouse, 4901 Fitzhugh Avenue	www.rrrc.org
	11 SAT 9:00A.M. Loch Lothian 5K & 10K	Midlothian Mines Park	www.lochlothianrace.com
	12 SUN 8:00A.M. Sweetheart 8K	Urban Farmhouse, 13872 Coalfield Commons PI	www.rrrc.org
[MARCH]	5 SUN 9:00A.M. Huguenot Park 3-Miler	Midlothian Athletic Club	www.rrrc.org
	8 WED 6:00P.M. RRRC Monthly Meeting	RRRC Clubhouse, 4901 Fitzhugh Avenue	www.rrrc.org
	11 SAT 6:00P.M. RRRC Grand Prix & Volunteer Banquet	Meadowbrook Country Club	www.rrrc.org
	12 SUN 7:00A.M. One City Marathon	Victory Landing Park, Newport News	www.onecitymarathon.com
	18 SAT 7:45A.M. Instant Classic Marathon & Half	Pocahontas State Park	www.instantclassictrailrace.com
	18 SAT 8:30A.M. GCA Trailblazer 5K	Guardian Christian Academy, 6851 Courthouse Rd	www.gcatrailblazer5k.com
	25 SAT 9:00A.M. SPCA Dog Jog 5K	Richmond SPCA, 2519 Hermitage Road	www.richmondspca.org/dogjog

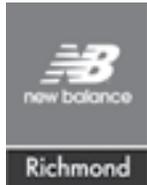
If you would like to add your event to the RRRC calendar, please submit event information to milesandminutes@gmail.com. Cut-offs and publishing dates are available at www.rrrc.org.

Note: Bolded races are club or contract races. Italic events are Sports Backers events.

How to join Richmond Road Runners?

It's easy, and cheap. Just go to www.rrrc.org and click on "Membership" on the home page.

[MERCHANT DISCOUNTS]



10% Off Merchandise

11341 W. Broad St.
Short Pump Station
804-955-4801

(cannot be combined with other promotions)

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



10% Discount RRRC Members

Body Fat Analysis, Sport Nutrition, Weight Management, Corporate Seminars
Janice Shaheen, PT, CNC, CISSN
Facebook contact
JAS Nutrition & Fitness
janice@jasnutritionfit.com
804.840.8547

SWICH!O

BUY FROM WHO YOU KNOW
WWW.SWICH.IO

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

Register with promo code "RRRC".
As always, buying is always free!



\$15.00 OFF Performance Testing
\$10.00 OFF Video Run Analysis

10% OFF Merchandise in Shop (excludes bikes)
\$10.00 per Month Training
Center Community Membership
8910 Patterson Avenue • Richmond
741-1599



10% Discount on Services

James River Physical Therapy
9019 Forest Hill Ave.
Richmond
330-0936

3SPORTS
ENDURE

10% Discount on Merchandise

6241 River Road
Richmond
288-4000 or

2231 Old Brick Rd.
Glen Allen, VA (Short Pump)
288-4000x4



10% Discount on Shoes and Apparel

3224 West Cary Street
Richmond
353-tenK



Free shipping for RRRC members

Based in Chesterfield County
www.7samson.com



LEUKEMIA & LYMPHOMA SOCIETY

TEAM IN TRAINING
Running up to make a difference today

Richmond Road Runners Members
50% Off Registration
for 2016 Spring & Summer Events

GW Parkway Classic 10 Miller
San Diego Rock 'n' Roll

To register or learn more about Team In Training, go to www.teamintraining.org/va.



VIRGINIA
SPORTS MEDICINE & PHYSICAL THERAPY

10% Off Video Running Gait Analysis

Professional analysis with consultation to understand and improve your running.

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

3413 Cox Road
Richmond, VA 23233
804-527-1460 • Fax 804-527-1463

Muscle Mechanix
THERAPEUTIC MASSAGE

My Muscle Mechanix – Massage Therapy Like No Other

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

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



**A pep rally.
A block party.
A race.**

No matter what you call it, it's the 10k! Don't miss this RVA tradition!

Whether you're making a resolution to be more active or you're simply here for the party, this event is for you!

Enjoy block after block of great local music and spirit groups. Revel in the crazy costumes, or dress up yourself. Raise money for VCU Massey Cancer Center and Kids Run RVA! Celebrate the new season, and show off your community pride! With 30,000 participants, there's a place for you! Don't worry about how you participate, just make sure you do!

**#FindYourPlace
on April 1, 2017!**

sportsbackers.org



ONE CITY STATE OF MIND



Newport News, VA onecitymarathon.com 3.12.17

Presented By **Jordan** COMPANY **RIVERSIDE** **Daily Press**
Newport News Shipbuilding **Newport News** **TOWNE BANK** **Anthem**
A Division of Huntington Ingalls Industries Member of the Wells Fargo Bank The Sun Banker. American Banking. Member of the Anthem Blue Cross