

Fire on the Mountain 50K, 25K and two-person relay

The flagship event of the Potomac Highlands Distance Club

Top 10 performances - www.PhDispatch.com

A 32.8-mile trail run in Green Ridge State Forest in western Maryland

Note 1: No race held in 2015

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

Men		Age on			
Name	Residence	race day	Time	Year	Place
1. Michael Daigeaun	Philadelphia, PA	34	4:31:59.5	2014	1
2. Allan Spangler	Juneau, AK	33	4:38	2019	1
3. Brad Hinton	Stephens City, VA	36	4:38:07.1	2012	1
4. Adam Hill	Orillia, Ontario	36	4:38:49.1	2012	2
5. Lucas Meyer	Silver Spring, MD	35	4:43:09	2018	1
6. Eric Benjamin	Parkville, MD	32	4:49:29	2010	1
7. Adam Lowe	Martinsburg, WV	38	4:56:17	2020	1
8. Andrew Mason	Hagerstown, MD	38	4:59:30.9	2010	2
9. Justin Wikerd	Lansdale, PA	32	5:01:04.7	2012	3
10. A. Schwartzbard	Reston, VA	34	5:02:06.9	2011	1

Women		Age on			
Name	Residence	race day	Time	Year	Place
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	2 (10)
4. Sarah Colwell	Frederick, MD	25	5:40:50.9	2013	1 (10)
5. Michelle Benshoff	Waynesboro, PA	41	5:51:32.5	2016	1 (1)
6. Kari Brown	Bedford, PA	36	5:53:09.1	2010	3 (12)
7. Michelle Benshoff	Waynesboro, PA	42	5:54:06	2017	1 (2)
8. Parker Goss	Baltimore, MD	25	5:58:01	2020	1 (6)
9. Carla Williams	Baltimore, MD	26	5:59:11.6	2013	2 (15)
10. Angela Russell	New Market, MD	37	6:05:25.5	2013	3 (19)

2-person relay records

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. Adam Lowe and Robert "Moe" Morris	6:03:28	2017	1
6. David McMillan III and Megan Hamilton	6:10:37.4	2011	3
7. Melissa Miley and Lisa Dobbertin	6:46:45	2012	3
8. Craig Gaver and Sarah Helinek	6:47:38	2011	4
9. Michael Pressman and Shauna McQuade	6:54:28	2011	5
10. Misha Kelbatyrov and Janelle Weaver	6:56:34	2017	2