

Women's Distance Festival 5K  
Frederick, MD  
8/10/2013

Place	Bib #	First Name	Last Name	Age	Gender	Time	Team Name	Category
1	354	Hannah	Hanson	33	F	18:51		
2	230	Allison	Marella	17	F	19:04		
3	158	Cassy	Crouse	32	F	19:50		
4	209	Keary	Johnston	48	F	20:01		
5	77	Kelly	Buriak	29	F	20:36	NJ Connection	Mother-Daughter
6	332	Annie	Frasier	19	F	20:38		
7	371	Lauren	Baker	26	F	20:43		
8	358	Erin	Hud	18	F	20:48		
9	361	Janeth	Scott	51	F	21:04		
10	297	Ruth	Taylor	45	F	21:09		
11	377	Cheryl	Connors	36	F	21:26	Twister	Mother-Daughter
12	227	Norah	MacPhee	41	F	21:55		
13	309	Katharine	Warehime	31	F	22:28		
14	359	Karen	Young	45	F	22:40		
15	145	Jaime	Brown	37	F	22:43		
16	295	Stacy	Swayze	27	F	23:08		
17	30	Kristin	McPherson-Pratt	35	F	23:09	Way Satation Trotters	Corporate
18	175	Karen	Gardner	53	F	23:18		
19	192	Janadel	Harris	33	F	23:27		
20	198	Lisa	Hickman	47	F	23:38		
21	147	Joanne	Capoccia	45	F	23:41		
22	360	Gretchen	Walter	42	F	23:57		
23	327	Tara	Trageser	15	F	24:00		
24	122	Rachel	Paroby	15	F	24:02	The Paroby Girls!!	Sister-Sister
25	369	Tara	Hentgen	28	F	24:03		
26	300	Tara	Topper	42	F	24:03		
27	329	Lorraine	Sullivan	51	F	24:14		
28	339	Lindsey	Dawson	27	F	24:14		
29	61	Catie	Lee	14	F	24:29	Jane Girls	Mother-Daughter

30	330	David	Lee		M	24:30		
31	138	Beverly	Black	53	F	24:45		
32	179	Elizabeth	Gekas	27	F	24:47		
33	378	Hannah	Mills	20	F	24:49		
34	49	Melanie	Bambrick	15	F	24:53	Bambrick & Boyd	Aunt-Niece
35	248	Erin	OConnor	38	F	24:58		
36	171	Heather	Fox-Brashears	40	F	25:03		
37	218	Harriet	Langlois	57	F	25:15		
38	357	Kelly	Schultz	29	F	25:25		
39	349	Nicole	Davis	42	F	25:35		
40	344	Siena	Acierno	14	F	25:40		
41	372	Daphene	Johnson	34	F	25:41		
42	101	Aubrey	Schaffer	10	F	25:44	Team Schaffer	Mother-Daughter
43	160	Francene	Dayhoff	49	F	25:46		
44	292	Katie	Staines	31	F	26:06		
45	184	Marti	Grib-Kachman	51	F	26:09		
46	324	Julie	Byrd	51	F	26:17		
47	287	Nicole	Smith	37	F	26:23		
48	135	Melissa	Berry	43	F	26:24		
49	234	Robin	McConaughey	51	F	26:25		
50	311	Karyn	White	44	F	26:27		
51	64	Becky	Somerville	32	F	26:30	Kick A.S.	Mother-Daughter
52	255	Ellen	Pietanza	52	F	26:34		
53	260	Courtney	Quatrano	32	F	26:42		
54	272	Karen	Santelli	30	F	26:44		
55	353	Heather	Boyd	42	F	26:56	Bambrick & Boyd	Aunt-Niece
56	207	Sharon	Int Veldt	30	F	27:02		
57	157	Linda	Cronise	49	F	27:03		
58	167	Juliane	Faller	28	F	27:04		
59	350	Kameryn	Corcoran	17	F	27:06		
60	97	Erica	Houck	13	F	27:13	Team Houck	Mother-Daughter
61	269	Dawn	Rosarius	43	F	27:28		
62	212	Heather	Keels	28	F	27:31		
63	181	Jenni	Gilroy	40	F	27:32		

64	114	Kirsten	Roy	19	F	27:41	Oompa Loompas	Sister-Sister
65	384	Judy	Goffi	53	F	27:44		
66	204	Ali	Imhoff	24	F	27:48		
67	249	Stephanie	Ottavan	40	F	27:52		
68	303	Judy	Trentini	50	F	27:57		
69	321	Danielle	Young	25	F	28:04		
70	99	Kristi	Mejias	27	F	29:09	Team Mejias	Mother-Daughter
71	222	Anne	Light	59	F	28:10		
72	246	Effie	Nomicos	53	F	28:30		
73	74	Jodi	Popielaski	34	F	28:33	MoJo	Mother-Daughter
74	2	Tina	Stevens	32	F	28:34	Runnin Aunt-Niece	Aunt-Niece
75	47	Maureen	Delaney	33	F	28:38	Annapolis Striders	Mother-Daughter
76	352	Melissa	Crawford	33	F	28:41		
77	102	Kim	Schaffer	38	F	28:45	Team Schaffer	Mother-Daughter
78	34	Sarah	Nichols	38	F	29:00	Way Satation Trotters	Corporate
79	304	Nicole	Valloric	30	F	29:02		
80	217	Jennifer	Lange	30	F	29:05		
81	247	Leslie	Nuse	68	F	29:06		
82	121	Caroline	Paroby	12	F	29:09	The Paroby Girls!!	Sister-Sister
83	236	Kimberly	McGraw	34	F	29:15		
84	14	Danielle	Carter	29	F	29:16	Way Satation Trotters	Corporate
85	96	Casii	Dodd	42	F	29:23	Team Dodd	Mother-Daughter
86	95	Kirsten	Dodd	21	F	29:24	Team Dodd	Mother-Daughter
87	98	Luanne	Houck	48	F	29:30	Team Houck	Mother-Daughter
88	363	Wendy	Martin	32	F	29:30		
89	313	Jillian	Wilhite	26	F	29:31		
90	346	Amanda	Idstein		F	29:33		
91	258	Lois	Pruitt	45	F	29:34		
92	112	Rachel	Zeminski	29	F	29:34	Kinda Fast, Sort Furious	Sister-Sister
93	351	Ragan	Corcoran	14	F	29:36		
94	109	Judith	Apshago	42	F	29:36	Kinda Fast, Sort Furious	Sister-Sister
95	111	Barbara	Terry	35	F	29:37	Kinda Fast, Sort Furious	Sister-Sister
96	194	Cheryl	Havenstein	57	F	29:39		
97	312	Karen	Whittington	61	F	29:46		

98	131	Kelly	Aulls	36	F	29:49		
99	375	Emma	Kurtenbach	18	F	29:57	Team Sunshine	Mother-Daughter
100	289	Carole	Smith	58	F	30:00		
101	386	Tonya	Chutchfield	46	F	30:11		
102	270	Ginger	Rowley	52	F	30:12		
103	240	Alison	Mokashi	34	F	30:14		
104	73	Tricia	Kowalewski	58	F	30:16	MoJo	Mother-Daughter
105	322	Robin	Zabel	60	F	30:17		
106	23	Maggie	Frey	27	F	30:18	Way Satation Trotters	Corporate
107	278	Sydney	Shapiro	20	F	30:22		
108	374	Nina	Connors	7	F	30:31	Twister	Mother-Daughter
109	166	Loretta	Fahy	64	F	30:40		
110	328	Debbie	Vande Poll	41	F	30:42		
111	164	Erin	Edwards	34	F	30:42		
112	126	Jennifer	Allen	41	F	30:42		
113	139	Diana	Blair	31	F	30:43		
114	80	Tonja	Reddick	42	F	30:43	Peas N A Pod	Mother-Daughter
115	319	Michelle	Wright	35	F	30:45		
116	185	Susan	Gullo	43	F	30:53		
117	379	Meredith	Vamer	27	F	31:03		
118	130	Donna	Aulds	48	F	31:05		
119	325	Kyzy	Kanatbek	17	F	31:07		
120	78	Patricia	Buriak	58	F	31:11	NJ Connection	Mother-Daughter
121	132	Terri	Ausfresser	54	F	31:18		
122	76	Lauren	Cotham	26	F	31:20	Naptown Runners	Mother-Daughter
123	75	Marian	Collins	50	F	31:21	Naptown Runners	Mother-Daughter
124	331	Nancy	Frasier	53	F	31:23		
125	364	Nikki	Martin	40	F	31:24		
126	280	Marjorie	Shapiro	54	F	31:27		
127	69	Maddie	Liotta	17	F	31:28	Liotta Girls	Mother-Daughter
128	63	Michele	Abrecht	60	F	31:41	Kick A.S.	Mother-Daughter
129	159	Jill	Dahlgren	51	F	31:42		
130	163	Katie	Douds	31	F	31:43		
131	110	Jennifer	Lubkin	35	F	31:44	Kinda Fast, Sort Furious	Sister-Sister

132	9	Jessica	Arbuthnot	25	F	31:45	Way Satation Trotters	Corporate
133	267	Melissa	Roberts	37	F	31:49		
134	268	Stacie	Roderick	36	F	31:49		
135	134	Penny	Beeler	47	F	31:55		
136	1	Kyla	Popielaski	12	F	32:01	Runnin Aunt-Niece	Aunt-Niece
137	224	Jessica	Lynch	34	F	32:02		
138	254	Sarah	Pickett	27	F	32:14		
139	141	Catherine	Bonen	40	F	32:15		
140	182	Jennifer	Ginsburg	39	F	32:17		
141	67	Clara	Bossaller	13	F	32:17	Las Bonitas	Mother-Daughter
142	68	Marien	Hornyak	41	F	32:18	Las Bonitas	Mother-Daughter
143	345	Staci	Jones	41	F	32:19		
144	362	Ileana	Lund	44	F	32:20		
145	191	Jocelyn	Harris	32	F	32:23		
146	72	Margaret	McNeill	52	F	32:25	Mc Ladies	Mother-Daughter
147	33	Mindy	Morgan	34	F	32:26	Way Satation Trotters	Corporate
148	376	Janice	Kurtenbach	47	F	32:37	Team Sunshine	Mother-Daughter
149	124	Roseann	Abdu	41	F	32:42		
150	84	AB	Sappington	49	F	32:44	Road Runners Beep!Beep!	Mother-Daughter
151	293	Leslie	Stipcak	45	F	32:55		
152	85	Shanea	Talley	34	F	33:00	Runnin Rebels	Mother-Daughter
153	118	April	Sprecher	36	F	33:06	Sole Sisters	Sister-Sister
154	326	Darina	Callar	18	F	33:17		
155	355	Melinda	Machande	40	F	33:20		
156	107	Gwyneth	Whieldon	29	F	33:23	Whieldon Women	Mother-Daughter
157	108	Althea	Whieldon	56	F	33:24	Whieldon Women	Mother-Daughter
158	306	Antonette	Vasseur	28	F	33:26		
159	291	Karyn	Spertzel	51	F	33:28		
160	221	MaryKay	Lee	44	F	33:30		
161	318	Kelly	Wolfe	46	F	33:32		
162	245	Patricia	Murphy	54	F	33:34		
163	136	Susan	Bittle	51	F	33:40		
164	92	Michelle	Ellinger Sicard	29	F	33:50	Spaghetios	Mother-Daughter
165	24	Ann	Greenwood	30	F	33:53	Way Satation Trotters	Corporate

166	71	Elizabeth	McKee	24	F	33:55	Mc Ladies	Mother-Daughter
167	308	Catherine	Ward	44	F	34:04		
168	216	Megan	Laboy	34	F	34:08		
169	241	Elizabeth	Morgan	53	F	34:17		
170	87	Kali	Nanavaty	12	F	34:24	Running for Love	Mother-Daughter
171	88	Nancy	Nanavaty	47	F	34:25	Running for Love	Mother-Daughter
172	205	Kathy	Imhoff	54	F	34:29		
173	59	Paris	Hunter	12	F	34:35	Hunter Divas	Mother-Daughter
174	256	Amy	Plank	38	F	34:36		
175	215	Angela	Kinna	46	F	34:37		
176	187	Maya	Hannon	14	F	34:38		
177	89	Lisa	Lewis	27	F	34:41	Running for Three	Mother-Daughter
178	90	Rikki	Tate	56	F	34:42	Running for Three	Mother-Daughter
179	305	Kim	Van Brecht	34	F	34:47		
180	129	Cindy	Ash	41	F	34:48		
181	301	Donna	Totten	54	F	35:05		
182	211	Janis	Keegan	40	F	35:11		
183	231	Diana	Martinez	34	F	35:23		
184	119	Kathryn	Stansbery	28	F	35:26	Stanberries	Sister-Sister
185	48	Marie	Delaney	64	F	35:34	Annapolis Striders	Mother-Daughter
186	253	Elizabeth	Phares	42	F	35:37		
187	323	Carol	Zehnacker	68	F	35:42		
188	170	Nicole	Foronda	33	F	35:43		
189	210	Aimee	Kandelman	37	F	35:45		
190	335	Brooke	Kovakik	41	F	35:46		
191	50	Dawn	Bambrick	45	F	35:51		
192	105	Lily	Staley	9	F	35:55	The Staley Girls	Mother-Daughter
193	93	Abigail	LaCasse	9	F	35:56	Super Nature Girls	Mother-Daughter
194	65	Brooke	Carr	7	F	36:02	Kitty 1 & Kitty 2	Mother-Daughter
195	66	Patrei	Carr	39	F	36:02	Kitty 1 & Kitty 2	Mother-Daughter
196	302	Julie	Trapp	69	F	36:04		
197	288	Debbie	Smith	56	F	36:11		
198	298	Cynthia	Tibbs	45	F	36:12		
199	279	Melanie	Shapiro	22	F	36:13		

200	342	Morgan	Lillard	8	F	36:15	Sophie & Madigan's Playground	Corporate
201	343	Rebecca	Pomato	36	F	36:15	Sophie & Madigan's Playground	Corporate
202	4	Brittany	Dimitri	25	F	36:18	Team Liotta	Corporate
203	228	Laura	Malec	29	F	36:20		
204	149	Beth	Case	46	F	36:25		
205	387	Stephanie	Gomez		F	36:31		
206	60	Cecille	Hunter	32	F	36:37	Hunter Divas	Mother-Daughter
207	16	Eboni	Clipper	28	F	36:45	Way Satation Trotters	Corporate
208	155	Teresa	Cook	34	F	36:47		
209	238	Grace	Middleton	34	F	36:50		
210	117	Courtney	Howe	16	F	37:03	Sole Sisters	Sister-Sister
211	348	Laurie	Thompson	40	F	37:03		
212	115	Kristi	Barnes	18	F	37:07	Sister Spirit	Sister-Sister
213	116	Keri	Barnes	21	F	37:08	Sister Spirit	Sister-Sister
214	3	Karen	Coblentz	51	F	37:09	Modern Dentistry	Corporate
215	106	Katey	Staley	34	F	37:14	The Staley Girls	Mother-Daughter
216	94	Joy	LaCasse	39	F	37:15	Super Nature Girls	Mother-Daughter
217	168	Brenda	Ferko	60	F	37:25		
218	307	Shelbie	Villa	36	F	37:26		
219	347	Jeannette	Novak	69	F	37:28		
220	62	Vicki	Lee	46	F	37:29	Jane Girls	Mother-Daughter
221	366	Kathy	Cardelli	58	F	37:30	Chicas	Sister-Sister
222	356	Stephanie	Gilligan	34	F	37:36		
223	206	Clare	Imholtz	66	F	37:37		
224	214	Bonnie	Key	60	F	37:55		
225	333	Wendy	Cochran	30	F	37:58		
226	146	Beverly	Byron	60	F	37:59		
227	143	Diane	Breen	53	F	38:00		
228	18	Melissa	Dasch	31	F	38:01	Way Satation Trotters	Corporate
229	142	Carrie	Bowles	37	F	38:12		
230	153	Emily	Clowser	32	F	38:14		
231	180	Vera	Gibbs	62	F	38:15		
232	340	Jessica	Holthays	34	F	38:18		
233	144	Lynne	Brewer	50	F	38:28		

234	320	Cinthia	Wright	43	F	38:31		
235	156	Sherrell	Cottrell	42	F	38:33		
236	7	Melissa	Hahn	43	F	38:34	Team Liotta	Corporate
237	8	Lynne	Vu	40	F	38:36	Team Liotta	Corporate
238	365	Rosa	Mandich	57	F	38:37	Chicas	Sister-Sister
239	316	Lisa	Willingham	43	F	39:02		
240	123	Yvonne	Aasen	81	F	39:03		
241	173	Virginia	Fromel	62	F	39:14		
242	232	Charmaine	Massiah	44	F	39:18		
243	239	Janet	Miller	63	F	39:23		
244	150	Deborah	Childers	60	F	39:28		
245	235	Joan	McGrath	67	F	39:30		
246	286	Michelle	Silver	45	F	39:33		
247	314	Kezia	Williams	31	F	39:47		
248	219	Catherine	Le	39	F	38:48		
249	25	Rachel	Hansberger	25	F	39:59	Way Satation Trotters	Corporate
250	22	Janet	Francis	31	F	40:03	Way Satation Trotters	Corporate
251	26	Chelsea	Hayas	24	F	40:04	Way Satation Trotters	Corporate
252	177	Beth	Gaver	12	F	40:17		
253	176	Abby	Gaver	12	F	40:19		
254	13	Ann	Brown	24	F	40:21	Way Satation Trotters	Corporate
255	19	Elizabeth	Diaz	35	F	40:23	Way Satation Trotters	Corporate
256	203	Amy	Hurst	31	F	40:33		
257	178	Kristin	Gaver	36	F	40:39		
258	128	Zazil	Arreola	31	F	40:45		
259	91	Lorrie	Balducci	47	F	40:47	Spaghetios	Mother-Daughter
260	252	Sally	Paroby	45	F	40:52		
261	162	Cindi	Diamondstone	66	F	41:04		
262	195	Maggie	Hawk	32	F	41:13		
263	276	Hazel	Senior	59	F	41:27		
264	273	Joan	Sauerwein	60	F	41:28		
265	317	Emily	Winicki	28	F	41:30		
266	202	Jeanine	Hurley	49	F	41:36		
267	189	Megan	Harper	14	F	41:39		



268	367	Lindsey	Moxley	13	F	41:43	Moxley Girls	
269	242	Jennifer	Moxley	24	F	41:45		
270	20	Celeste	Dorsey	56	F	41:47	Way Satation Trotters	Corporate
271	310	Margaret	Waterfield	54	F	42:25	Way Satation Trotters	Corporate
272	100	Gayle	Mejias	54	F	42:29	Team Mejias	Mother-Daughter
273	39	Carrie	Tressler	36	F	42:32	Way Satation Trotters	Corporate
274	190	Margaret	Harper	52	F	42:40		
275	264	Katie	Richardson	47	F	42:44		
276	200	Patty	Hovde	60	F	42:45		
277	282	Patricia	Sherman	73	F	42:52		
278	58	Ava	Smith	6	F	43:03	Heart & Soles	Mother-Daughter
279	57	Lynn M.	Smith	44	F	43:04	Heart & Soles	Mother-Daughter
280	29	Pam	McPherson	60	F	43:17	Way Satation Trotters	Corporate
281	201	Catherine	Hunt	46	F	43:19		
282	12	Sherry	Brehm	50	F	43:19	Way Satation Trotters	Corporate
283	338	Amy	Flowers	38	F	43:35		
284	154	Karen	Cohen	54	F	43:43		
285	299	Carol	Tobias	53	F	43:59		
286	229	Joanne	Mallet	79	F	44:08		
287	334	Breua	Faust	38	F	44:10		
288	336	Katie	Rypka	10	F	44:12		
289	337	Lori	Rypka	41	F	44:14		
290	42	Linda	Despeaux	66	F	44:49	Weinberg Center for the Arts	Corporate
291	281	Cheryl	Sharpless	42	F	44:53		
292	225	Lisa	Lynk	48	F	45:15		
293	251	Carol	Parks	63	F	45:22		
294	277	Marti	Seraphin	63	F	45:33		
295	35	Lynn	Richardson	54	F	45:35	Way Satation Trotters	Corporate
296	10	Tomika	Blakeslee	34	F	45:46	Way Satation Trotters	Corporate
297	15	Karla	Castellon	33	F	45:51	Way Satation Trotters	Corporate
298	380	Jennifer	Fogle	29	F	46:10		
299	261	Jennifer	Record	32	F	46:26		
300	263	Patricia	Rich	73	F	46:28		
301	161	Maria	Diacogiannis	43	F	47:21		

302	83	Sylvia M.	Bowens	68	F	47:30	Road Runners Beep!Beep!	Mother-Daughter
303	262	Marsha	Remsburg	60	F	47:32		
304	226	Janet	Macik	60	F	47:34		
305	82	Suzanne	Redding	45	F	47:50	Racing Reddings	Mother-Daughter
306	81	Amanda	Redding	9	F	47:50	Racing Reddings	Mother-Daughter
307	165	Patti	Engel	52	F	47:53		
308	152	Mea	Clift	33	F	47:56		
309	233	Deneen	Mattocks	48	F	48:21		
310	290	Karen	Speck	48	F	48:38		
311	283	Sarah	Shipley	24	F	49:15	The Shipley's	Mother-Daughter
312	284	Louise	Shipley	58	F	49:18	The Shipley's	Mother-Daughter
313	315	Tracy	Williams	43	F	49:25		
314	45	Janet	Tevis	47	F	49:27	Weinberg Center for the Arts	Corporate
315	104	Mary	Remmers	54	F	50:16	The Remmers Runners	Mother-Daughter
316	103	Elizabeth	Remmers	23	F	50:17	The Remmers Runners	Mother-Daughter
317	46	Katrinka	Martin	59	F	51:03	Weinberg Center for the Arts	Corporate
318	188	Mari	Hannon	40	F	51:30		
319	28	Jennifer	McLucas	35	F	51:32	Way Satation Trotters	Corporate
320	31	Eryn	Mills	28	F	51:33	Way Satation Trotters	Corporate
321	381	Kimberly	Leonard	31	F	52:35	Way Satation Trotters	Corporate
322	17	Eva	Costlow	32	F	52:36	Way Satation Trotters	Corporate
323	373	Brenda	Youngren	63	F	52:40		
324	37	Lauren	Sullivan	33	F	52:43	Way Satation Trotters	Corporate
325	55	Penelope	Grenning	9	F	52:45	Grenning Gang	Mother-Daughter
326	294	Shirley	Stroup	64	F	53:10		
327	370	Theresa	Hentgen	51	F	53:12		
328	368	Bethany	Huntgen	23	F	53:13		
329	86	Shiann	Talley	64	F	53:27	Runnin Rebels	Mother-Daughter
330	40	Diane	Bauer	58	F	53:42	Weinberg Center for the Arts	Corporate
331	41	Stephanie	Brenton	62	F	53:55	Weinberg Center for the Arts	Corporate
332	44	Gerry	Souders	73	F	55:02	Weinberg Center for the Arts	Corporate
333	385	Caroline	Feaga	86	F	56:25	Sophie & Madigan's Playground	Corporate
334	383	Grimi	Avila	64	F	59:31		
335	382	Gisella	Barreda	42	F	59:33		

336	193	Susan	Hash	58	F	1:01:19		
337	54	Mindy	Deslatte-Gill	29	F	1:08:24	Deslatte Team	Mother-Daughter
338	140	Debbie	Bodmer	40	F	1:08:28		
339	53	Barbara	Deslatte	55	F	1:08:31	Deslatte Team	Mother-Daughter
340	43	Connie	Shumway	58	F	1:20:25	Weinberg Center for the Arts	Corporate
	341	Christine	Lillard	34	F		Sophie & Madigan's Playground	Corporate

Please send any corrections to Steve Dobson at [sd44@earthlink.net](mailto:sd44@earthlink.net)