

BRRC

Newsletter

FALL 2010

VOLUME 39/ISSUE 3



Come celebrate our anniversary
all year long!

BRRRC

P.O. Box 9825
Baltimore, MD 21284

Website:
www.brrc.com

Race Hotline:
410-630-1580

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40TH
ANNIVERSARY

www.brrc.com
Club Hotline: (410) 630-1580

2011 Calendar of Events

The BRRC promotes running and racing for recreational and competitive runners of all levels and offers a full calendar of events & volunteer opportunities.

Go to: www.BRRC.com for details and race times.

GRAND PRIX SERIES

1/23 GPS Eight Miler
2/27 MDRRCA Club Challenge
3/27 Whitehall 15K
6/12 Lake Montebello 5K
7/13 Meet of Miles
8/21 Too Hot to Trot 10K
10/2 NCR Half Marathon
11/5 5 Mile Cross Country

PREMIUM RACES

1/8 Frozen Finger 5 Miler
5/22 Women's Distance Festival
9/18 Executive Stampede
11/26 NCR Trail Marathon and
Marathon Relay
12/4 Master's 6 & Social

TRAIL SERIES

2/6 Superbowl Trail Races
3/20 Prettyboy Trail Race
4/2 Talmar Trail Race
4/23 Gunpowder Trail Race
5/29 Patapsco Trail Race
7/10 Sweet Air Trail Race
8/7 Bunker Hill Trail Races
9/17 Gunpowder Keg Ultra

HOLIDAY RACES

1/1 Father Time Frolic 5 Miler
2/12 Valentine's 10K

SUMMER TRACK EVENTS

6/29 Track Meet #1
7/13 GPS Meet of Miles
7/27 Track Meet #2
8/13 Two Person 10 Mile Relay
8/17 Track Meet #3

Please check our club Website (www.BRRC.com) & Club Hotline after 6PM the night before an event for changes or cancellations, including weather-related announcements.

Due to construction in Loch Raven, our winter racing courses will need to be modified. The Father Time Frolic and GPS 8 Mile races will begin at Morgan Mill Road and Loch Raven Drive. There is ample parking along Loch Raven Drive to the north. Remember that the gate is locked at 10 AM so please do not park inside the gate.

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Thank
you

Don Tice for your years of service as
Membership Chairman for the BRRC!
Now you can get back to running....

P resident's C orner



So, what's in a run? Well, for my husband and me, running has been multi-fold. We met as runners, competed together, and travelled as running enthusiasts. Wherever we go, we lace up our running shoes and take off. Over the years, we would run to familiarize ourselves with the area checking out the shops, sites and restaurants that we would later explore.

I started to really think about this a few weeks ago when I was invited to NYC for a birthday celebration. The weather was unseasonably perfect, and I was eagerly anticipating a morning run through Central Park. I decided to take my camera just in case. Along the way I snapped shots of Radio City Music Hall, St. Patrick's Cathedral, the beautiful fall scenery in Central Park, the dogs who congregated for their morning playful rituals. It was then I remembered that the Christmas tree was going to be delivered that morning to Rockefeller Center. I love tradition, and this was no exception. Besides, I always knew this was a big tree (ranging 75-90 feet tall), and I thought it would be neat to see this delivered and hoisted into place. I headed down 5th Avenue to 49th Street and, sure enough, there was the tree. But wait, there was a crowd gathered, intently focused on the ice rink. I joined in and watched a gentleman and his beautiful skating, cameras snapping hither and yon. Finally, I realized we were part of the Today Show as its host proceeded to interview the mystery skater, Evan Lysacek! He then took to the ice and performed for his audience. And this didn't cost me a ticket to the Olympics! I

was excited and energized at my happenstance.

The way back to my hotel took me by the Today Show studio. Again the crowd gave it away—something must be happening, and, given my previous good fortune, I am not about to miss out. Dodging around the people and the barriers, I was able to enjoy the music of Bon Jovi. (To be honest, I didn't grow up with Bon Jovi; rather, my children did, but to hear them on the square was sweet!) I was sad to see my junket end and headed back to meet my family for breakfast.

Yet, I needed some more mileage, so I retraced my steps back to Central Park two hours after my first jaunt. It was interesting to observe how the city and its sounds had changed from those early morning hours. The streets and avenues were bustling with traffic and jams. I saw one woman riding her bike to work in a dress, high heels, no helmet and darting about. When I got to the park, the ice rink was filling with recreational skaters, musicians were playing, models were being photographed, the dogs had gone home, and groups of schoolchildren were touring the area.

I share this because I think of what I could have missed if I hadn't gone out for a run: an Olympic and World Ice Skating Champion, that rock band from Sayreville, NJ, the giant Christmas tree, and the sights of the city as they morphed over just hours. To me, the beauty of running is not only on my terms but revelations in the world exposed.

My advice, Carpe Diem...and your running shoes too!

As the final quarter of the year approaches, rather than winding down, we are busy with our final races of the year and ongoing preparations for the NCR Trail Marathon.

- With the help of our seasoned race directors and finish line timers, the Race Director's Workshop created new interest among individuals who would like to get involved in these volunteer opportunities. You will see some new faces directing our races in the coming year. Thanks to everyone who participated and to Jim Adams for the use of his Falls Road

Running Store for this seminar. Plans are underway for another workshop in the early spring.

- The 31st running of the Executive Stampede, one of our signature races, was a new venture for first-time race director, Hugh Wilson. Returning in 2011, Hugh is looking for a co-race director to assist him. Please let him know if you are interested (hwilson@stsci.edu).

- The GPS Cross Country took a detour this year and Towson High School became our home field advantage. A beautiful fall day for the last of the GPS races, it was like a trip down memory lane for those of us who graduated from THS.

- Thanksgiving tradition for the BRRC has been its annual NCR Trail Marathon and Marathon Relay. The Marathon Committee has been planning diligently over many months and has added some new ideas to this year's race. Once again we have a sell out crowd. Runners, spectators, volunteers—it's all good!

- Just check the weather forecast for snow, sleet or freezing rain to queue up the Masters 6 and Social. Under clear but cold and windy conditions, the Masters runners braved the challenging course to earn their calorie count at the brunch which followed. Only one snafu at the turnaround—Ravens fans were directed another mile down the road while Steelers Fans got to turn at the "Terrible Towel" flag. (Ravens vs. Steelers—12/5/10). The BRRC racing season has officially ended and the holiday season kicked off with a warm and inviting gathering at the Yannakakis' home. Thank you, George and Zoe.

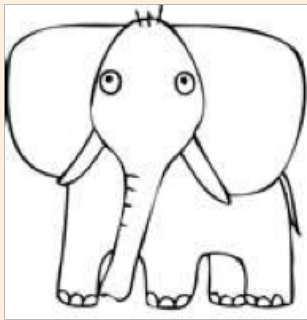
As this year comes to a close, I once again want to thank everyone for your participation in our club events, whether it was as a runner, volunteer or spectator. Your support is our success!

Wishing you a joyous holiday season and a prosperous, healthy New Year!

Let's keep Baltimore "running"!

Hitting the roads,

Christy 



Don't forget to sign up or renew your membership online. Visit www.brrc.com for our compete-at.com application.



Welcome aboard, Stephanie Kuehne-Wilson, our new Membership Chairman.



Green On!

The BRRC Newsletter is online and available at www.brrc.com. We have made our publication available both by mail and online over the past year with the goal of transitioning to an electronic [only] format by year-end. Thanks for supporting us in this conservation effort.

Charlie Reynolds Memorial Executive Stampede 5K

By Christy St. Clair

Charlie Reynolds was a Baltimore Road Runners Club member who embodied the spirit and sport of running. He served as Club President, was a competitive runner and was a track and field and cross country coach at Calvert Hall College High School. As a means of honoring Charlie, the Baltimore Road Runners Club (BRRC) established the Charlie Reynolds Scholarship, which offers a one-time scholarship of \$1,000 towards college expenses for one male and one female graduating high school senior each year. The Executive Stampede 5K is an annual event which supports this cause.

Race Directors, Hugh Wilson and Robin Goodwin, teamed up to make this year's event a success. Thanks to Nut Hall of Western Maryland Timing for the finish line scoring. Ten teams competed in the 31st annual Executive Stampede 5K race and walk. Capturing the winner's cup once again was AAI Corporation whose team had the most participants and top runners in scoring position. Second place went to Whitman, Requaardt and Associates, while in third place was Marquip Ward United.

Top individual winners were Maurice Pointer (17:53) and Zena Levy (22:36), both from Marquip Ward United. Second- and third-place men, Layne Party (19:23) and Charlie Hertz (19:28) represented AAI, as did second-place woman, Lindsey Hertz (23:36). Marge Rosasco (23:56) from Rosasco Insurance and Financial claimed third-place woman.

Mark your calendars for next year's event: Sunday, September 18, 2011. We look forward to seeing you there! <>



Moments from the Executive Stampede



Hear Here!

By Christy St. Clair

Seeking nominations for 2010 Awards : Running Performance, Volunteer, Lifetime Distinguished Service and Hall of Fame. Deadline for nominations: March 31, 2011. Details at www.brrc.com.

Welcome to our new BRRC members!!

Nancy Derevjanik runs the Athens Classic Marathon—sets a PR!! Congratulations, Nancy!

Looking for scholarly runners—please check our website for details on our Scholarship Award Program.

"Good Wins"—Robin Goodwin claimed a hat trick with first female finishes at the Scarecrow Classic 5K (20:55), the Susan Cohen 5K (21:07), and the Dustin Bauer Memorial 5K (21:50).

Maurice Pointer wins the Shawan Downs' First Run with the Horses 10K (35:39) and the Charlie Reynolds Memorial Executive Stampede 5K (17:53); captures first place male 55-59 (1/574) at the Army 10-Miler in 59:32.

1-1-11: A date you won't want to miss! Come join us for the Father Time Frolic predicted time 5-mile race!

The Rosascos run away with top honors at the St. Ursula's 5K! Mark and Carole (third female), Steve and Marge (fourth female) each won their respective age groups. Kudos to all of you!

Thanks to Lisa "Tigger" McKisick, Denise Knickman, and Michelle and Brett Hughes for representing the BRRC at the Marathon Kid's Kick-off on September 18.

Check out our club's Ultra Runners--updates at www.brrc.com.

Thanks to Bart Rein and his volunteers manning the BRRC water stop for the Baltimore Marathon: Hugh Wilson, Lois Shimanek, Abby Shimanek, Vicki Creutzer, Elana Creutzer, Tiffani Creutzer, Beverly Harvey, Mike McConnell, Michelle Kim, Mary Lou Fisher, Will Fletcher-Hill, Peter Shumway, Larry Fletcher-Hill, Charlie Joy, Tom Nasuta, Heidi Shoemaker, Rob Burnett, and Bailey St.Clair.

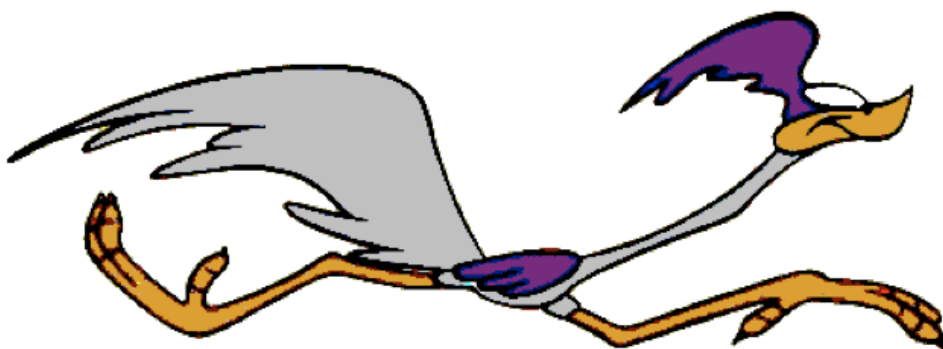
Thank you, Rob Santoni, for your contribution of food and supplies for our NCR Trail Marathon. Your generosity is greatly appreciated.

Once again the BRRC is the benefactor of a generous contribution from one of our longstanding members. While the donor has requested anonymity, we want to express our sincere appreciation for continued support and service to our club. Thank you!

Dan Miranda wins back-to-back races: Tuerk House 5K (17:03) and Rockville 10K (34:52). Way to go!

Congratulations to BRRC runners and award winners at the Baltimore Marathon Festival.

Trail runners: Run for the inaugural "Billy Goat Pin" in 2011. Complete four trail races and it's yours!



1-1-11

JOIN US ON NEW YEAR'S DAY FOR THE FATHER TIME FROLIC! YOU CAN'T BEAT THE DATE OR A BETTER WAY TO KICK OFF THE NEW YEAR!!!

Faces at the Races

By Christy St. Clair

Two for the road, meet Michelle (Benson) and Brett Hughes, Baltimore natives, Cockeysville residents and teachers at Stemmers Run Middle School. Michelle is director of the special education department and Brett is a physical education teacher.

Michelle's early running began in high school (Towson) and continued while a student at Randolph Macon College, however, she did not begin to compete until 2001. A three-letter athlete at Owings Mills High School (football, basketball and lacrosse), Brett did not start running until a few years ago. He got the itch to run after doing his first race in 2007, the Halloween Hustle 5K. Michelle claims to have "signed him up for a 5K and created a monster!"

Both credit their motivation to run to Tom Brown, a teacher himself, who has inspired many individuals to run. Michelle prefers the 10K distance, claiming she doesn't have the "marathon mentality" to take on the longer distances. "The 10K distance is nice because the training doesn't consume you and the race doesn't take up a whole day." Brett, on the other hand, has completed four marathons, his favorite being the 2010 Pittsburgh marathon where he ran 3:37, his first PR. He set a new PR at this year's Marine Corp Marathon in a time of 3:31.

With an eye on nutrition, whole grains, fruits and veggies, no red meat and some fish and poultry comprise the menus at the Hughes' household. Fast food is not an option-- homemade meals and local, homegrown produce (in season) are preferred. Brett's thoughts on the subject? "My wife handles all of my diet needs; otherwise, I would eat fast food or Chipotle every night." Ole!

When it comes to training, Michelle is not at a loss for a course. Downtown Baltimore has its charm with choice routes that are never boring. The NCR Trail offers peace and quiet, and her neighborhood provides hills for the challenge. But, "for my long runs, I can't give up those Loch Raven hills, plus all the people on a Saturday morning motivate me." Blaze and Morgan, the couple's 10-year-old pit bulls, are running partners on her shorter runs. Brett's four-day training routine includes one long run, a medium distance, and two easy runs in Loch Raven or on the NCR Trail.

[At the time of this writing], Michelle is pregnant and due in October. Her goal is to continue to run through the summer, though at a much slower pace, following in the footsteps of her running idol, Kara Goucher, also pregnant and due around the same time.

A fan of Under Armour premiums (and

anything long enough to fit his 6'11" frame), Brett considers a good race to be a strong finish where he is in control of the "no passing zone" and can stave off his evil competitors, brother, Kyle, and training partner, John. Leaving nothing to chance, a smart race is one he has properly trained for and stays motivated by running with a partner and signing up for races well in advance. With the goal to run as long as he is able, he has his sights set on Boston one day.

Michelle's love for running has led her to encourage others to run, including her mom, cousins and students. She founded the "Stemmers Sprint," a school event for students to compete in a race during the school day. This popular event has successfully raised money for the school's technology fund. While not really interested in running a marathon, Michelle says, "I am thinking that one of these days I just need to do it. I feel like that makes you a 'real runner'."

"Firsts" always leave an indelible imprint on our minds. Brett will never forget his near-first-place victory at a 5K race in Hawaii. "My funny running story is one that left me very frustrated at the time. We were in Hawaii on vacation this past summer. There was a 5K that was part of a triathlon and Michelle and I signed up for it. I was in the lead and thought it might be my first 5K win. About 2



Brett, Michelle, & baby Camden

miles into it, the first 10 or so of us realized that we were alone on the road. We had been told to turn the wrong way and went way off the course. We had to turn around and ended up running for over 30 minutes. Needless to say I did not win the race!" Note to self: add GPS watch to my holiday wish list!

And baby makes three... Michelle and Brett welcomed their daughter, Camden Leigh on October 5, 2010. Mom is back to running and Camden is making some guest appearances. No doubt she is blessed with those good running genes, and we will see her at the starting line one day! Congratulations! <>

"If I weren't running, I would rather be doing some other physical activity. I don't get the whole laying around thing—I don't even have cable TV and I don't want it!" -Michelle

"If I weren't running, I would be doing anything Ravens!!! Go Team!" -Brett

Who would have known?

In an effort to encourage getting acquainted, I asked each interviewee to "tell me something I/we might never know about you unless you shared it." Below are three answers I received. Try to match the answer with the runner—have some fun with it, get to know them better—just ask them!

"I played college basketball on a scholarship at the University of Maryland Eastern Shore."

"Only 5 weeks old, I volunteered at my first BRRC race at the GPS Cross Country on November 14, 2010."

"My hobby is writing restaurant reviews with my sister, Jessie. We write under the name 'Dining Sisters'."

A Club...ummm, I don't know

By Victoria Glose

During high school, I was not a club joiner. I was not school civic-minded, thus I did not run for the SGA. I certainly did not have the academic standing to qualify for the National Honor Society, nor was I interested in becoming a Future Businessperson of America. All those who know me will not be surprised that I did participate in a few school theater productions and played the Mock Turtle in my senior class production of Alice in Wonderland.

So when I broach the suggestion of "joining" the BRRC to some novice runner, I identify with the blank, "the Venetian blinds have now closed," facial expression. I quickly explain that it is not a "club" club, as in clique, but a running support group to provide running venues and running buddies. This club has members who are master and grandmasters that pace at a sub-seven-minute pace with their counterparts who are decades younger and MANY others who average a ten-minute pace and above. We cheer for each other's milestones and groan empathically at each other's injuries.

There is no "clique" that I know in which members are neurosurgeons, teachers, the proverbial rocket scientists, stay-at-home parents, students, contractors, postal workers, professors, CEOs, CPAs, physical therapists, and I could go on. The BRRC is diverse in political and religious beliefs as well as residency and types of motor vehicles. The only aspect that might distinguish BRRC members' vehicles from others are the numerical slogans of 13.1 and 26.2 along with some that claim that they "will run for beer" or believe that "toenails are for sissies."

Yes, we call ourselves the Baltimore Road Runners Club because we want to run with others, but we also need to be "organized" for the non-profit status. After I explain all this to a person of interest, the blank stare might be a reaction to the overload of information given in machine gun staccato in order to dispel the idea of a "clique." Oh well, I hope that some of the information I have imparted seeps into the neurological hardwiring so he or she joins. <>



*It's
all
smiles...*



*...at the
Executive
Stampede!*

Ironman Mia

By Ellen Hoitsma

There are a small but growing number of endurance athletes in the Baltimore Road Runners' Club, and it's enough to make any Boston marathoner feel completely humbled. On Sunday, August 28, 2010, former BRRC board member Mia Turo Clark joined that group with an amazing achievement: crossing the finish line of the Ford Ironman in Louisville.

A week later I sat down with her to find out more about her experience in the spacious kitchen of her Brewers' Hill home, one she shares with her husband, Shawn, a Baltimore City police officer and their friendly boxer, Lucy. It was clear right off the bat that the accomplishment hadn't yet sunk in for Mia, as she spoke with a certain detachment and dreaminess, frequently rubbing her eyes in disbelief.

I was eager to hear how she had decided to take the plunge from marathons to triathlons. She credits fellow volunteer Karl Burke with linking her to the Baltimore Area Triathlon Club for sensible cross-training advice a few years ago. "I just wanted to incorporate other kinds of workouts into my week. I knew I had to do something different," she said.

She began to swim regularly to supplement her running and stave off injury. On our long runs together at the NCR, she would talk about the struggles and insights she had gained from instruction at the masters' swim sessions. Somewhere along the way, she bought a bike and started riding longer miles. Since she began training for triathlons in 2007, she has completed six: one sprint, three Olympics, and two halves.

In January 2010, Mia spent an afternoon watching the Ironman Kona on TV. The success stories inspired her, and within a week or so, she had plunked down to register for it. Soon, she eased off of our BRRC long runs in favor of super-long bike rides and "bricks" -- a combination of running and biking or biking and swimming, for example. We runners were seeing less

and less of our friend Mia.

Fast forward to late August.

At athlete check-in, officials weighed her carefully and measured her body fat and body water percentages. This was nothing like marathon packet pick-up. In her hotel room, she packed up her "special needs" bag and her morning bag. She and her friend Angie did a practice swim in the Ohio River. They had their tires pumped up and their bikes checked. At the pre-race welcome dinner, as doubts began to creep in that she could ever achieve Ironman status, she forced herself to listen to the inspiring stories of the unlikely types who had reached their goal. "You WILL do this!" worked for her.

Lining up to jump into the warm water of the Ohio early on Sunday morning, anxiety and self-doubt returned. But Angie counseled her to accept the fact that other swimmers would pass them and to absorb some of their energy as they did so. Looking back at the swim around an island, she was pleased with her efforts. She was kicked, buffeted from time to time, but she managed well. When she passed the bridge and heard the cries of the spectators, she was buoyed with excitement. She finished the 2.4 mile swim in 1:24 - which equates to just over 75 laps in an Olympic-sized pool.

She explained that Ironman triathlon volunteers do everything for you at the transition. "You had people laying out all the stuff in your bag, handing you whatever you asked for, drying your feet, helping you get your riding gloves on, lubing you with sunscreen. They were SO helpful."

She went into the 112-mile bike ride knowing that the first twenty miles were the hilliest part, and after that, "I told myself I only had a 90 mile bike ride." No big deal. Mia barely noticed the scenery around her as she rode. She knew she was supposed to pass the famed Kentucky Derby's Churchill Downs and thinks she may have flown past a back entrance. What she remembers is being amazed by the flow of bike traffic in the out and back course, hearing her friends and family cheering her on, and thinking at the midpoint that, despite the heat, she was feeling strong, that her pace was faster than her training pace, "and uh-oh...I think

I'm going to like doing these (Ironman triathlons)." In the back of her mind, she worried a little that she might get a flat tire, but luck was with her. She'd eaten a few GUs early in her ride, tried to keep down a Clifbar, but it didn't agree with her. She didn't feel like taking in anything but fluid after that.

At home on Ironman day, I watched the minutes tick by as Mia transitioned from bike to run, knew that she'd been exerting herself for nearly 8.5 hours and that she still had a marathon to run. But what did Mia say to herself? "I just have a run left!"

She admitted that the run was the hardest part - a surprise to this runner woman. Mentally, she found that breaking the course into three-mile increments was helpful. So were the fans' faces and the sponges soaked in ice water. She forced down some Clif Bloks along the way, took in some salt tablets, and kept chugging fluids. It helped to know that others were watching her along the course and at home. The random text messages she'd gotten all weekend long from friends and family gave her strength.

Finally, after pushing herself for 14:10, she reached the finish line. Etiquette in the Ironman calls for slowing down near the finish if a competitor is just ahead of you so that each athlete can fully savor being in the chute alone. Looking back at her turn down the chute, Mia doesn't remember feeling exultant at her accomplishment. She didn't feel like throwing her arms up in the air triumphantly. She was simply happy to be finished. "Holy crap. I can STOP!" she thought to herself.

One week later, she is contemplative. "I still think of myself as a runner. I'll do another marathon, maybe one in North Carolina in March. I'll do the half marathon in Baltimore in October. And maybe...MAYBE I'll do another Ironman."



My First Ultra By Herman Blinchikoff

My first attempt to complete an Ultra was the JFK 50-mile Hike-Run. I was at the starting line in Boonsboro, MD, with my friend Jerry Kearns, at 7 a.m. on March 30, 1974, when Buzz Sawyer stood on the roof of his Volkswagen Beetle and fired the gun to begin the race.

We were naive enough to think that since we were runners and had been doing long runs, up to 6 miles, that we would be able to finish if we walked a good portion of the course. The temperature was 31 degrees with a light rain. We jogged through Boonsboro and then walked up the 2-mile hill to the top of South Mountain, where we entered the Appalachian Trail. The rain never stopped, the wind increased, and ice formed on the trees along the trail. Our running shoes immediately became soaked, as the terrain on South Mountain was muddy and full of puddles. Also, the bitter rain went right through our clothes (no Gore Tex back then).

Thirteen miles later, we descended the switchback at Weverton Cliffs and reached the flat C&O Canal tow path. By the time we met our support friend at 18.5 miles, we were soaked and freezing. With great reluctance, we called it quits.

Though this was my first attempt at an Ultra, it was not my first completion. I did not have the chance to fully test my endurance for the long haul. But, my mantra became, "tomorrow is another day."

In 1975, because of the bad weather in previous years, the JFK was rescheduled from the Spring to the Fall. On November 15, again with a minimum of training mileage, Jerry and I were at the starting line, eager to show that we could finish the JFK within the allotted time of 14 hours. We covered 35 miles before "running out of gas." It finally dawned on us that we needed many more miles of training if we were going to cross the finish line. However, we were getting closer and were determined to complete the full 50 miles in 1976. For, after all, "tomorrow is another day."

On November 20, 1976, after almost tripling our 1975 training mileage and including longer runs of 10 miles, we felt we were ready. We both finished under the allotted time of 14 hours. My time was 13 hours and 50 minutes; Jerry came in one hour earlier.

This was my first completed Ultra. I walked when my legs tired, and when they felt better, I would run again. Unfortunately, each time I started walking after long stretches of running, my fatigued legs would cramp up, and I was in a constant battle to remove these cramps with massage and stretching. Because I was going at a slower pace, I was still on the towpath when it

got dark. With no lights on the path, it was not a fun place to be.

In 1984, to celebrate my 50th birthday, I decided to try one more JFK 50-miler. This time I followed the advice of Tom Osler, the famous ultra-marathoner: mix frequent short walks with the running and drink ample quantities of sweet drinks. I trained at a 15-minute jog/5-minute walk ratio; the longest training distance was 25 miles. Preparation served me well on the hike, as I shortened the run-hike ratio to 10/5 and intermingled stretches of walking only. At Dam #4 the Hike left the towpath and the last 8 miles were on paved roads. By now it was dark and I spent time constantly moving off the road to avoid the speeding cars. This last segment included an extremely long uphill which I thought would never end. Finally, I reached the finish line. My time was more than an hour less than my 1976 time. Believe me, I did not consider the time during the hike/run. My only goal was to finish. During the 50 miles, my legs never became fatigued or cramped, as they had on the last completed hike.

As I neared the end, my thoughts turned to eating a celebratory meal of steak and fries. But after I finally crossed the finish line, I had no appetite. On the ride home, I fell asleep in the back of the car and awoke when we were halfway home. I had a craving for fried chicken and fries. We found a KFC and I ate with gusto.

My support team supplied food, drink and encouragement at the pit stops. All-in-all, it was a satisfying experience and the most enjoyable of my four ventures into the world of Ultras.

Now, at 76 years young, my long runs are back to about 6 miles; I enjoy the shorter races and the BRRC trail runs. Since turning 70, have competed in the pentathlon at the annual Potomac Valley Track Club championships in Northern Virginia. Maybe I will try two next year. I continue to compete in the Maryland Senior Olympics which I began in 1989.

Life is good, for this old runner. <>



Herman Blinchikoff

*This issue's photos courtesy of
Jeanne Larrison, John Roemer IV &
Earl and Lynda Swartzendruber*

The Western States 100

By Mark Wojenski

“Don’t knock it ‘til you try it” is the saying. Based on this, I can officially say 100-milers suck. But it had its moments.

I had a lot of nervous energy at the start of the race and was anxious to start, so when the gun sounded, it felt good to actually start running. That feeling lasted about 20 seconds, as the large group of runners I was in slowed to a walk, preparing to start the first uphill miles. So I walked. And walked. And walked. I think I walked the entire way to the first aid station, and I was already tired. I pressed on and continued the long climb. We finally encountered the first of the snow everyone had been talking about. Part of the course was modified by the race director a few weeks prior to the race due to the unusually large amount of snow early on in the race. There was a significant amount of snow, and we were still on the original course. I would have liked to have seen the parts they cut out, as they really must have been impassable. The snow was very hard-packed and runnable, but it did make you think twice about your footing. Eventually, we reached the highest point in the climb, and were greeted by some dude beating a gong. Interesting. As we crested the peak, we began a long downhill stretch that was still snow-covered. Some sections were short, steep drop-offs that some tried to slowly walk down, others tried to ski down, following in the tracks someone else had made, ski-jumper-style, while still others gave up and slid down on their butts.

Eventually the snow cleared, and I was running on clear trails. As I approached the Dusty Corners aid station, I began running with two other gentlemen who were running together. I tagged along with them, and maybe a mile from the aid station, we reached a four-way intersection. As we looked around for trail markings, one of the guys I was with froze and said “Bear.” We all looked in the direction he was facing and just stared. A large, brown bear was staring

us down from about 50 yards away. The bear made the first move, by turning around and walking away from us. We carried on toward the aid station, partially freaked, partially relieved. I arrived at the aid station, seeing Elissa and my pacer, Torren, for the first time since the start. We hung out for a bit, and I told her about our close call. They eventually kicked me out, so I pressed on. I reached Duncan Creek, the first stream crossing, and waded for a few extra moments to cool off my quads. I pressed on and headed up toward Robinson Flat. As I approached, I started running with a group of four guys, one of which was that guy that dresses up in a pink fairy outfit. I have seen him at several races, but I will always remember the first time I saw him was when he passed me going up Heartbreak Hill during my first Boston Marathon. As we approached the aid station, the snow reappeared. This was even stranger than before, as it was probably 80 degrees out, and yet we were running on a foot of snow. I pressed on, and was getting more and more tired. I met Elissa and Torren again at the Dusty Corners aid station, and they could tell I was not in the best of moods. They tried their best to lift my spirits, but I was getting down on myself. I refilled my water bottles and pressed on.

The next aid station was Last Chance. When I arrived, a volunteer took my water bottles to refill them while I gorged myself at the runners’ feeding trough. She returned with my bottles. She told me what to expect next: a long, steep descent followed by an even longer, steeper ascent up to the next aid station. She reminded me to hydrate well in this area, and to cool myself off in the stream at the base of the canyon. I thanked her for the pep talk, and pressed on. As I descended, two guys wearing Auburn Running Co. shirts (the local running store) flew by me. A few moments later, a girl passed me. We started talking, and eventually she gave me some tips: take it easy on the downhills and hike my ass off up the canyons. We descended the hill together,

and actually caught the two dudes who passed me earlier, as they were bathing in the creek at the bottom. I stuck my head under the small waterfall that was feeding the creek; it felt really good. It turned out the girl and two guys, not only knew each other, but ran WS last year together. The three began the ascent together, and I tagged along. Eventually, the girl took off. I stayed with the two other guys. They told me what to expect out of the next canyon and also kept me entertained as they mocked some of the elite runners. I reached the top, and found that a tuna sandwich and a can of V8 was waiting for me, compliments of the woman I had just been running with. It really hit the spot. I pressed on to Foresthill School, where I met up with Torren, my pacer.

We left the Foresthill aid station together, and we cruised along, making up time on the 24-hour deadline I had in my head. As it got dark, I began to feel myself getting tired. As I got tired, I also got grumpy. Torren tried to keep me upbeat, keeping me entertained with stories of what had happened to him throughout the day, things he noticed, people he talked to, etc. As we were running a short downhill section, I rolled my ankle, partially because I was tired, partially because it was dark, partially because I wasn’t paying close attention. It hurt a little bit initially, but it got worse and worse the more I kept weight on it. I reached the next aid station. I was ready to drop out, but they told me I would need to stay there until 6 a.m. and that I would have a better chance at the next aid station. We pressed on to the next aid station. Again, they said there was no exit from this aid station, and I would have to wait or continue on to the next aid station, where Elissa was waiting for us anyway. My walk turned into a limp, and I eventually made it to the Rucky Chucky river crossing. We crossed via a raft, as the river was higher than normal and deemed unsafe to wade across. Once we got across, we had to hike up a short (relatively speaking) but steep

hill to reach the Green Gate aid station, which is where I could officially drop out. Torren let the aid station captain know the situation, and I dropped out. Part of me was pissed, part of me was relieved, all of me (and Elissa and Torren as well) wanted me to take a shower, because I reeked.

A part of me wants to go back and redeem myself for the let-down I had. However, another part of me still remembers what I went through. I made a significant investment in order to make this happen, and I don't think the payback, even if I finished, was worth the commitment of time and money from me, Elissa, Torren, and others close to me. The race was real, it was fun, but it wasn't real fun. So, if you were to ask me now, the answer would be: No, I will not run the race again. But who knows what tomorrow will bring? <>



Torren and Mark

First-Time Race Director By Hugh Wilson

When I was asked to write a bit about my experience as a first-time race director, I thought it may be best to begin with a little background for some perspective. I've been running for about 7 years and during that time, I have met some wonderful people and run some fantastic races. For honest balance here, I have run some races that were something less than fantastic. In addition to running, I have found volunteering to be just as fun in a different sort of way. My volunteer experience ranges from packet stuffing to water stops to finish lines.

My background is in project management. Naturally, I was interested in all the aspects of how a race works – from planning the course to reviewing the race comments and everything in between. When the Baltimore Road Runners offered me an opportunity to work as an assistant to the race director, (well actually, I was the second assistant), I jumped at the chance! I was going to assist race director, Tom Nasuta, and assistant race director, Peter Moulder, on the Charlie Reynolds Scholarship Executive Stampede 5K race. This was to be the perfect venue to get my feet wet and learn all the aspects of putting on a race. Unfortunately, from time to time life gets in the way of running, and Tom and Peter both had priorities surface which took their time away from the race. This left me as race director. My first thought was, "Now what the heck do I do?"

The race bible Tom had put together was immeasurably helpful. It could have been titled, "Everything You Wanted to Know About Race Directing but Didn't Think to Ask." This was the base starting point. Robin Goodwin, with her wealth of knowledge on race directing, jumped in and was co-race director with me. I lost count of the number of times she helped keep things in perspective, came up with creative solutions to quickly resolve issues and offered support to a newbie race director who often felt overwhelmed. Many BRRC members came forward with support, and, while still quite busy, Peter managed to coordinate a number of

wonderful volunteers who really made that race one of the most memorable.

The common theme through all the planning and implementing was the friendly support by fellow BRRC members alongside me for the entire race. I was left alone enough to learn the ropes, make decisions and develop my organizational skills, but, when needed, support was always there.

So as first-time race director, I have to say it was pure fun, although there were moments when I would find myself saying "What the heck have I gotten myself into?" Luckily those moments were brief and were always followed by "I'm going to make this one of those races runners always come back to," and you know, that's a great feeling.

After all the runners had left and the volunteers had packed up, I had put the last of the trash bags in my auto when Christy said, "Well, are you up for doing this next year?" Without hesitation I replied, "Sure, it was fun." So, I have an opening for a co-race director or assistant race director – your choice – get in touch, and we will start planning in January! <>



Hugh Wilson

Why Would You Want to Run the Wasatch 100?

By Henry Peck

Greetings, running friends!

Have you ever been asked why you would want to punish yourself running a marathon, or the like? If you are like me, your sanity is questioned for just running our training runs, much less our ultra marathons and running adventures. You know what I mean. So, running friends, hopeful of your understanding and your reading interest, I offer here why I would go to the Wasatch Mountains of Utah to run a rugged, high altitude, 100-miler.

- I have never run a great western 100, and I really wanted to bag one.
- I am not getting any younger. In fact, I have set a PW (personal worst) at nearly every distance this year. Maybe time is of the essence... maybe, probably not, but maybe. As the great BRRC veterans Stan Neumann and Jim Harrision both have wisely advised me, "Henry, you are wise to go get those 100s now, while you still can." It will be painful for me to give it up some day; I am so not looking forward to that.
- And finally, having not won a lottery entry at Western States, that leaves the two other Grand Slam 100s, Leadville and Wasatch, as the most royal on my wish list. So I entered the Wasatch lottery, won a spot, and there you go!

The Wasatch Front 100-Mile Endurance Run is more appropriately called "One Hundred Miles of Heaven and Hell," and is run the first weekend after Labor Day. It is a point to point race through the majestic Wasatch Mountains, in ski country near Salt Lake City. Despite the growth in ultra running and Wasatch being one of the largest and most recognized 100s, it seemed to me that Wasatch has not changed much over the years. For example, at the very short pre-race meeting, the race director makes a matter of fact statement that goes something like: "we have another great crowd on hand, including a who's

who of great runners, and interested volunteers; and, as it is our tradition, we will recognize none of them today." I laughed to myself, but there were many more just nodding knowingly. Way to go! Fittingly, Wasatch is also the last of the Grand Slam 100-mile races, and the awards are presented for those few accomplishing all four races in one summer.

This is a tough race. There are plenty of mountains and canyons, over 26,000 feet of ups and downs. That is about 100 times the Boston Marathon's elevation change. Some of the runners, leaders and pack use poles on the race. I used poles for about 20 miles, during the zombie all-nighter time. There are not a lot of aid stations. You start in the dark, bagging a windy summit, including a 5000 foot climb, before arriving at the first aid station. The first aid station is about 19 miles out, or about 4 hours self-supported time for the swift, and more than 5 hours away if you hustle at my pace. The going is so slow the race accommodates a Friday predawn start (you may need 2 days) instead of the traditional Saturday start. That's bragging rights.

History will note that the 2010 weather was especially cool and cooperative. We had icy footing with a little wet snow at the summits on the first day. The mud and ice on the first morning meant some extra exposure, and I was using my hands plenty for getting up and staying secure. The cold weather was a positive tradeoff for having only 80-degree high-altitude sun in the desert of Lamb's Canyon later in the day. Usually, the heat and sun in the mid-race desert section takes many out of the race. I did run out of water in that section and had a bout of muscle cramps from dehydration. No worries, I have been there countless times, and that was just a minor bad patch. I walked and trotted for a few miles to the next aid station, pounded some extra drinks and salt, and hup, hup, back at it.

I know that my technical running skills

are a little weak compared to my peer group. But my technical running skills are WAY off the pace compared to those stellar mountain Utes at Wasatch. There are parts of Wasatch that seem like running down a ditch on the side of a road at night. And, more importantly, there is the challenge of running in altitude. Ouch! My breathing is more like a steam engine even at sea level in Baltimore. Nope, there was not a glimmer of hope for any age group placing here for me. Sorry, to let you down, BRRC. This was not a fast run. But, lucky me, at least I had the best running team there!

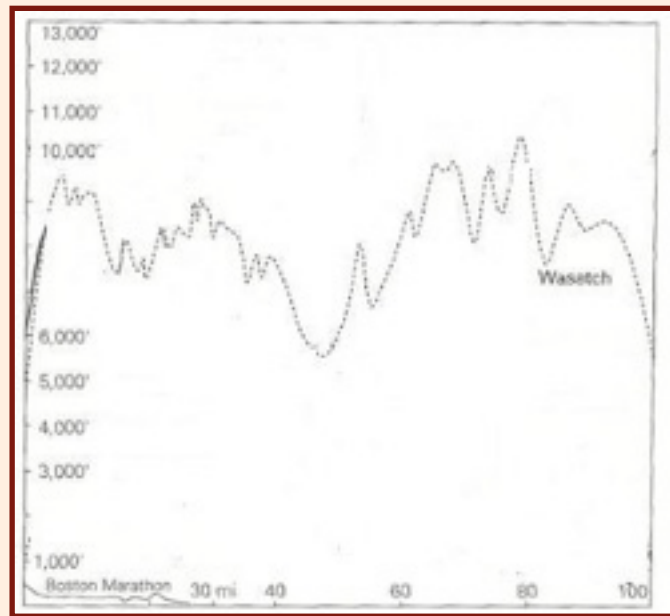
One of our team was our BRRC Board member, Brian Flowers. Brian has been dipping his toes into trail and ultra running. When he found out about my Wasatch trip, he was enamored with the crackpot idea, and joined us on a mission to find out firsthand what that was all about. Brian was a great pacer -- spirited and mildly misbehaving. We shared a good run. One of our best moments came somewhere around mile 55, where we bagged a summit and a spectacular sunset, along with a lone runner who was unsuccessfully holding down a PBJ. I guess you had to be there. And, when my coughing and vocal wheezing started creeping in about mile 60, the good doctor diagnosed it as just a mild case of HAPE. Mild is the correct answer. Way to go, Brian! Welcome to ultra running.

Another pair on our team was the Hamricks. Bless the Hamricks! In March 2010, I first met Ruthanne and Dan Hamrick in the Sierra Madre Mountains of Mexico, at the Copper Canyon Ultra marathon, where Ruthanne finished as the second woman. The Hamricks graciously fed and boarded me for a few days before the Wasatch race, acclimating with their family in the high altitude mountains of Northern New Mexico. If it was not for the days with the Hamricks, the cutoff times would have been creeping in. During the run, Ruthanne was there pacing for us in the darkest time. About mile 70, we arrived at the aptly named Desolation Lake,

an unmanned aid station with a kerosene heated tent and one extra empty cot. I was tempted to take a power nap next to a collapsed and rather gaunt-looking soul. But chatty, positive, reserved Ruthanne was there -- yes, suddenly and clearly, all there! The competitive spirit of the great runner that she is surfaced on demand. She was there to make it clear that there is no fountain of youth and no place to feel sorry for yourself at Desolation Lake. What was I thinking? We said a little prayer for that gaunt soul, and hup, hup, back at it.

And rounding out our team we were most fortunate to have my dear running friend, great pacer and writer, Rachel Toor. I hope you all know encouraging and knowledgeable runners like Rachel. The sun came up, and we stepped it up. Twenty-five more miles could just have well been 100, no problem. I was down to wheezing half breaths, and the tendons in my left ankle were starting to give into wrenching inward. But when you have your pacer just in sight up ahead, looking back, with an encouraging cheer, "Cowboy up!" you just put your sunglasses on to hide the tears of happiness. This was a great running vacation.

So this was a running vacation with running friends, and that is why I ran Wasatch. If you would like to know more about this race or need a pacer for yours, please let me know. Happy Trails! <>



Altitude graph comparing Boston to the Wasatch 100



Henry cruisin' along!



L-R: Brian Flowers, Ruthanne and Dan Hamrick, Henry Peck, John Buchanan, & Rachel Toor

RESULTS SECTION

BRRRC Too Hot To Trot 4 Miler

8/15/2010

NCR Trail at Papermill Road

Race Director: Robin Goodwin

Volunteers: Dave Cooley, Dan Macedo, Tom Jennings,

Hugh Wilson and Marc Ostermeier

Thanks to the coaches and students of the
Eleanor Roosevelt School for their 8th year at the race!

Place	First Name	Last Name	Member	Sex	Age	Time
1	Karsten	Brown	Y	M	36	21:46
2	Michael	Pfarr	N	M	24	21:49
3	Justin	Ahalt	Y	M	16	21:55
4	Remus	Medley	Y	M	40	22:19
5	Daniel	Miranda	Y	M	24	22:31
6	Paul	Yuan	Y	M	17	22:42
7	Jim	Lancaster	Y	M	33	22:47
8	Maurice	Pointer	Y	M	54	23:05
9	Daniel	Smith	N	M	18	23:15
10	Paul	Chasen	Y	M	29	23:19
11	Charles	Bolinger	Y	M	17	23:29
12	Eitan	Halper-Stromberg	N	M	26	23:41
13	Del'Vaughn	Rooks	Y	M	19	23:51
14	Serge	Arbona	Y	M	44	24:13
15	Xavier	Thompson	Y	M	17	24:18
16	Thair	Walker	Y	M	16	24:21
17	Wemdell	Brown	Y	M	17	24:27
18	Adam	Snyder	Y	M	16	24:29
19	David	Van Dinter	Y	M	42	24:31
20	Weems	McFadden	N	M	53	24:34
21	John	Chall	Y	M	53	24:41
22	Luis	Diaz	N	M	34	24:53
23	Simon	Doong	Y	M	17	24:54
24	Rick	Stewart	Y	M	35	25:05
25	Tim	Satterfield	Y	M	49	25:46
26	Mike	Woodward	Y	M	38	26:03
27	Bernard	Dembeck	Y	M	31	26:23
28	Wendall	Brown	Y	M	44	26:32
29	Lindsay	Wilson	N	F	21	26:34
30	David	Jun	Y	M	26	26:35

31	Christian	Creutzer	Y	M	49	26:42
32	Bill	Stahr	N	M	49	26:50
33	Amirah	Johnson	Y	F	17	26:55
34	Daron	Cohen	N	M	23	27:05
35	John	Way	N	M	45	27:07
36	Ashley	Seymour	Y	F	19	27:15
37	Steve	Rosasco	Y	M	51	27:38
38	James	Corbusier	Y	M	50	27:43
39	Marc	Burger	N	M	37	27:45
40	Brittney	Rooks	Y	F	16	28:04
41	Howard	Dreizen	Y	M	56	28:09
42	Pat	Gary	Y	M	59	28:13
43	Doug	Preston	Y	M	60	28:22
44	Jim	Archibald	Y	M	61	28:26
45	Alison	Suckling	N	F	55	28:28
46	Henry	Peck	Y	M	53	28:29
47	Chris	Farmer	Y	M	31	28:40
48	Brian	Flowers	Y	M	52	28:57
49	Christopher	Wolff	Y	M	16	29:01
50	Ray	Reed	Y	M	51	29:09
51	Carol	Rosasco	Y	F	51	29:13
52	Elsie	Allen	Y	F	15	29:22
53	Brittany	Ogun Mokun	Y	F	20	29:32
54	Rakel	Tryggvadottir	Y	F	32	29:34
55	Juda	McGannon	Y	F	44	29:40
56	Luke	Brandonisio	Y	M	52	29:51
57	Ellen	Hoitsma	Y	F	54	29:55
58	Erin	Surette	Y	F	28	30:08
59	Cynthia	Evans	N	F	55	30:15
60	Stephanie	Wilson	Y	F	28	30:20
61	Ed	Desantis	N	M	41	30:22
62	Thomas	Neuberger	Y	M		30:47
63	Karen	Young	N	F	42	30:53
64	Kim	Altenburger	Y	F	54	30:55
65	James	Knost	Y	M	51	30:58
66	Nicole	Scott	Y	F	17	31:00
67	Mike	Schwartz	Y	M	43	31:01
68	Kyle	Hughe	Y	M	23	31:30
69	Lance	Rooks	Y	M	15	31:42
70	Gene	Grady	Y	M	62	31:47
71	Mia	Clark	Y	F	32	31:51
72	Marge	Rosasco	Y	F	62	31:56
73	Larry	Fletcher-Hall	Y	M	52	31:58

74	Leigh	Peck	Y	F	53	32:18
75	Linda	Morris	N	F	50	32:28
76	Veronica	Handunge	Y	F	15	32:34
77	David	Hopkins	Y	M	41	32:38
78	Jack	Pitarra	Y	M	69	32:48
79	Neema	Rowe	Y	F	17	32:53
80	Ted	Wolff	N	M	51	32:57
81	George	Yannakakis	Y	M	78	32:58
82	John	McGannon	Y	M	46	33:04
83	Tom	Carey	Y	M	60	33:19
84	Dane	Jeeter	Y	M	25	33:19
85	Linda	Tice	Y	F	64	33:38
86	Karl	Allen	N	F	49	33:39
87	Luke	Tornatore	Y	M	16	33:45
88	Don	Tice	Y	M	61	33:59
89	Hans	Meurer	Y	M	51	34:11
90	Peter	Moulder	Y	M	54	35:07
91	Christy	St Clair	Y	F	61	35:16
92	Kathleen	Senecal	Y	F	15	35:32
93	Alden	Gross	N	M	27	35:49
94	Beach	Carey	N	F	31	36:19
95	Lisa 'Tigger'	McKissick	Y	F	45	37:13
96	Rebecca	Bolinger	Y	F	15	37:41
97	Peter	Scott	N	M		37:53
98	Bob	Sommerville	N	M	62	38:12
99	Susan	Woodward	Y	F	65	38:21
100	Laura	Allred	N	F	26	38:23
101	Teresa	McFadden	Y	F	37	38:46
102	Ingrid	Pfoertsch	Y	F	48	39:20
103	Vicki	Creutzer	Y	F	47	39:56
104	David	Hurst	N	M	67	40:02
105	Tom	Krisanda	N	M	55	40:04
106	Andrea	Bundick	Y	F	53	40:14
107	Anne	Wismer	Y	F	56	40:49
108	Cleo	Scott	N	F	51	42:00
109	Michelle	Hughes	Y	F	32	42:46
110	Brett	Hughes	Y	M	31	42:47
111	Joe	Loveland	Y	M	61	43:26
112	Nancy	Derevjaui	Y	F	48	44:17
113	Dave	McNeely	Y	M	45	44:53
114	Bill	Fleck	Y	M	76	45:00
115	Bailey	St Clair	Y	M	71	45:01
116	Dick	Talbott	Y	M	75	46:56
117	Missy	Burger	N	F		50:57
118	Julia	Zur	N	F	26	51:31
119	Tynese	Worsley	Y	F	9	57:44

BRR Gunpowder Keg Trail Races

September 18, 2010

Gunpowder Falls State Park - Bunker Hill area

Race Director: Chris Cucuzella

Volunteers: Harry Good, Jim Knost, Dan Macedo,

Carrie Sauter, Hugh Wilson, Henry Peck,

Mike Stasiowski, Jenna O'Conner, Glen Davis,

Rosemary Riel and Courtney Stahl

Three loop race (about 50K)

Place	First Name	Last Name	Time
1	Brian	Greeley	4:41
2	Mike	Woodman	5:17
3	Ron	Green	5:43
4	John	Sumner	5:54
5	Chris	Holt	5:58
6	Laurel	Bell	6:00
7	Ben	German	6:02
8	David	Whitehead	6:03
9	Ed	Gargiulo	6:06
10	Melissa	Waage	6:09
11	Rob	Burnett	6:15
12	Amy	Armstrong	6:19
13	Ben	Andrews	6:19
14	Danny	McDonald	6:20
15	Charlie	Joyce	6:22
16	Jeff	Furr	6:34
17	Geoffrey	Baker	6:38
18	Darryn	Waugh	7:05
19	Leigh	Peck	7:05
20	Christine	Hinton	7:05
21	John	Marsh	7:13
22	Marie	Hanscom	7:16

Two loop race (about 20 miles)

Place	First Name	Last Name	Time
1	Ben	Lentz	3:07
2	Troy	DeWitt	3:19
3	Paul	Gocher	3:21
4	Chad	Decker	3:21
5	David	Van Dinter	3:32
6	Chris	Carska	3:43
7	Jonathan	Wright	3:45
8	Jeff	Hinte	3:47
9	Rick	Corcoran	3:54
10	Steve	Bognar	3:54

11	Phil	Heilenger	3:55	11	Jimmy	Dallhart	1:45
12	Susan	Kim	3:55	12	Claire	Cage	1:45
13	Dean	Gray	3:55	13	Tom	Dekernfeld	1:49
14	Michael	Lombardo	3:55	14	Joshua	Harrison	1:49
15	Chris	Daubert	4:03	15	Lara	Peterson	1:52
16	Mark	Rittenpusch	4:03	16	Steve	Kline	1:59
17	Patrick	Gilbert	4:03	17	Peter	Wray	2:00
18	Patrick	Brown	4:03	18	Jessica	Valdez	2:01
19	Kevin	Clulow	4:03	19	Robert	Rogers	2:06
20	Brittany	Zale	4:04	20	Jim	Knost	2:07
21	Kathi	Shea	4:04	21	Dakota	Dalton	2:13
22	Laura	DeWald	4:07	22	Mike	Strzelecki	2:17
23	Monika	Bachman	4:15	23	Graham	Strzelecki	2:17
24	Mark	McKennett	4:15	24	Judith	Weber	2:27
25	Katie	Aman	4:16	25	Wendell	Kalihua	2:36
26	Peter	Mulligan	4:17	26	Alice	Chalmers	2:36
27	Paul	Stinson	4:17	27	Charlie	Muskin	2:41
28	Kelty	Arismendi	4:18	28	Will	Myers	2:41

*For complete
race results,
please visit
our website
at www.brrrc.com*

29	Karen	Kreig	4:18
30	Tim	Gavin	4:21
31	Kelly	Obrien	4:21
32	Marie	Carbone	4:24
33	Lorin	Harvey	4:29
34	Luke	Brandonisimo	4:32
35	Catherine	Cohen	4:34
36	Mary	Lang	4:34
37	Jim	Wannamaker	4:38
38	Brian	Flowers	4:40
39	Joanna	Sales	4:49
40	Ed	Desantis	4:54
41	Art	Perraud	5:05
42	Michele	McLoed	5:09
43	Tricia	Bosley	5:34
44	Sue	Gury	5:36
45	Gayle	Ryan	5:51

Single loop race (about 10 miles)

Place	First Name	Last Name	Time
1	Greg	Hanscom	1:27
2	Leah	Blasiak	1:33
3	M	McCarthy	1:33
4	Darcy	Nelson	1:34
5	David	Shumway	1:37
6	Patrick	Wysong	1:39
7	Andrea	Wirtz	1:39
8	Mike	McConnell	1:40
9	Keith	Rice	1:42
10	Andrea	Drake	1:44

31st Annual Charlie Reynolds Scholarship Executive Stampede 5K

September 19, 2010

Executive Plaza - Hunt Valley, MD

Race Directors: Hugh Wilson and Robin Goodwin

Volunteers: Peter Moulder, Sarah De Santis, Tom Nasuta, Myron Campbell, Dan Buccino,

Tim Satterfield, Bailey St. Clair, Christy St. Clair, Rick Smith, Luke Brandonisio, Kris Sieloff,

Jennifer Zanni, Anne Wismer, Tom Jennings, Kat Muhlbachler, Alycia VanHorn, Dave VanHorn,

Lisa 'Tigger' McKissick, Alex Burke, Sarah Burke, Karl Burke, Paul Chasen, Jill Cotton, Marie Bolton,

Gene Grady, Mary Hughes, Dave Hughes, Joseph Burdyck, Marian Chaprnka, and Jeanne Larrison,

[Timing services courtesy of Nut Hall of Maryland Timing](#)

Listed below: [Team awards](#), [Award winners](#), and [Executive Cup Points](#)

Place	Name	Age	Sex	Age Group Place	Company	Time	Pace
1	Maurice Pointer	55	M	1/39	MARQUIP WARD UNITED	17:53	5:46
2	Layne Party	50	M	2/39	AAI	19:23	6:15
3	Charlie Hertz	20	M	1/33	AAI	19:28	6:17
4	Roger Bohot	46	M	1/38	AAI	19:30	6:18
5	Rick Stewart	36	M	1/38	CRUMP LIFE INSURANCE	19:41	6:21
6	Jonathan Miller	31	M	2/38		19:59	6:27
7	Daniel Borcik	25	M	2/33	AAI	20:03	6:28
8	Eric Burris	50	M	3/39		20:13	6:32
9	Dan Richman	26	M	3/33	Space Telescope/JHU	20:25	6:36
10	Bob Wilt	33	M	3/38	MARQUIP WARD UNITED	20:29	6:37
11	Rob Douglas	41	M	2/38	Space Telescope/JHU	20:40	6:40
12	Val Dzitsiuk	32	M	4/38	AAI	20:56	6:46
13	Eric Holthaus	38	M	5/38	AAI	21:03	6:48
14	Marc Burger	37	M	6/38		21:12	6:51
15	Jeff Giza	40	M	3/38	Whitman, Requardt & Assoc.	21:19	6:53
16	Justin Reed	33	M	7/38	AAI	21:20	6:53
17	Stan Shin	36	M	8/38	AAI	21:21	6:54
18	Pete Bickford	44	M	4/38	MARQUIP WARD UNITED	21:27	6:55
19	Joe Makar	54	M	4/39	Whitman, Requardt & Assoc.	21:29	6:56
20	Matthew Kondilas	24	M	4/33	AAI	21:57	7:05

14	Marc Burger	37	M	6/38		21:12	6:51	69	William Somerville	25	M	19/33	AAI		26:52	8:40
15	Jeff Giza	40	M	3/38	Whitman, Requardt & Assoc.	21:19	6:53	70	Leah Dellape	46	F	6/28	AAI		27:00	8:43
16	Justin Reed	33	M	7/38	AAI	21:20	6:53	71	Mark Dellape	51	M	9/39	AAI		27:02	8:43
17	Stan Shin	36	M	8/38	AAI	21:21	6:54	72	Bryan Townsend	34	M	16/38	Whitman, Requardt & Assoc.		27:10	8:46
18	Pete Bickford	44	M	4/38	MARQUIP WARD UNITED	21:27	6:55	73	Adam Campbell	27	M	20/33	AAI		27:16	8:48
19	Joe Makar	54	M	4/39	Whitman, Requardt & Assoc.	21:29	6:56	74	Andrew Clark	29	M	21/33	Lockheed Martin		27:24	8:51
20	Matthew Kondilas	24	M	4/33	AAI	21:57	7:05	75	Matt Rudisill	30	M	17/38	AAI		27:32	8:53
21	Earl Swartzendruber	59	M	5/39	Whitman, Requardt & Assoc.	22:02	7:07	76	Jerry O'Brien	55	M	10/39	AAI		27:35	8:54
22	Dan Hertz	52	M	6/39	AAI	22:06	7:08	77	Derick Wilt	14	M	1/27	MARQUIP WARD UNITED		27:37	8:55
23	Josh Greenberg	36	M	9/38	Space Telescope/JHU	22:09	7:09	78	Christi Polucha	30	F	5/32	Whitman, Requardt & Assoc.		27:38	8:55
24	Rob Hawkins	42	M	5/38	Space Telescope/JHU	22:27	7:15	79	Mike O'Brien	16	M	2/27	AAI		27:40	8:56
25	Mark Hitch	46	M	6/38	AAI	22:34	7:17	80	Bill O'Brien	18	M	3/27	AAI		27:41	8:56
26	Zena Levy	33	F	1/32	Whitman, Requardt & Assoc.	22:36	7:18	81	Jack Barsotti	54	M	11/39	AAI		27:51	8:59
27	Bryan Gaither	24	M	5/33	Space Telescope/JHU	23:11	7:29	82	Kathleen Pierce	27	F	4/23	AAI		27:55	9:01
28	Robert Shields	48	M	7/38		23:17	7:31	83	Tim Pierce	28	M	22/33	AAI		27:56	9:01
29	Ken Kuzo	49	M	8/38	AAI	23:31	7:36	84	Mandana Shaya	22	F	5/23	AAI		27:58	9:02
30	Lindsey Hertz	22	F	1/23	AAI	23:36	7:37	85	Jim Walsh	51	M	12/39	Whitman, Requardt & Assoc.		28:13	9:07
31	Todd Graves	43	M	9/38	AAI	23:43	7:39	86	Jim Carbo	33	M	18/38	AAI		28:21	9:09
32	Wilson Reakes	27	M	6/33	Whitman, Requardt & Assoc.	23:50	7:42	87	Abhijith Rajan	29	M	23/33	Space Telescope/JHU		28:33	9:13
33	Marge Rosasco	62	F	1/20	RASASCO INSURANCE & FINANCIAL	23:56	7:43	88	Nakiya Schurman	27	F	6/23	AAI		28:49	9:18
34	Michael Carlson	27	M	7/33	AAI	24:00	7:45	89	Skyler Wilt	12	F	3/31	MARQUIP WARD UNITED		28:51	9:19
35	Andrew Reed	23	M	8/33	Whitman, Requardt & Assoc.	24:01	7:45	90	Mark Levy	32	M	19/38	Whitman, Requardt & Assoc.		28:54	9:20
36	Aaron Bell	23	M	9/33	AAI	24:16	7:50	91	Brad Galloway	26	M	24/33	AAI		29:08	9:24
37	Deepak Kumar	30	M	10/38	Space Telescope/JHU	24:20	7:51	92	Elizabeth Clark	29	F	7/23	Lockheed Martin		29:17	9:27
38	Concetta Bieschke	45	F	1/28	TELEDYNE ENERGY SYSTEMS	24:28	7:54	93	Alla Ohliger	54	F	2/20	Lockheed Martin		29:20	9:28
39	Barb Stachowiak	45	F	2/28	TELEDYNE ENERGY SYSTEMS	24:41	7:58	94	Bob Schuettee	73	M	13/39	AAI		29:27	9:30
40	Thomas Conway	28	M	10/33	AAI	24:47	8:00	95	Henrik Struck	10	M	4/27	Whitman, Requardt & Assoc.		29:31	9:32
41	Dan Loveless	25	M	11/33	Whitman, Requardt & Assoc.	24:49	8:01	96	Aaron Bohot	13	M	5/27	AAI		29:51	9:38
42	Meghan Reinhardt	14	F	1/31	AAI	24:55	8:02	97	Angie Strevig	29	F	8/23	Whitman, Requardt & Assoc.		29:54	9:39
43	Alysha Lurber	36	F	2/32		24:58	8:03	98	Janine Martini	38	F	6/32	AAI		29:56	9:40
44	Urbane Maust	48	M	10/38	AAI	25:04	8:05	99	Ernie Morse	40	M	13/38	Space Telescope/JHU		30:04	9:42
45	Katie Hertz	24	F	2/23	AAI	25:09	8:07	100	Stephen Bieschke	45	M	14/38	TELEDYNE ENERGY SYSTEMS		30:05	9:43
46	David Nizamoff	33	M	11/38	Whitman, Requardt & Assoc.	25:12	8:08	101	John Cornyn	65	M	14/39			30:08	9:43
47	Carey Chang	31	M	12/38	SAIC	25:14	8:09	102	Steve Hunter	54	M	15/39	AAI		30:12	9:45
48	William Thuman	44	M	11/38	EAGLE CONSULT	25:18	8:10	103	AAI2 Extra	30	M	20/38	AAI		30:25	9:49
49	Larry Kolankiewicz	27	M	12/33	Lockheed Martin	25:28	8:13	104	Tim Smith	53	M	16/39	AAI		30:32	9:51
50	Matthew Saut	23	M	13/33	AAI	25:42	8:18	105	Stephen Engler	24	M	25/33	AAI		30:35	9:52
51	Jen Stachowiak	16	F	2/31	TELEDYNE ENERGY SYSTEMS	25:46	8:19	106	Steve Reid	54	M	17/39	AAI		30:44	9:55
52	Brian Whetstone	36	M	13/38	AAI	25:47	8:19	107	Julia Reid	13	F	4/31	AAI		30:46	9:56
53	Doug Silate	55	M	7/39	MARQUIP WARD UNITED	25:49	8:20	108	Isaac Lane	51	M	18/39	AAI		30:47	9:56
54	Timothy Hollenshade	23	M	14/33	AAI	25:50	8:20	109	Sam Queen	11	M	6/27	SAIC		30:48	9:56
55	Kate Henshaw	27	F	3/23	Space Telescope/JHU	25:52	8:21	110	Gary Bush	56	M	19/39	Whitman, Requardt & Assoc.		30:51	9:58
56	Richard Juergensen	33	M	14/38	CRUMP LIFE INSURANCE	25:55	8:22	111	Dawn Walker	44	F	7/28	AAI		30:53	9:58
57	Tim Pilarski	34	M	15/38	CRUMP LIFE INSURANCE	25:56	8:22	112	Mike Unfried	39	M	21/38	MARQUIP WARD UNITED		30:53	9:58
58	Jeff Wingfield	49	M	12/38	Whitman, Requardt & Assoc.	26:01	8:24	113	Jeff Thompson	49	M	15/38	MARQUIP WARD UNITED		30:56	9:59
59	Jennifer Borcik	31	F	3/32	AAI	26:05	8:25	114	Ryan Cardone	28	M	26/33	AAI		31:06	10:02
60	Christopher Borcik	27	M	15/33	AAI	26:05	8:25	115	Azalee Bostruem	26	F	9/23	Space Telescope/JHU		31:11	10:04
61	Kim Glaze	41	F	3/28	AAI	26:06	8:26	116	Andrew Henschel	12	M	7/27	Whitman, Requardt & Assoc.		31:21	10:07
62	Steve Bowling	57	M	8/39	AAI	26:20	8:30	117	Derek Queen	41	M	16/38	SAIC		31:31	10:10
63	Jennifer Hervy	36	F	4/32	AAI	26:28	8:33	118	Timothy Witte	39	M	22/38	AAI		31:52	10:17
64	Steve Hollock	29	M	16/33	AAI	26:29	8:33	119	Katie Bain	30	F	7/32	Whitman, Requardt & Assoc.		31:55	10:18
65	Gregory Perl	29	M	17/33	CRUMP LIFE INSURANCE	26:34	8:35	120	Bob Klasen	36	M	23/38	Whitman, Requardt & Assoc.		31:56	10:18
66	Ester Shields	46	F	4/28		26:34	8:35	121	Jack Reinhardt	10	M	8/27	AAI		32:01	10:20
67	Matt Davis	29	M	18/33	Space Telescope/JHU	26:37	8:36	122	Andrea Bundick	53	F	3/20			32:03	10:21
68	Kari Makar	46	F	5/28	Whitman, Requardt & Assoc.	26:40	8:37	123	Tiffany Bordevs	29	F	10/23	Space Telescope/JHU		32:05	10:21
								124	Fancis Reinhardt	52	M	20/39	AAI		32:07	10:22
								125	Bruce Seely	59	M	21/39	Space Telescope/JHU		32:09	10:23
								126	Steven Yeager	41	M	17/38	AAI		32:13	10:24
								127	Wayne Chang	34	M	24/38	Whitman, Requardt & Assoc.		32:15	10:25
								128	Daniel Schurman	27	M	27/33	AAI		32:36	10:31

129	Marcus Lasarko Jr	8	M	9/27	AAI	32:44	10:34	190	Nadia Paylor	12	F	11/31	Whitman, Requardt & Assoc.	40:52	13:11
130	Marcus Lasarko Sr	38	M	25/38	AAI	32:46	10:35	191	Kristen Makar	14	F	12/31	Whitman, Requardt & Assoc.	40:54	13:12
131	Veronique Shaya	55	F	4/20	AAI	32:48	10:35	192	Jasmine Paylor	15	F	13/31	Whitman, Requardt & Assoc.	40:55	13:12
132	Pamela Johnston	42	F	8/28	SAIC	32:50	10:36	193	Pam Gladden	54	F	7/20	AAI	41:14	13:19
133	Max Voeltner	6	M	10/27	Whitman, Requardt & Assoc.	32:53	10:37	194	Susan Reinhardt	42	F	15/28	AAI	41:19	13:20
134	Dan Voeltner	41	M	18/38	Whitman, Requardt & Assoc.	32:55	10:37	195	Amy Harmon-Krtanjek	44	F	16/28	SAIC	41:24	13:22
135	Summer Troisi	31	F	8/32	AAI	33:00	10:39	196	Julia Earley	30	F	17/32	AAI	41:28	13:23
136	David Siemer	52	M	22/39	AAI	33:25	10:47	197	Tyler Earley	4	M	15/27	AAI	41:29	13:23
137	Vadim Vaynerman	27	F	11/23	AAI	33:34	10:50	198	Sharon Corona	39	F	18/32	AAI	41:31	13:24
138	Julia Fletcher	23	F	12/23	AAI	33:46	10:54	199	Shane Gray	11	M	16/27	Whitman, Requardt & Assoc.	41:33	13:25
139	Carrol Cox	46	M	19/38	AAI	33:53	10:56	200	Viktor Struck	6	M	17/27	Whitman, Requardt & Assoc.	41:34	13:25
140	Lina Vaynerman	27	F	13/23	AAI	34:11	11:02	201	Per Struck	48	M	28/38	Whitman, Requardt & Assoc.	41:37	13:26
141	Bryan Filling	31	M	26/38	AAI	34:29	11:08	202	Erik Earley	36	M	31/38	AAI	41:47	13:29
142	Christine Wilt	32	F	9/32	MARQUIP WARD UNITED	34:31	11:08	203	Nolan Earley	1	M	18/27	AAI	41:49	13:30
143	A.J. Giza	11	M	11/27	Whitman, Requardt & Assoc.	34:34	11:09	204	Donna Silatie	54	F	8/20	MARQUIP WARD UNITED	41:56	13:32
144	Julianne Giza	8	F	5/31	Whitman, Requardt & Assoc.	34:39	11:11	205	Todd Graves	43	M	29/38	AAI	42:26	13:42
145	Chris Strevig	30	F	10/32	Whitman, Requardt & Assoc.	34:41	11:12	206	Veronica Padden	11	F	14/31	AAI	42:30	13:43
146	Ronnie Kurlander	39	F	11/32	AAI	34:44	11:13	207	Victor Padden	13	M	19/27	AAI	42:32	13:43
147	Gary Ayers	39	M	27/38	AAI	34:50	11:15	208	Courtney Kofeldt	22	F	17/23	AAI	42:32	13:44
148	Doug Foster	40	M	20/38	AAI	34:54	11:16	209	Kelly Whetstone	32	F	19/32	AAI	42:33	13:44
149	Sydney Phillips	10	F	6/31	AAI	35:18	11:24	210	Ellen Lord	51	F	9/20	AAI	42:38	13:46
150	David Phillips	47	M	21/38	AAI	35:20	11:24	211	Geoff Lord	63	M	27/39	AAI	42:40	13:46
151	Diane Phillips	45	F	9/28	AAI	35:22	11:25	212	Todd Ostheller	51	M	28/39	AAI	42:46	13:48
152	Carolyn Gehret	48	F	10/28	AAI	35:26	11:26	213	Karen Breighner	40	F	17/28	AAI	42:48	13:49
153	Brian Freeman	37	M	28/38	SAIC	35:32	11:28	214	Robert Lontoc	25	M	31/33	Whitman, Requardt & Assoc.	43:22	14:00
154	Christy Reid	10	F	7/31	AAI	35:38	11:30	215	Michael Paylor	43	M	30/38	Whitman, Requardt & Assoc.	43:24	14:00
155	Alex Framarini	41	M	22/38	Space Telescope/JHU	35:46	11:33	216	Ashley Wietsma	24	F	18/23	Whitman, Requardt & Assoc.	43:27	14:01
156	Ray Amstron	64	M	23/39	Lockheed Martin	35:49	11:34	217	Joseph Vaynerman	57	M	29/39	AAI	43:49	14:08
157	Yelena Shnaydes	38	F	12/32	AAI	35:55	11:35	218	Jennifer Levee	43	F	18/28	AAI	43:54	14:10
158	Scavaa Chechik	44	M	23/38	AAI	35:57	11:36	219	Sydney Levee	18	F	15/31	AAI	43:56	14:11
159	Jackie Harmon	28	F	14/23	AAI	36:19	11:43	220	Madison Paylor	7	F	16/31	Whitman, Requardt & Assoc.	43:58	14:11
160	Leo Thuman	12	M	12/27	EAGLE CONSULT	36:23	11:45	221	Monica Paylor	42	F	19/28	Whitman, Requardt & Assoc.	44:00	14:12
161	Robert Douglass	25	M	28/33	AAI	36:28	11:46	222	Melanie Hustead	38	F	20/32	Whitman, Requardt & Assoc.	44:04	14:13
162	James Sherman	57	M	24/39	AAI	36:30	11:47	223	Michelle Crank	44	F	20/28	MARQUIP WARD UNITED	44:07	14:14
163	Joshua Stonesifer	20	M	29/33	AAI	36:32	11:47	224	Zachary Ciemian	7	M	20/27	AAI	44:18	14:18
164	Diane Reid	46	F	11/28	AAI	36:35	11:48	225	Kim Ciemian	38	F	21/32	AAI	44:20	14:18
165	Jesse Doggett	47	M	24/38	Space Telescope/JHU	36:38	11:49	226	Mike Ciemian	39	M	32/38	AAI	44:41	14:25
166	Jon Borcik	54	M	25/39	AAI	36:58	11:56	227	Justin Ciemian	10	M	21/27	AAI	44:43	14:26
167	Melissa Burger	38	F	13/32		37:36	12:08	228	Carrie Dietz	34	F	22/32	AAI	44:54	14:29
168	Marla Voeltner	42	F	12/28	Whitman, Requardt & Assoc.	37:47	12:12	229	Janice Olsen	47	F	21/28	Whitman, Requardt & Assoc.	45:26	14:40
169	Avery Voeltner	4	F	8/31	Whitman, Requardt & Assoc.	37:47	12:12	230	Jessica Gray	7	F	17/31	Whitman, Requardt & Assoc.	45:41	14:45
170	Sammy Voeltner	2	M	13/27	Whitman, Requardt & Assoc.	37:48	12:12	231	Padraic Gray	44	M	31/38	Whitman, Requardt & Assoc.	45:43	14:45
171	Greg Hustead	41	M	25/38	Whitman, Requardt & Assoc.	37:49	12:12	232	John Baker	46	M	32/38	TELEDYNE ENERGY SYSTEMS	46:09	14:54
172	Pam Hertz	52	F	5/20	AAI	37:52	12:13	233	Jodi Dubbs	37	F	23/32	AAI	46:26	14:59
173	Matthew Smith	26	M	30/33	AAI	37:53	12:14	234	Mitchell Dubbs	37	M	33/38	AAI	46:28	15:00
174	Srijita Mori	23	F	15/23	AAI	37:58	12:15	235	Judy Siles-Thompson	55	F	10/20	MARQUIP WARD UNITED	46:30	15:00
175	Jim Natale	60	M	26/39	AAI	38:38	12:28	236	Jordan Crank	13	M	22/27	MARQUIP WARD UNITED	47:16	15:15
176	Mike Nolte	12	M	14/27	TELEDYNE ENERGY SYSTEMS	38:40	12:29	237	Thomas Crank, Jr	49	M	33/38	MARQUIP WARD UNITED	47:17	15:16
177	Don Nolte		M	9/31	TELEDYNE ENERGY SYSTEMS	38:42	12:29	238	Melanie Moulden	54	F	11/20	AAI	47:20	15:16
178	Sherry Nolte	40	F	13/28	TELEDYNE ENERGY SYSTEMS	38:45	12:30	239	Robert Moulden	55	M	30/39	AAI	47:21	15:17
179	Greg Baker	44	M	26/38	Lockheed Martin	38:50	12:32	240	Joseph Horodowicz	60	M	31/39	AAI	47:23	15:18
180	Jennifer Gallimore	46	F	14/28	Lockheed Martin	38:53	12:33	241	Shannan Ross	36	F	24/32	SAIC	47:41	15:23
181	Jasmine Crank	18	F	10/31	MARQUIP WARD UNITED	39:24	12:43	242	Peter Johnson	50	M	32/39	AAI	48:59	15:48
182	Daniel Stonesifer	44	M	27/38	AAI	39:26	12:43	243	Ana Yeager	7	F	18/31	AAI	49:01	15:49
183	Amy Freeman	34	F	14/32	SAIC	39:39	12:48	244	Peter Scolaro	38	M	34/38	AAI	49:04	15:50
184	Dana Tighe	25	F	16/23	Whitman, Requardt & Assoc.	39:45	12:50	245	Kimberly Scolaro	37	F	25/32	AAI	49:04	15:50
185	Tony Olsen	50	F	6/20	Whitman, Requardt & Assoc.	40:03	12:55	246	Mindy Strevig	26	F	19/23	Whitman, Requardt & Assoc.	49:06	15:51
186	John Badders	37	M	29/38	AAI	40:08	12:57	247	Dawn Goodman	46	F	22/28	MARQUIP WARD UNITED	49:18	15:55
187	Cheryl Badders	33	F	15/32	AAI	40:18	13:00	248	Julie Barone	19	F	19/31	AAI	49:56	16:07
188	Justin Pennington	35	M	30/38	AAI	40:22	13:02	249	Dave Barone	53	M	33/39	AAI	49:58	16:08
189	Lisa Johnson	38	F	16/32	AAI	40:40	13:07	250	Robyn Barone	53	F	12/20	AAI	49:58	16:08

251	Joshua Rose	28	M	32/33	Whitman, Requardt & Assoc.	50:07	16:10
252	Keri Esposito	32	F	26/32	AAI	50:47	16:23
253	Karron Minor	38	F	27/32	AAI	50:48	16:24
254	Abigail Bohot	11	F	20/31	AAI	50:50	16:24
255	Carolyn Rutishauser	15	F	21/31	AAI	50:52	16:25
256	Carol Zubrowski	15	F	22/31	AAI	50:53	16:25
257	Nancy Padden	15	F	23/31	AAI	50:54	16:25
258	Victoria Padden	12	F	24/31	AAI	50:55	16:26
259	Rita Padden	14	F	25/31	AAI	50:57	16:27
260	Bidyut Ghosh	52	M	34/39	AAI	51:03	16:28
261	Sutupa Ghosh	49	F	23/28	AAI	51:05	16:29
262	Kathy Morgan	55	F	13/20	AAI	51:21	16:34
263	Bill Winowitch	66	M	35/39	AAI	51:22	16:35
264	Mark Dubbs	72	M	36/39	AAI	51:25	16:35
265	James Padden	48	M	34/38	AAI	51:38	16:40
266	Marian Kofeldt	18	F	26/31	AAI	51:40	16:40
267	Frank Kofeldt	55	M	37/39	AAI	51:45	16:42
268	Patrica Saunders	52	F	14/20	AAI	51:49	16:43
269	Tara Smith	37	F	28/32	AAI	51:51	16:44
270	Tony Esposito	30	M	35/38	AAI	51:51	16:44
271	Barbara Borcik	54	F	15/20	AAI	53:01	17:06
272	Jessica Ducar	24	F	20/23	AAI	53:01	17:07
273	Zausey Jason	25	M	33/33	AAI	53:03	17:07
274	Bethany Levee	22	F	21/23	AAI	53:29	17:15
275	Jacob Levee	13	M	23/27	AAI	53:31	17:16
276	Mark Levee	46	M	35/38	AAI	53:31	17:16
277	S Unfriend	9	F	27/31		54:16	17:31
278	Scott Flack	47	M	36/38	MARQUIP WARD UNITED	54:19	17:32
279	Cynthia Monius	51	F	16/20	AAI	54:26	17:34
280	Margaret Zubrowski	51	F	17/20	AAI	54:28	17:34
281	Aai3 Extra	30	M	36/38	AAI	54:46	17:40
282	Maria Palmer	15	F	28/31	AAI	54:48	17:41
283	Miranda Kofeldt	29	F	22/23	AAI	54:56	17:44
284	Andrew Kofeldt	30	M	37/38	AAI	54:58	17:44
285	Lynda Swartzendruber	56	F	18/20	Whitman, Requardt & Assoc.	55:01	17:45
286	Jean Marie Padden	51	F	19/20	AAI	55:40	17:58
287	Donna Wildt	55	F	20/20	AAI	55:44	17:59
288	Aai4 Extra	30	F	29/32	AAI	55:46	18:00
289	Anna-Maria Palmer	47	F	24/28	AAI	55:48	18:00
290	John Monius	54	M	38/39	AAI	55:50	18:01
291	Kimberly Gilpatrick	38	F	30/32	AAI	56:21	18:11
292	Kaela Ayers	15	F	29/31	AAI	56:30	18:14
293	Noah Gregory	5	M	24/27	Whitman, Requardt & Assoc.	56:36	18:16
294	Chuck Gregory	40	M	37/38	Whitman, Requardt & Assoc.	56:42	18:18
295	Larry Murphy	68	M	39/39	Whitman, Requardt & Assoc.	56:55	18:22
296	Jess Gregory	35	F	31/32	Whitman, Requardt & Assoc.	57:11	18:27
297	Evan Gregory	2	M	25/27	Whitman, Requardt & Assoc.	57:26	18:32
298	Catherine Conway	28	F	23/23	AAI	57:39	18:36
299	Michelle Gray	46	F	25/28	Whitman, Requardt & Assoc.	58:20	18:50
300	Callie Gray	13	F	30/31	Whitman, Requardt & Assoc.	58:21	18:50
301	Sangeetha Struck	47	F	26/28	Whitman, Requardt & Assoc.	58:23	18:50
302	Duncan McQueen	6	M	26/27	AAI	58:37	18:55
303	Connor McQueen	3	M	27/27	AAI	58:44	18:57
304	Dan McQueen	34	M	38/38	AAI	58:44	18:57
305	Sarah McQueen	32	F	32/32	AAI	58:50	18:59
306	Audrey Bohot	7	F	31/31	AAI	58:59	19:02
307	Susan Bohot	42	F	27/28	AAI	59:16	19:08
308	Rebecca Nelson	43	F	28/28	MARQUIP WARD UNITED	60:26	19:30
309	Mike Nelson	45	M	38/38	MARQUIP WARD UNITED	60:28	19:31

31ST ANNUAL EXECUTIVE STAMPEDE
5k CORPORATE CHALLENGE
SEPTEMBER 19, 2010 HUNT VALLEY, MARYLAND
Team Complete Results

***** TEAM RESULTS *****

1. AAI	
2	3 4 5 9 (10) (12) (13) (16) (18) (21) (24) (25) (26) (28) (30) (34) (36) (37) (38) = 23
Layne Party, Charlie Hertz, Roger Bohot, Daniel Borcik, Val Dzitsiuk, Eric Holthaus, Justin Reed, Stan Shin, Matthew Kondilas, Dan Hertz, Mark Hitch, Ken Kuzo, Lindsey Hertz, Todd Graves, Michael Carlson, Aaron Bell, Thomas Conway, Meghan Reinhardt, Urbane Maust, Katie Hertz	
2. Space Telescope/JHU	
6	8 19 20 23 (31) (44) (46) (53) (60) (66) (71) (72) (76) (78) = 76
Dan Richman, Rob Douglas, Josh Greenberg, Rob Hawkins, Bryan Gaither, Deepak Kumar, Kate Henshaw, Matt Davis, Abhijith Rajan, Ernie Morse, Azalee Bostruem, Tiffany Bordevs, Bruce Seely, Alex Framarini, Jesse Doggett	
3. Whitman, Requardt & Assoc.	
11	15 17 22 27 (29) (35) (39) (45) (47) (48) (51) (52) (55) (58) (59) (63) (67) (69) (70) = 92
Jeff Giza, Joe Makar, Earl Swartzendruber, Zena Levy, Wilson Reakes, Andrew Reed, Dan Loveless, David Nizamoff, Jeff Wingfield, Kari Makar, Bryan Townsend, Christi Polucha, Jim Walsh, Mark Levy, Henrik Struck, Angie Strevig, Gary Bush, Andrew Henschel, Katie Bain, Bob Klasen	
4. MARQUIP WARD UNITED	
1	7 14 43 50 (54) (64) (65) (74) (84) (87) (88) (90) (91) (92) (94) (95) (96) (97) = 115
Maurice Pointer, Bob Wilt, Pete Bickford, Doug Silate, Derick Wilt, Skyler Wilt, Mike Unfried, Jeff Thompson, Christine Wilt, Jasmine Crank, Donna Silatie, Michelle Crank, Judy Siles-Thompson, Jordan Crank, Thomas Crank, Jr, Dawn Goodman, Scott Flack, Rebecca Nelson, Mike Nelson	
5. TELEDYNE ENERGY SYSTEMS	
32	33 42 61 79 (80) (81) (89) = 247
Concetta Bieschke, Barb Stachowiak, Jen Stachowiak, Stephen Bieschke, Mike Nolte, Don Nolte, Sherry Nolte, John Baker	
6. Lockheed Martin	
41	49 56 57 77 (82) (83) = 280
Larry Kolankiewicz, Andrew Clark, Elizabeth Clark, Alla Ohliger, Ray Armstrong, Greg Baker, Jennifer Gallimore	
7. SAIC	
40	62 68 73 75 (85) (86) (93) = 318
Carey Chang, Sam Queen, Derek Queen, Pamela Johnston, Brian Freeman, Amy Freeman, Amy Harmon-Krtanjek, Shannan Ross	

***** NON-PROFIT TEAM RESULTS *****

***** GOVERNMENT TEAM RESULTS *****

***** EDUCATION TEAM RESULTS *****

***** OPEN TEAM RESULTS *****

***** LAW TEAM RESULTS *****

31ST ANNUAL EXECUTIVE STAMPEDE
5k CORPORATE CHALLENGE
SEPTEMBER 19, 2010 HUNT VALLEY, MARYLAND
Individual Awards

Executive Cup Points by Company			
***** FEMALE OVERALL RESULTS *****			
1 Zena Levy	33 Whitman, Requardt an	22:36	177 AAI
2 Lindsey Hertz	22 AAI	23:36	58 Whitman, Requardt & Assoc.
3 Marge Rosasco	62 RASASCO INSURANCE &	23:56	19 MARQUIP WARD UNITED
***** MALE OVERALL RESULTS *****			
1 Maurice Pointer	55 MARQUIP WARD UNITED	17:53	15 Space Telescope/JHU
2 Layne Party	50 AAI	19:23	8 SAIC
3 Charlie Hertz	20 AAI	19:28	8 SAIC
***** FEMALE MASTERS OVERALL RESULTS *****			
1 Concetta Bieschke	45 TELEDYNE ENERGY SYST	24:28	8 TELEDYNE ENERGY SYSTEMS
2 Barb Stachowiak	45 TELEDYNE ENERGY SYST	24:41	7 Lockheed Martin
3 Kim Glaze	41 AAI	26:06	4 CRUMP LIFE INSURANCE
***** MALE MASTERS OVERALL RESULTS *****			
1 Roger Bohot	46 AAI	19:30	2 EAGLE CONSULT
2 Eric Burris	50	20:13	1 RASASCO INSURANCE & FINANCIAL
3 Rob Douglas	41 Space Telescope/JHU	20:40	

NCR Half Marathon

October 3, 2010

NCR Trail - Cockeysville, MD

Race Director: Bailey St. Clair

Volunteers: Rick Stewart and children, Tim McDermott, Curt Senft,
Bill Fleck, Juda McGannon, Marge Rosasco, Lisa 'Tigger' McKissick,
Gene Grady, Robin Goodwin, Tony Konstant, Christy St. Clair and Dave Cooley

Course measurement and turnaround marking by Bill Diegel

[Timing services courtesy of Nut Hall of Maryland Timing](#)

37	Allan	Raynes	45	M	1:43:32	7:55	14/22
38	Erin	Surette	28	F	1:43:51	7:56	2/9
39	Brian	Flowers	52	M	1:44:25	7:59	5/13
40	Mario	Nicholson	29	M	1:45:22	8:03	6/9
41	Josh	Sutherland	35	M	1:45:27	8:03	8/15
42	Lance	Woodward	64	M	1:45:37	8:04	3/9
43	Thomas	Neuberger	39	M	1:45:38	8:04	9/15
44	Michael	Tompkins	52	M	1:45:55	8:06	6/13
45	Rob	Hittle	39	M	1:47:00	8:11	10/15
46	Mike	Friedman	51	M	1:48:03	8:15	7/13
47	Gene	Grady	62	M	1:48:10	8:16	4/9
48	Gerald	King	41	M	1:49:32	8:22	15/22
49	Robert	Shields	49	M	1:51:05	8:29	16/22
50	Jenna	O'Connor	26	F	1:51:12	8:30	3/9
51	Kyle	Hughes	23	M	1:51:53	8:33	7/9
52	Bart	Rein	45	M	1:52:03	8:34	17/22
53	Gary	Applebaum	51	M	1:53:16	8:39	8/13
54	Ellen	Hoitsma	54	F	1:53:24	8:40	2/6
55	Chris	Jeffries	31	M	1:53:26	8:40	11/15
56	Brad	Roberts	58	M	1:53:29	8:40	9/13
57	Mary	Hughes	43	F	1:54:06	8:43	3/11
58	David	Hughes	43	M	1:54:07	8:43	18/22
59	Jack	Pitarra	69	M	1:54:27	8:45	5/9
60	Jason	Chamberlain	36	M	1:54:36	8:45	12/15
61	Marlene	Burr	44	F	1:54:53	8:47	4/11
62	Scott	Larrick	28	M	1:55:23	8:49	8/9
63	Don	Tice	61	M	1:55:30	8:50	6/9
64	Claire	Cage	27	F	1:55:38	8:50	4/9
65	Ester	Shields	46	F	1:56:05	8:52	5/11
66	Javaris	Turner	31	M	1:56:14	8:53	13/15
67	Steve	Kline	39	M	1:57:02	8:57	14/15
68	Johannah	Hall	21	F	1:57:45	9:00	5/9
69	Becky	Engel	40	F	1:57:47	9:00	6/11
70	Darryn	Waugh	45	M	1:57:52	9:00	19/22
71	Les	Pang	57	M	1:57:58	9:01	10/13
72	Jerry	Keener	50	M	1:58:01	9:01	11/13
73	Karen	Fisher	48	F	1:58:31	9:03	7/11
74	Wendy	Jeffries	31	F	1:58:34	9:04	2/10
75	Lisa	Baiman	28	F	1:58:35	9:04	6/9
76	Linda	Morris	50	F	1:58:49	9:05	3/6
77	Tom	Carey	61	M	1:58:55	9:05	7/9
78	Alden	Hall	23	M	1:59:17	9:07	9/9
79	Kristine	Sieloff	44	F	1:59:31	9:08	8/11
80	Charlie	Joyce	40	M	1:59:58	9:10	20/22
81	George	Yannakakis	78	M	2:00:12	9:11	1/2
82	Christy	St Clair	61	F	2:00:22	9:12	1/1
83	Elissa	Wojenski	30	F	2:01:18	9:16	3/10
84	Jessica	Valdez	27	F	2:01:41	9:18	7/9

Place	First Name	Last Name	Age	Sex	Time	Pace	Age Group	Place
1	Russell	Martin	27	M	1:18:01	5:58	1/9	
2	Shawn	Pinamonti	34	M	1:20:43	6:10	1/15	
3	Charles	Powell II	44	M	1:23:06	6:21	1/22	
4	Serge	Arbona	45	M	1:23:50	6:24	2/22	
5	Mark	Manz	25	M	1:23:54	6:25	2/9	
6	Brian	Sweeney	35	M	1:25:36	6:33	2/15	
7	Dejan	Ernestl	42	M	1:25:40	6:33	3/22	
8	Allan	Gross	47	M	1:26:11	6:35	4/22	
9	David	Van Dinter	42	M	1:27:41	6:42	5/22	
10	Tim	Satterfield	49	M	1:27:43	6:42	6/22	
11	Luis	Navarro	33	M	1:27:47	6:43	3/15	
12	Jill	Krebs	29	F	1:27:53	6:43	1/9	
13	Jeff	Abando	26	M	1:28:26	6:46	3/9	
14	Bernard	Dembeck	31	M	1:29:44	6:51	4/15	
15	Emily	Gean	30	F	1:30:10	6:53	1/10	
16	Christian	Creutzer	49	M	1:30:34	6:55	7/22	
17	Jerry	Meyer	47	M	1:30:42	6:56	8/22	
18	Jonathan	Wright	29	M	1:33:29	7:09	4/9	
19	Brett	Hughes	31	M	1:33:59	7:11	5/15	
20	Mike	Woodward	38	M	1:34:15	7:12	6/15	
21	Frank	Mannarino	42	M	1:34:56	7:15	9/22	
22	Joseph	Burdyck	39	M	1:36:20	7:22	7/15	
23	Earl	Swartzendruber	59	M	1:36:54	7:24	1/13	
24	Marc	Ostermeier	43	M	1:37:43	7:28	10/22	
25	Ronnie	Wong	64	M	1:37:49	7:29	1/9	
26	Mark	Wojenski	29	M	1:38:29	7:32	5/9	
27	Dan	Buccino	48	M	1:38:44	7:33	11/22	
28	Glenn	Golding	48	M	1:38:59	7:34	12/22	
29	Robin	Goodwin	52	F	1:39:18	7:35	1/6	
30	Steve	Lazzaro	55	M	1:40:53	7:43	2/13	
31	Rick	Smith	56	M	1:40:54	7:43	3/13	
	32	Doug Preston	60	M	1:41:52	7:47	2/9	
	33	Jose Parra	43	M	1:42:28	7:50	13/22	
	34	Ann Fraker	44	F	1:42:40	7:51	1/11	
	35	Luke Brandonisio	52	M	1:42:41	7:51	4/13	
	36	Jamie Pistorio	40	F	1:43:12	7:53	2/11	

85	Ronnie	Teufer	18	M	2:02:08	9:20	1/1
86	Byron	Beum	61	M	2:02:25	9:21	8/9
87	Sarah	O'Neill	27	F	2:05:18	9:34	8/9
88	Kelly	Dixon	32	F	2:06:06	9:38	4/10
89	Izzy	Bowlsbey	35	F	2:06:25	9:40	5/10
90	Harry	Leidez	53	M	2:07:30	9:44	12/13
91	Victoria	Glose	56	F	2:10:00	9:56	4/6
92	Rob	Fessock	35	M	2:11:11	10:01	15/15
93	John	Sanchez	45	M	2:14:23	10:16	21/22
94	Vicki	Creutzer	47	F	2:16:21	10:25	9/11
95	Sarah	De Santis	36	F	2:16:23	10:25	6/10
96	Tom	Nasuta	54	M	2:16:27	10:25	13/13
97	Denise	Owens	44	F	2:16:29	10:26	10/11
98	Jen	Zanni	36	F	2:16:32	10:26	7/10
99	Lisa	Haisfield	28	F	2:20:07	10:42	9/9
100	Holly	Haisfield	33	F	2:20:08	10:42	8/10
101	Courtney	Bishop	32	F	2:23:32	10:58	9/10
102	Jill	Simanorrieth	32	F	2:23:34	10:58	10/10
103	Bob	Sommerville	62	M	2:24:27	11:02	9/9
104	Anne	Wisner	56	F	2:30:00	11:28	5/6
105	Andrea	Budnick	54	F	2:32:00	11:37	6/6
106	Harry	McCambridge	70	M	2:40:56	12:18	2/2
107	Dave	McNeely	46	M	2:44:22	12:33	22/22
108	Mary	Tompkins	47	F	2:44:55	12:36	11/11

***** AWARDS LIST *****

***** FEMALE OVERALL RESULTS *****

1	Jill Krebs	29	1:27:53
2	Emily Gean	30	1:30:10
3	Robin Goodwin	52	1:39:18

***** MALE OVERALL RESULTS *****

1	Russell Martin	27	1:18:01
2	Shawn Pinamonti	34	1:20:43
3	Charles Powell II	44	1:23:06

***** MASTERS AGE-GROUP RESULTS *****

***** FEMALE MASTERS OVERALL RESULTS *****

1	Ann Fraker	44	1:42:40
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***** MALE MASTERS OVERALL RESULTS *****

1	Serge Arbona	46	1:23:50
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MALE AGE GROUP: 50 - 59

1	23 Earl Swartzendruber	59	1:36:54
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FEMALE AGE GROUP: 50 - 59

1	54 Ellen Hoitsma	54	1:53:24
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MALE AGE GROUP: 60 - 69

1	25 Ronnie Wong	64	1:37:49
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FEMALE AGE GROUP: 60 - 69

1	82 Christy St Clair	61	2:00:22
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MALE AGE GROUP: 70 - 99

1	81 George Yannakakis	78	2:00:12
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BRRC GPS Cross Country Meet

11/14/2010

Towson High School, Towson, MD

Race Director: Christy St. Clair

Volunteers: Dan Macedo, John McGannon, Juda McGannon,
Mike Woodward, Tom Jennings, Vickie Creutzer, Dave Cooley,
Bailey St. Clair, Denise Knickman, Maurice Pointer,
Michelle and Camden Hughes, Brian Flowers, Kathi Shea

A special thanks to Towson High School for use of the campus and to
Ed Fayva (Boys X Country Coach) and Gregory Mainolfi, Jr
from THS Cross Country Team for assisting with marking the course.

Place	First Name	Last Name	Age	Gender	Time
1	Steve	Kartalia	45	M	25:21
2	Daniel	Miranda	24	M	26:19
3	Jim	Lancaster	33	M	27:40
4	Dave	Benardi	50	M	28:29
5	Serge	Arbona	45	M	28:45
6	Maurice	Pointer	55	M	29:18
7	Douglas	Ripley	42	M	30:00
8	Rick	Stewart	36	M	30:32
9	Denise	Knickman	42	F	30:46
10	Jack	Flowers	18	M	30:53
11	Emily	Gean	30	F	30:55
12	Wesley	Clulow	16	M	31:00
13	Brett	Hughes	31	M	31:03
14	Christian	Crevier	49	M	31:08
15	David	VanDinter	42	M	31:20
16	Henry	Peck	53	M	31:28
17	Marc	Ostermeier	43	M	31:30
18	Kevin	Clulow	51	M	31:56
19	Mark	Wojenski	30	M	32:39
20	James	Corbusier	50	M	33:08
21	Ed	Harte	51	M	33:24
22	Mike	McConnell	57	M	34:23
23	Rick	Smith	56	M	34:33
24	James	Knost	52	M	34:51
25	Doug	Preston	61	M	35:05
26	Howard	Dreizen	56	M	35:11
27	Ann	Fraker	44	F	35:17
28	Kyle	Hughes	23	M	35:20
29	Robert	Hellauer	24	M	35:22
30	Bart	Klein	45	M	35:45
31	Darryn	Waugh	45	M	35:49
32	Stephanie	Wilson	28	F	36:19
33	Jenna	O'Connor	26	F	36:31
34	Janet	Beach	50	F	37:29
35	Leigh	Peck	53	M	38:01
36	Jack	Pitarra	69	M	38:37
37	David	Hughes	43	M	38:50
38	Mary	Hughes	43	M	38:52

Place	First Name	Last Name	Age	Gender	Time
39	Elissa	Wojenski	30	M	38:59
40	William	Ruffin	47	M	39:36
41	Tom	Carey	61	M	40:31
42	Kathryn	Shea	51	F	40:54
43	Linda	Tice	65	F	40:58
44	Christy	St. Clair	62	F	41:43
45	Don	Tice	61	M	42:21
46	Victoria	Glose	56	F	43:32
47	Peter	Moulder	54	M	44:47
48	Tigger	McKissick	45	F	46:36
49	Alycia	Vanhorn	32	F	46:37
50	Ingrid	Pfoertsch	48	F	49:20
51	Bailey	St. Clair	71	M	56:05
52	Bill	Fleck	76	M	56:06
53	Herman	Blinchikoff	76	M	62:17

The Northern Central Trail Marathon and Marathon Relay 2010

Baltimore Road Runners Club



*Thank you for another great
race! See you next year on
November 26!*

BRRC Masters 6 Miler

12/13/2010

Quaker Bottom Road in Sparks, MD

Race Directors: Christy and Bailey St. Clair

Volunteers: Pam McGill, Dick Nair, Jean Nair, Alex Medina,

Irv Johnson, Donna Johnson, Ronnie Wong, Claire Skwirut,

Tim McDermott, Nancy McDermott, Herman Blinichikoff,

Vickie Creutzer, Sandy Buck, Tom Jennings, Dan Macedo, Steve Lane

Thanks to George and Zoe Yannakakis for
hosting the annual Masters Brunch!

Place	First Name	Last Name	Age	Gender	Time	Award
1	Serge	Arbona	45	M	37:25	1st Master M
2	Michael	Monaghan	53	M	37:28	2nd Master M
3	Maurice	Pointer	55	M	38:27	3rd Master M
4	Peter	Dodd	51	M	39:18	1st Grandmaster M
5	Denise	Knickman	42	F	40:23	1st Master F
6	Henry	Peck	53	M	41:31	
7	Christian	Creutzer	49	M	41:52	
8	Jose	Parra	44	M	42:58	
9	Mark	Rosasco	51	M	43:48	
10	Louis	Perkins	54	M	44:44	
11	David	Walsh-Little	41	M	45:08	
12	Robin	Goodwin	42	F	45:26	2nd Master F
13	Howard	Dreizen	56	M	45:34	
14	Jeannette	Lussi	47	F	46:13	3rd Master F
15	Tim	Cote	50	M	47:34	1st Senior Master M
16	Jim	Archibald	61	M	48:08	M
17	Carole	Rosasco	51	F	48:10	1st Grandmaster F
18	Mel	Skwirut	58	M	49:09	
19	Jack	Pitarra	69	M	49:39	
20	Gene	Grady	62	M	51:19	
21	Tom	Carey	61	M	51:36	
22	Kelly	Meier	45	F	51:57	
23	Peter	Mulligan	45	M	51:58	
24	Christy	St.Clair	62	F	52:46	1st Senior Master F
25	Leigh	Peck	53	F	53:19	
26	Linda	Tice	65	F	53:45	
27	Don	Tice	62	M	54:15	
28	Jim	Wannamaker	62	M	55:52	
29	Jay	Bowden	63	M	57:46	
30	Kristine	Sieloff	45	F	58:11	
31	Peter	Moulder	54	M	58:54	
32	Mike	Unfried	40	M	63:56	
33	Tom	Krisanda	56	M	64:36	
34	Toks	Fashola	46	F	75:35	
35	Jeanne	Larrison	55	F	75:40	
36	Nancy	Derevjanik	48	F	76:13	
37	Bailey	St.Clair	71	M	77:46	1st Senior M
38	Joe	Glass	70	M	91:23	



BALTIMORE ROAD RUNNERS CLUB
P.O. Box 9825
Baltimore, MD 21284



BRRC Club Award Nomination Worksheet
Mail to the address above or return to brrcinfo@gmail.com

BRRC Awards: Calendar Year _____

NOMINEE: _____

AWARD CATEGORY

PERFORMANCE AWARDS

AGE

- | | | |
|--|--|--------------|
| <input type="checkbox"/> Male Runner of the Year | <input type="checkbox"/> Female Runner of the Year | Any age |
| <input type="checkbox"/> Male Junior Runner of the Year | <input type="checkbox"/> Female Junior Runner of the Year | 19 and Under |
| <input type="checkbox"/> Male Master Runner of the Year | <input type="checkbox"/> Female Master Runner of the Year | 40-49 |
| <input type="checkbox"/> Male Grand Master Runner of the Year | <input type="checkbox"/> Female Grand Master Runner of the Year | 50-59 |
| <input type="checkbox"/> Male Senior Master Runner of the Year | <input type="checkbox"/> Female Senior Master Runner of the Year | 60-69 |
| <input type="checkbox"/> Male Senior Runner of the Year | <input type="checkbox"/> Female Senior Runner of the Year | 70 > |
| <input type="checkbox"/> Ultra Male Runner of the Year | <input type="checkbox"/> Ultra Female Runner of the Year | Any Age |
| <input type="checkbox"/> Most Improved Male Runner of the Year | <input type="checkbox"/> Most Improved Female Runner of the Year | Any Age |

*Have completed races of distances greater than the traditional 26.2 mile marathon distance.

*Demonstrated significant improvement in running statistics over prior calendar year, comparing award year performances to previous calendar year's PR's. Please provide year/year metrics for evaluation.

RECOGNITION AWARDS

☐ Volunteer of the Year: Recognizes that individual who steadfastly and consistently dedicates his/her time, energy and efforts to support the club's activities and events. Nominee has been a BRRC member for 2 years and must be a current, active member in good standing.

☐ Lifetime Distinguished Service Award: Recognizes that individual who has over the years exemplified a selfless dedication and commitment to the Baltimore Road Runner's Club in support of the spirit and sport of running. Consideration is given to that individual who has been a long-time and current active member of the BRRC whose service to the club spans twenty years and more.

☐ Hall of Fame: Established in 1999 to honor excellence in both running and volunteer contributions to the running community by long-time club members. To be eligible for consideration a BRRC member must have:

- attained master runner status (at least 40 years of age)
- achieved distinction over a 15 year period as a BRRC member
- been a member in good standing
- exhibited exemplary sportsmanship
- demonstrated a superior running career which brings recognition to him/herself and to the Club through placement at races or through running longevity
- been an active contributor to club events and/or activities in the running community including:
 - volunteer efforts
 - race directing/administration
 - coaching other runners as individuals or teams
 - running related publicity: Club newsletter /other media involvement

QUALIFICATIONS

To be considered for honors by the Awards Committee, a nomination MUST be submitted. Self nominations are encouraged.

*Awards will be presented only to qualified candidates. It is not imperative that every category be awarded every year. Lack of a suitable candidate can dismiss a category for that year.

☐ Nominee has been running for 2 years (including the calendar year of the award). This does not need apply to the Volunteer of the Year, Lifetime Distinguished Service, or Hall of Fame awards.

Years running: _____

☐ Nominee has been a BRRC member for 2 years and is a current member in good standing.

Membership status: _____

☐ Nominee has completed 10 races during the calendar year of the award. All races are reviewed with special emphasis given to BRRC events.

- Of the 10 races, nominee has completed at least 6 local races, of which 5 were sponsored by the BRRC.
- Collegiate or High School Runner: Must be a member of a sanctioned running team. Of the 10 races, has completed at least 3 that were sponsored by the BRRC and ran for a sanctioned team

☐ Must meet a WAVA achievement level of 70% (minimum) or greater. (Averaged over all races to be evaluated).

☐ Participation in the MDRRCA Club Challenge as a BRRC Team member can be included in this race portfolio.

☐ Minimum distance for consideration will be 1 mile.

☐ Regarding track meet events, only one event per meet will be considered.

*There will be no duplication of performance awards: i.e. nominee is not eligible to receive Runner of the Year AND Junior/Master/Grandmaster/Senior Master/Senior awards.

*Nominees are eligible to receive awards multiple years/times over if qualified and selected by the Awards Committee.

DEADLINE FOR NOMINATIONS IS MARCH 31, 2011

Please send to the attention of the Awards Committee:

BRRC

P.O. Box 9825

Towson, MD 21284

or

brrcinfo@gmail.com

See www.brrc.com for details and documentation worksheet.

Baltimore Road Runners Club Scholarship Information

The Baltimore Road Runners Club was founded to promote both recreational and competitive running for people of all ages. The club is run by volunteers who commit their time and energy to promoting the sport in the Baltimore region. Through our programs and races and through the generosity of others, we are proud to present four scholarships to qualified high school seniors.

Charlie Reynolds was a club member who embodied the spirit and sport of running. He served as club president, was a competitive runner and was a track and field and cross country coach at Calvert Hall College High School. As a means of honoring Charlie, the Baltimore Road Runners Club (BRRC) established the Charlie Reynolds Scholarship, which offers a one-time scholarship of \$1,000 towards college expenses for one male and one female graduating high school senior each year.

Through the generosity of Steve and Valerie Lazzaro, the Jim Dorsey College Scholarship, in memory of their beloved cousin who shared a love of running, is awarded to two deserving graduating high school student athletes. These one-time scholarships of \$750 each are awarded to offset college expenses for one male and one female graduating high school senior each year.

To qualify for this year's scholarship, applicants must:

- Be a graduating senior in 2011
- Reside in Baltimore city or Baltimore county *or* attend school (public or private) in Baltimore city or Baltimore county
- Participate on their school's track and field or cross country team

~In addition, *any* graduating senior who is the son or daughter of a current BRRC member is eligible to apply.

Applicants must submit the following information to the address below by April 8, 2011.

- A completed application cover page (see attachment)
- A high school transcript (grades 9 – 12)
- A list of academic and athletic honors and any other extracurricular activities
- A letter of recommendation
- A one-page essay on one of the following themes:
 - What motivates you to run
 - Who inspired you to start running (or who inspires you to continue running)
 - How you plan to incorporate running into your college experience

If you wish to combine the thematic ideas, you may.

~If the applicant is a graduating senior who is the son or daughter of a current BRRC member, a one page essay on the themes of self-motivation, initiative, discipline, and/or inspiration will be considered.

Mail applications to: BRRC Scholarship
 Scholarship
 P.O. Box 9825
 Baltimore, Maryland 21284

Scholarship winners will be notified by May 10, 2011. Awards will be presented at the annual club picnic held in June. If you have any questions/concerns, please direct your correspondence to the BRRC Scholarship Chairman, Bill Fleck at www.brrc.com.

BALTIMORE ROAD
 RUNNERS CLUB
 P.O. BOX 9825
 Baltimore, MD 21284



The Baltimore Road Runners Club 2011 Calendar of Events			
1-Jan	9:00 AM	Father Time Frolic 5 Mile Predicted Time	Morgan Mill Road /Loch Raven Drive
8-Jan	9:00 AM	Frozen Finger 5 Mile/1 Mile Fun Run	TBD
23-Jan	9:00 AM	GPS 8 Mile	Morgan Mill Road /Loch Raven Drive
6-Feb	12:00 AM	Superbowl Trail Races (5/10 miles)	Cromwell Valley Park
12-Feb	8:00 AM	Valentine's 10K	Morgan Mill Road /Loch Raven Drive
27-Feb	8:00 AM	GPS MDRRCA Club Challenge	Howard County Community College (Columbia, MD)
20-Mar	9:00 AM	Pretty Boy Trail Race (10K)	Pretty Boy Reservoir
27-Mar	8:00 AM	GPS White Hall 15K	NCR Trail/White Hall, MD
2-Apr	9:00 AM	Talmar Trail Race	Cromwell Valley Park
12-Apr	6:30 PM	Beginning Runners 6 Week Program--Tues/Thurs	Goucher College
16-Apr	7:30 AM	New Member Run	NCR Trail/Papermill Road
23-Apr	8:30 AM	Gunpowder Trail Race	Gunpowder State Park (Belair Rd)
14-May	8:00 AM	Marathon Kids Final Mile	Western High School
22-May	8:00 AM	Women's Distance Festival 5K	Goucher College
29-May	8:30 AM	Patapsco Trail Race (5-6 miles)	Patapsco State Park
12-Jun	8:00 AM	GPS 5K	Lake Montebello
26-Jun	1:00 PM	BRRRC Family Picnic and Club Awards	Sparks, MD
29-Jun	6:30 PM	Summer Track Meet #1	Goucher College
10-Jul	8:30 AM	Sweet Air Trail Race (7-8 miles)	Gunpowder State Park (Sweet Air area)
13-Jul	6:30 PM	GPS Meet of Miles	Goucher College
27-Jul	6:30 PM	Summer Track Meet #2	Goucher College
7-Aug	8:30 AM	Bunker Hill Trail Races (5.5/11 miles)	Gunpowder State Park (Bunker Hill area)
13-Aug	8:00 AM	Two Person 10 Mile Relay	Loch Raven High School Track
17-Aug	6:30 PM	Summer Track Meet #3	Goucher College
21-Aug	7:30 AM	GPS Too Hot to Trot 10K	NCR Trail (Sparks Rd) **Note new start time.
17-Sep	8:00 AM	Gunpowder Keg Ultra Trail Races (50K/10.5 and 21 miles)	Gunpowder State Park (Bunker Hill area)
18-Sep	8:00 AM	Executive Stampede 5K	Executive Plaza/Hunt Valley, MD
2-Oct	8:00 AM	GPS NCR Half Marathon	NCR Trail
15-Oct		BRRRC Waterstop: Baltimore Marathon Festival	
5-Nov	8:00 AM	GPS Cross Country 5 Miles	TBD
26-Nov	9:00 AM	NCR Trail Marathon and Marathon Relay	Sparks Elementary School/Sparks, MD
4-Dec	9:00 AM	Masters 6 and Social	Quaker Bottom Road/Sparks, MD
8-Dec	7:00 PM	General Membership Meeting	TBD