

The flagship event of the Potomac Highlands Distance Club

Fire on the Mountain 50K and 2-person relay
Top 10 performances
www.PhDispatch.com
Green Ridge State Forest

A 32.8-mile trail run in the hills of western Maryland.

Note 1: No race held in 2015

Note 2: Course changed in 2016 to out-and-back from point-to-point.

Post-race report

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Fire on the Mountain 50K all-time performances
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Name	City	Age on race day	Time	Year	Place
Men					
1. Michael Daigeau	Philadelphia, PA	34	4:31:59.5	2014	1
2. Brad Hinton	Stephens City, VA	36	4:38:07.1	2012	1
3. Adam Hill	Orillia, Ontario	36	4:38:49.1	2012	2
4. Eric Benjamin	Parkville, MD	32	4:49:29	2010	1
5. Andrew Mason	Hagerstown, MD	38	4:59:30.9	2010	2
6. Justin Wikerd	Lansdale, PA	32	5:01:04.7	2012	3
7. Aaron Schwartzbard	Reston, VA	34	5:02:06.9	2011	1
8. Mike McMonagle	Bel Air, MD	23	5:02:07.7	2013	1
9. Greg Zaruba	Smithsburg, MD	43	5:03:40.7	2010	3
10. Dana Sanford	Silver Spring, MD	32	5:05:13.9	2013	2

Women

1. Dani Mason	Hagerstown, MD	38	5:29:30	2010	1 (7)
2. Martha Nelson	Washington D.C.	30	5:36:25.2	2011	1 (4)
3. Jennifer Plevinski	Clear Spring, MD	33	5:40:35.4	2010	1 (10)
4. Sarah Colwell	Frederick, MD	25	5:40:50.9	2013	1 (10)
5. Michelle Benschhoff	Waynesboro, PA	41	5:51:32.5	2016	1 (1)
6. Kari Brown	Bedford, PA	36	5:53:09.1	2010	2 (12)
7. Carla Williams	Baltimore, MD	26	5:59:11.6	2013	2 (15)
8. Angela Russell	New Market, MD	37	6:05:25.5	2013	3 (19)
9. Heidi Marks	Zullinger, PA	31	6:06:51	2011	2 (9)
10. Elisa Edgar	Allison Park, PA	42	6:07:32.4	2013	4 (21)

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2-person relay records
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1. Karyn Dulaney and Jennifer Ford	5:28:37.2	2012	1
2. Danny Welsch and Charlie Falter	5:31:58.7	2011	1
3. Mary Jane Baniak and Jennifer Plevinski	5:52:59.1	2011	2
4. Danny Welsch and Mary Beth Strickler	5:56:34.3	2012	2
5. David McMillan III and Megan Hamilton	6:10:37.4	2011	3
6. Melissa Miley and Lisa Dobbertin	6:46:45	2012	3
7. Craig Gaver and Sarah Helinek	6:47:38	2011	4
8. Michael Pressman and Shauna McQuade	6:54:28	2011	5
9. Shauna McQuade and Erica Breighner	7:07:42.5	2012	4
10. Diann Cosgrove and Shauna McQuade	7:12:36.6	2010	1