

BRRRC

Fall
/Winter
2004

MARYLAND'S OLDEST RUNNING CLUB

BRRC

P.O. Box 9825
Baltimore, MD 21284
Website: www.brrc.com
Race Hotline: 410-821-1799

Chris's Corner



Chris Cucuzzella

SHAMELESS SELF-PROMOTION

One thing the club has not done a good job of in the past years is some good old-fashioned blowing of our own horn. Most of the board members tend to be modest people (which is easy to do considering our minimal talents). However, the club has done made many positive contributions to the community besides the races we offer.

Since we are a Baltimore based organization, the BRRC prefers to keep its charitable work local and support groups who share a similar mission to ours. Gunpowder Falls State Park runs a wonderful park system that includes many areas in addition to the North Central Railroad Trail. If you've never been to Gunpowder areas such as Hereford or Sweet Air, you owe it to yourself to visit. To show our appreciation for the wonderful open spaces that we have a short drive from the beltway, the club has made financial contributions to the park. The club "sponsors" a "port-a-pot" on the NCR trail at Sparks. We pay for the annual maintenance of the potty. Remember this the next time you spend the happy time in our potty. Additionally, the club will make a substantial contribution from profits of the NCR marathon to the "Friends of the NCR Trail". Maybe you have seen these signs on the NCR trail. This effort headed by the Hunt Valley Rotary Club will work on trail improvements with more water fountains on the trail. Besides financial contributions, the club has adopted two miles on the trail. Club members clean the miles of litter once a month to help keep the NCR trail beautiful.

The club also helps out with local high school running events. The Hereford Bull Run Invitational is one of the best cross country races on the East Coast and the BRRC supplies equipment and manpower to help the event run smoothly every year. The club also provides crucial volunteer for the Loyola Relays, one of the best indoor track meets in the area. The club also puts on its Kids Cross Country Classic with over two hundred kids running a mile and a half race. The club

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Your Name Here

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Deadlines

Articles and advertisements should be sent to NewsletterEditor or the Design/Typesetter and must be submitted by the following dates:

Spring/Summer: May 25th

Summer/Fall: Aug 25th

Fall/Winter: Nov 25th

Winter/Spring: Feb 25th

Ad Rates

Full Page (10"h x 7"w): \$50.00

1/2 pg.: (5"h x 7"w): \$25.00

1/4 pg.: (5"h x 3.5"w): \$12.50

1/10th pg.: (2"h x 3.5"w): \$5.00

Club Member Classified Free!

On the Cover

Shameless self promotion continues from page 2

makes no profit at all from this event. The club also provides timing services at local runs at very low or sometimes no cost. The BRRC has done the finish line at the Cardinal Cup 5K run at the Cathedral School for the past eight years. This race

benefits the Mother Seton Academy in Baltimore.

The club started a scholarship program four years ago for deserving graduating high school seniors. The Charlie Reynolds Scholarship will continue to helping more excellent student athletes in future years. High school runners also benefit from the

summer track series which is free to high school runners. Many high school runners also participate in our trail race series. Baltimore is a wonderful community with special areas in the city and the suburbs. The BRRC is dedicated to this community and looks forward to many more years of serving the community.

Motivation For Runners

**Motivation for Runners,
the book about running and racing in Baltimore,
is still available.**

**It is a chrinicle of an urban, self-coached runners quest for
faster times, age group awards, and new friends.**

The book is organized like a training log.

Theres is a poem or an essay for every day.

For your copy, send \$5.00 plus \$1.50 for postage to:

**Wilson Trueheart,
P.O. Box 41282,
Baltimore, MD 21203-6282.**

**Or pick up a copy at either the Falls Running Store, Charm City Run, or
5K Specialty Running and Walking.**



JoggerUnits Pepper Spray w/ adjustable velcros

To order: \$11.95 set \$7.50 each.

Name _____

Address _____

Phone (____)____-_____

Checks or Money order, no cash please.

Mail to: P.O. Box 26534

Baltimore, MD. 21207

Visa ___ MC ___ Dis ___ Amex ___

Card no.# _____ Exp ___/___

**Visit
our Website at:
udefend4women.com
BRRC members
receive free shipping
and handling.
Other on-line deals
available**

Or email your credit order: udefend4women@msn.com

Include \$3 for postage and handling. 5% discount to ALL BRRC members

Baltimore Road Runners Club Annual Winter Banquet

March 19, 2004

7-11pm

at the

Overlea Caterers

6809 Belair Road Baltimore, MD 21206

Only \$25 per Person

Dinner: Salad Bar, Chicken, Pasta, Vegetables

Desserts: Assorted cakes and confections

OPEN BAR: Beer, Wine, Soda

DJ Music & Dancing

AWARDS: RUNNING, CLUB ADVOCATES, HALL OF FAME, and more.



TICKETS ARE ON SALE NOW!! (Also, tickets will be sold at the door)

WE WILL NEED A 'HEAD COUNT' SO PLEASE COMPLETE
THE REGISTRATION BELOW AND SEND IT WITH PAYMENT:

Checks payable to:
BRRC-Winter Banquet,
P.O. Box 9825
Baltimore, MD 21284

OR CALL US NOW !!

CALL Marianne to Register by phone: 410.426.1652 or
Email: Marianne.L.Krebs@aexp.com / or/ marigerry@aol.com
Or, call Chris Cucuzzella, 443.841.3496, or
Email: ccucuzzella@blakefield.loyola.edu

BRRC WINTER BANQUET March 19, 2004 TICKET REGISTRATION FORM
Held at the OVERLEA CATERERS, 6809 Belair Road, Baltimore, MD 21206

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

Tickets are \$25 per individual: Please reserve # _____ of tickets for me/ my guests.
I have enclosed a check for \$ _____ made payable to: BRRC-Winter Banquet.
BRRC-Winter Banquet, P.O. Box 9825, Baltimore, MD 21284

4 BRRC



Dear Scraps

I know how you love retrieving a nicely thrown stick, but I got a much better use for nature's off-fall.

I have been running for lots of years. Unfortunately I sometimes have to run along the side of the road facing traffic when there are no sidewalks. It seems that the people passing me in their cars and trucks are either preoccupied, aggressive, or downright hostile about giving up a little road-space to me. It is very uncomfortable having all these vehicles speeding by without moving over a little. One day, while I was running, facing traffic of course, on such a sidewalk-less road, I noticed a vehicle coming toward me on my lane of the road. Between me and the car was a patch of ice near the side of the road but in the lane of traffic. The vehicle slowed down and swerved around the ice patch. It then moved comfortably back into its lane and sped up as it passed me.

The ice patch got more room and consideration than I did. On an impulse (please don't ask me to extrapolate my reasoning about how I came to the conclusion) I scrounged up a 5' branch along the side of the road. It was about 1" in diameter and its bark had fallen away leaving a fairly smooth blanchd look to it (hint: it was very light colored and easy to see).

I began running with it, carrying it horizontally and loosely held in both hands across my chest. It wasn't at all uncomfortable to run with. As the next vehicle approached, I waggled the branch.

Dear Scraps

To my surprise, the car moved over and gave me a little more breathing space to run in.

I don't feel bad about waving the stick into the lane a couple of feet and causing a driver to become more aware of me. Maybe they are afraid of getting a scratch on the car. Maybe they were spacing out thinking about god-knows-what and weren't concentrating on the road. Maybe they love brushing runners off the road.

I really don't care about all that. All I know is that when I carry my stick and waggle at approaching vehicles, about 95% of them give me some room on the side of the road. Some of them even slow down!

Just thought I'd share...

Dear Anon.

Thanks for sharing, Seems we all gotta do what floats our boats, don't we? Me... I gotta chase cars (don't ask me to extrapolate my reasoning about how I came to the conclusion).

...Scraps



Dear Scraps

The 17th Annual Kidd's Cross-Country, not unlike the NCAA XC Championships or the Footlocker HS XC Championships, arrives every November holding promise for the newly crowned champions and those anticipating the starter's pistol and the fast start to the mile and a half sprint around the McDonogh Campus. The day broke cold but still for the one



hundred brave souls looking for a competitive race. 5 different age group races are staged over the morning with the veterans taking off at 9 am and then another race every 15 minutes until the 9 and under charge down the starting line a little after 10 am.

There were several competitive races down the stretch reminiscent of days past when Dave Chalmers (winner of this year's Trail Marathon), Chris Wright (St. Joe great), ran their record times. While young Mary McAuliffe ran off with the 10 - 11, and Johnny McAuliffe was 10th in the 12 -14 boys, it was Margaret McAuliffe who won the crowd over with her charge around the track and down to the finish line. (Results on page 8-9)

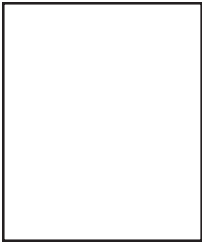
Jeff Sanborn

Dear Jeff

Bet you didn't think your article would end up here in the dog heap now didja? When will you humans learn that Scraps picks and chooses all written material at his pleasure. Elsewhere, do you have plans to hold a !st Annual NCAA XC HS XC Championship Race for young dogs in the future? We have feelings too, you know. Ever met a dog that didn't like to run? Let's try thinking outside of the box.....Jeff.

...Scraps





Notes & Quotes

by Bob Feldman

MARY MACEDO: Usually husband Dan makes the news in these pages, for earning our Volunteer of the Year Award three years straight, and for all those years leading the merriest and the zaniest NCR Marathon water stop. But Mary's volunteer credentials are stellar as well and worthy of prime space in the family's trophy case. *The Baltimore Sun's* Andy Bridges profiled her volunteer efforts in reading to young people in a Baltimore County Public Library early literacy program. Mary said, "My favorite thing to do with kids is to read to them... The things you do for free always seem to give you a bigger payback." That last sentence is so Macedo-like. Congratulations, Mary!

AGING WELL: Ed Whitlock, 72 years young, completed the Toronto Waterfront Marathon in 2:59:10 – the oldest ever to break 3 hours. *Sports Illustrated* (10/13/2003) quoted Whitlock: "It's kind of a cheap version of Roger Bannister's four-minute mile. I feel pretty awful right now." Cheap? Cheap? Most runners of any age would call a sub-3:00 priceless.

COOLEY SCHEDULE: Professional race director Dave Cooley has a full schedule of races throughout the year. Things slow slightly in the dead of winter but not by much. In the last year or two Cooley has joined with Charm City Run (or vice versa) to produce most of the biggest corporate-sponsored racing

events in Baltimore City and Baltimore County. Headlining springtime events include the St. Patrick's Day Shamrock 5K race just ahead of the parade in downtown Baltimore (March), the Oriole Advocates Home Run 5K at Camden Yards (May 23), and the ever-popular GBMC Father's Day 5K at the Towson Sheraton opposite Towsontown Center on Father's Day morning. Cooley's race hotline is (410) 377-8882. The web site is charmcityrun.com.

FREDERICK MARATHON MAY 2: Dave Cooley directs the marathon's 2nd edition, and offers a marathon relay, a 5K, and a Kids Fun Run to boot. More info at (410) 377-8882.

BALTIMORE MARATHON: Mark October 16 on your race schedule for the Under Armour Baltimore Marathon and the CareFirst BlueCross Blueshield Half-Marathon. Also on that day: the four-person marathon relay and the 5K event. That half-marathon is a great idea, perfect for marathoners who came up short in their training, and perfect for marathoners who targeted one of the several full marathons a few weeks later. How about this statistic: more women finished the 2003 half-marathon than men. The latest news is at thebaltimoremarathon.com.

THE OLD DAYS: Pardon this senior moment, but remember way back (mid-1980s) when marathoners

were the most experienced runners, having worked their way through years of shorter races before toeing the starting line 26.2 miles from the finish line? Those days are long gone. Working packet pickup the night before the 2003 Baltimore Marathon, I encountered more than a few marathoners who had never pinned on a race number – ever. I suppose for many runners (not all) some of the key differences between then and now are a) the goal has changed from the fastest time possible to just finishing; b) the whole approach is more social than competitive; and c) the thousands of national charity-trained runners are not doing it for themselves but for a greater cause. Still and all, it remains a little startling to see "marathoners" who don't know where the number goes. Nevertheless, you have to wish them well, the best of luck, a good run, and a dream fulfilled.

MARATHONING FOR DUMMIES: That's a suitable sub-title for the three paragraph item in the *Newsweek* issue (11/10/2003) following the NYC Marathon. They claim "almost anyone can do it" – and make it sound as simple as buying a \$70 pair of shoes ("replace every 100 miles"), download a training program from nyrrc.org, and this is the kicker: "Try the easier races first, like the Marine Corps Marathon ... and the Chicago Marathon.... And remember, if P. Diddy can do it [ran NYC in 4:14], so can you." Sounds simple enough, right? By the way, do you

know who P. Diddy's personal marathon trainer was? Somebody named Alberto Salazar. Go for it!

MARINE CORPS HALLOWEEN: The 2004 Marine Corps Marathon is October 31; the lottery application process starts April 1; the web site is marinemarathon.com.

SLEEP: *Runner's World* editor and former Olympic marathoner Ed Eyestone had this to say on runnersworld.com: "Running high mileage requires serious sack time

to recharge your batteries. Many elite runners need an afternoon nap in addition to a solid 9 to 10 hours of sleep at night. Your requirement will likely be lower, but not much lower."

PITTSBURGH CANCELS MARATHON: Not surprisingly the City of Pittsburgh cancelled the 2004 marathon. Loss of title sponsor and severe city budget shortfalls were the primary causes. This race has been held on the first Sunday in May since 1985. From *The Pittsburgh Post-Gazette* last October: "In its 19-year history, the Pittsburgh

Marathon twice hosted the U.S. Olympic trials — in 1988 for the women and in 2000 for the men — and it hosted the U.S. men's national championships for three years leading up to the trials." Race officials in the Steel City plan to resurrect the marathon in 2005.

AND FINALLY: Run smartly, face traffic, lose the headphones, volunteer to work a race, thank someone who did, welcome a new member, acknowledge a courteous driver, and wave to a slower runner. See you out there, folks.

NCR Half Marathon

Grand Prix Series

Sunday, October 5 8:00 am

NCR Trail

Race Director: Linda Tice

Pl	Name	AGE	Sex	TIME
1	Tim Knowlton	32	M	1:15:56
4	Serge Arbona	38	M	1:21:02
5	Paul Hansen	30	M	1:25:52
6	Luis Jachero	24	M	1:26:31
7	Jeff Kimble	51	M	1:26:44
8	Henry Peck	46	M	1:27:03
9	Keith McBride	38	M	1:27:22
10	Ed Dudley	34	M	1:28:11
11	Malcolm Senior	52	M	1:28:16
12	Fin Mears	47	M	1:28:18
13	Fernando Ferro	40	M	1:28:19
14	Mike Martin	44	M	1:29:28
15	Neil Cucuzella	35	M	1:30:25
16	Jim Jenkins	34	M	1:30:28
17	Josh Eikenberg	17	M	1:30:49
18	Michael Siegell	38	M	1:31:55
19	Doug Preston	53	M	1:32:49
20	Johnathan Houghtan	34	M	1:32:54
21	Paul Gioge	35	M	1:32:58
22	Bob Leatherman	51	M	1:33:01
23	Denise Knickman	35	F	1:33:23
24	Kevin Callahan	29	M	1:34:37
25	Philip Rupp	22	M	1:31:49
26	Mitch Fritsch	39	M	1:35:04
27	Ted Mckeldin	35	M	1:34:12
28	Joe Loveland	54	M	1:35:34
29	Mike Jensen	33	M	1:35:40
30	Lou Pilsch	56	M	1:36:31
31	Hans Ruppenthal	39	M	1:37:00
32	Mel Skwirut	50	M	1:37:21
33	Pete Hens	52	M	0:00:00
34	Nick Schneider	47	M	0:28:48
35	Allen Miller	52	M	1:38:29
36	Ray Reed	44	M	1:39:33
37	Ray Lordon	49	M	1:39:41
38	Kristin Motter	35	F	1:39:47
39	Joshua Levinson	32	M	1:39:54
40	M. Reichert-Kiss	31	F	1:40:00
41	Ken McCormick	35	M	1:41:37
42	Robin Goodwin	45	F	1:41:49
43	Kevin Mish	33	M	1:42:00
44	Laura Dewald	46	F	1:42:01
45	Jim Adams	47	M	1:42:38
46	Dan Witsil	21	M	1:42:59
47	Brad Roberts	51	M	1:43:00
48	Kim Fleming	41	F	1:43:06
49	Don Tice	54	M	1:44:07
50	Kenneth Hawkes	24	M	1:44:24
51	Delvaughn Rooks	12	M	1:45:06
52	Ellen Hoitsma	47	F	1:45:07

53	Tom Nasuta	47	M	1:45:09
54	Gene Grady	55	M	1:45:17
55	Gary Gensler	54	M	1:47:01
56	Bob Pomerance	56	M	1:47:11
57	Skip Fennell	59	M	1:47:17
58	Robert Comeaux	36	M	1:47:24
59	Gary Richwine	54	M	1:47:25
60	Emily Santos	25	F	1:47:43
61	Richard Burns	49	M	1:47:59
62	Remus Medley	33	M	1:47:59
63	Britteny Rooks	9	F	1:48:15
64	Brad Crockett	52	M	1:49:15
65	John Schlee	33	M	1:49:29
66	Jim Wannamaker	55	M	1:49:33
67	Shawn Peffall	32	M	1:50:55
68	Lyn Jablonski	40	F	1:51:07
69	Rhonda Dilutis	30	F	1:51:38
70	Andrew Rubin	38	M	1:51:39
71	Caralyn Harris	31	M	1:51:40
72	Rick Armingier	33	M	1:52:04
73	Rick Henn	33	M	1:52:18
74	Sheila Knowlton	29	F	1:52:22
75	Dawn Dieter	39	F	1:52:57
76	Peter Saucier	49	M	1:53:27
77	Bill Litinger	42	M	1:53:46
78	Louis Perkins	47	M	1:53:58
79	George Yannikakis	71	M	1:54:38
80	Barry Merritt	52	M	1:54:43
81	Nick Delambo	61	M	1:54:48
82	Gary Applebaum	44	M	1:54:48
83	James Howard	42	M	1:55:09
84	John Dilutis	62	M	1:55:12
85	Tony Konstant	55	M	1:55:29
86	Tom Luby	54	M	1:56:14
87	John Hampton	45	M	1:56:32
88	John Murray	67	M	1:57:15
89	John Neuman	49	M	1:57:35
90	Ruth Hens	56	F	1:57:56
91	Su Prihan	21	F	1:58:13
92	Chris Mcrobert	28	M	1:58:17
93	David Fleming	49	M	1:58:27
94	William Maughlin	33	M	1:58:30
95	S. HitesheW Wilson	30	F	1:58:44
96	David Roberts	37	M	1:58:49
97	Kerry Whitacre	31	F	1:59:27
98	Trisha Mcrobert	26	F	2:01:24
99	Elissa Goldstein	23	F	2:01:44
100	Ingrid Johnson	41	F	2:01:57
101	Kelly McBride	39	F	2:01:58
102	Karl Kosiorek	30	M	2:01:58
103	Joe Pilch	26	M	2:02:58
104	Wendy Beckstein	28	F	2:03:21
105	Pete Milligan	39	M	2:03:21
106	Meredith Millett	32	F	2:04:27
107	Alyssa Menkes	35	F	2:04:50
108	Ken Symanski	45	M	2:07:45
109	Ralph Scoville	57	M	2:07:57
110	Robin Goodman	42	F	2:07:58
111	Radhika Reddy	26	F	2:08:27
112	Scott Wilson	34	M	2:08:28
113	Dan Landicina	31	M	2:08:30
114	Julie Landicina	29	F	2:08:31
115	Margot Volk	44	F	2:09:28

116	Kathy Kitchens	35	F	2:09:29
117	Erin Dunn	23	F	2:10:52
118	Diana Andrews	39	F	2:12:54
119	Marianne Krebs	47	F	2:13:50
120	Kate Kimble	24	F	2:13:51
121	Raquel Domgaard	35	F	2:14:21
122	Jen Jenkins	26	F	2:16:35
123	Diane Reid	39	F	2:17:13
124	Ken Rosenberg	56	M	2:17:13
125	Jeanne Hart	41	F	2:17:23
126	Kim Norns	30	F	2:17:47
127	Laurie Amattuci	50	F	2:18:10
128	Laura Zeff	27	F	2:18:26
129	Claire Goldberg	29	F	2:22:18
130	Geri Delambo	54	F	2:33:13
131	Jill Tucillo	32	F	2:33:13
132	Michelle Kenney	32	F	2:33:14
133	Tom Amattuci	50	M	2:35:14
134	Majorie Hunt	25	F	2:39:27
135	Felicia Janes	51	F	2:41:58
136	Priniess Little	30	F	2:42:19
137	Misty Hackett	26	F	2:42:19
138	Joe Glass	63	M	2:45:47

Volunteers

Annette Conlon, Bill Diegel, Brian Flowers, Chris Cucuzella, Dan Macedo, Don Tice, Eric Smith, Jerry Krebs, John Hawkins, Laura Roman, Margaret Flowers, Mickey Maguire, Tim Mcdermott, Tom Jennings

Kid's Cross-Country

McDonogh School
November 9, 2003

Race Director: Jeff
Sanborn

Pl	GIRLS 1-9	Age	Time
1	Taylor Broom	9	11:31
2	Kaylie Winters	7	13:23
3	Katherine Kane	8	13:27
4	Alyssa Balsh	9	14:11
5	Maddie Hunt	8	14:55
6	Samantha Briggs	8	15:07
7	Jennifer Hahn	8	15:30
8	Brittany Rolek	9	15:57
9	Emily Chun	9	15:57

10 Maggie Coccagna 8 16:16
 11 Mariss Kulis 9 16:50
 12 Clair Halligram 8 17:01

GIRLS 10-11

1 Mary McAuliffe 11 11:23
 2 Melissa Singer 10 11:38
 3 Jayne Flynn 11 12:01
 4 Loretta Flaig 10 12:07
 5 Grace Shipman 11 12:24
 6 Jennifer Howard 10 12:27
 7 Molly Broom 10 12:31
 8 Emily Coccagna 11 17:08
 9 Sarah Rosen 11 17:50

GIRLS 12-14

1 Kryston Zeiller 14 10:26
 2 Jennifer Zeiller 12 10:53
 3 Kristen Malloy 12 10:59
 4 Margaret Szczerbicki 12 11:26
 5 Ella Dayton 14 12:09
 6 laura Smith 12 12:41
 7 Danielle Searson 12 13:13
 8 Sarah Keenan 13 16:15
 9 Jessica Walsh 13 16:33

BOYS 9 & UNDER

1 Gavin McBride 9 10:16
 2 Tanner Brooks 9 10:54
 3 Tommy Vandersmith 9 11:10
 4 Gerry Gray 9 11:21
 5 Bobby Black 7 11:40
 6 Mitchell Lipenski 9 11:43
 7 Gavin Llewlyn 9 11:43
 8 Terrence Mulvey 8 12:12
 9 Shane McBride 7 12:15
 10 Ryan Keenan 9 12:23
 11 Taylor Lyons 9 12:31
 12 Christian Flynn 8 12:35
 13 Mike Tipper 9 12:35
 14 Danny Grace 7 12:36
 15 larry Schmidt 9 13:06
 16 Tucker McBride 7 13:18
 17 Andrew Rosinsky 9 13:20
 18 Ben Monson 7 13:24
 19 Jeremy Shugans 7 13:42
 20 Matthew Knepper 7 14:29
 21 Kyle Vaughn 9 14:37
 22 Zac French 6 14:49
 23 Tyler Romero 7 15:02
 24 Patrick Malloy 8 15:05
 25 Branden Floyers 7 15:54
 26 Andrew Kernan 7 15:54
 27 Bailey Milne 5 16:10
 28 Corey Benton 9 16:16
 29 Anthony M 9 17:18
 30 Ari Slifstein 8 18:35
 31 Charlie Omelia 7 10:13

BOYS 10-11

1 Mattt Jablonski 11 9:24
 2 Brandon Bailey 10 9:30
 3 David Driscoll 10 10:02
 4 Lucas Winters 10 10:04
 5 David Hoy 11 10:34
 6 Jarrett Klein 11 10:36
 7 Vincent Snarski 11 10:52
 8 Kenny Matsoy 11 10:59
 9 Zack Daily 11 11:10
 10 Michael Spurrier 11 11:22
 11 Patrick Seipp 11 11:27
 12 Brent Meads 10 11:30
 13 Ben Tipper 11 12:00
 14 jack Flowers 11 12:02
 15 Drew Rodman 10 12:06
 16 Gideon Wolf 10 12:31
 17 Ryan Hahn 11 12:32
 18 Tim Weaver 11 12:40
 19 John M Walsh 11 14:04
 20 Chris Balch 11 17:13

BOYS 12-14

31 Blake Bauls 13 9:20
 2 Jeremy Kleiman 12 9:25
 3 Ryan Davis 13 9:34
 4 Mark Kauffman 14 9:52
 5 Kelly Dayton 12 10:02
 6 Josh Rosen 13 10:25
 7 Greg Becker 14 10:26
 8 B. Williamson 13 14:04
 9 Adam Wand 14 11:05
 10 John McAuliffe 13 11:12
 11 Mike Pivec 12 11:23
 12 Jonathan Hornstein 13 12:00
 13 Nick Sheckells 12 12:11
 14 Brooks Smith 14 12:43
 15 John Lunn 13 12:45
 16 Sean Harbent 12 14:22
 17 Ron Michael 13 16:20

5 Simon Carn M 32 32:45:00
 6 Maurice Pointer M 48 32:47:00
 7 John Kessinger M 36 34:24:00
 8 Paul Hulleberg M 47 34:34:00
 9 Mike Martin M 44 35:02:00
 10 Stavros Rologas M 35 35:03:00
 11 Joe Miller M 41 35:45:00
 12 Lee Whitehead M 25 35:48:00
 13 Shawn Downing M 43 36:11:00
 14 Dana Zeiger M 34 36:15:00
 15 Mark Kuniholm M 30 36:17:00
 16 Doug Preston M 54 36:27:00
 17 Mel Skwirut M 51 37:48:00
 18 Jim Adams M 47 37:50:00
 19 Laura Dewald F 40 38:05:00
 20 Harry Bosk M 51 38:34:00
 21 Robin Goodwin F 45 38:53:00
 22 Ray Reed M 44 39:27:00
 23 Steve Weber M 50 40:18:00
 24 Tom Nasuta M 47 40:25:00
 25 Louis Perkins M 47 41:11:00
 26 Doug Hawkland M 57 41:13:00
 27 Brad Crockett M 52 41:27:00
 28 K. Cheslack-Postava F 27 41:50:00
 29 Jim Dougherty M 47 42:13:00
 30 Gene Grady M 55 42:55:00
 31 Skip Fennel M 59 43:31:00
 32 Carrie Sauter F 29 44:30:00
 33 Rick Bingham M 48 44:30:00
 34 Brian Murphy M 51 44:32:00
 35 Christy St Clair F 55 44:45:00
 36 Don Tice M 55 45:14:00
 37 Dawn Dieter F 44 45:25:00
 38 Linda Tice F 58 45:27:00
 39 Craig Palmer M 39 47:56:00
 40 G. Yannakakis M 72 48:07:00
 41 Brian Lee M 50 48:28:00
 42 Gerry Krebs M 51 48:34:00
 43 Ingrid Johnson F 41 49:04:00
 44 John Murray M 67 49:15:00
 45 Marianne Krebs F 47 50:03:00
 46 Kimberly Torres F 39 50:35:00
 47 Chuck Ives M 54 55:54:00
 48 Bill Fleck M 69 57:05:00
 49 R. Krummerick M 51 58:41:00
 50 Bailey St Clair M 64 63:44:00
 51 Irvin Johnson M 62 63:44:00
 52 Ernie Silversmith M 73 67:38:00

Herring Run 5 Mile XC

Herring Run Park
Sunday, November 16 9am

Race Director: Chris Cucuzzella

Volunteers: Tony Konstant, Dan Maceda, Fin Mears, Chris Sinclair, Chris Cucuzzella, Dale Jordan

Pl	Name	Sex	Age	Time
1	Paul Hansen	M	30	30:11:00
2	Brian Nasuta	M	19	30:40:00
3	Anders Hulleberg	M	15	31:22:00
4	Caleb Karpur	M	17	32:37:00

BRRC North Central Trail Marathon

**NOVEMBER 29, 2003
SPARKS, MD**

Pl	Name	Age	City/St./Country	Time	Pace
1	David Chalmers	44	Severna Park Md	2:43:16	0:06:14
2	Jason Griffith	45	Peterborough Can.	2:47:00	0:06:22
3	Phil Oldham	55	E Norriton Pa	2:47:58	0:06:25
4	Thomas Brown	56	Rochester Mn	2:49:57	0:06:29
5	Neville Anderson	29	Front Royal Va	2:51:11	0:06:32
6	Remus Medley	32	New York NY	2:51:33	0:06:33
7	Robert Lee	48	Brooklyn NY	2:52:37	0:06:35
8	Serge Arbona	59	Ellicott City Md	2:56:40	0:06:45
9	Paul Peterson	37	Alexandria Va	2:56:53	0:06:45
10	Doug Clark	19	Catonsville Md	2:57:26	0:06:46
11	Mike Cerenzia	48	Shumway Il	2:57:34	0:06:47
12	M. Churches	38	London England	2:59:58	0:06:52
13	Luis Jachero	40	Toronto Can.	3:01:16	0:06:55
14	Alan Connell	41	Baltimore Md	3:01:35	0:06:56
15	Alex Grant	35	Washington DC	3:02:31	0:06:58
16	Keith McBride	47	Sykesville Md	3:02:56	0:06:59
17	Jason Hickman	37	Vienna Va	3:04:09	0:07:02
18	Simon Carn	51	Spring Grove Pa	3:04:11	0:07:02
19	Mark Smith	34	Sterling Va	3:04:41	0:07:03
20	Robert Buerger	34	Strabane Pa	3:04:54	0:07:03
21	H. Richards	58	Richmond Va	3:05:48	0:07:05
22	Steven Dunn	48	Washington Dc	3:05:53	0:07:06
23	Bill Plough	33	Crownsville Md	3:06:09	0:07:06
24	George Olean	34	Bedford Pa	3:06:13	0:07:06
25	David Terrill	54	San Francisco Ca	3:07:46	0:07:10
26	Andy Diamond	57	Baltimore Md	3:08:26	0:07:12
27	Brad Rippey	43	Annapolis Md	3:08:31	0:07:12
28	J.D. Lewis	58	White Hall Md	3:10:28	0:07:16
29	Greg Beaulieu		Upper Marlboro Md	3:10:30	0:07:16
30	Brian Benda	47	Monkton Md	3:10:39	0:07:17
31	Chris Marzullo	26	Takoma Park Md	3:11:01	0:07:17
32	Marc Shupp	41	Ellicott City Md	3:12:21	0:07:20
33	Bob Burns	35	Baltimore Md	3:12:44	0:07:21
34	Tony Martin	51	New Freedom Pa	3:12:47	0:07:21
35	Scott Soracoe	49	Annapolis Md	3:13:09	0:07:22
36	Len Ireland	35	Lorton Va	3:13:19	0:07:23
37	R.Cobbledick	53	Manotick	3:13:31	0:07:23
38	Dave Getz	46	Warwick Ny	3:13:37	0:07:23
39	Dirk Brillhart	54	Gambrills Md	3:15:26	0:07:28
40	Kaye McClaren	59	Arlington Va	3:15:30	0:07:28
41	Jeffrey Leiter	28	Woodside Ny	3:15:48	0:07:28
42	Billy Hwang	42	North Chili Ny	3:16:01	0:07:29
43	Mok Choe	46	Asharoken Ny	3:16:08	0:07:29
44	Loren Denton	36	Washington DC	3:16:23	0:07:30
45	Terry Spoo	51	Ottawa Canada	3:17:24	0:07:32
46	Gary Houk	20	Annapolis Md	3:17:29	0:07:32
47	Lonnie Smith	39	Owings Mills Md	3:17:34	0:07:32
48	Dave Bruce	46	New Freedom Pa	3:17:36	0:07:33
49	Tim Briscoe	32	Chicago Il	3:17:39	0:07:33
50	Timothy O'gwin	32	Baltimore Md	3:17:53	0:07:33
51	Kevin Peil	51	Baltimore Md	3:18:07	0:07:34
52	David Hartman	56	Oakton Va	3:18:09	0:07:34
53	Gary Hearn	50	Parsippany NJ	3:18:23	0:07:34
54	John Loughran	54	Ravenna Oh	3:18:58	0:07:36
55	Daniel Anderson	39	Potomac Md	3:19:01	0:07:36
56	Tom Winkert	43	Ottawa Canada	3:19:40	0:07:37

Pl	Name	Age	City/St./Country	Time	Pace
57	M. Hershberger	23	Brighton Ma	3:19:56	0:07:38
58	Dave Bracaglia	49	East Petersburg	3:20:08	0:07:38
59	Ronnie Wong	53	Overland Park Ks	3:20:15	0:07:39
60	Jim Adams	36	Bel Air Md	3:20:40	0:07:40
61	Jim Jenkins	45	Montreal Canada	3:20:58	0:07:40
62	J.Warren Green	52	Newmarket Nh	3:21:09	0:07:41
63	Michael Siegell	38	Wilmington De	3:21:31	0:07:41
64	Jim Nelson	51	Columbus Oh	3:21:39	0:07:42
65	Allen Hopper	49	Columbia Md	3:22:24	0:07:44
66	R. Dickinon	33	Cordova Tn	3:22:46	0:07:44
67	Dan Wing	49	Laurel NJ	3:23:51	0:07:47
68	Douglas Briggs	43	Annapolis Md	3:23:52	0:07:47
69	David Durrant	41	New Castel Pa	3:23:53	0:07:47
70	Tony Williams	44	Grand Blanc Mi	3:24:01	0:07:47
71	Tim Mccaffrey	39	Granby Ct	3:24:22	0:07:48
72	Joe Marroquin	51	N. Potomac Md	3:24:37	0:07:49
73	David Hendrix	45	Damascus Md	3:24:43	0:07:49
74	Jack Thornton	39	Colora Md	3:24:44	0:07:49
75	Stuart Kern	41	Washington DC	3:24:51	0:07:49
76	Andrew Paton	47	Ashburn Va	3:24:56	0:07:49
77	Drake Stockert	51	Glenville Pa	3:25:06	0:07:50
78	Doug Preston	64	Rock Hill SC	3:25:11	0:07:50
79	Jens Koopmann	26	State College Pa	3:25:24	0:07:50
80	Richard Marion	56	Anderson In	3:25:32	0:07:51
81	Bruce Halpin	34	North Olmsted Oh	3:25:43	0:07:51
82	John Dodds	58	Bel Air Md	3:25:44	0:07:51
83	Drayton Heard	37	Bunker Hill WV	3:26:15	0:07:52
84	Michael Powell	52	Epsom NH	3:26:35	0:07:53
85	Brian Yowler	28	Elizabeth Pa	3:26:40	0:07:53
86	Mike Bergeson	52	Basking Ridge NJ	3:26:43	0:07:53
87	Brian Kuntz	47	Sherwood Forest	3:26:56	0:07:54
88	Mike Berkman	33	Bedminster NJ	3:27:06	0:07:54
89	Stephen Keidel	49	Bethesda Md	3:28:14	0:07:57
90	Gerald Mendes	41	Upper Arlington	3:28:19	0:07:57
91	Alan Miller	44	Highland Md	3:28:21	0:07:57
92	Marcie Knapp	44	Keedysville Md	3:28:36	0:07:58
93	Robert Ring	45	Duncansville Pa	3:28:42	0:07:58
94	L. Hutchinson	42	Falls Church Va	3:28:50	0:07:58
95	Matthew Mellin	41	Rochester NH	3:29:01	0:07:59
96	Steve Bradley	63	Annapolis Md	3:29:06	0:07:59
97	Nick Macdonald	60	Gilbertsville Pa	3:29:14	0:07:59
98	Sheila Van Cuyk	47	State College Pa	3:29:16	0:07:59
99	Michael Dingle	38	New Kensington Pa	3:29:31	0:08:00
100	Tim Bringardner	51	Columbia Md	3:29:47	0:08:00
101	Greg Culp	39	Gardner Ma	3:30:14	0:08:01
102	Kevin Barry	50	Ellicott City Md	3:30:15	0:08:01
103	Marc Patry	53	Mapleton Il	3:30:21	0:08:02
104	Robert Cannava	61	Huntington Beach	3:30:25	0:08:02
105	I. Rousseau	38	Highland Md	3:30:28	0:08:02
106	John Fenner	50	Ottawa Canada	3:30:59	0:08:03
107	James Honchar	32	Baltimore Md	3:32:22	0:08:06
108	Gerry Arsenault	24	Timonium Md	3:32:29	0:08:07
109	Jeff Pierce	41	Kensington Md	3:32:50	0:08:07
110	Stephen Thienel	42	Baltimore Md	3:33:05	0:08:08
111	David Smith	46	Pittsburgh Pa	3:33:15	0:08:08
112	Eric Ross	35	Shewsbury Pa	3:33:20	0:08:09
113	S. Grufferman	45	Bethesda Md	3:33:43	0:08:09
114	Adam Dunn	46	Kensington Md	3:34:10	0:08:10
115	Robert Brigham	30	Baltimore Md	3:34:29	0:08:11
116	James Smieja	41	Riverview Canada	3:34:46	0:08:12
117	Milan Basta	41	Ottawa Canada	3:35:01	0:08:12
118	Ilam Kim	43	Alexandria Va	3:35:14	0:08:13
119	Jack Stepp	39	Sioux Falls Sd	3:35:17	0:08:13
120	C. Giessmann	49	Pasadena Md	3:35:51	0:08:14
121	Kris Kern	49	Reisterstown Md	3:35:53	0:08:14
122	Brian Richards	39	Santa Fe NM	3:36:13	0:08:15
123	Joanna Seeber	25	Washington DC	3:36:32	0:08:16

Marathon; continued on page 11.

Marathon; from page 10.

PI	Name	Age	City/St./Country	Time	Pace
124	Greg Clulow	50	Nepean Canada	3:36:39	0:08:16
125	Sandy Blasey	48	Fairfax Station	3:37:20	0:08:18
126	Shelly Cable	34	Denver Co	3:37:29	0:08:18
127	David Mosser	35	Elkton Md	3:37:32	0:08:18
128	S. Pasternak	38	Ambridge Pa	3:37:39	0:08:18
129	George Pelikan	39	S. Ste Marie Can.	3:38:12	0:08:20
130	Katie Aman	58	Silver Spring Md	3:38:15	0:08:20
131	Paul Appleman	60	Ottawa Canada	3:38:33	0:08:20
132	Michael Pieper	45	Bel Air Md	3:38:48	0:08:21
133	Ben-Zion Caspi	50	Martinsburg WV	3:39:00	0:08:22
134	Sandy Clark	34	Ottawa Canada	3:39:03	0:08:22
135	C. Joannette	46	Vaudreuil-sur-le-lac Can.	3:39:13	0:08:22
136	Ernesto Casarez	49	Clinton NJ	3:39:33	0:08:23
137	Cathy Gallagher	52	Arlington Va	3:39:46	0:08:23
138	Carolyn Mcglynn	35	Baltimore Md	3:39:58	0:08:24
139	Thomas Johnson	40	Blue Bell Pa	3:40:11	0:08:24
140	Katherine Carney	41	Ellicott City Md	3:41:35	0:08:27
141	Tim Carney	51	N. Potomac Md	3:41:54	0:08:28
142	Andrew Trainer	40	Millersville Md	3:42:33	0:08:30
143	Patrick Riley	52	Chevy Chase Md	3:42:37	0:08:30
144	C.J. Roberts	50	Arnold Md	3:43:35	0:08:32
145	Warren Beers	33	Baltimore Md	3:43:42	0:08:32
146	Dan Ziniuk	38	Marysville Oh	3:44:08	0:08:33
147	Jim Tucker	48	Baltimore Md	3:44:54	0:08:35
148	Jessica Bahros	37	Littlestown Pa	3:45:02	0:08:35
149	James Barrett	51	Falls Church Va	3:45:03	0:08:35
150	Dave Cameron	55	Harrisonburg Va	3:45:06	0:08:35
151	Beatrice Szalas	45	McLean Va	3:45:16	0:08:36
152	Merle Maffei	31	Silver Spring Md	3:45:19	0:08:36
153	Meredith Bonta	54	Baltimore Md	3:45:27	0:08:36
154	Daniel Guerrette	43	Jarrettsville Md	3:45:34	0:08:37
155	Eric Kelley	43	Laurel Md	3:45:43	0:08:37
156	Thomas Oneill	18	Harrison Tn	3:45:45	0:08:37
157	Michael Brummer	38	Salem Va	3:46:01	0:08:38
158	Michael Creadon	51	Port Hope Canada	3:46:08	0:08:38
159	Jennifer Lundeen	49	Ottawa Canada	3:46:14	0:08:38
160	Ian Stevenson	47	Gaithersburg Md	3:46:35	0:08:39
161	Michael Frew	21	Amherst Ma	3:46:38	0:08:39
162	Billy Lese	48	Gettysburg Pa	3:46:40	0:08:39
163	Trent Stroup	43	Port Republic Md	3:47:44	0:08:42
164	Chris Gregory	37	Lancaster Pa	3:47:57	0:08:42
165	Craig Cornish	34	Ephrata Pa	3:48:23	0:08:43
166	J. Grochowalski	37	Rockville Md	3:48:44	0:08:44
167	Greg Blaszo	42	Rockville Md	3:48:46	0:08:44
168	John Robinson	41	Huntingtown Md	3:49:21	0:08:45
169	Marie Wilson	47	Phoenix Md	3:50:43	0:08:48
170	Gordon White	55	Elkton Md	3:50:49	0:08:49
171	Mary Lang	33	Newark De	3:51:15	0:08:50
172	Michael Reardon	38	Broadway Va	3:51:18	0:08:50
173	Nathan Piekielek	52	Sparks Md	3:51:23	0:08:50
174	Brad Whitmore	35	Churchville Md	3:51:39	0:08:50
175	Larry Levy	52	Hyattsville Md	3:51:44	0:08:51
176	Amanda Loudin	33	Bethesda Md	3:51:45	0:08:51
177	Ken White	50	Warrenton Va	3:51:48	0:08:51
178	David Brown	36	Rehoboth De	3:52:27	0:08:52
179	Susan Kelliher	54	Oxon Hill Md	3:52:49	0:08:53
180	Imants Celtnieks	42	Salisbury Md	3:52:57	0:08:53
181	Bob Wetsel	43	Ottawa Canada	3:53:14	0:08:54
182	Chris Mccoy	42	Brockport NY	3:53:26	0:08:55
183	David Hopkins	25	Spring Lake NC	3:54:09	0:08:56
184	John Steers	34	Catonsville Md	3:54:25	0:08:57
185	Chip Warfel	37	Bethesda Md	3:54:27	0:08:57
186	Joe Cunningham	48	Anderson In	3:54:30	0:08:57
187	Jeffrey Lenhart	19	Dunkirk Md	3:54:38	0:08:57
188	Al McDorman	70	E. Stroudsburg	3:54:40	0:08:57
189	Timothy Minelli	40	Washington Dc	3:54:42	0:08:57
190	William Simpson	50	Frederick Md	3:54:45	0:08:58
191	Bill Bradley	44	McLean Va	3:55:05	0:08:58

PI	Name	Age	City/St./Country	Time	Pace
192	Gerry Crowe	51	Woburn Ma	3:55:06	0:08:58
193	Brent Buckner	46	Toronto Canada	3:55:10	0:08:59
194	James Sampson	57	Ottawa Canada	3:55:25	0:08:59
195	Mark Mccoy	38	Timonium Md	3:55:40	0:09:00
196	Audrey Hess	22	Denver Co	3:56:03	0:09:01
197	Kevin Dopart	46	Washington DC	3:56:11	0:09:01
198	I. Saint-Laurent	54	McLean Va	3:56:16	0:09:01
199	Franklin Wood	34	Washington DC	3:56:18	0:09:01
200	David Gibson	44	Kensington Md	3:56:33	0:09:02
201	F.Tassone	53	Lancaster Pa	3:56:34	0:09:02
202	Larry Puglisi	26	Cockeysville Md	3:56:49	0:09:02
203	Joseph Evans	52	Seaford De	3:56:59	0:09:03
204	Scott Wilson	61	Annapolis Md	3:57:18	0:09:03
205	Rick Beekmans	54	McLean Va	3:57:42	0:09:04
206	Robert Meade	22	Morganville NJ	3:57:57	0:09:05
207	Melissa Wilson	42	Timonium Md	3:58:02	0:09:05
208	Matt Monnig	37	Baltimore Md	3:58:08	0:09:05
209	Ross Heisman	33	La Plata Md	3:58:31	0:09:06
210	Charlie Nelson	43	Lancaster Pa	3:58:54	0:09:07
211	David Weitzel	50	Wrightsville Pa	3:59:26	0:09:08
212	Bob Arnold	59	Annapolis Md	3:59:49	0:09:09
213	William Burke	50	Mt. Laurel NJ	3:40:27	0:08:25
214	Cheryl Ross	27	Shrewsbury Ma	4:00:02	0:09:10
215	Michael Malone	42	Edgewood Md	4:00:50	0:09:12
216	Karen Groner	45	Eldersburg Md	4:00:51	0:09:12
217	Eileen Haase	52	Potomac NJ	4:02:02	0:09:14
218	Robert Mcdonald	50	Stockton NJ	4:02:32	0:09:15
219	Richard Stein	29	Spring Lake NC	4:02:33	0:09:15
220	Steven Vesnaver	39	York Pa	4:02:41	0:09:16
221	Juanita Harrington	42	Baltimore Md	4:03:14	0:09:17
222	George Banker	48	Mississauga	4:03:42	0:09:18
223	Roger Biggs	38	Sterling Va	4:03:46	0:09:18
224	Kevin Dorsey	51	Baltimore Md	4:03:54	0:09:19
225	Anik Mercure	43	Ottawa Canada	4:04:11	0:09:19
226	M. Reichert-Kiss	50	Sergeantsville N	4:05:55	0:09:23
227	Mitch Fritsch	46	Falls Church Va	4:05:57	0:09:23
228	Bill Johnstone	50	Cuyahoga Falls O	4:06:03	0:09:23
229	Sharon Harmon	33	Parkton Md	4:06:29	0:09:24
230	Steven Flora	45	Arnold Md	4:06:45	0:09:25
231	Ann Giardina	53	Baltimore Md	4:07:40	0:09:27
232	Derek Ammons	49	Gambrells Md	4:07:58	0:09:28
233	C. Roodenburg	48	Wheaton Md	4:08:34	0:09:29
234	J. Eichelberger	34	Baltimore Md	4:08:45	0:09:30
235	A. Dion-Schultz	43	Spotsylvania Va	4:08:48	0:09:30
236	D. Marongiu-Lutz	59	Lancaster Pa	4:09:53	0:09:32
237	Dean Beatty	41	Hyattsville Md	4:10:08	0:09:33
238	Ramon Molina	31	Baltimore Md	4:10:12	0:09:33
239	Gene Homan	45	Fredericksburg Va	4:11:01	0:09:35
240	Joanne Corbett	37	Columbus Oh	4:11:07	0:09:35
241	Richard Myers	39	Baltimore Md	4:11:14	0:09:35
242	Eddie Floyd	43	Annapolis Md	4:11:14	0:09:35
243	Dirk Naumann	51	Harrisonburg Va	4:12:06	0:09:37
244	Jack Kohn	57	Crofton Md	4:12:15	0:09:38
245	Robert Moore	38	Port Matilda Pa	4:12:41	0:09:39
246	Frank Taylor	39	Columbia Md	4:13:06	0:09:40
247	Cathy Coghlan	26	College Park Md	4:14:13	0:09:42
248	Heather Ireland	44	Mechanicsville M	4:14:14	0:09:42
249	Ronald Olech	36	Armonk NY	4:14:29	0:09:43
250	James Stout	30	Washington DC	4:14:51	0:09:44
251	Roger Lark	37	Bethesda Md	4:16:26	0:09:47
252	Lisa Smith	47	Woodbine Md	4:17:01	0:09:49
253	Robert Smith	53	Grand Blanc Mi	4:17:29	0:09:50
254	P. Flannery	30	Baltimore Md	4:18:13	0:09:51
255	Hugh Derby	45	Baltimore Md	4:18:14	0:09:51
256	M. Greenwalt	43	Ellicott City Md	4:18:35	0:09:52
257	Mario Britz	43	Orleans	4:18:37	0:09:52
258	Chuck Rea	55	Ottawa Canada	4:18:55	0:09:53

Marathon; continued on page 12.

Marathon; continued from page11.

PI	Name	Age	City/St./Country	Time	Pace	PI	Name	Age	City/St./Country	Time	Pace
259	Chris Pond	44	Pasadena Md	4:19:00	0:09:53	327	David Wynne	43	State College Pa	4:51:51	0:11:08
260	Doug Crews	39	Balto. Md	4:19:02	0:09:53	328	Donna Courtney	58	Harrisburg Pa	4:52:47	0:11:10
261	Terry Michel	48	Hamburg NJ	4:19:21	0:09:54	329	M. Stein-Cascio	41	Norwell Ma	4:52:55	0:11:11
262	Bill Chadwick	43	Canaan NH	4:19:50	0:09:55	330	Phil Silas	50	Woodbridge Va	4:53:26	0:11:12
263	Anne Gwynn	27	Hampstead Md	4:20:00	0:09:55	331	Ted Rand	51	X Md	4:53:58	0:11:13
264	Carolyn Black	39	Baltimore Md	4:20:12	0:09:56	332	R Mischianti	35	Quebec Canada	4:54:53	0:11:15
265	Boyd Grainger	41	Finksburg Md	4:20:31	0:09:57	333	Jack Oates	29	Baltimore Md	4:55:38	0:11:17
266	Peihan Su	30	Hummelstown Pa	4:20:40	0:09:57	334	Rose Ann Jolly	48	Grand Blanc Mi	4:56:13	0:11:18
267	David Grocott	54	Casselman	4:20:42	0:09:57	335	Richard Coley	29	Baltimore Md	4:56:13	0:11:18
268	Allan O'connell	38	Baltimore Md	4:20:54	0:09:57	336	Peter Graham	32	Germantown Md	4:57:10	0:11:21
269	Karen Gardner	44	Fairfax Station	4:21:08	0:09:58	337	Klaus Lemke	43	Westminster Md	4:57:23	0:11:21
270	Rachel Brewer	24	Towson Md	4:21:23	0:09:59	338	Don Higdon	41	Mt. Airy Md	4:58:23	0:11:23
271	Bret Forville	59	Sandston Va	4:21:42	0:09:59	339	Will Myers	47	Cockeysville Md	4:58:30	0:11:24
272	Helen Laird	47	Basking Ridge NJ	4:22:21	0:10:01	340	Tony Hedlesky	54	Waldorf Md	4:58:32	0:11:24
273	Gregory Brown	52	Randallstown Md	4:22:44	0:10:02	341	Jean Richards	35	Ridgefield Park	5:03:42	0:11:35
274	Peggy Wise	31	Baltimore Md	4:23:26	0:10:03	342	Karen Preissler	37	Astoria NY	5:04:31	0:11:37
275	Rick Feldman	39	Columbia Md	4:23:30	0:10:03	343	Mike Goebel	54	Randallstown Md	5:04:52	0:11:38
276	Linda Hagan	46	Annapolis Md	4:23:49	0:10:04	344	Alexis Schultz	38	Ellicott City Md	5:05:03	0:11:39
277	Stan Proudlock	66	Stroudsburg Pa	4:24:16	0:10:05	345	Michael Winnick	32	Reston Va	5:06:08	0:11:41
278	Bob Stolz	51	Baltimore Md	4:25:09	0:10:07	346	Donald Yeaton	31	Bristow Va	5:06:09	0:11:41
279	L. Scarborough	46	Federalsburg Md	4:25:10	0:10:07	347	Barb Nazelrod	47	New Freedom Pa	5:07:04	0:11:43
280	Amanda Longo	50	Ashton	4:25:11	0:10:07	348	F. Medina	25	Shrewsbury Ma	5:08:44	0:11:47
281	Garth Benton	31	Sparks Md	4:25:12	0:10:07	349	Krista Park	49	AtlanticHighlands	5:09:02	0:11:48
282	Jerry Stover	40	Sparks Md	4:25:16	0:10:07	350	Richard Schoen	35	Parkton Md	5:09:25	0:11:49
283	Craig Thompson	48	Warwick NY	4:25:16	0:10:07	351	Dick Bartlett	50	Portland Or	5:11:13	0:11:53
284	Bob Barclay	37	Metuchen NJ	4:25:56	0:10:09	352	Patricia Bosley	40	Herndon Va	5:11:22	0:11:53
285	Ellie Thayer	38	Glen Rock Nj	4:28:24	0:10:15	353	John Stinnett	51	Gloucester Canada	5:13:20	0:11:58
286	Lynn Geisert	36	Arlington Va	4:29:15	0:10:17	354	Kathleen Kibler	50	Sergeantsville N	5:19:40	0:12:12
287	Maria Pelikan	32	Baltimore Md	4:29:20	0:10:17	355	David Micklo	55	Stevenage	5:21:37	0:12:17
288	Tanya Taylor	35	Far Hills Nj	4:29:20	0:10:17	356	J. Dechicchis	25	Baltimore Md	5:21:43	0:12:17
289	Wayne Kinning	39	Crownsville Md	4:29:42	0:10:18	357	Toks Fashola	43	State College Pa	5:22:18	0:12:18
290	Andrew Sailo	43	Sykesville Md	4:29:49	0:10:18	358	Russell Laste	70	Westford Ma	5:23:48	0:12:22
291	Byron Adams	61	Williamsburg Va	4:29:59	0:10:18	359	Wesley Dellinger	46	Annandale Va	5:24:07	0:12:22
292	Richard Holmes	30	Hanover Pa	4:30:15	0:10:19	360	Valerie Anderson	21	Towson Md	5:25:07	0:12:25
293	Allison Mathie	41	Parkton Md	4:30:31	0:10:20	361	Edward Green	72	Washington DC	5:25:08	0:12:25
294	Jan Rego	60	Columbia Md	4:30:47	0:10:20	362	Bryan Bowles	32	Washington DC	5:25:09	0:12:25
295	Pete Mcdowell	50	Mission Ks	4:31:36	0:10:22	363	Bonnie Baker	41	Harrisonburg Va	5:27:19	0:12:30
296	Paul Makurath	39	Dillsburg Pa	4:32:03	0:10:23	364	Phil Anderson	56	Duncannon Pa	5:33:17	0:12:43
297	Brian Kish	29	Verdun	4:33:04	0:10:25	365	Jeanine Standish	50	Freeland Md	5:33:22	0:12:43
298	Dan Buccino	32	Virginia Beach Va	4:33:05	0:10:25	366	Ats Joorits	45	Washington DC	5:37:08	0:12:52
299	Brenton Floyd	27	Dorchester Ma	4:33:11	0:10:26	367	Sun Ha	24	Baltimore Md	5:42:00	0:13:03
300	Angela Frank	36	Brooklandville M	4:33:28	0:10:26	368	Mary Hevner	45	Richmond Va	5:42:50	0:13:05
301	Kelly Felix	45	Clarksville Md	4:33:44	0:10:27	369	Robert Stein	38	Fulton Md	5:42:51	0:13:05
302	Joyce Wike	35	Baltimore Md	4:33:44	0:10:27	370	Frank Bartocci	34	Plainsboro NJ	5:45:35	0:13:11
303	P. Snodgrass	37	Ellicott City Md	4:34:10	0:10:28	371	Helen Dunda	43	Glen Allen Va	5:49:41	0:13:21
304	Michelle Price	45	Anderson In	4:36:09	0:10:32	372	Cris Dukehart	28	Westminster Md	5:50:36	0:13:23
305	Bill Bonetz	50	Columbia Md	4:36:37	0:10:33	373	Sandy Falenski	57	York Pa	5:50:37	0:13:23
306	Barbara Deuink	33	Ridgeley WV	4:37:21	0:10:35	374	Melanie Cornman	38	York Pa	5:50:42	0:13:23
307	David Warlick	33	London England	4:38:51	0:10:39	375	James Simpson	26	Elkridge Md	5:54:25	0:13:32
308	T. Howercroft	26	Fairfax Va	4:38:53	0:10:39						
309	Lola Plough	56	Oxford Pa	4:39:43	0:10:41						
310	Richard Bailey	42	Baltimore Md	4:39:44	0:10:41						
311	Timothy Brown	29	Waldorf Md	4:40:32	0:10:42						
312	Kyra Brown	47	Stafford Va	4:40:59	0:10:43						
313	Karsten Brown	46	Churchville Va	4:41:00	0:10:44						
314	Glen Davis	34	Montreal Canada	4:41:52	0:10:45						
315	Hoon Byun	43	Chevy Chase Md	4:42:04	0:10:46						
316	Sylvia George	51	Columbia Md	4:42:06	0:10:46						
317	Nicole Shearer	45	Anderson In	4:43:08	0:10:48						
318	Ken Szymanski	47	Tarentum Pa	4:43:26	0:10:49						
319	P. Lambertson	41	Cary NC	4:44:13	0:10:51						
320	Nancy Franklin	34	Baltimore Md	4:45:07	0:10:53						
321	Mike Dance	50	E Norriton Pa	4:45:34	0:10:54						
322	Paul Miller	38	Downers Grove Il	4:47:33	0:10:59						
323	Deborah Mcgee	36	Chicago Il	4:49:51	0:11:04						
324	Lynne Millholand	52	Shakopee Mn	4:49:54	0:11:04						
325	William Reilley	50	Glenville Pa	4:49:58	0:11:04						
326	Barbara Rellahan	48	Fallston Md	4:50:05	0:11:04						

BRRC North Central Trail Marathon Team Relay

NOVEMBER 29 ,2003

SPARKS, MD

1	Hambone & Flippy	Lechmann Doug/Tom Banchy	M	Ellicot City	MD	2:48:15
2	Trail Blazers	Pritchard Mark/Justin Scott	M	Baltimore	MD	2:53:52
3	Running On M.D.	Martin Mike/Fernardo Ferro	M	Parkville	MD	2:59:11
4	Beer Chasers	Heisler Jack/Sean Hacket	M	Phoenix	MD	3:01:04
5	Trailblazers li	Lamonte Joseph/Unknown		Columbia	MD	3:03:16
6	Tmtl	Caprio Julie/Mike Wehner	X	Columbia	MD	3:08:07
7	Dynamicduo	Williams Rob/Brian Sweeney	M	Sparks	MD	3:08:12
8	Running Pj's	Wilkerson Pat/Julie Thienel	F	Columbia	MD	3:09:25
9	Team Pk	Keating Paul/Pat Keating	X	Dayton	MD	3:12:44
10	Barto/Rahnis	Barto Peter/Mike Rahnis	M	Cockeysville	MD	3:12:44
11	Juggily	Enrico Michael/Jason Mcgivney	M	Owings	MD	3:17:44
12	Strider Flyers	Beckett Dorothy/Rich Bernstein	X	Columbia	MD	3:18:52
13	No Sympathy	Masemore Matt/Anne Ensor	X	New Freedom	PA	3:22:16
14	Ssfgs Beasts	Altekruise Patrick/Mark Modak	M		MD	3:23:55
15	Team Hungover!	Flaig Terry/John Morris	X	Elkridge	MD	3:24:17
16	B & C	Clayton Robert/Unknown	X	Lutherville	MD	3:30:55
17	You Call It Jogging,	Gardner Jeff/V Powell	M	Stewartstown	PA	3:31:01
18	Lightning	Franki Chris/Steve Simon	M	Timonium	MD	3:31:57
19	Family Lunney	Lunney Kevin/Jennifer Lunney	X	Baltimore	MD	3:34:06
20	Body Extreme	Schaum Susanna/Molly Obetz	F	Drumore	PA	3:36:49
21	Patapsco Valley Plod	Murthy Siddhartha/C Selmer	M	Gwynn Oak	MD	3:37:12
22	New Freedom Nightmar	Shanno Peter/Unknown	X	New Freedom	PA	3:38:13
23	San-Van	Sanders Stephen/Erik Vancour	M	Fayetteville	NC	3:38:26
24	B-T Roadrunners	Mccollough Timothy/Vicky Wilson	X	Churchton	MD	3:40:34
25	Lewisrudie	Lewis Jean/Michael Rudie	X	Lutherville	MD	3:41:57
26	Lumpy & Lanky	Heun Chris/Aaron Koos	M	Catonsville	MD	3:42:28
27	Pack Fans	Tasselmyer Laurie/Tom Tasselmyer	X	Cockeysville	MD	3:42:45
28	Just Plain Stupid	St Clair Christy/Gene Grady	X	Glen Arm	MD	3:43:16
29	Fortitude	Karp Philip/Joe Maloney	M	Cockeysville	MD	3:47:45
30	Nata & Skipper	Pinto Jeanne/Nata Vaslavsky	F	Towson	MD	3:49:23
31	Hieronymus Bosch	Conway Eric/Robert Bartell	M	Sykesville	MD	3:51:38
32	Under Pressure	Biggart Deborah/John Sangley	X	Timonium	MD	3:52:49
33	Mahoneys Mahoney	Mahoney Christine/Bill Mahoney	X	Monkton	MD	3:54:46
34	Team Grrrr	Walunas Brady/Nathaniel Brady	X	Baltimore	MD	3:57:47
35	Ensor/Pearce	Ensor Scott/Matt Pearce	M	Monkton	MD	3:58:01
36	Slugbait	Amato Joe/Patti Harden	X	Ellicot City	MD	3:59:56
37	Laurily	Moy Emily/L Rothlisberger	F	Halethorpe	MD	4:00:26
38	The Schertle's	Evans Kris/Kathie Pike	F	Baltimore	MD	4:02:48
39	Burton-Brissette	Brissette Franois/Seb Burton	M	Montreal	CN	4:04:12
40	Marine Buddies	Price Dawn/Blanca Ramierz	F	Chino	CA	4:05:53
41	Prancing Pilgrims	Kendzierski Chad/Amanda Balladars	X	Baltimore	MD	4:07:32
42	Connor's Champions	Tucker Gretchen/Eric Tucker	X	Columbia	MD	4:09:57
43	Anne And Judah	Lewis Anne/Judah Kelber	X	Columbia	MD	4:09:59
44	Sullivan's Wonders	Hagger David/Mike Trott	M	Edgewood	MD	4:14:56
45	Divine Duo	Soule Juliann/Rene Ayers	F	Canandaigua	NY	4:15:48
46	Wellness Center Duo	Elmore Jim/M Myers	X	Penn Laird	VA	4:23:54
47	Overcomers	Scharadin Stephen/Ted Long	M	Clifton Heights	MD	4:39:24
48	Mother-Daughter Duo	Richardson Helen/B Weisenborn	F	Frederick	MD	4:41:24
49	Team Schwing!!	Hall Shannon/Shannon	X	Baltimore	MD	4:41:33
50	Psychology Assoc.	Flemmer David/Ann Smith	X	Monkton	MD	4:52:35
51	Team Lipoma	Frew John/P Mckay	X	Bethesda	MD	5:08:12

2003 BRRC GRAND PRIX SERIES STANDINGS

Best 4 events count toward the total score at end of the series.

Pl	Age Group/Name	Age	10m	15k	4m	10k	5m	13.1	xc5m	Pts.	Pl	Age Group/Name	Age	10m	15k	4m	10k	5m	13.1	xc5m	Pts.
Women Open 20-34											Men 40-44										
1	Denise Knickman	34	1	1	26	26	1	1	26	4	1	Joseph Miller	40	6	26	2	3	3	26	2	14
2	Carrie Sauter	28	7	3	26	26	7	26	2	19	2	Mike Martin	43	1	26	26	1	26	2	1	30
3	M. Reichert-Kiss	31	5	26	2	26	26	2	26	35	3	Ray Reed	43	8	26	26	26	6	3	4	43
4	Elissa Goldstein	22	26	26	4	1	26	10	26	41	Men 45-49										
Women 35-39											Men 50-54										
1	Dawn Dieter	39	2	26	1	2	26	2	1	6	1	Maurice Pointer	47	1	1	1	1	1	26	1	4
2	Kimberly Torres	38	26	26	2	3	2	26	2	9	2	Fin Mears	46	2	2	26	2	26	2	26	8
Women 40-44											Men 55-59										
1	Robin Goodwin	44	1	26	1	1	3	1	2	6	3	Ray Lordon	48	3	26	2	3	26	4	26	12
2	Ingrid Johnson	41	26	26	4	4	26	4	3	38	4	Steve Lazzaro	47	5	4	3	4	26	26	26	16
Women 50-54											Men 60-64										
1	Christy St. Clair	54	1	1	1	2	1	26	1	4	5	Tom Nasuta	47	26	5	4	5	26	6	4	18
Women 55-59											Men 65 and Up										
1	Ruth Hens	55	1	1	1	1	1	1	26	4	1	John Murray	66	26	1	1	1	26	1	1	4
Men 19 and Under																					
1	Brian Nasuta	18	2	1	26	1	3	26	1	5											
Men 20-34																					
1	Tim Knowlton	31	1	26	1	1	2	1	26	4											
2	Simon Carn	31	4	26	3	2	26	26	2	11											
Men 35-39																					
1	Chris Sinclair	35	6	1	26	1	4	26	26	12											
2	Mitch Fritch	38	9	26	26	3	5	6	26	23											

Editor's note: Non-club members will be removed from the series results in future issues, when an updated Club Membership database becomes available, but place standings in each race will continue to include all runners.

2003 BRRRC EVENT SCHEDULE

February

Sunday, February 1, 9:00am
Super Bowl Trail Race
Cromwell Valley Park
Contact: Chris Cucuzzella
chriscuc@aol.com

Saturday, February 7, 9:00am
Frozen Finger 5 Miler
Druid Hill Lake

Sunday, February 22, 8:00am
Maryland RRCA 10 Mile Club
Challenge
Columbia Md.

Saturday, February 14, 8:00am
Valentine 4 Mile Race
Loch Raven Reservoir
Loch Raven Drive
Contact: Pete Hens
reteph@erols.com

Friday, March 19
BRRRC Winter Banquet
Overlea Gardens
6809 Belair Rd
Contact: Marianne Krebs 410-426-
1652 marigerry@aol.com

Always call the

Race Hotline

or check the website to verify times and location of events.

www.brrrc.com
410-377-7327