

## Founders Day 5K

3.1 miles along the Cacapon River in Capon Bridge, WV  
Sunday, Sept. 30, 2012

A Potomac Highlands Distance Club event.

Next club race is **Saturday, Oct. 20** – the Silent No More 10K and 2-mile run/walk is an out-and-back course on the Caperton Trail in Morgantown, WV.  
After that is the **2nd annual Turkey Trot 2-mile run/walk** on Foxes Hollow Road in Romney, WV, on **Thursday, Nov. 22**. Entry is \$3.  
See **[www.PhDispatch.com](http://www.PhDispatch.com)** for details.

\* Send suggested results corrections (name misspellings, etc.) to [run@phdispatch.com](mailto:run@phdispatch.com).

### 5K (3.1 miles)

Place	Bib	Name	Sex	Age	City/State	Time	Pace
1	355	Mike Meadows	M	55	Martinsburg, WV	18:47.8	6:03
2	362	Timothy Loughran	M	19	Romney, WV	19:32.2	6:17
3	359	Jacob Brashears	M	15	Augusta, WV	21:07.9	6:48
4	350	Jesse Johnson	M	20	Capon Bridge, WV	21:13.6	6:50
5	347	Neal Riemenschneider	M	58	Winchester, VA	21:16.2	6:51
6	360	Kevin Kleinegger	M	13	Winchester, VA	21:34.9	6:57
7	352	Carlo Micale	M	63	Hedgesville, WV	23:28.7	7:33
8	353	Kevin Fletcher	M	48	Winchester, VA	23:55.6	7:42
9	343	Ray Hunt	M	50	LaVale, MD	24:41.3	7:56
10	349	Jeremy Johnson	M	25	Capon Bridge, WV	25:54.3	8:20
11	365	Jodi Hott	F	27	Romney, WV	26:15.6	8:27
12	354	Tina Marshall	F	43	Winchester, VA	26:20.7	8:28
13	369	Hali Shockey	F	47	Slanesville, WV	27:21.8	8:48
14	346	Madison Cebular	F	24	Capon Bridge, WV	28:22.2	9:08
15	361	Pete Hobbie	M	50	Kirby, WV	28:59	9:19
16	366	Rick Cox	M	50	Dover, PA	29:11.3	9:23
17	348	Dianne Wright	F	57	Winchester, VA	29:39.6	9:32
18	351	Justine Peloquin	F	24	Capon Bridge, WV	30:41.4	9:52
19	368	Molly Brashears	F	10	Augusta, WV	32:31.8	10:28
20	358	Michelle Brashears	F	34	Augusta, WV	32:32.3	10:28

21	363	Tom Dooley	M	62	Winchester, VA	35:34.3	11:27
22	345	Kendra Ross	F	34	Inwood, WV	38:46.7	12:28
23	344	Lauren Hackett	F	24	Inwood, WV	38:47.6	12:28
24	364	Ramona Johnston	F	50	Capon Bridge, WV	39:08.3	12:36
25	367	Diane Wells	F	54	Shanks, WV	41:05.3	13:13
26	356	Traci Valentinetti	F	41	Stephens City, VA	47:47.9	15:23
27	357	Tina Eversole	F	38	Capon Bridge, WV	47:48.3	15:23