

# 2018 EX2 Adventures Fall Backyard Burn Trail Running Series

## Race #4 Hemlock Overlook - November 18, 2018

### Age Group Results

#### 5 Mile Results (Actual Distance 5.4 Tough Miles)

##### F 19-U

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	58	Emily	Gill	15	Burke VA	0:59:42	50
2	43	Josephine	Damico-Lassman	11	Alexandria VA	1:05:09	41

##### F 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	68	Megan	Hoogland	29	Fairfax VA	0:39:09	50
2	229	Anna	Tupy	29	Washington DC	0:42:04	41
3	21	Sarah	Aarons	29	Annandale VA	0:52:48	35
4	103	Maddie	Richards	27	Vienna VA	0:53:04	30
5	72	Wendy	Kanter	27	Ellicott city MD	0:53:40	26
6	222	Mia	Hammersley	25	Washinton DC	0:55:01	23
7	121	Jessica	Wong	27	Alexandria VA	0:58:17	20
8	88	Lindsey	Miller	27	Arlington VA	0:59:42	17
9	67	Caitlin	Holzem	26	Washington DC	1:05:28	15
10	59	Emily	Griswold	26	Takoma Park MD	1:05:31	13
11	107	Abigail	Sherburne	26	Philadelphia PA	1:05:40	11
12	90	Audrey	Mooney	24	Washington DC	1:11:55	9
13	98	Cassandra	Pinaire	25	Arlington VA	1:11:56	8
14	101	Molly	Ramsden	25	Arlington VA	1:11:57	7
15	30	Taylor	Bedford	27	Fairfax Station VA	1:13:42	6
16	85	Savannah	Mcdonough	23	Herndon VA	1:30:19	5

##### F 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	50	Miranda	Forte	33	Rockville MD	0:45:41	50
2	104	Emily	Ruppel	33	Washington DC	0:45:57	41
3	31	Amber	Bell	39	Washington DC	0:52:08	35
4	26	Lauren	Becker	36	Washington DC	0:55:22	30
5	44	Tara	Daugherty	39	Potomac Falls VA	0:55:39	26
6	99	Nicki	Post	37	Alexandria VA	0:57:32	23
7	74	Samantha	Kennard	35	Washington DC	0:57:51	20
8	93	Christene	Nichols	34	Burke VA	0:59:43	17
9	38	Megan	Carney	36	Arlington VA	1:01:01	15

10	53	Jennifer	Fuerch	39	Arlington VA	1:01:08	13
11	75	Carly	Kirk	32	Arlington VA	1:01:20	11
12	37	Britni	Burks	33	Stafford VA	1:01:39	9
13	111	Brittney	Stretsbery	31	Washington DC	1:02:05	8
14	63	Michelle	Hense	31	Arlington VA	1:03:15	7
15	108	Muna	Shikaki	37	washington DC	1:03:24	6
16	66	Rachel	Hodel	31	Washington DC	1:04:31	5
17	110	Michelle	Stanley	39	Springfield VA	1:05:14	4
18	54	Dana	Fullen	35	Manassas VA	1:05:15	3
19	125	Audra	Zeibel	39	Fairfax Station VA	1:06:02	2
20	45	Kristen	Donheffner	31	Washington DC	1:07:10	1
21	28	Kara	Bedford	30	Fairfax VA	1:07:37	
22	34	Kate	Blood	37	Falls Church VA	1:08:37	
23	76	Bernadette	Lack	38	Stafford VA	1:09:49	
24	79	Tracy	Maese	38	Arlington VA	1:15:13	
25	119	Sandi	Warner	39	Arlington VA	1:16:10	
26	48	Wendy	Enriquez	31	Germantown MD	1:18:08	
27	42	Lindsey	Crumling	30	Reston VA	1:19:31	
28	80	Gloria	Maier	36	Washington DC	1:20:25	
29	94	Erin	Owens	30	Washington DC	1:29:18	
30	25	Bethany	Banks	30	Washington DC	1:29:19	
31	62	Andrea	Ham	39	Clifton VA	1:32:38	
32	82	Jessica	Mansilla	35	Manassas VA	1:33:08	
33	102	Tara	Reed	35	Waldorf MD	1:41:19	
34	83	Jocelyn	Martin	37	Annapolis MD	1:41:59	

#### F 40-49

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	40	Carol	Cohen	41	Arlington VA	0:51:49	50
2	57	Jc	Gibbons	46	Reston VA	0:53:48	41
3	33	Charlotte	Block	45	Washington DC	0:54:40	35
4	71	Beth	Ingalls	44	Alexandria VA	0:57:48	30
5	118	Jennifer	Walker	43	Oakton VA	0:58:10	26
6	216	Valerie	Lincy	43	Washington DC	0:58:26	23
7	235	Amy	Luyster	44	Fairfax Station VA	0:59:30	20
8	86	Amy	Mcfee	46	Alexandria VA	1:01:12	17
9	113	Meredith	Sullivan	40	Baltimore MD	1:01:33	15
10	89	Ruth	Miller	44	Burke VA	1:04:26	13
11	217	Meg	McGarry	46	Washington DC	1:05:52	11
12	23	Angela	Alvey	48	Burke VA	1:06:05	9
13	73	Stephanie	Kavanaugh	43	Washington DC	1:10:08	8
14	77	Heather	Lefever	43	Vienna VA	1:12:26	7

15	112	Jen	Strohecker	42	Springfield VA	1:13:01	6
16	35	Jen	Boland	42	Arlington VA	1:17:31	5
17	231	Lisa	Marik	48	Alexandria VA	1:19:00	4
17	232	Leticia	Nordvall	46	Alexandria VA	1:19:00	4
18	105	Kelly	Russell	46	Alexandria VA	1:24:03	3
19	22	Jane	Alonso	44	Washington DC	1:26:02	2
20	106	Kristin	Shanks	42	Washington DC	1:33:36	1

### F 50-59

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	52	Anita	Freres	53	Vienna VA	0:52:37	50
2	56	Julie	George	52	Falls church VA	0:58:36	41
3	100	Michelle	Ramsdell	51	Burke VA	0:59:33	35
4	41	Mary Beth	Corrigan	57	Alexandria VA	1:05:19	30
5	124	Susan	Yenyo	50	Springfield VA	1:05:39	26
6	120	Heather	Weaver	50	Bethesda MD	1:05:58	23
7	97	Mary	Pickering	50	Arlington VA	1:09:13	20
8	55	Eden	Garihan	51	Winchester VA	1:10:09	17
9	65	Stefanie	Hession	50	Fairfax VA	1:10:35	15
10	29	Kathleen	Bedford	55	Fairfax Station VA	1:14:02	13
11	84	Bonnie	Mccready	50	Falls Church VA	1:14:54	11
12	70	Lori	Howard	51	Alexandria VA	1:16:46	9
13	49	Claudia	Escribano	57	Sterling VA	1:16:51	8
14	87	Dea	Merchant	51	Fairfax VA	1:23:16	7
15	117	Katya	Vines	50	Washington DC	1:27:32	6
16	234	Monica	Ludwig	54	Washington DC	1:29:38	5
17	230	Raminta	Glemza	51	Baltimore MD	1:29:57	4
18	92	Anne	Nagy	52	Reston VA	1:30:48	3
19	32	Mary	Berlin	51	Burke VA	1:32:39	2
20	95	Alison	Pasternak	50	Washington DC	1:33:31	1

### F 60+

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	47	Karin	Edison	60	Vienna VA	1:18:41	0:00:00

### M 19-U

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	226	Evan	Gibbons	14	Reston VA	0:42:41	50
2	207	Nathan	Szubin	11	Washington DC	0:50:04	41
3	158	Allen	Hill	18	Alexandria VA	0:50:26	35
4	160	Cameron	Hill	15	Alexandria VA	0:52:46	30
5	146	Tobias	Damico-Lassman	10	Alexandria VA	0:54:47	26

5	189	Alexander	Newman	11	Stafford VA	0:54:47	26
6	176	Aydan	Maese	8	Arlington VA	0:55:37	23
7	172	Jacob	Lewis	15	Stafford VA	0:59:58	20
8	192	Mason	Omiatek	13	Alexandria VA	1:01:59	17
9	177	Mateo	Maese	6	Arlington VA	1:15:11	15
10	224	Bailey	Pratt	19	Herndon VA	1:19:18	13
11	225	Taylor	Pratt	17	Herndon VA	1:24:25	11

### M 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	145	David	Cowan	26	Arlington VA	0:41:58	50
2	210	Peter	Tyliszczak	29	Washington DC	0:45:08	41
3	143	Steven	Comer	26	Bethesda MD	0:53:33	35
4	61	Paul	Halliday	29	Ellicott city MD	0:54:42	30
5	163	Dave	Howell	26	Fairfax VA	1:06:25	26

### M 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	180	David	Magida	32	Washington DC	0:37:14	50
2	161	Steve	Hoogland	33	Fairfax VA	0:38:18	41
3	132	Kevin	Belanger	33	Washington DC	0:41:08	35
4	142	Matthew	Cleveland	30	Potomac Falls VA	0:42:46	30
5	190	Josh	Nichols	34	Burke VA	0:45:13	26
6	140	Jeff	Butler	31	East Windsor NJ	0:46:03	23
7	131	Ben	Beavers	33	Fairfax VA	0:46:26	20
8	220	David	Giambarresa	33	Alexandria VA	0:49:40	17
9	171	Justin	Kurz	34	Falls Church VA	0:50:46	15
10	129	Marshall	Barksdale	39	Washington DC	0:51:36	13
11	139	Matthew	Burke	36	Alexandria VA	0:51:58	11
12	199	Sean	Rinn	35	Silver Spring MD	0:53:36	9
13	136	Greg	Blatt	36	Baltimore MD	0:54:01	8
14	181	George	Manson	36	Alexandria VA	0:54:39	7
15	144	David	Courson	37	Norfolk VA	0:54:58	6
16	227	Rogelio	Maese	38	Arlington VA	0:55:36	5
17	188	Bill	Muzbeck	35	Washington DC	0:58:38	4
18	179	Christopher	Magee	39	Manassas VA	0:59:35	3
19	201	Colin	Sadler	38	Ashburn VA	0:59:45	2
20	130	Liam	Bauman	31	Baltimore MD	0:59:48	1
21	194	Robert	Padgett	38	McLean VA	1:02:57	
22	154	Mitko	Grgiorov	35	Washington DC	1:04:31	
23	178	Ran	Magalong	31	Fairfax VA	1:06:03	
24	167	Kevin	Karg	38	Burke VA	1:09:42	

25	187	James	Murtha	37	Burke VA	1:10:29	
DNF	205	Chris	Stenersen	31	Arlington VA	DNF	

<b>M 40-49</b>							
<b>Place</b>	<b>Bib #</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Hometown</b>	<b>Time</b>	<b>R4 Points</b>
1	219	Brian	Dauernheim	44	Vienna VA	0:39:59	50
2	212	James	Wagner	45	Washington DC	0:42:40	41
3	156	Alistair	Hastings	41	Reston VA	0:42:44	35
4	211	Michael	Vega	40	Ashburn VA	0:44:02	30
5	155	Graham	Grove	41	Washington DC	0:45:43	26
6	127	David	Baggett	48	Woodbridge VA	0:49:34	23
7	170	Doug	Kuckelman	40	Potomac MD	0:49:59	20
8	152	Todd	Gobeille	47	Herndon VA	0:50:34	17
9	228	Michael	Katsaros	42	Potomac MD	0:50:43	15
10	159	Brent	Hill	48	Alexandria VA	0:50:47	13
11	218	Matt	Konopka	44	Hay Market VA	0:53:06	11
12	149	Greg	Garst	48	Haymarket VA	0:53:52	9
13	206	Adam	Szubin	45	Washington DC	0:54:44	8
14	153	Noah	Goodman	41	Vienna VA	0:54:45	7
15	148	Carl	Garcia	45	Lorton VA	0:58:27	6
16	200	Adam	Rosenberg	40	Washington DC	0:59:59	5
17	173	William	Lewis	47	Stafford VA	1:00:07	4
18	147	David	Fick	42	Fairfax VA	1:01:28	3
19	193	Robert	Omiatek	44	Alexandria VA	1:02:00	2
20	126	Omar	Ali	48	Kensington MD	1:02:35	1
21	183	Andrew	Mcglone	44	Edgewater MD	1:02:59	
22	157	Paul	Heinold	49	Alexandria VA	1:04:28	
23	221	Wes	Foster	40	Alexandria VA	1:05:37	
24	184	John	Mcglathlin	44	Rockville MD	1:06:51	
25	214	Aaron	Wesolowski	40	Washington DC	1:07:18	
26	198	Matthew	Ringier	43	Vienna CA	1:08:34	
27	174	Brad	Lowe	45	Delaplane VA	1:09:38	
28	164	David	Hoyt	41	Leesburg VA	1:10:30	
29	197	David	Ravetti	49	Springfield VA	1:10:56	
30	141	Stephen	Clermont	47	Burke VA	1:12:53	
31	133	Michael	Belinkie	42	Arlington VA	1:14:49	
32	150	Omar	Gill	49	Burke VA	1:18:21	
33	223	Mark	Pratt	49	Herndon VA	1:19:24	

<b>M 50-59</b>							
<b>Place</b>	<b>Bib #</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Hometown</b>	<b>Time</b>	<b>R4 Points</b>
1	195	Steve	Ramsdell	52	Burke VA	0:49:25	50

2	135	Mark	Billinghurst	57	Arlington VA	0:50:24	41
3	202	Harald	Scheirich	51	Washington DC	0:51:51	35
4	138	Glenn	Buchter	54	Alexandria VA	0:53:14	30
5	208	Thomas	Teifke	53	Arlington VA	0:54:30	26
6	182	David	Mccready	50	Falls Church VA	0:54:51	23
7	168	Gregory	Keim	57	Fairfax VA	0:59:48	20
8	165	Derrek	Jones	53	Washington DC	1:00:29	17
9	137	Ken	Bocam	52	Potomac MD	1:00:42	15
10	215	Garry	Young	55	Arlington VA	1:03:10	13
11	162	Jim	Howard	57	Alexandria VA	1:05:45	11
12	134	Michael	Bigman	59	Springfield VA	1:08:24	9
13	233	Bob	Ludwig	56	Washington DC	1:29:37	8

### M 60+

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	196	Paul	Rapavi	61	Springfield VA	0:51:55	50
2	175	Patrick	Lusk	64	Fairfax VA	0:59:54	41
3	128	Ronald	Bardach	60	Vienna VA	1:06:24	35

## 10 Mile Results (Actual Distance 9.8 Tough Miles)

### F 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	861	Margaret	Ferrato	26	New Haven CT	1:35:56	50
2	860	Katherine	Ferrato	26	Barrington VA	1:37:35	41
3	870	Kristin	Kohler	28	Richmond VA	1:41:29	35
4	875	Diane	Martin	27	Takoma Park MD	1:48:25	30
5	890	Michelle	Sims	27	Washington DC	1:48:26	26
6	887	Liz	Saccoccia	26	Washington DC	2:15:04	23
7	877	Lauren	Mcdonough	28	Reston VA	2:23:14	20

### F 30-39

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	895	Sheila	Vibert	36	Arlington VA	1:31:07	50
2	848	Sarah	Bengtson	33	washington DC	1:31:41	41
3	855	Carolyn	Clark	32	Falls Church VA	1:32:29	35
4	858	Sarah	Edwards	30	Falls Church VA	1:35:34	30
5	839	Paola	Robey	39	Falls Church VA	1:42:29	26
6	854	Tiffiney	Carney	38	Washington DC	1:50:10	23
7	857	Maddie	Dolan	32	Washington DC	1:52:19	20

8	896	Christy	Wahle	36	Alexandria VA	1:53:06	17
9	832	Meghan	Malloy	38	Upper Marlboro MD	1:53:32	15
10	876	Courtney	Mcbride	39	Broad Run VA	1:57:59	13
11	893	Paula	Sperry	37	Springfield VA	2:00:32	11
12	862	Syreeta	Fields	32	Fairfax VA	2:11:10	9
13	867	Kristi	Johnson	31	Alexandria VA	2:17:00	8
14	868	Kia	Kinsler	35	Arlington VA	2:17:03	7
15	864	Courtney	Jacobs	37	vienna VA	2:17:05	6
16	879	Ivory	Miceli	31	Haymarket VA	2:17:16	5

#### F 40-49

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	892	Grace	Solares	40	Arlington VA	1:47:23	50
2	838	Keri Ann	Tatusko	45	Washington DC	1:48:15	41
3	853	Jennifer	Cannan	41	Alexandria VA	1:50:07	35
4	852	Stephanie	Brinley	49	Herndon VA	1:55:11	30
5	889	Jennifer	Schick	41	Woodbridge VA	1:55:48	26
6	865	Amy	Jansen	48	Woodbine MD	1:57:53	23
7	850	Ksenia	Boitsova	48	Silver Spring MD	2:01:37	20
8	863	Kathleen	Hinman	46	Alexandria VA	2:12:17	17
9	872	Helen	Magell	48	Sark, Guernsey	2:14:03	15
10	883	Melanie	Parinello	44	Locust Grove VA	2:21:18	13
11	884	Julie	Peasley	43	Springfield VA	2:21:41	11
12	866	Catina	Jay	42	Reston VA	2:23:15	9
13	856	Maryann	Dana	46	Reston VA	2:25:07	8
DNF	869	Melissa	Klembara	43	Washington DC	DNF	
DNF	886	Megan	Roessing	41	Arlington VA	DNF	

#### F 50-59

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	859	Karol	Eller	53	Sterling VA	1:58:15	50
2	836	Patricia	Mock	52	Sterling VA	2:25:23	41
DNF	913	Desmond	Damico-Lassman	11	Alexandria VA	DNF	

#### M 20-29

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	835	Wouter	Zwart	28	Tuscon AZ	1:07:13	50
2	960	Beno	Picciano	26	Denver CO	1:25:50	41
3	925	Patrick	Fogerty	26	Arlington VA	1:34:26	35
4	833	Georges	Labaki	29	Alexandria VA	1:37:02	30
5	898	Mark	Abman	27	Arlington VA	1:38:12	26
6	912	Thomas	Corrigan	26	Seattle WA	1:47:58	23

7	951	Brendan	McGovern	29	Washington DC	1:48:27	20
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M 30-39							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	918	Daniel	Dolan	35	Washington DC	1:15:37	50
2	966	Michael	Smith	35	Springfield VA	1:18:01	41
3	919	Samuel	Druetzler	32	Manassas VA	1:19:36	35
4	897	Tyler	Aarons	32	Annandale VA	1:20:51	30
5	921	Michael	Faber	36	Alexandria VA	1:22:33	26
6	905	James	Brennan	39	Fairfax VA	1:23:22	23
7	975	Vaclav	Vlcek	37	Woodbridge VA	1:24:06	20
8	933	Cameron	Ingram	36	Springfield VA	1:24:41	17
9	899	Mike	Alonzo	38	Silver Spring MD	1:24:54	15
10	902	Sam	Batkins	36	Springfield VA	1:25:37	13
11	923	Jacob	Ferrara	35	Woodbridge VA	1:30:13	11
12	953	Matthew	Mooshegian	38	Fairfax Station VA	1:30:15	9
13	911	Ben	Clark	34	Falls Church VA	1:33:56	8
14	928	Alex	Gonski	33	Reston VA	1:34:11	7
15	929	Neil	Gormley	35	Washington DC	1:39:00	6
16	957	Alexander	Nocella	30	Sterling VA	1:40:49	5
17	901	Neil	Barbieri	32	Fairfax VA	1:41:14	4
18	964	Dan	Schwartz	33	Springfield VA	1:43:45	3
19	976	Will	Warner	37	Arlington VA	1:43:49	2
20	958	Ben	Pelg	34	Alexandria VA	1:46:11	1
21	952	Joseph	Minta	34	Alexandria VA	1:48:17	
22	920	David	Duran	39	Bristow VA	1:48:58	
23	834	Matthew	Chase	38	Fort Belvoir	1:59:15	
24	945	David	Lopez	34	Dumfries VA	2:10:45	
25	971	Brian	Teufel	39	Haymarket VA	2:11:38	
DNF	937	Drew	Kohler	32	Richmond VA	DNF	
DNF	940	John	Latini	33	Washington DC	DNF	

M 40-49							
Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	917	Brady	Dehoust	43	Reston VA	1:14:52	50
2	947	James	Magee	40	Springfield VA	1:16:21	41
3	942	Jesse	Leifert	41	Washington DC	1:20:34	35
4	927	Peter	French	41	Arlington VA	1:21:53	30
5	956	Keith	Nelson	43	Vienna VA	1:28:21	26
6	903	Aaron	Bee	45	Fairfax VA	1:33:21	23
7	961	John	Reed	46	Herndon VA	1:34:14	20
8	922	Adrian	Farquhar	43	Vienna VA	1:38:54	17



9	972	Michael	Tollini	41	McLean VA	1:39:50	15
10	939	Kent	Lassman	44	Alexandria VA	1:47:17	13
11	949	Dan	Mcbride	44	Broad Run VA	1:50:15	11
12	967	Christopher	Sperry	43	Springfield VA	1:58:54	9
13	916	J	Dee	46	Annandale VA	2:00:54	8
14	948	Alex	Magell	48	Sark, Guernsey	2:14:02	7
DNF	954	Andres	Nazario	44	Arlington VA	DNF	

#### M 50-59

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	970	Francisco	Sucre	53	Chevy Chase MD	1:23:51	50
2	968	Frank	Squillaro	55	Sterling VA	1:27:28	41
3	974	Richard	Viola	56	Arlington VA	1:28:40	35
4	930	Kevin	Hensley	56	Washington DC	1:28:57	30
5	931	Luis	Herrera	57	Bethesda MD	1:44:49	26
6	837	Terry	Koob	51	Virginia Beach VA	1:45:10	23
7	963	Steve	Rowles	50	King George VA	1:47:04	20
8	900	Joey	Baird	59	Falls Church VA	1:47:41	17
9	924	Shawn	Fitzpatrick	51	Oakton VA	2:21:10	15

#### M 60+

Place	Bib #	First Name	Last Name	Age	Hometown	Time	R4 Points
1	973	Jari	Tuomala	60	Washington DC	1:54:42	50
2	944	R. Clyde	Lockley	61	Clinton MD	2:31:47	41