



Capon Valley 50K

Saturday, May 19, 2012

Timing by the Potomac Highlands Distance Club. 50 degrees and partly cloudy at 7 a.m. start.

Next club ultra is Sunday, Oct. 28 – the 3rd annual Fire on the Mountain 50K and 2-person relay is a point-to-point trail run in Green Ridge State Forest in eastern Allegany County, Maryland. See <http://PhDispatch.com> for details.

* Send suggested results corrections (name misspellings, etc.) to run@phdispatch.com. (This version updated 5.21.2012 @ 11:05 a.m.)

Capon Valley 50K

Place	Bib	Name	Sex	Age	City/State	Time
1	1507	Andrew Allstadt	M	29	Boyce, VA	3:52:02.4
2	1603	Brad Hinton	M	36	Strasburg, VA	4:14:52
3	1594	Meg Harnett	F	25	Baltimore, MD	4:30:11
4	1556	Lance Dockery	M	21	Jefferson, MD	4:34:57.7
5	1679	Ryan Quinnelly	M	30	Harrisonburg, VA	4:36:30.3
6	1686	Vincent Rossmeier	M	30	New Orleans, LA	4:37:14.3
7	1715	Chris Walker	M	35	Gaithersburg, MD	4:37:38
8	1641	Frank Lum	M	47	Boonsboro, MD	4:38:45.7
9	1669	Ragan Petrie	F	46	Arlington, VA	4:39:30.2
10	1534	Evan Cestari	M	32	Three Lakes, WI	4:40:22.4

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Place	Bib	Name	Sex	Age	City/State	Time
11	1717	Emily Warner	F	28	Winchester, VA	4:49:04.8
12	1567	Ryan Ficco	M	30	Miami, FL	4:51:41.1
13	1513	Michael Bailey	M	30	Midlothian, VA	4:52:50
14	1605	Jeff Holdaway	M	53	Vienna, VA	4:57:17.7
15	1590	Harry Hamilton	M	51	Madison, NJ	4:57:44
16	1588	Paul Hackley	M	41	Leesburg, VA	4:59:33
17	1555	Stephan Dobson	M	51	Thurmont, MD	5:01:56.5
18	1668	Alexandra Petersen	F	32	Herndon, Va	5:02:41.2
19	1593	Michele Harmon	F	46	Gaithersburg, MD	5:05:35.2
20	1536	Joe Clapper	M	53	Gaithersburg, MD	5:06:37.9
21	1596	Barry Hauptman	M	49	Bethesda, MD	5:08:29
22	1664	Jeff Pauline	M	40	Salt Lake City, UT	5:09:34
23	1629	Donald Lazarchik	M	54	Bethesda, MD	5:09:40.7
24	1595	Aaron Hastings	M	40	Middletown, MD	5:12:28
25	1621	Stacy Kotsko	F	31	Fairmont, WV	5:14:34.2
26	1656	Keith Moore	M	43	Washington D.C.	5:14:37.1
27	1553	Troy DeWitt	M	30	Arlington, VA	5:15:36.8
28	1690	Jody Shatzer	M	53	Chambersburg, PA	5:19:51.6
29	1631	Scott Lee	M	41	Haymarket, VA	5:20:07.9
30	1702	Christopher St. John	M	30	Brooklyn, NY	5:22:29
31	1721	Rebecca Byerly	F	28	Pleasant Garden, NC	5:23
32	1533	Marco Castillo	M	46	Arlington, VA	5:23:43.7
33	1517	Graham Beck	M	30	Brooklyn, NY	5:25:20.5
34	1672	Josh Poremba	M	39	Ashburn, VA	5:29:36.8
35	1671	Dente Poland	M	48	Crofton, MD	5:29:48
36	1630	James LeClare	M	50	Annapolis, MD	5:29:51.8
37	1599	Paul Headland	M	43	Frederick, MD	5:31:37.3
38	1705	Chris Stotler	M	44	Leesburg, VA	5:32:39.5
39	1563	Ron Ely	M	41	North Potomac, MD	5:34:35.1
40	1662	Andrew Obrien	M	41	Centreville, VA	5:36:17.8
41	1538	Rob Colenso	M	37	Alexandria, VA	5:38:20
42	1723	Stephanie Wilson	F	47	Oakhill, Va	5:40:07.4
43	1691	Kenneth Sholes	M	28	Arlington, VA	5:40:37.5

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Place	Bib	Name	Sex	Age	City/State	Time
44	1637	Greg Loomis	M	38	Arlington, VA	5:41:57.4
45	1528	Michael Bur	M	47	Kensington, MD	5:41:57.7
46	1724	James Work	M	43	Fairmont, WV	5:42:29.6
47	1678	Dan Pulskamp	M	33	Chesterfield, VA	5:42:51.2
48	1600	Mike Heese	M	42	Washington D.C.	5:43:10
49	1688	Jason Schick	M	29	Manassas, VA	5:43:50
50	1560	David Eck	M	42	Catawissa, PA	5:43:58.6
51	1654	Raymond Michael	M	68	Boonsboro, MD	5:44:35.4
52	1602	Meredith Hering	F	30	Annapolis, MD	5:45:04.4
53	1609	Keith Hosman	M	57	Dale City, VA	5:46:54.2
54	1518	Laurel Bell	F	50	Crownsville, MD	5:46:59.1
55	1627	Joseph Landreth	M	37	Alexandria, Va	5:47:03.1
56	1703	John Stacy	M	55	Fairfax, VA	5:47:05.4
57	1580	Gene Gignac	M	56		5:47:17.8
58	1610	Todd Houck	M	41	Gibsonia, PA	5:47:47.2
59	1689	Alexander Schnoeller	M	36	Alexandria, VA	5:48:23.4
60	1709	Doug Sullivan	M	50	Washington D.C.	5:49:25.4
61	1550	Gina DeGaetano	F	25		5:50:05.2
62	1634	Stacey Levendorf	F	43	Bruceton Mills, WV	5:50:52.7
63	1713	Gordon Thomson	M	53	Richmond, VA	5:52:39.8
64	1666	Justin Peake	M	31	Annapolis, MD	5:56:06.3
65	1506	Enrique Alaniz	M	33	Burke, VA	5:56:47.4
66	1632	Siobhan Leonardis	F	29	Charles Town, WV	5:57:45.7
67	1617	Vicki Kendall	F	59	Arlington, Va	6:02:10.8
68	1611	Quatro Hubbard	M	52	Richmond, VA	6:04:23.7
69	1589	Bob Haithcock	M	57	Middletown, NJ	6:05:02.1
70	1701	Alex Squires	M	23	Martinsburg, WV	6:05:36
71	1510	Wade Anderson	M	50	Readyville, TN	6:06:10.3
72	1509	Paul Ammann	M	51	Vienna, VA	6:06:10.7
73	1601	Janice Heltibridle	F	54	Maurertown, VA	6:06:31.1
74	1674	Ellen Potts	F	40	Akron, OH	6:06:40
75	1612	Lisa Johnston	F	47	Burkittsville, MD	6:06:57
76	1675	Dwayne Potts	M	42	Akron, OH	6:07:01

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Place	Bib	Name	Sex	Age	City/State	Time
77	1650	Brian McNeill	M	53	Frederick, MD	6:09:43
78	1585	Thomas Green	M	61	Columbia, MD	6:11:46.4
79	1514	Matt Baker	M	30	Fairfax, VA	6:12:10.1
80	1559	Claudia Ducker	F	44	Annapolis, MD	6:12:43
81	1698	Suzie Spangler	F	41	Annapolis, MD	6:12:43.3
82	1505	Diane Adams	F	49	Purcellville, VA	6:14:04
83	1658	Jim Nagle	M	55	Reston, VA	6:14:17.9
84	1577	Richard Fry	M	53	McLean, VA	6:14:41
85	1592	Louise Hancock	F	39	Sterling, VA	6:14:54.3
86	1540	Thomas Corris	M	59	Woodbridge, VA	6:15:28.6
87	1531	Shelly Cable	F	42	Bedford, PA	6:15:35.9
88	1682	Raymond Rogers	M	31	Yorktown, VA	6:16:01.9
89	1624	Nathan Kurtz	M	30	Halethorpe, MD	6:16:02.2
90	1725	Lisa Zaccarelli	F	42	Nashville, TN	6:16:15
91	1643	Vincent Ma	M	42	San Jose, CA	6:16:24.7
92	1542	Tom Craven	M	65	Honolulu, HI	6:16:27.1
93	1659	Casey Nesbit	F	52	Waterford, VA	6:16:33.6
94	1508	Heidi Ambrose	F	46	Leesburg, VA	6:16:50.7
95	1516	Dennis Bane	M	61	Locust Grove, VA	6:17:30.3
96	1520	Christine Bone	F	40	Ashburn, VA	6:17:39.2
97	1539	Denise Coll	F	51	Alexandria, VA	6:17:46.8
98	1655	Bryan Moll	M	29	Reading, PA	6:17:47.1
99	1558	Keith Doyne	M	48	Harrisburg, PA	6:17:54.4
100	1620	Steve King	M	43	Manassas, VA	6:18:02.8
101	1722	Carolyn Wilson	F	52	Winchester, Va	6:19:41.7
102	1552	Jill Devereux	F	45	Berryville, VA	6:19:42
103	1707	Kathy Stump	F	50	Stephens City, VA	6:19:42.2
104	1652	Steve Meckstroth	M	53	Salida, CO	6:22:38
105	1646	Stephen Mang	M	30	Columbia, MD	6:23:03.9
106	1521	Gaynor Bourgeois	F	43	Washington D.C.	6:25:29.7
107	1685	Tristan Rosier	M	27	Fairmont, WV	6:25:33.6
108	1635	Meir Lewin	M	25	Rockville, MD	6:25:33.9
109	1642	Kevin Lynch	M	51	Severna Park, MD	6:25:35.4

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Place	Bib	Name	Sex	Age	City/State	Time
110	1587	Tom Grove	M	65	Keyser, WV	6:27:46.5
111	1547	Stephanie Danahy	F	55	Fairfax Station, VA	6:28:16.1
112	1692	Bob Sites	M	58	Cary, NC	6:28:23.8
113	1574	Joni Fontana	F	50	Bethesda, MD	6:29:35.7
114	1660	Edward Nilges	M	45	Frederick, MD	6:31:30.7
115	1515	Jerry Ballard	M	52	Roanoke, VA	6:31:56.6
116	1561	Farouk Elkassed	M	62	Fairfax, VA	6:33:49
117	1670	Stephen Platt	M	42	Herndon, VA	6:35:45.2
118	1616	Katie Keier	F	42	Alexandria, VA	6:35:56.7
119	1549	Sara Davidson	F	29	Washington D.C.	6:37:13.8
120	1663	Jen Page	F	40	Arlington, VA	6:37:14.1
121	1575	Beth Foster	F	33	Alexandria, VA	6:37:14.4
122	1711	Kara Tennant*	F	32	Bentonville, Va	6:38:23
123	1522	Tom Bowman	M	50	Lansdowne, VA	6:40:16.4
124	1586	Emily Grossman-Ryan	F	37	Alexandria, VA	6:40:35.8
125	1710	Kenneth Swab	M	61	Bethesda, MD	6:40:56.9
126	1535	Janet Choi	F	42	Oakton, VA	6:42:19.2
127	1680	David Quivey	M	49	Manassas Park, VA	6:44:16.8
128	1718	Drew Watson**	M	49	Rockville, MD	6:44:20.8
129	1708	Rebecca Sudduth	F	31	Charlottesville, Va	6:45:09.1
130	1719	Lauren Wilkins	F	31	Raleigh, NC	6:47:27.3
131	1562	Thomas Elmore	M	53	Blacksburg, VA	6:48:18
132	1512	Sara Ayers-Rigsby	F	29	Fairfax, VA	6:50:24
133	1597	Beni Hawkins	F	29	Reston, VA	6:50:26.2
134	1578	Robert Gaylord	M	63	Burke, VA	6:50:26.5
135	1583	Cherry Grassi	F	40	Sterling, VA	6:50:27.2
136	1640	Mike Ludwig	M	41	WSMR, NM	6:50:27.5
137	1613	Brian Joly	M	53	Pittsburgh, PA	6:50:28.2
138	1625	Tim Kysela	M	45	Sterling, VA	6:50:37.1
139	1526	Nikki Brown	F	37	Oakland, MD	6:52:05.6
140	1545	Abbi Crowe	F	31	Chambersburg, PA	6:52:05.8
141	1683	Krista Rogers	F	37	Yorktown, VA	6:52:47.4
142	1661	Eric Noble	M	48	Round Hill, VA	6:54:53.8

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Place	Bib	Name	Sex	Age	City/State	Time
143	1581	Elizabeth Glover	F	67	Bethesda, MD	6:56:28.4
144	1572	Bruce Flanagan	M	49	Bethesda, MD	6:56:35.7
145	1712	Eric Thomson	M	43	Dunn Loring, VA	6:56:36.1
146	1619	Larry Key	M	65	Frederick, MD	6:58:24.2
147	1582	John Godinet	M	55	Myersville, MD	6:58:47.3
148	1628	Mary Lang	F	58	Pasadena, MD	6:58:56.9
149	1700	Timothy Spoo	M	56	Mountville, PA	7:02:08.9
150	1699	Stanley Spence	M	56	Burke, VA	7:02:25.3
151	1647	Jason Mara	M	39	Raleigh, NC	7:06:24.1
152	1527	Richard Bundro	M	37	State College, PA	7:06:39.5
153	1695	Gregory Smith	M	49	Yardley, PA	7:06:48.1
154	1694	Patrick Smith	M	52	Schnecksville, PA	7:06:48.3
155	1565	Laura Falsone	F	49	Edgewater, MD	7:06:51.2
156	1676	Myles Powers	M	57	Bowie, MD	7:06:55.6
157	1524	Laurie Brissey	F	52	Stevensville, MD	7:06:59.4
158	1706	JoAnne Studer	F	54	Arlington, VA	7:11:04.5
159	1716	Edward Walsh	M	63	Woodbridge, VA	7:16:29.8
160	1651	Gene Meade	M	48	Fuquay Varina, NC	7:16:54.6
161	1667	Maureen Percy	F	50	Cary, NC	7:17:52.7
162	1529	Calvin Burns	M	57	Vienna, VA	7:19:04.9
163	1726	Kira Zevan	F	38	College Park, MD	7:20:29.3
164	1636	Johanna Lockner	F	40	Dumfries, VA	7:20:29.7
165	1622	Faye Krause	F	46	Fredericksburg, VA	7:20:36.2
166	1511	Antonia Aurilio	F	37	Quantico, VA	7:20:36.5
167	1584	Glenn Gravatt	M	54	Harpers Ferry, WV	7:20:39.2
168	1546	Rupa Dainer	F	35	Bethesda, MD	7:22:53.4
169	1677	Michelle Price	F	45	Bethesda, MD	7:23:40.5
170	1564	Robert Fabia	M	59	Washington D.C.	7:24:07.6
171	1657	Lori Murphy	F	40	Montgomery Village, Md.	7:24:47
172	1554	Amanda Dion	F	46	Sterling, VA	7:26:38.5
173	1608	Mical Honigfort	F	35	Gaithersburg, MD	7:26:38.8
174	1543	Don Crone	M	51	Frederick, MD	7:27:25.4
175	1537	Regina Clark	F	50	Frederick, MD	7:27:25.6

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Place	Bib	Name	Sex	Age	City/State	Time
176	1607	Philip Holt	M	57	Chantilly, VA	7:30:44.3
177	1570	Brian Fillman	M	53		7:30:44.6
178	1569	Cynthia Fillman	F	42	Leesburg, Va	7:30:44.8
179	1681	Danielle Ripper	F	37	Baden, PA	7:35:39
180	1720	Caroline Williams	F	50	Arlington, VA	7:36:33.3
181	1591	Barbara Hamilton	F	43	Severna Park, MD	7:40:30.1
182	1566	Shawn Ferry	M	36	Leesburg, VA	7:40:37.3
183	1571	Kelley Fitzsimmons	F	31	King George, VA	7:45:51.1
184	1696	Robert Smoot	M	55	Forest Hill, MD	7:51:37.8
185	1684	Justin Rogers	M	31	Arlington, VA	7:51:42.4
186	1551	Julissa DeJesus	F	33	Arlington, VA	7:51:42.7
187	1606	Kimberly Hollifield	F	33	Morehead City, NC	7:57:56.8
188	1693	Duran Smith	M	39	Fairfax, VA	7:57:57.1
189	1704	Richard Stephens	M	62	Keyser, WV	7:59
190	1649	John McGrath	M	43	Shepherdstown, WV	8:00:03.2
191	1673	Richard Potter	M	65	Middletown, MD	8:01:52
192	1523	Ronald Bowman	M	62	Annapolis, MD	8:02:34.8
193	1645	Kathleen Madden	F	48	Annapolis, MD	8:02:35
194	1598	Laura Hayes	F	51	Brocton, NY	8:35:07.1
195	1573	Sandy Foley	F	65	Owings, MD	9:07:43.5
196	1568	Bob Field	M	60	Dunkirk, MD	9:07:44
197	1530	Diana Burton	F	66	Middletown, NJ	9:26:57
198	1614	Louis Jones	M	67	Springfield, VA	9:26:57.4

* Runner started at Aid Station 1.

** Runner started at Aid Station 2.