

2018 EX2 Adventures Fall Backyard Burn Trail Running Series
Race #2 Lake Fairfax Regional Park - October 14, 2018
Age Group Results

5 Mile - Age Group Results

F 19-U

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	355	Casey	Yenyo	17	Springfield VA	0:47:25	50
2	358	Josephine	Damico-Lassman	12	Alexandria VA	1:01:09	41

F 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	247	Anna	Tupy	29	Washington DC	0:38:05	50
2	235	Stephanie	Schmidt	25	Fairfax VA	0:43:26	41
3	170	Julia	Bradshaw	26	Washington DC	0:49:15	35
4	354	Mia	Hemmersley	25	Washington DC	0:50:22	30
5	255	Jessica	Wong	27	Alexandria VA	0:50:28	26
6	190	Emily	Griswold	26	Takoma Park MD	1:03:54	23

F 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	181	Miranda	Forte	33	Rockville MD	0:44:16	50
2	351	Allie	Goldstein	31	Washington DC	0:45:07	41
3	164	Kelly	Barry	33	Oakton VA	0:45:38	35
4	171	Britni	Burks	33	Stafford VA	0:46:18	30
5	173	Katie	Casper	31	Alexandria VA	0:46:22	26
6	167	Caryn	Benisch	30	Washington DC	0:48:32	23
7	165	Lauren	Becker	36	Washington DC	0:49:18	20
8	166	Amber	Bell	39	Washington DC	0:49:43	17
9	203	Carly	Kirk	32	Arlington VA	0:49:50	15
10	214	Corinne	Militz	34	Washington DC	0:49:58	13
11	231	Nicki	Post	37	Alexandria VA	0:50:14	11
12	233	Alissa	Ray	34	Herndon VA	0:51:27	9
13	360	Sam	Kennard	35	Washington DC	0:52:13	8
14	365	Noelle	Ng	36	Arlington VA	0:53:00	7
15	229	Aj	Pearlman	37	Washington DC	0:53:36	6
16	172	Megan	Carney	36	Arlington VA	0:54:30	5
17	237	Tiffany-Rose	Sikorski	34	Sterling VA	0:55:02	4
18	210	Tracy	Maese	38	Arlington VA	0:55:16	3
19	177	Cassia	Denton	30	Washington DC	0:56:27	2
20	211	Gloria	Maier	36	Washington DC	0:56:28	1

21	236	Muna	Shikaki	38	Washington DC	0:56:44	
22	240	Michelle	Stanley	39	Springfield VA	0:57:23	
23	226	Erin	Norman	35	Oakton VA	0:57:34	
24	161	Marissa	Anderson	35	Sterling VA	0:58:15	
25	353	Sarah	Nardella	33	Washington DC	0:58:41	
26	208	Melody	Liao	31	Washington DC	0:58:48	
27	191	Naomi	Gunter	37	Silver Spring MD	1:00:29	
28	215	Erin	Miller	37	Fairfax VA	1:01:05	
29	163	Lindsay	Ballard	39	Greenbelt MD	1:01:45	
30	175	Tara	Clements	33	Chantilly VA	1:03:29	
31	254	Kate	Williams	31	Alexandria VA	1:06:15	
32	186	Megan	Gowers	35	Sterling VA	1:08:04	
33	204	Caitlin	Kovalkoski	34	Washington DC	1:09:02	

F 40-49

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	223	Jean	Nehring	42	Vienna VA	0:45:42	50
2	239	Shelese	Smith	45	Alexandria VA	0:45:43	41
3	218	Leilani	Morton	43	Chantilly VA	0:46:18	35
4	184	Jc	Gibbons	46	Reston VA	0:47:39	30
5	200	Beth	Ingalls	44	Alexandria VA	0:53:03	26
6	356	Julie	Santos	42	Arlington VA	0:54:30	23
7	251	Jennifer	Walker	43	Oakton VA	0:54:31	20
8	193	Tabitha	Hendershot	49	Arlington VA	0:54:42	17
9	221	Kristen	Murphy	45	Ashburn VA	0:54:56	15
10	228	Tina	Parquette	46	Herndon VA	0:55:00	13
11	246	Anne	Trotter	43	Chantilly VA	0:56:42	11
12	216	Ruth	Miller	44	Burke VA	0:58:23	9
13	224	Denae	Newman	44	Sterling VA	0:58:27	8
14	192	Sarah	Halgas	43	Ashburn VA	0:58:29	7
15	361	Kate	Frances	40	Washington DC	1:01:40	6
16	242	Jen	Strohecker	42	Springfield VA	1:01:58	5
17	168	Susan	Betts	47	Sterling VA	1:02:16	4
18	185	Theresa	Gonzalez	40	Fairfax VA	1:02:19	3
19	220	Lisa	Mottet	43	Washington DC	1:03:19	2
20	244	Monica	Tencate	47	Oakton VA	1:03:36	1
21	243	Natascha	Syre	45	Alexandria VA	1:04:15	
22	346	Kerensa	Hadley	44	Fairfax VA	1:05:30	
23	182	Lily	Frankenfield	49	Leesburg VA	1:07:00	
24	349	Barbara	Scott	48	Leesburg VA	1:07:04	
25	248	Amy	Upton	41	Washington DC	1:07:54	
26	187	Sarah	Gowers	45	Sterling VA	1:08:04	

27	162	Anne	Andrews	48	Alexandria VA	1:13:13	
28	179	Denise	Dubia	49	Falls Church VA	1:15:17	
29	160	Jane	Alonso	44	Washington DC	1:16:24	

F 50-59

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	183	Anita	Freres	53	Vienna VA	0:43:03	50
2	232	Michelle	Ramsdell	51	Burke VA	0:51:16	41
3	195	Alice	Hisamoto	57	Herndon VA	0:52:22	35
4	257	Susan	Yenyo	50	Springfield VA	0:55:31	30
5	176	Mary Beth	Corrigan	57	Alexandria VA	0:56:57	26
6	253	Heather	Weaver	50	Bethesda MD	0:57:40	23
7	217	Jennifer	Morrison	51	herndon VA	0:58:19	20
8	238	Heather	Sine	51	Washington DC	0:59:29	17
9	199	Lori	Howard	51	Alexandria VA	1:03:54	15
10	230	Mary	Pickering	50	Arlington VA	1:04:03	13
11	178	Laura	Doyle	51	Alexandria VA	1:04:17	11
12	249	Katya	Vines	50	Washington DC	1:08:37	9
13	213	Dea	Merchant	51	Fairfax VA	1:15:21	8
14	222	Anne	Nagy	52	Reston VA	1:15:33	7

F 60+

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	189	Cindy	Griswold	62	Cocoa FL	1:30:57	50

M 19-U

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	294	Bennett	Hunter	18	McLean VA	0:42:12	50
2	277	Cael	Ferland	13	Chantilly VA	0:47:41	41
3	357	Tobias	Damico-Lassman	10	Alexandria VA	0:48:35	35
4	310	Aydan	Maese	8	Arlington VA	0:55:15	30
5	311	Mateo	Maese	6	Arlington VA	1:03:47	26
6	322	Mason	Omiatek	13	Alexandria VA	1:08:30	23

M 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	339	Peter	Tyliszczak	29	Washington DC	0:42:11	50
2	317	Carson	Monroe	25	Arlington VA	0:42:17	41
3	266	Nathan	Bruns	26	Arlington VA	0:42:31	35
4	722	James	Newman	25	College Park MD	1:27:09	30

M 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	313	David	Magida	32	Washington DC	0:33:08	50
2	267	Brad	Byrnes	38	Alexandria VA	0:35:12	41
3	271	Matthew	Cleveland	30	Potomac Falls VA	0:37:38	35
4	262	Kevin	Belanger	33	Washington DC	0:37:40	30
5	320	Josh	Nichols	34	Burke VA	0:40:32	26
6	328	Christopher	Raub	36	Bethesda MD	0:40:35	23
7	336	Ryan	Stronczer	34	Arlington VA	0:41:13	20
8	296	Aaron	Jeanguenat	38	Springfield VA	0:41:36	17
9	347	Brandan	Lown	32	Lorton VA	0:44:01	15
10	285	Alex	Gonski	33	Reston VA	0:44:07	13
11	269	Chris	Clements	35	Fairfax VA	0:44:30	11
12	350	David	Giambarresi	33	Arlington VA	0:45:31	9
13	304	Justin	Kurz	34	Falls Church VA	0:46:50	8
14	261	Marshall	Barksdale	39	Washington DC	0:49:26	7
15	276	Brian	Denny	38	Reston VA	0:51:03	6
16	312	Christopher	Magee	39	Manassas VA	0:51:58	5
17	268	Matthew	Chase	38	Fort Belvoir VA	0:52:26	4
18	352	Michael	Nicholson	36	Alexandria VA	0:55:40	3
19	364	Larry	Miller	34	Alexandria VA	0:59:32	2
20	282	Blaine	Froeschl	39	Clifton VA	0:59:58	1
21	362	Rogelio	Maese	38	Arlington VA	1:03:48	
22	258	Matt	Aeillo	37	Virginia VA	1:06:11	

M 40-49

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	342	James	Wagner	45	Washington DC	0:37:41	50
2	289	Alistair	Hastings	41	Reston VA	0:38:39	41
3	321	Chris	Noland	46	Sterling VA	0:39:19	35
4	288	Graham	Grove	41	Washington DC	0:40:29	30
5	341	Michael	Vega	40	Ashburn VA	0:41:58	26
6	275	Fernando	De La Cerda	48	El Paso TX	0:42:22	23
7	278	Jay	Ferland	48	Chantilly VA	0:42:46	20
8	363	David	Baggett	48	Woodbridge VA	0:42:55	17
9	332	David	Shove-Brown	45	Potomac MD	0:43:07	15
10	366	Allan	Ng	40	Arlington VA	0:43:57	13
11	325	Noel	Pesce	43	Rockville MD	0:44:29	11
12	284	Todd	Gobeille	47	Herndon VA	0:45:47	9
13	359	Kent	Lassman	44	Alexandria VA	0:49:10	8
14	305	Eric	Larsen	46	Falls Church VA	0:49:23	7
15	279	David	Fick	42	Fairfax VA	0:51:30	6

16	319	Leonard	Newsom	49	Largo MD	0:53:02	5
17	302	Jay	Kennedy	46	McLean VA	0:53:05	4
18	330	Matthew	Ringier	43	Vienna CA	0:55:16	3
19	300	Brian	Kainec	40	Great Falls VA	0:56:23	2
20	307	Mike	Long	42	Sterling VA	0:56:24	1
21	259	Karl	Allwerdt	46	Woodbridge VA	0:56:25	
22	291	Christopher	Hirt	43	Baytown TX	0:58:21	
23	270	Stephen	Clermont	47	Burke VA	1:01:32	
24	293	David	Hoyt	41	Leesburg VA	1:01:37	
25	340	James	Upton	43	Washington DC	1:01:49	
26	315	Matthew	Mcivor	43	Vienna VA	1:02:37	
27	281	Mark	Fostek	47	Fairfax VA	1:02:52	
28	329	David	Ravetti	49	Springfield VA	1:05:13	
29	298	Brian	Jones	45	Dumfries VA	1:06:26	
30	323	Robert	Omiatek	44	Alexandria VA	1:08:30	
31	287	Timothy	Greten	43	Vienna VA	1:27:27	

M 50-59

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	334	Jan	Smilek	51	Leesburg VA	0:40:05	50
2	263	Mark	Billinghamurst	57	Arlington VA	0:43:24	41
3	297	Stefan	Johansson	51	Vienna VA	0:44:39	35
4	295	Chris	Hunter	52	McLean VA	0:44:46	30
5	326	Steve	Ramsdell	52	Burke VA	0:45:08	26
6	331	Harald	Scheirich	51	Washington DC	0:48:36	23
7	272	Tyrone	Cook	52	Alexandria VA	0:48:55	20
8	337	Thomas	Teifke	53	Arlington VA	0:49:40	17
9	338	Michael	Tencate	51	Oakton VA	0:52:35	15
10	299	Derrek	Jones	53	Washington DC	0:52:55	13
11	264	Ken	Bocam	52	Potomac MD	0:54:19	11
12	345	Garry	Young	55	Arlington VA	0:55:05	9
13	292	Jim	Howard	57	Alexandria VA	0:57:46	8
14	306	Brian	Legan	52	Leesburg VA	0:58:32	7
15	290	Eric	Hein	56	Fairfax VA	0:59:12	6
16	265	Darold	Brinley	52	Herndon VA	1:04:06	5
17	348	Robert	Brown	52	Vienna VA	1:09:26	4

M 60+

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	327	Paul	Rapavi	61	Springfield VA	0:45:51	50
2	333	Rick	Smethers	68	Reston VA	0:48:37	41
3	309	Patrick	Lusk	64	Fairfax VA	0:50:17	35

4	283	Brad	Gilman	60	Vienna VA	0:51:43	30
5	260	Ronald	Bardach	60	Vienna VA	0:52:10	26

10 Mile - Age Group Results

F 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	631	Ellie	Moran	29	Reston VA	1:49:09	50

F 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	645	Jessica	Yurcheshen	31	Washington DC	1:21:36	50
2	632	Shannon	Oneill	37	Cabin John MD	1:24:08	41
3	610	Carolyn	Clark	32	Falls Church VA	1:25:25	35
4	626	Jen	Lin	31	Brookeville MD	1:26:07	30
5	623	Jodi	Huston	39	Reston VA	1:35:25	26
6	635	Natalie	Perilla	31	Annandale VA	1:36:02	23
7	619	Margaret	Gray	39	Reston VA	1:41:23	20
8	644	Christine	Wahle	36	Alexandria VA	1:41:44	17
9	609	Tiffiney	Carney	38	Washington DC	1:42:05	15
10	628	Kristine	Marsh	33	Washington DC	1:44:57	13
11	627	Janiece	Marquez	32	Washington DC	1:46:07	11
12	616	Dana	Fullen	35	Manassas VA	1:59:20	9
13	725	Katherine	Aikman	38	Alexandria VA	2:03:42	8
14	615	Syreeta	Fields	32	Fairfax VA	2:03:53	7
15	728	Katherine	Strong	38	Dayton OH	2:06:22	6
DNF	630	Ivory	Miceli	31	Haymarket VA	1:16:32	

F 40-49

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	727	Melissa	Handrigan	44	Falls Church VA	1:38:11	50
2	643	Mary	Slater	47	Silver Spring MD	1:40:58	41
3	730	Elizabeth	Coleman	41	Washington DC	1:42:35	35
4	721	Kelann	McDonnell	49	Great Falls VA	1:43:22	30
5	608	Stephanie	Brinley	49	Herndon VA	1:52:35	26
6	613	Sheila	Farthing	49	Potomac Falls VA	2:02:36	23
7	634	Julie	Peasley	43	Springfield VA	2:13:49	20
8	633	Diane	Pancoska	46	Silver Spring MD	2:19:18	17

F 50-59

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
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1	638	Jackson	Rappaport	52	Washington DC	1:35:07	50
2	612	Karol	Eller	53	Sterling VA	1:48:49	41
3	614	Kimberly	Ferland	51	Chantilly VA	2:02:36	35
4	724	Patricia	Mock	52	Sterling VA	2:19:17	30

M 19-U

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	681	Louis	Horner	15	Reston VA	1:26:16	50
2	735	Desmond	Damico-Lassman	12	Alexandria VA	1:38:54	41

M 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	720	Wouter	Zwart	28	Tucson AZ	1:06:00	50
2	688	Colin	Macfarlane	28	Arlington VA	1:11:48	41
3	676	Peter	Gudmundsen	29	Arlington VA	1:17:13	35
4	654	Neil	Brown	28	Silver Spring MD	1:20:06	30
5	671	Patrick	Fogerty	26	Arlington VA	1:23:28	26
6	686	Georges	Labaki	29	Alexandria VA	1:24:22	23

M 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	713	Benn	Thomas	39	Arlington VA	1:08:50	50
2	710	Michael	Smith	35	Springfield VA	1:13:57	41
3	665	Samuel	Druetzler	32	Manassas VA	1:14:29	35
4	659	Giancarlo	Cavallo	36	Washington DC	1:14:59	30
5	699	David	Nicholson	37	Washington DC	1:15:52	26
6	731	Pablo	Torres	39	Alexandria VA	1:16:47	23
7	706	Stephen	Schaber	39	Washington DC	1:17:26	20
8	657	Adam	Cardenas	35	Arlington VA	1:19:10	17
9	668	Michael	Faber	36	Alexandria VA	1:19:20	15
10	648	Sam	Batkins	36	Springfield VA	1:22:22	13
11	649	Kevin	Beatty	36	Ventura VA	1:22:32	11
12	661	Ben	Clark	34	Falls Church VA	1:28:03	9
13	708	Dan	Schwartz	33	Springfield VA	1:31:36	8
13	719	Will	Warner	37	Arlington VA	1:31:36	8
15	717	Mike	Trizna	34	Annandale VA	1:36:02	6
16	693	Joseph	Minta	34	Alexandria VA	1:36:41	5
17	656	Chris	Canter	39	Arlington VA	1:43:46	4
18	698	John	Newman	31	Rockville MD	1:45:04	3
19	696	Nathan	Nekvasil	37	Washington DC	1:46:07	2
20	682	Khali	Johnson	36	Alexandria VA	1:50:01	1
21	667	David	Duran	39	Bristow VA	1:50:36	

22	712	Brian	Teufel	39	Haymarket VA	1:54:37	
23	680	Kusi	Hornberger	39	Alexandria VA	2:03:42	
DNF	651	Adam	Borbidge	39	South Riding VA	0:43:32	
DNF	684	Christopher	Karwacki	37	Washington DC	0:48:39	

M 40-49

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	689	James	Magee	40	Springfield VA	1:12:54	50
2	674	Peter	French	41	Arlington VA	1:16:56	41
3	701	Benjamin	Phelps	43	Washington DC	1:18:37	35
4	677	Danny	Hayes	42	Washington DC	1:20:34	30
5	704	Hugh	Rodell	48	Reston VA	1:22:44	26
6	715	John	Torossian	40	Herndon VA	1:24:43	23
7	716	Christopher	Tracy	40	washington DC	1:25:29	20
8	697	Keith	Nelson	43	Vienna VA	1:25:40	17
9	662	Shawn	Clark	42	Herndon VA	1:26:59	15
10	690	Paul	Marvar	43	Washington DC	1:27:04	13
11	714	Michael	Tollini	41	McLean VA	1:28:11	11
12	732	Jonathan	Ballagh	41	Reston VA	1:30:30	9
12	733	Matthew	King	42	Herndon VA	1:30:30	8
14	669	Adrian	Farquhar	43	Vienna VA	1:31:17	7
15	653	Fred	Briden	44	Herndon VA	1:40:21	6
16	702	Daniel	Rinaldi	45	Vienna VA	1:48:33	5
17	734	Russell	Santos	46	Arlington VA	1:49:21	4
18	695	Andres	Nazario	44	Arlington VA	1:54:11	3
19	673	Jay	Frankenfield	48	Leesburg VA	1:54:19	2
20	705	Dennis	Sarmiento	45	Fairfax VA	1:59:38	1
21	694	Rishi	Naik	42	Norcross GA	1:59:53	

M 50-59

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	707	Brian	Schmidt	50	Leesburg VA	1:10:35	50
2	726	Steven	Viers	51	Clarksburg MD	1:19:57	41
3	679	Kevin	Hensley	56	Washington DC	1:22:37	35
4	646	Pedro	Acosta	52	Springfield VA	1:23:02	30
5	660	Leon	Chichester	53	Oak Hill VA	1:28:06	26
6	729	Terry	Koob	51	Virginia Beach VA	1:41:35	23
7	723	Dan	Mock	59	Sterling VA	1:42:17	20
8	647	Joey	Baird	59	Falls Church VA	1:48:01	17
9	650	Lee	Bock	51	Vienna VA	1:56:28	15
10	675	Adam	Grotke	50	Ashburn VA	2:02:26	13
11	670	Shawn	Fitzpatrick	51	Oakton VA	2:34:13	11

M 60+

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R2 Points
1	672	Ron	Fox	61	Manassas VA	1:43:30	50
2	658	Mike	Carey	62	Spencerville MD	2:04:13	41