

The Dash 10K by Capital Sprints
Washington, DC
Sunday, July 31, 2011

- Results by Jay Jacob Wind, [Safety And Health Foundation, Inc.](#) | [Send additions or corrections](#)

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| Bib | ## | Name | G | Age | City | State | Time | M | F | Award |
|-----|----|-------------------------|---|-----|------------------|-------------|-------|----|----|----------|
| 432 | 1 | Robert Laher | M | 41 | Corinth | MS | 39:19 | 1 | | M 1 |
| 410 | 2 | Chris Conroy | M | 37 | Washington | DC | 39:48 | 2 | | M 2 |
| 436 | 3 | Lucas Liriano | M | 17 | Frederick | MD | 40:19 | 3 | | M 3 |
| 187 | 4 | Russell Inman | M | 38 | Bethesda | MD | 40:42 | 4 | | M30-39 1 |
| 158 | 5 | David Pinnick | M | 54 | Manassas | VA | 41:29 | 5 | | M50-59 1 |
| 391 | 6 | Hector Rosekrans | M | 26 | Norfolk | VA | 42:04 | 6 | | M20-29 1 |
| 396 | 7 | Eleanor Evans | F | 21 | Tacoma | WA | 42:16 | | 1 | F 1 |
| 329 | 8 | Gregory Kammerer | M | 49 | Washington | DC | 42:57 | 7 | | M40-49 1 |
| 148 | 9 | Eugene Huang | M | 35 | Chicago | IL | 43:07 | 8 | | M30-39 2 |
| 182 | 10 | Eben Clattenburg | M | 25 | Perkinsville | VT | 43:29 | 9 | | M20-29 2 |
| 336 | 11 | Roberto Tron | M | 28 | Baltimore | MD | 43:39 | 10 | | M20-29 3 |
| 151 | 12 | Melissa Wisner | F | 28 | Washington | DC | 43:51 | | 2 | F 2 |
| 157 | 13 | Rachel Clattenburg | F | 27 | Washington | DC | 44:11 | | 3 | F 3 |
| 193 | 14 | Jeff Horowitz | M | 46 | Washington | DC | 44:50 | 11 | | M40-49 2 |
| 260 | 15 | Michael Schweizer | M | 38 | Rheinfelden | SWITZERLAND | 45:13 | 12 | | M30-39 3 |
| 423 | 16 | Todd Richman | M | 41 | Washington | DC | 46:23 | 13 | | M40-49 3 |
| 239 | 17 | Jonathan (Josh) Kallmer | M | 39 | Washington | DC | 47:11 | 14 | | |
| 429 | 18 | Joshua Beeman | M | 40 | Washington | DC | 47:28 | 15 | | |
| 335 | 19 | Jeff Shockey | M | 45 | Bethesda | MD | 47:35 | 16 | | |
| 294 | 20 | Gareth Smail | M | 25 | Washington | DC | 48:04 | 17 | | |
| 113 | 21 | Marque Easton | M | 28 | Washington | DC | 48:22 | 18 | | |
| 267 | 22 | Miles Treakle | M | 32 | Alexandria | VA | 48:37 | 19 | | |
| 444 | 23 | Lindsey Owen | F | 23 | Colorado Springs | CO | 48:39 | | 4 | F20-29 1 |
| 296 | 24 | Alex Kloppenburg | F | 20 | Acton | MA | 48:43 | | 5 | F20-29 2 |
| 446 | 25 | Tyrone Duncan | M | 51 | Washington | DC | 48:58 | 20 | | M50-59 2 |
| 439 | 26 | John Murray | M | 41 | Washington | DC | 48:58 | 21 | | |
| 268 | 27 | Jay Johnson | M | 43 | Bethesda | MD | 49:16 | 22 | | |
| 408 | 28 | Frank Bacelli | M | 39 | Washington | DC | 49:25 | 23 | | |
| 433 | 29 | Alyson Shade | F | 27 | Washington | DC | 50:56 | | 6 | F20-29 3 |
| 139 | 30 | Dean Barrett | M | 43 | Washington | DC | 51:00 | 24 | | |
| 392 | 31 | Scott Strickland | M | 36 | Washington | DC | 51:00 | 25 | | |
| 443 | 32 | Marisa Hickey | F | 28 | Washington | DC | 51:06 | | 7 | |
| 415 | 33 | Altaf Ahmad | M | 33 | Washington | DC | 51:14 | 26 | | |
| 119 | 34 | Marvin Outlaw | M | 40 | Washington | DC | 51:43 | 27 | | |
| 247 | 35 | Eric Bond | M | 48 | Takoma Park | MD | 51:45 | 28 | | |
| 236 | 36 | Mike Schubert | M | 49 | Chevy Chase | MD | 52:36 | 29 | | |
| 420 | 37 | Raymond Adams | M | 38 | Springfield | VA | 52:46 | 30 | | |
| 418 | 38 | Lucy Novick | F | 24 | Washington | DC | 52:49 | | 8 | |
| 291 | 39 | Dave Francis | M | 29 | Washington | DC | 53:11 | 31 | | |
| 413 | 40 | John Wirth | M | 31 | Alexandria | VA | 53:26 | 32 | | |
| 242 | 41 | Margaret Slattery | F | 22 | Washington | DC | 53:49 | | 9 | |
| 235 | 42 | Will Holley | M | 29 | Washington | DC | 53:54 | 33 | | |
| 300 | 43 | Charlene Bachman | F | 24 | Washington | DC | 54:02 | | 10 | |
| 112 | 44 | James White | M | 28 | Washington | DC | 54:04 | 34 | | |
| 283 | 45 | Alicia Haelen | F | 24 | Washington | DC | 55:19 | | 11 | |
| 407 | 46 | Tyler Trinsey | F | 29 | Arlington | VA | 55:29 | | 12 | |
| 295 | 47 | Anne Meree Craig | F | 35 | Vienna | VA | 55:44 | | 13 | F30-39 1 |

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|-----|-----|--------------------|---------|----|------------------|---------|----|----------|
| 440 | 48 | Paul Dueringer | M | 45 | Arlington VA | 55:47 | 35 | |
| | NC | 49 | Unknown | | | 55:52 | | |
| 393 | 50 | Stephen Schneider | M | 51 | Washington DC | 55:58 | 36 | M50-59 3 |
| 250 | 51 | Gregory Rubino | M | 27 | Baltimore MD | 56:00 | 37 | |
| 445 | 52 | Shon King | M | 35 | Washington DC | 56:29 | 38 | |
| 299 | 53 | Rebecca Walter | F | 32 | Washington DC | 56:36 | 14 | F30-39 2 |
| | nc | 54 | Unknown | | | 56:39 | | |
| 424 | 55 | Jim Tyrrell | M | 48 | Leesburg VA | 57:02 | 39 | |
| 284 | 56 | Stephen Demers | M | 24 | Washington DC | 57:17 | 40 | |
| 216 | 57 | Linda Bystrowski | F | 27 | Arlington VA | 57:23 | 15 | |
| 411 | 58 | Alan Gersch | M | 44 | Washington DC | 57:24 | 41 | |
| 323 | 59 | Sarah Nutman | F | 22 | New Haven CT | 57:31 | 16 | |
| 404 | 60 | Theresa Crossfield | F | 29 | Columbia MD | 57:33 | 17 | |
| 431 | 61 | Amanda Marr | F | 38 | Washington DC | 57:45 | 18 | F30-39 3 |
| 285 | 62 | Sara Taylor | F | 34 | Washington DC | 57:50 | 19 | |
| 243 | 63 | Alma Rico | F | 26 | Washington DC | 58:11 | 20 | |
| 298 | 64 | Ari Elias-Bachrach | M | 30 | Silver Spring MD | 58:43 | 42 | |
| 272 | 65 | Andrew Kilby | M | 32 | Takoma Park MD | 59:11 | 43 | |
| 416 | 66 | Steven Bachrach | M | 63 | Merion PA | 59:19 | 44 | M60-69 1 |
| 184 | 67 | Lyssette Kramer | M | 35 | Ijamsville MD | 59:30 | 45 | |
| 417 | 68 | Jaimie Matthews | F | 26 | Washington DC | 59:32 | 21 | |
| 421 | 69 | Alyssa Adams | F | 38 | Springfield VA | 59:44 | 22 | |
| 401 | 70 | Michael Heckler | M | 26 | Washington DC | 1:00:06 | 46 | |
| 400 | 71 | Mary Heckler | F | 26 | Washington DC | 1:00:07 | 23 | |
| 447 | 72 | David Conway | M | 35 | Washington DC | 1:00:49 | 47 | |
| 246 | 73 | Maura Coughlin | F | 22 | Washington DC | 1:01:07 | 24 | |
| 269 | 74 | Philip Mogen | M | 22 | Radford VA | 1:01:08 | 48 | |
| 332 | 75 | Colleen Kersgard | F | 36 | Bethesda MD | 1:01:12 | 25 | |
| 337 | 76 | Gretchen Rickards | F | 37 | Washington DC | 1:01:14 | 26 | |
| 414 | 77 | Amber Wirth | F | 30 | Alexandria VA | 1:01:38 | 27 | |
| 238 | 78 | Fiona Greene | F | 39 | Washington DC | 1:01:53 | 28 | |
| 430 | 79 | Molly Gleeson | F | 31 | Washington DC | 1:01:54 | 29 | |
| | nc | 80 | Unknown | | | 1:01:54 | | |
| 425 | 81 | Vera Wang | F | 34 | Philadelphia PA | 1:02:10 | 30 | |
| 146 | 82 | Chrissy Covington | F | 28 | Washington DC | 1:02:17 | 31 | |
| 297 | 83 | Bethany Ellenbogen | F | 20 | Richmond VA | 1:02:27 | 32 | |
| 450 | 84 | Lewis Smiley | M | 32 | Washington DC | 1:02:31 | 49 | |
| 218 | 85 | Chris Paletta | M | 58 | Alexandria VA | 1:02:40 | 50 | |
| 273 | 86 | Ginny Veatch | F | 25 | Washington DC | 1:03:45 | 33 | |
| 399 | 87 | Dax Eckel | M | 38 | Germantown MD | 1:03:50 | 51 | |
| 249 | 88 | Rachel Rubino | F | 27 | Baltimore MD | 1:04:25 | 34 | |
| 248 | 89 | Amyre Barker | F | 28 | Mount Rainier MD | 1:05:13 | 35 | |
| 155 | 90 | Ginger Jacobs | F | 44 | Washington DC | 1:05:15 | 36 | F40-49 1 |
| 251 | 91 | Mitra Pitts | F | 32 | Bethesda MD | 1:05:47 | 37 | |
| 227 | 92 | Karen Taggart | F | 36 | Washington DC | 1:06:06 | 38 | |
| 435 | 93 | Michael Alexander | M | 37 | Bowie MD | 1:06:18 | 52 | |
| 434 | 94 | Kevin Quinn | M | 54 | Vienna VA | 1:06:19 | 53 | |
| 303 | 95 | Anthony Ban | M | 25 | Rosedale MD | 1:06:43 | 54 | |
| 406 | 96 | Kim Clancy | F | 33 | Bethesda MD | 1:07:03 | 39 | |
| 256 | 97 | Amanda Bania | F | 30 | Washington DC | 1:07:10 | 40 | |
| 442 | 98 | Maureen Lynch | F | 47 | Washington DC | 1:07:27 | 41 | F40-49 2 |
| 244 | 99 | Hugh McCarthy | M | 25 | Arlington VA | 1:08:02 | 55 | |
| 245 | 100 | Lauren Lee | F | 24 | Fairfax VA | 1:08:04 | 42 | |
| 159 | 101 | Cheryl Cotton | F | 47 | McLean VA | 1:08:26 | 43 | F40-49 3 |
| 164 | 102 | Arthur Cotton | M | 48 | McLean VA | 1:08:28 | 56 | |
| 403 | 103 | Brian Donaldson | M | 27 | Columbia MD | 1:08:59 | 57 | |
| 261 | 104 | Diane Lorsong | F | 38 | Church Hill MD | 1:09:00 | 44 | |
| 281 | 105 | Brandi Farrell | F | 35 | Takoma Park MD | 1:09:10 | 45 | |
| 209 | 106 | Marsha O'Mara | F | 35 | Bowie MD | 1:09:24 | 46 | |
| 231 | 107 | Stacey Merola | F | 38 | Chevy Chase MD | 1:09:31 | 47 | |

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|-----|-----|---------------------------|---|----|-------------------|---------|----|----------|
| 266 | 108 | Rachel Karas | F | 20 | Washington DC | 1:09:32 | 48 | |
| 405 | 109 | Amy Treakle | F | 31 | Alexandria VA | 1:10:35 | 49 | |
| 438 | 110 | Whitney Minter | F | 35 | Arlington VA | 1:10:54 | 50 | |
| 286 | 111 | Scott Little | M | 41 | Bowie MD | 1:11:11 | 58 | |
| 289 | 112 | Patricia DeBow | F | 30 | Washington DC | 1:11:22 | 51 | |
| 279 | 113 | Avi Kempler | M | 31 | Alexandria VA | 1:11:43 | 59 | |
| 448 | 114 | George Johnson | M | 52 | Washington DC | 1:11:44 | 60 | |
| 279 | 115 | Avi Kempler | M | 31 | Alexandria VA | 1:11:47 | 61 | |
| 111 | 116 | Nick Finnigan | M | 33 | Washington DC | 1:11:47 | 62 | |
| 125 | 117 | Dave Withers | M | 51 | Washington DC | 1:11:48 | 63 | |
| 277 | 118 | Rachel Azaroff | F | 27 | Washington DC | 1:12:10 | 52 | |
| 221 | 119 | Rachel Paletta | F | 32 | Alexandria VA | 1:13:31 | 53 | |
| 426 | 120 | Jenna McAllister | F | 25 | Clarksville TN | 1:14:15 | 54 | |
| 258 | 121 | Le Roy Van der Heyde | M | 50 | Alexandria VA | 1:14:42 | 64 | |
| 259 | 122 | Werner Van der Heyde | M | 23 | Alexandria VA | 1:14:43 | 65 | |
| 137 | 123 | Carlos Mora | M | 58 | Washington DC | 1:15:09 | 66 | |
| 449 | 124 | Thornell Moore | M | 43 | Washington DC | 1:15:25 | 67 | |
| 262 | 125 | Anna Weiss | F | 23 | Roselle IL | 1:15:58 | 55 | |
| 263 | 126 | Tom Burrell | M | 62 | Fairfax VA | 1:16:12 | 68 | M60-69 2 |
| 257 | 127 | Maria Van der Heyde | F | 50 | Alexandria VA | 1:16:34 | 56 | F50-59 1 |
| 210 | 128 | Ashley Barnes | F | 24 | Forestville MD | 1:16:36 | 57 | |
| 412 | 129 | Wilfredo Padilla-Melendez | M | 34 | Andrews AFB MD | 1:17:02 | 69 | |
| 402 | 130 | Bronwen Rice | F | 31 | Washington DC | 1:17:16 | 58 | |
| 419 | 131 | Alexander Porro | M | 20 | New Haven CT | 1:18:48 | 70 | |
| 422 | 132 | Lizzeth Merchan | F | 20 | Pembroke Pines FL | 1:18:52 | 59 | |
| 427 | 133 | Cristina Alvarez | F | 20 | Miami FL | 1:18:53 | 60 | |
| 293 | 134 | Michael Hoyos | M | 20 | Pembroke Pines FL | 1:18:54 | 71 | |
| 234 | 135 | Garrett Twigg | M | 40 | Norfolk VA | 1:19:54 | 72 | |
| 278 | 136 | Yekaterina Unnikumaran | F | 34 | Silver Spring MD | 1:21:08 | 61 | |
| 292 | 137 | Valentina Pillai | F | 37 | Beltsville MD | 1:21:09 | 62 | |
| 290 | 138 | Tad Bailey | M | 62 | Centreville VA | 1:25:26 | 73 | M60-69 3 |
| 229 | 139 | Katie Arth | F | 24 | Washington DC | 1:26:44 | 63 | |
| 398 | 140 | Sarah Eckel | F | 30 | Germantown MD | 1:26:55 | 64 | |
| 142 | 141 | Clarence Brown | M | 50 | Washington DC | 1:28:16 | 74 | |
| 253 | 142 | Rachel Maher | F | 21 | Alexandria VA | 1:39:58 | 65 | |
| 252 | 143 | Kharod France | M | 28 | Alexandria VA | 1:39:58 | 75 | |