

**The Seashore Nature Trail 50K at
First Landing State Park
Virginia Beach, VA
December 18, 2010**



By Bee McLeod and Mel Williams

The 2nd Seashore Nature Trail 50K at First Landing State Park was held on Saturday, December 18, 2010 and once again, the event was a tremendous success as noted by overall participant numbers coming from a long and varied list of hometowns. The race had a limit of 300 entrants and it reached capacity on race day morning. Of the 300 entrants, 257 picked up their race packages, numbers and chips for the chip-timed race. Runners came from all parts of the country, from Vermont and Massachusetts to Florida and Georgia and Arizona and California. There were 142 entrants from outside the Greater Hampton Roads area, which includes areas in Southeastern Virginia up to Williamsburg and parts of Northeastern North Carolina; 57 of these entrants came from 20 different states while 85 came from more western and northern parts of Virginia, such as Richmond and the suburbs around Washington, DC. The remaining 158 entrants were from local cities, including Norfolk, Virginia Beach, Portsmouth, Chesapeake, Hampton, Newport News, Suffolk, Williamsburg, and others. All received great race memorabilia just for entering: a wind breaker jacket embroidered with the attractive race logo and a unique key chain also bearing the logo.

Although weather conditions were nowhere near as nasty as last year's hypothermia-inducing conditions, they were not as pleasant as we sometimes may experience in Southeastern Virginia in mid-December. A major east coast snowstorm hit Virginia Beach several days before the race, depositing several inches of snow that eventually turned into slush on the trails and ice on the bridges out on the course. On a positive note, however, the snow did add to the beauty of the state park's trail system, giving it a special seasonal festiveness. On Thursday before the race there was a possibility of canceling the race given a potentially dangerous weather forecast that would impair road conditions. However, the weather on Friday improved considerably, and albeit rather cold, the race course appeared to be navigable. Several Race Committee members of us toured the course on Friday and shoveled the ice and snow off the multiple bridges, and marked the turns on the course. The forecast for race day included rain and sleet, but not

starting until late in the day and thankfully, this forecast held true. Temperature at the start was in the low 30s, and conditions were somewhat cloudy for the prompt, on-schedule 8:00 AM start.

The conditions of the course were, in general, fairly good. While there was some mud in spots from the melting snow, and a light glaze of ice on some of the bridges for the first runners, overall the footing was very manageable. In 2009 we needed to change the course, making it a 2-loop version on the main trail and on one of the paved roads. However, this year we were able to use the side trails for the 2-loop course. The side trails contain numerous short, rolling hills, and have more roots exposed than on the main trail, but the runners seemed to enjoy the variety they provided.

An unexpected highlight of the race was the appearance of a flyover formation by ten F18C Hornets from the Truman, an aircraft carrier just returning home from a 7-month deployment in the Arabian Sea in support of our troops in Afghanistan. The jets were flying rather low, and many of the runners stopped to look skywards and take in the view. Although it was most likely a random happening, one would like to think that the lead pilot was an ultrarunner supporting his or her sport with this spectacular flyover.

The aid stations were well staffed with volunteers, as well as various foods and beverages, including fruit, candy and other carbohydrate snacks, peanut butter sandwiches, Gatorade, water, and various sodas. Mountain Dew with caffeine seemed to be such a big hit, and we had to make a trip to a local supermarket to replenish its supply. Not only were the aid stations such a hit for the nourishment they offered but also for the cheerleading and athlete support. One runner who stayed at the 64th Street aid station visiting and re-fueling was overheard saying, when he finally decided to rejoin the event, "I'd love to stay longer but....I gotta run!" An added plus for participants: both aid stations are easily accessible by family and friends who want to cheer for their favorite athlete or for all the athletes.

As with last year, the volunteers were praised by the runners for their dedication. We had over 80 volunteers throughout the day, and many worked the course from 6:00 AM until the finish and clean up at 5:00 PM. In particular, a deep sense of gratitude is extended to our race committee, who were very much involved in both the preparation for and the conduct of the race. **Stacin Martin** did an outstanding job as overall coordinator of volunteer efforts, while husband and wife team **Goody Tyler** and **Bee McLeod** stocked the two aid stations and coordinated the volunteer activity at both. **Dan Edwards** provided considerable support during the preparatory stages of the race and organized volunteer efforts at the finish line. **Angelo Celesia**, **Rob Levinsky** (still recuperating from a broken clavicle), and **Jim Ross** roamed the course throughout the day to address any concerns. **Jean Phelan** and **Linda Palluch** handled the packet pickup and registration both days, while **Tom Murphy** orchestrated parking on race day. **Steve Speirs** handled our computer needs, while **Rick Brown** provided timely and accurate finish times for all runners. **John Price** coordinated marking of the course, and on Friday shoveled snow off all the bridges on the Bald Cyprus/Osmanthus loop. **Gene and**

Carole Bachman provided a recreational vehicle at the finish as a warm-up shelter for runners after the race.

And our corps of volunteers made the race as successful as it was. Numerous emails were received praising the volunteers. Here is one example:

I just wanted to take a moment to send you an email and let you know that I was completely blown away by how well the race was done. This was my first ultra, and also my first time running on a trail and I have to say, I'm hooked! I absolutely loved it. I'm not particularly fast, but my pace wouldn't have made a difference anyway because the scenery was so beautiful I stopped and took pictures along the way.

Your food and hydration stations were so well stocked with food and incredible volunteers that I didn't need to worry about carrying water, Gatorade or food throughout the entire race. Your volunteers were extra kind and considerate and they were great for standing out in that cold to cheer us on and make sure the runners were ok.

The scenery, the volunteers, the food stations – I rate this my favorite race so far and I am looking forward to running this again next year!

There were 236 finishers, 150 males and 86 females. Danny Tepovich, 31, from Virginia Beach was the overall male winner with a time of 3:26:37, while Michelle Gosselin, 25, from Milford, Connecticut was the overall female winner, and 5th place overall, with a time of 3:51:54. The results follow below and also can be found at www.tidewaterstriders.com. All finishers received a finisher's hat, finisher's paperweight, and finisher's medal, all with the race logo.

Following the race, the runners and volunteers retired to the Shorebreak Inn for conversation, pizza, beverages, the awards ceremony, and a raffle of prizes donated by two local running stores—Final Kick Sports and Running, Etc.

Many runners extolled the beauty of the course. For your information, First Landing State Park is the most visited park in Virginia. It contains over 2,800 acres with approximately 19 miles of gently rolling trails that pass through numerous forested habitats, including cypress swamps, salt marshes and freshwater wetlands. Needless to say, it is the most popular long-distance running venue in Southeastern Virginia.

The 2011 race is scheduled for Saturday, December 17. Entry forms should be available around June. We are strictly limited to 300 runners and expect to reach that limit well before race day.

Seashore Nature Trail 50K
Va Beach, Va 18 DEC 2010

OVERALL MALE RESULTS

| Place | O'All | Name | Ag | City | St | Guntime | Chiptim |
|-------|-------|----------------|----|----------------|----|---------|---------|
| 1 | 1 | DANNY TEPOVICH | 31 | VIRGINIA BEACH | VA | 3:26:39 | 3:26:37 |
| 2 | 2 | STEVE SPEIRS | 44 | VA BEACH | VA | 3:42:18 | 3:42:16 |
| 3 | 3 | RICHARD MORRIS | 23 | WILLIAMSBURG | VA | 3:47:40 | 3:47:37 |

MALE/NO-AWARDS AGE GROUP: 1 - 29

| | | | | | | | |
|----|-----|--------------------------|----|----------------|----|---------|---------|
| 1 | 9 | MICHAEL WOLFE | 29 | VIRGINIA BEACH | VA | 4:15:24 | 4:15:21 |
| 2 | 10 | DONNY REBMAN | 27 | VIRGINIA BEACH | VA | 4:22:12 | 4:21:34 |
| 3 | 15 | LOGAN JOHNSON | 28 | VIRGINIA BEACH | VA | 4:30:05 | 4:29:51 |
| 4 | 20 | AARON MARTIN | 22 | LYNCHBURG | VA | 4:36:15 | 4:36:13 |
| 5 | 21 | JAMES CATHRO | 28 | VIRGINIA BEACH | VA | 4:37:03 | 4:36:58 |
| 6 | 23 | LAWRENCE PHILLIPS | 26 | NORFOLK | VA | 4:38:32 | 4:38:19 |
| 7 | 28 | ALAN ROCHE | 26 | CLARKSVILLE | TN | 4:45:19 | 4:45:08 |
| 8 | 35 | BRIAN JASTREBSKY | 23 | CHESAPEAKE | VA | 4:48:18 | 4:48:12 |
| 9 | 48 | THOMAS HUBER | 24 | ARLINGTON | VA | 5:01:52 | 5:01:52 |
| 10 | 49 | JORDAN HYATT | 29 | SUFFOLK | VA | 5:02:11 | 5:02:01 |
| 11 | 57 | TIM GRANTONIC | 28 | ALEXANDRIA | VA | 5:07:09 | 5:07:09 |
| 12 | 67 | KEN ROSE | 23 | NORFOLK | VA | 5:13:25 | 5:12:57 |
| 13 | 74 | MATHEW CATOIRE | 25 | VA BEACH | VA | 5:17:49 | 5:17:40 |
| 14 | 77 | JEFF YELLE | 29 | RICHMOND | VA | 5:20:27 | 5:19:49 |
| 15 | 82 | JONATHAN TRELOAR | 29 | FALLS CHURCH | VA | 5:21:48 | 5:21:42 |
| 16 | 88 | JASON SHAFFER | 27 | VIRGINIA BEACH | VA | 5:25:07 | 5:24:59 |
| 17 | 97 | KASEY SCHMIDT | 23 | VIRGINIA BEACH | VA | 5:34:44 | 5:34:17 |
| 18 | 102 | RYAN MALARKEY | 29 | VIRGINIA BEACH | VA | 5:37:40 | 5:37:02 |
| 19 | 109 | KEVIN DILLON | 29 | CHESAPEAKE | VA | 5:43:39 | 5:42:59 |
| 20 | 116 | JASON FIGURA | 28 | PITTSBURGH | PA | 5:45:10 | 5:44:41 |
| 21 | 123 | MAX ALVARADO | 26 | SPRINGFIELD | VA | 5:54:58 | 5:47:47 |
| 22 | 136 | MATHEW ANDREWS | 29 | CHARLOTTE | NC | 5:54:17 | 5:54:09 |
| 23 | 154 | BO YOHN | 23 | VIRGINIA BEACH | VA | 6:10:06 | 6:06:04 |
| 24 | 165 | LOIC BERNARD | 24 | VA BEACH | VA | 6:15:31 | 6:14:54 |
| 25 | 195 | TRAVIS FARLAND | 27 | MARICOPA | AZ | 6:34:39 | 6:34:23 |
| 26 | 198 | RONALD REYES | 26 | NORFOLK | VA | 6:36:02 | 6:35:56 |
| 27 | 206 | WINSTON BARRATT | 28 | VIRGINIA BEACH | VA | 6:50:58 | 6:50:32 |
| 28 | 214 | JOSECALIXTO TAVIZONSANDO | 25 | NORFOLK | VA | 7:09:40 | 7:09:29 |
| 29 | 226 | DANIEL SETTLE | 25 | ASHBURN | VA | 7:31:46 | 7:31:31 |
| 30 | 227 | BEN SETTLE | 27 | ASHBURN | VA | 7:31:48 | 7:31:31 |

MALE/SUB-MASTER AGE GROUP: 30 - 39

| | | | | | | | |
|----|----|-----------------|----|----------------|----|---------|---------|
| 1 | 4 | SCOTT BUTTZ | 36 | SUFFOLK | VA | 3:51:08 | 3:51:05 |
| 2 | 6 | WADE BARRETT | 34 | HOUSTON | TX | 4:04:25 | 4:04:18 |
| 3 | 19 | TRENT PERRIN | 30 | NORFOLK | VA | 4:36:21 | 4:36:08 |
| 4 | 22 | JIMMY MAUGER | 31 | FAIRFAX | VA | 4:37:05 | 4:36:59 |
| 5 | 25 | JONATHON WILSON | 32 | HENRICO | VA | 4:43:00 | 4:41:52 |
| 6 | 29 | RON MCKECHNIE | 38 | VIRGINIA BEACH | VA | 4:45:34 | 4:45:31 |
| 7 | 32 | THOMAS HICKS | 39 | VIRGINIA BEACH | VA | 4:46:35 | 4:46:03 |
| 8 | 34 | JIMM OUELLETTE | 38 | BURKE | VA | 4:48:17 | 4:48:01 |
| 9 | 36 | BRYAN STORHOLM | 31 | VIRGINIA BEACH | VA | 4:48:56 | 4:48:53 |
| 10 | 40 | ERIC LAZERSON | 35 | STAFFORD | VA | 4:51:37 | 4:51:18 |
| 11 | 55 | MICHAEL PAYNE | 38 | VIRGINIA BEACH | VA | 5:06:56 | 5:06:43 |
| 12 | 56 | JAMES PHALIN | 32 | ALEXANDRIA | VA | 5:07:06 | 5:07:06 |
| 13 | 61 | CARTER SWAMP | 35 | VIRGINIA BEACH | VA | 5:09:36 | 5:09:21 |
| 14 | 62 | JAMES BOOTH | 33 | VA BEACH | VA | 5:10:28 | 5:10:16 |
| 15 | 63 | BRIAN MCCUNE | 35 | NORFOLK | VA | 5:11:06 | 5:10:52 |
| 16 | 64 | ENRIQUE TOMEU | 34 | VA BEACH | VA | 5:11:05 | 5:10:53 |
| 17 | 75 | JOSH WADLINGTON | 30 | OAKTON | VA | 5:18:21 | 5:18:00 |
| 18 | 76 | MIKE OBADAL | 36 | NEWPORT NEWS | VA | 5:18:12 | 5:18:02 |

| | | | | | | | |
|--------------------------------|-----|----------------------|----|------------------|----|---------|---------|
| 19 | 79 | J DAVID MACLUSKIE | 37 | YORKTOWN | VA | 5:20:14 | 5:20:04 |
| 20 | 85 | CHRISTOPHER BRUNCLIK | 36 | WILLIAMSBURG | VA | 5:23:45 | 5:23:07 |
| 21 | 87 | BRIAN COBB | 38 | VIRGINIA BEACH | VA | 5:24:38 | 5:24:24 |
| 22 | 91 | BRIAN SAWYER | 35 | WESTFORD | MA | 5:27:44 | 5:27:38 |
| 23 | 95 | KRISTOPHER SCHULTE | 32 | VIRGINIA BEACH | VA | 5:31:38 | 5:31:32 |
| 24 | 103 | BRENT RUSSELL | 33 | VIRGINIA BEACH | VA | 5:37:41 | 5:37:16 |
| 25 | 108 | RODNEY BARDWELL | 38 | ASHLAND | VA | 5:42:17 | 5:41:57 |
| 26 | 118 | BRIAN CONNORS | 31 | MANAHAWKIN | NJ | 5:46:50 | 5:46:03 |
| 27 | 119 | HERIBERTO MIRELES | 32 | VIRGINIA BEACH | VA | 5:46:30 | 5:46:06 |
| 28 | 125 | WILLIAM GIBSON | 37 | VA BEACH | VA | 5:51:23 | 5:48:49 |
| 29 | 130 | KEVIN GRIFFIN | 35 | VIRGINIA BEACH | VA | 5:52:14 | 5:50:30 |
| 30 | 132 | ADAM MATHESON | 31 | WILLIAMSBURG | VA | 5:52:24 | 5:52:02 |
| 31 | 134 | PAUL MINIHAN | 30 | SUFFOLK | VA | 5:53:26 | 5:52:55 |
| 32 | 148 | JASON BEAM | 33 | VIRGINIA BEACH | VA | 6:02:40 | 6:02:06 |
| 33 | 153 | TIMOTHY CONDON | 39 | VABEACH | VA | 6:06:02 | 6:05:54 |
| 34 | 157 | GREG CARLSON | 37 | VIRGINIA BEACH | VA | 6:11:12 | 6:10:18 |
| 35 | 158 | DANIEL LUTZ | 31 | VIRGINIA BEACH | VA | 6:11:13 | 6:10:19 |
| 36 | 159 | SHANE DANAHER | 30 | SUFFOLK | VA | 6:11:57 | 6:11:47 |
| 37 | 161 | JOHN KING | 39 | MIDLOTHIAN | VA | 6:12:52 | 6:12:32 |
| 38 | 174 | CHRIS CWIKLINSKI | 36 | SUFFOLK | VA | 6:20:10 | 6:19:25 |
| 39 | 190 | JOSEPH LANDRETH | 35 | ALEXANDRIA | VA | 6:28:35 | 6:28:16 |
| 40 | 200 | JASON SULLIVAN | 36 | INMAN | SC | 6:38:08 | 6:37:29 |
| 41 | 202 | THOMAS MCMANUELS | 37 | COLUMBIA | MD | 6:43:32 | 6:43:06 |
| 42 | 213 | WILLIAM NELSON | 38 | VIRGINIA BEACH | VA | 7:00:16 | 6:59:38 |
| 43 | 216 | MICHAEL BORDI | 37 | VA BEACH | VA | 7:15:41 | 7:14:58 |
| 44 | 217 | CHRISTOFFER SMITH | 32 | VIRGINIA BEACH | VA | 7:16:45 | 7:16:08 |
| 45 | 218 | BRIAN STAUB | 38 | VIRGINIA BEACH | VA | 7:17:25 | 7:17:06 |
| MALE/MASTER AGE GROUP: 40 - 49 | | | | | | | |
| 1 | 8 | TOMMY NEESON | 41 | VA BEACH | VA | 4:10:20 | 4:10:18 |
| 2 | 11 | CARLTON MCFADEN | 40 | RICHMOND | VA | 4:22:22 | 4:22:18 |
| 3 | 18 | JEREMY DAVIDSON | 41 | VIRGINIA BEACH | VA | 4:34:04 | 4:34:00 |
| 4 | 24 | KURT WOHLER | 48 | SPOTSYLVANIA | VA | 4:39:34 | 4:39:28 |
| 5 | 26 | COR ZENDMAN | 49 | VA BEACH | VA | 4:44:13 | 4:43:59 |
| 6 | 30 | JEFF DIXON | 45 | ALEXANDRIA | VA | 4:46:09 | 4:45:52 |
| 7 | 31 | RICH KIRCHHOFF | 49 | MIDLOTHIAN | VA | 4:46:02 | 4:45:54 |
| 8 | 33 | JOSEPH MONOLO | 40 | BEAVERDAM | VA | 4:47:48 | 4:47:30 |
| 9 | 37 | RANDALL EDWARDS | 40 | ELIZABETH CITY | NC | 4:49:51 | 4:49:39 |
| 10 | 47 | BRIAN O'CONNOR | 45 | MONTGOMERY VILLA | MD | 5:02:07 | 5:01:36 |
| 11 | 50 | TOBIN ROBERTSON | 41 | CHESTERFIELD | VA | 5:03:34 | 5:02:25 |
| 12 | 65 | DAVID WICKERSHAM | 40 | ALEXANDRIA | VA | 5:12:49 | 5:12:33 |
| 13 | 66 | JOHN BUZANSKY | 49 | JAMISON | PA | 5:12:52 | 5:12:40 |
| 14 | 68 | DAVID SNIPES | 43 | MECHANICSVILLE | VA | 5:13:23 | 5:13:01 |
| 15 | 70 | FRANK RODRIGUEZ | 49 | VIRGINIA BEACH | VA | 5:14:28 | 5:14:05 |
| 16 | 73 | DAVID MAYER | 49 | VIRGINIA BEACH | VA | 5:17:59 | 5:17:28 |
| 17 | 81 | SCOTT CARLSON | 47 | VIRGINIA BEACH | VA | 5:21:39 | 5:21:16 |
| 18 | 83 | BRENT ARMSTRONG | 42 | COLONIAL HEIGHTS | VA | 5:22:15 | 5:22:03 |
| 19 | 84 | WILLIAM COMBES | 44 | NORFOLK | VA | 5:23:15 | 5:23:06 |
| 20 | 92 | TOM GRANT | 47 | ASHLAND | VA | 5:28:45 | 5:28:27 |
| 21 | 94 | ANDY GARZA | 47 | KITTY HAWK | NC | 5:31:56 | 5:30:48 |
| 22 | 111 | RICHARD NELSON | 46 | RICHMOND | VA | 5:43:51 | 5:43:19 |
| 23 | 121 | JEFFREY GREEN | 48 | VA BEACH | VA | 5:47:36 | 5:47:29 |
| 24 | 124 | GREG KIERSARSKY | 45 | RICHMOND | VA | 5:48:21 | 5:48:00 |
| 25 | 129 | JEFF COMBS | 43 | YORKTOWN | VA | 5:50:27 | 5:50:16 |
| 26 | 140 | RAY EMMERSON | 47 | VA BEACH | VA | 5:57:09 | 5:57:03 |
| 27 | 142 | CHRIS SNYDER | 44 | CHESAPEAKE | VA | 5:58:00 | 5:57:37 |
| 28 | 144 | ECHARD WHEELER | 43 | VIRGINIA BEACH | VA | 5:58:31 | 5:58:05 |
| 29 | 173 | KEVIN YOUNGBLOOD | 41 | VIRGINIA BEACH | VA | 6:18:14 | 6:18:00 |
| 30 | 178 | DANIEL ELDREDGE | 48 | NORFOLK | VA | 6:21:42 | 6:20:50 |
| 31 | 183 | SCOTT TOPPEL | 42 | VIRGINIA BEACH | VA | 6:23:14 | 6:22:56 |
| 32 | 187 | SCOTT SWENSON | 44 | VIRGINIA BEACH | VA | 6:28:12 | 6:27:37 |
| 33 | 188 | CHRIS BROGAN | 44 | VIRGINIA BEACH | VA | 6:28:10 | 6:27:38 |
| 34 | 191 | DAVID GENDRON | 44 | VA BEACH | VA | 6:32:33 | 6:32:00 |
| 35 | 199 | MARC SKARSHINSKI | 43 | VIRGINIA BEACH | VA | 6:36:54 | 6:36:20 |

| | | | | | | | |
|--------------------------------|-----|-------------------|----|------------------|----|---------|---------|
| 36 | 210 | MIKE KOTTMER | 41 | VA BEACH | VA | 6:57:57 | 6:57:37 |
| 37 | 219 | JOHN REED | 45 | VIRGINIA BEACH | VA | 7:21:59 | 7:21:17 |
| 38 | 220 | MICHAEL MERRITT | 43 | NORFOLK | VA | 7:24:28 | 7:24:20 |
| 39 | 221 | ALAN ZWART | 40 | WASHINGTON | DC | 7:24:51 | 7:24:21 |
| 40 | 235 | DAVE DEMMIN | 42 | NORFOLK | VA | 8:06:04 | 8:05:17 |
| MALE/SENIOR AGE GROUP: 50 - 99 | | | | | | | |
| 1 | 17 | ALLAN PEREZ | 53 | SILVER SPRING | MD | 4:33:37 | 4:33:32 |
| 2 | 27 | CHRIS GIBSON | 58 | PITTSBURGH | PA | 4:44:52 | 4:44:44 |
| 3 | 38 | BEN CAVAZOS | 51 | VA BEACH | VA | 4:50:09 | 4:50:05 |
| 4 | 39 | ZEKE ZUCKER | 66 | JEFFERSONVILLE | VT | 4:50:41 | 4:50:36 |
| 5 | 41 | DAVE VENABLE | 54 | YORKTOWN | VA | 4:53:41 | 4:53:36 |
| 6 | 45 | DAVID WHEAT | 52 | MIDLOTHIAN | VA | 5:01:03 | 5:00:51 |
| 7 | 53 | TOM PATTON | 70 | VIRGINIA BEACH | VA | 5:03:57 | 5:03:45 |
| 8 | 58 | MONTE EVANS | 59 | MECHANICSVILLE | VA | 5:14:46 | 5:07:10 |
| 9 | 60 | JAMES MINER | 62 | DRYDEN | NY | 5:08:13 | 5:08:05 |
| 10 | 89 | JERRY JARED | 56 | ST. GEORGE | VA | 5:26:33 | 5:26:14 |
| 11 | 96 | MICHAEL CHANEY | 54 | CHESAPEAKE | VA | 5:33:36 | 5:33:27 |
| 12 | 106 | SAM WITTENBERG | 57 | VA BEACH | VA | 5:43:24 | 5:41:22 |
| 13 | 107 | JIM DUFFY | 58 | VA BEACH | VA | 5:43:25 | 5:41:22 |
| 14 | 126 | DAVID NEWMAN | 54 | WINDSOR | VA | 5:49:47 | 5:49:20 |
| 15 | 133 | KANNAN SREEDHAR | 52 | HENRICO | VA | 5:52:42 | 5:52:21 |
| 16 | 135 | SCOTT DIPARDO | 57 | COLONIAL HEIGHTS | VA | 6:00:41 | 5:53:04 |
| 17 | 137 | KIM MITCHELL | 50 | VA BEACH | VA | 5:55:20 | 5:55:10 |
| 18 | 143 | ROY BLAKEBURN | 55 | VA BEACH | VA | 5:58:11 | 5:57:51 |
| 19 | 145 | ANDREW FAULKNER | 51 | FREDERICKSBURG | VA | 6:01:00 | 6:00:37 |
| 20 | 147 | JOHN HURLEY | 55 | RICHMOND | VA | 6:02:06 | 6:01:44 |
| 21 | 163 | ROBERT RANTANEN | 58 | VA BEACH | VA | 6:15:04 | 6:13:01 |
| 22 | 170 | GEORGE NELSEN | 55 | NEWPORT NEWS | VA | 6:16:47 | 6:16:23 |
| 23 | 175 | JOHN PRICE | 56 | VA BEACH | VA | 6:19:37 | 6:19:35 |
| 24 | 176 | GLENN CHRISTENSON | 53 | COCKEYSVILLE | MD | 6:20:56 | 6:20:27 |
| 25 | 179 | DEAN WEWETZER | 52 | NEWPORT NEWS | VA | 6:22:09 | 6:22:00 |
| 26 | 182 | CHRIS NICOLAIDES | 51 | MIDLOTHIAN | VA | 6:22:45 | 6:22:28 |
| 27 | 201 | BOB COYNE | 63 | SILVER SPRING | MD | 6:40:17 | 6:39:45 |
| 28 | 205 | ROBERT CERVERO | 59 | LAFAYETTE | CA | 6:47:35 | 6:46:58 |
| 29 | 207 | SOMPONG SOMBATI | 62 | RICHMOND | VA | 6:52:18 | 6:51:45 |
| 30 | 215 | RICHARD CATOIRE | 53 | VA BEACH | VA | 7:10:27 | 7:10:18 |
| 31 | 222 | STEVEN SHAPIRO | 56 | HAMPTON | VA | 7:26:54 | 7:26:27 |
| 32 | 236 | BOB JR CURTIN | 58 | HAMPTON | VA | 8:36:30 | 8:36:06 |

OVERALL FEMALE RESULTS

| NAME | O'All | Fname | Lname | Ag | City | St | Guntime | Chiptim |
|-------|-------|----------|-------------|----|------------|----|---------|---------|
| ===== | ===== | ===== | ===== | == | ===== | == | ===== | ===== |
| 1 | 5 | MICHELLE | GOSSELIN | 25 | MILFORD | CT | 3:51:57 | 3:51:54 |
| 2 | 7 | SHARON | DONOVAN | 36 | WASHINGTON | DC | 4:08:24 | 4:08:20 |
| 3 | 12 | RACHEL | CLATTENBURG | 26 | WASHINGTON | DC | 4:23:23 | 4:23:18 |

FEMALE/NO-AWARDS AGE GROUP: 1 - 29

| | | | | | | | | |
|----|-----|-----------|-------------|----|----------------|----|---------|---------|
| 1 | 44 | LINDSAY | DUNCAN | 25 | VIRGINIA BEACH | VA | 4:56:14 | 4:56:07 |
| 2 | 51 | REMY | MERRIAM | 27 | FREDERICKSBURG | VA | 5:03:04 | 5:02:31 |
| 3 | 69 | AIMEE | CATOIRE | 20 | VA BEACH | VA | 5:13:28 | 5:13:19 |
| 4 | 72 | JAMIE | BRENNAN | 26 | VIRGINIA BEACH | VA | 5:16:02 | 5:15:32 |
| 5 | 86 | LUDMILLA | GRACE | 24 | VIRGINIA BEACH | VA | 5:23:51 | 5:23:38 |
| 6 | 99 | CHRISTINA | BOLOGNA | 28 | VIRGINIA BEACH | VA | 5:35:37 | 5:35:24 |
| 7 | 114 | JULIANA | DEAN | 24 | VIRGINIA BEACH | VA | 5:45:15 | 5:44:40 |
| 8 | 120 | JENNIFER | JAMES | 29 | RALEIGH | NC | 5:46:40 | 5:46:07 |
| 9 | 122 | MEGAN | STEGEMILLER | 22 | ANNANDALE | VA | 5:54:58 | 5:47:46 |
| 10 | 146 | VALERIE | BRANDT | 29 | VIRGINIA BEACH | VA | 6:01:24 | 6:01:16 |
| 11 | 149 | COURTNEY | POLLMAN | 29 | VIRGINIA BEACH | VA | 6:02:40 | 6:02:08 |
| 12 | 168 | MAGGIE | SAUERHAGE | 21 | RISING SUN | IN | 6:16:30 | 6:16:11 |
| 13 | 169 | REBECCA | NELSEN | 24 | NEWPORT NEWS | VA | 6:16:45 | 6:16:20 |
| 14 | 185 | CYNTHIA | BENICK | 26 | NORFOLK | VA | 6:27:19 | 6:26:50 |
| 15 | 192 | MEAGHAN | CROMWELL | 27 | ALEXANDRIA | VA | 6:33:15 | 6:32:44 |
| 16 | 193 | TINA | REPA | 27 | VIRGINIA BEACH | VA | 6:34:24 | 6:33:44 |
| 17 | 197 | BRANNON | SMITH | 27 | VIRGINIA BEACH | VA | 6:35:32 | 6:35:01 |

| | | | | | | | |
|--------------------------------------|-----|-----------------------|----|------------------|----|---------|---------|
| 18 | 208 | JENNIFER TOLL | 27 | CHESAPEAKE | VA | 6:53:02 | 6:52:19 |
| 19 | 228 | ANDREA SAUKA | 29 | VIRGINIA BEACH | VA | 7:31:50 | 7:31:35 |
| FEMALE/SUB-MASTER AGE GROUP: 30 - 39 | | | | | | | |
| 1 | 13 | CHANTAL ROSE | 35 | VIRGINIA BEACH | VA | 4:26:06 | 4:26:02 |
| 2 | 16 | REBECCA SCOTT | 35 | ASHBURN | VA | 4:32:49 | 4:32:45 |
| 3 | 42 | BRENDA CARAWAN | 33 | VIRGINIA BEACH | VA | 4:53:52 | 4:53:39 |
| 4 | 46 | CHERIE NUCKOLS | 37 | CHESTERFIELD | VA | 5:01:03 | 5:00:51 |
| 5 | 52 | REBECCA SUDDUTH | 30 | CHARLOTTESVILLE | VA | 5:03:33 | 5:03:07 |
| 6 | 71 | SALENA OXENFORD | 33 | VIRGINIA BEACH | VA | 5:16:05 | 5:15:30 |
| 7 | 90 | RACHEL JOHNSON | 33 | KITTY HAWK | NC | 5:27:48 | 5:26:39 |
| 8 | 110 | GRANDISON BURNSIDE | 39 | HENRICO | VA | 5:43:42 | 5:43:11 |
| 9 | 113 | AYANO MURASE | 34 | BETHESDA | MD | 5:44:33 | 5:44:24 |
| 10 | 128 | WENDY ETZ | 39 | MIDLOTHIAN | VA | 5:49:53 | 5:49:36 |
| 11 | 131 | ARIADNA VUCINOVIC | 34 | KITTY HAWK | NC | 5:52:37 | 5:51:28 |
| 12 | 150 | CAROLINE BURNET | 30 | ATLANTA | GA | 6:04:22 | 6:03:54 |
| 13 | 151 | JENNY COUCH | 38 | SPOTSYLVANIA | VA | 6:04:37 | 6:04:07 |
| 14 | 155 | KRISTI TURNER | 35 | MIDLOTHIAN | VA | 6:06:33 | 6:06:15 |
| 15 | 162 | SHANNON RIVERA | 32 | HENRICO | VA | 6:12:52 | 6:12:32 |
| 16 | 203 | JENNY HEPLER | 38 | FREDERICKSBURG | VA | 6:45:48 | 6:44:54 |
| 17 | 204 | AMY COX | 38 | NEWMAN | GA | 6:45:24 | 6:44:55 |
| 18 | 209 | JENNIFER PATERSON | 38 | SPOTSYLVANIA | VA | 6:56:00 | 6:55:07 |
| 19 | 211 | ERICA WILSON | 34 | ERLANGER | KY | 6:58:27 | 6:57:54 |
| 20 | 232 | JULIE JONES | 37 | MONTCLAIR | VA | 7:46:03 | 7:45:49 |
| 21 | 234 | SUSAN HAGEL | 37 | NORFOLK | VA | 7:54:33 | 7:54:22 |
| FEMALE/MASTER AGE GROUP: 40 - 49 | | | | | | | |
| 1 | 14 | ANNE SPILLANE | 44 | VA BEACH | VA | 4:26:06 | 4:26:02 |
| 2 | 43 | MARY DELK | 40 | VIRGINIA BEACH | VA | 4:53:45 | 4:53:40 |
| 3 | 59 | AUDREY BURGOON | 49 | PITTSBURGH | PA | 5:08:06 | 5:07:59 |
| 4 | 78 | SUZANNE WEIGHTMAN | 46 | GREENSBURG | PA | 5:20:04 | 5:19:50 |
| 5 | 80 | SHANNON WOHLER | 42 | SPOTSYLVANIA | VA | 5:21:53 | 5:20:57 |
| 6 | 93 | DEBRA DUROCHER | 42 | FREDERICKSBURG | VA | 5:29:35 | 5:29:02 |
| 7 | 98 | CHARLENE WRIGHT | 42 | CHESAPEAKE | VA | 5:34:28 | 5:34:17 |
| 8 | 100 | RHONDA VENABLE | 49 | YORKTOWN | VA | 5:36:49 | 5:36:25 |
| 9 | 105 | MICHELE SMITH-HARDEN | 47 | NORFOLK | VA | 5:39:51 | 5:39:24 |
| 10 | 112 | AMY RANDOLPH | 43 | VIRGINIA BEACH | VA | 5:43:43 | 5:43:21 |
| 11 | 115 | BRENDA BECK | 40 | PRINCE GEORGE | VA | 5:45:10 | 5:44:40 |
| 12 | 117 | JUDY HOLDEN | 49 | RALEIGH | NC | 5:45:21 | 5:44:58 |
| 13 | 127 | KIMBERLY MAGEE | 40 | MIDLOTHIAN | VA | 5:49:52 | 5:49:35 |
| 14 | 138 | HEIDI MCNELIS | 47 | RICHMOND | VA | 5:56:03 | 5:55:41 |
| 15 | 139 | KATHIE SPRAGGINS | 49 | GLEN ALLEN | VA | 5:56:03 | 5:55:41 |
| 16 | 141 | JACKIE MITCHELL | 49 | RICHMOND | VA | 5:57:43 | 5:57:22 |
| 17 | 152 | PEARL GUDITUS | 48 | FREDERICKSBURG | VA | 6:05:18 | 6:04:48 |
| 18 | 160 | KERSTIN TAYLOR | 41 | VIRGINIA BEACH | VA | 6:12:33 | 6:12:09 |
| 19 | 164 | JAMI BRILL | 44 | HAMPTON | VA | 6:14:25 | 6:14:05 |
| 20 | 171 | ANNA BADGLEY | 40 | MIDLOTHIAN | VA | 6:16:54 | 6:16:38 |
| 21 | 172 | DESIREE SAUNDERS | 41 | COCKEYSVILLE | MD | 6:18:14 | 6:17:46 |
| 22 | 177 | SUSAN JENNINGS | 49 | BLUEMONT | VA | 6:21:05 | 6:20:33 |
| 23 | 180 | MARY WAGNER | 46 | VIRGINIA BEACH | VA | 6:22:41 | 6:22:04 |
| 24 | 181 | PATRICIA STEPHENS | 44 | LEESBURG | VA | 6:22:55 | 6:22:19 |
| 25 | 186 | JILLIAN LITTLE | 42 | VIRGINIA BEACH | VA | 6:28:11 | 6:27:35 |
| 26 | 189 | KATIE KEIER | 40 | ALEXANDRIA | VA | 6:28:34 | 6:28:16 |
| 27 | 194 | KELLY O'BRIEN | 43 | VIRGINIA BEACH | VA | 6:34:25 | 6:33:45 |
| 28 | 196 | KATHY FARMER | 41 | KILL DEVIL HILLS | NC | 6:35:38 | 6:34:30 |
| 29 | 223 | MAUREEN VENTRICE | 45 | VA BEACH | VA | 7:26:55 | 7:26:28 |
| 30 | 224 | LORI SHERWOOD | 46 | PORTSMOUTH | VA | 7:26:55 | 7:26:28 |
| 31 | 225 | LETTY MARINO | 48 | VA BEACH | VA | 7:29:13 | 7:27:21 |
| 32 | 229 | BECKY WEBER | 45 | FREDERICKSBURG | VA | 7:37:22 | 7:36:27 |
| 33 | 230 | STACY STOVALL | 43 | FREDERICKSBURG | VA | 7:37:21 | 7:36:28 |
| FEMALE/SENIOR AGE GROUP: 50 - 99 | | | | | | | |
| 1 | 54 | JEANNE KRUGER-WILLIAM | 63 | NORFOLK | VA | 5:04:52 | 5:04:29 |
| 2 | 101 | MARY GIBBS | 51 | POQUOSON | VA | 5:36:50 | 5:36:26 |
| 3 | 104 | BRENDA KALIN | 51 | NORFOLK | VA | 5:40:41 | 5:38:09 |
| 4 | 156 | PHYLLIS SIDELKO | 51 | LOCUST GROVE | VA | 6:10:28 | 6:09:34 |

| | | | | | | | |
|----|-----|------------------|----|------------------|----|---------|---------|
| 5 | 166 | SHERRY CELESIA | 54 | VA BEACH | VA | 6:16:05 | 6:15:36 |
| 6 | 167 | ANNE STERN | 54 | VA BEACH | VA | 6:16:05 | 6:15:37 |
| 7 | 184 | CHRISTIE WAMSLEY | 57 | COLONIAL HEIGHTS | VA | 6:25:49 | 6:23:19 |
| 8 | 212 | MARY SPEAR | 50 | VA BEACH | VA | 6:59:03 | 6:58:27 |
| 9 | 231 | MARSHA WHITE | 63 | GAINESVILLE | FL | 7:37:56 | 7:37:21 |
| 10 | 233 | LINDA AUBERTIN | 58 | PETERSBURG | VA | 7:46:04 | 7:45:50 |