33rd Annual Shawsville 5K

July 4th, 2014

Shawsville's luck with the weather held again this year. The temperature was about 68 degrees at race time, with low humidity and a nice breeze out of the north. These circumstances were a result of the season's first hurricane lying off the Virginia coast, which meant clear, blue skies for our highlands.

Two hundred fifteen runners entered the field, as did nine family teams.

The women's results were marred by a clock that ran out of printer tape toward the end of the race. The order of finishers is certainly correct, but there will be no times for women whose times were greater than 28:11, except for those who registered their own time on the finish board. This error falls directly on the race director, and I apologize for my oversight.

One interesting feature of the race today was the appearance of so many runners over the age of seventy! But youth will be served, so special recognition goes to Matt Howard (22) who repeated as the men's champion, and to women's champion Mina DeMarco (30) who moved up from second last year with a time that was more than 30 seconds faster.

Overall Winners

Men	Time	Women	Time
1. Matt Howard (22)	16:01	1. Mina DeMarco (30)	17:56
2. Patrick Woodford (21)	16:19	2. Jessica Alley (24)	19:02
3. Brandon Bear (27)	16:23	3. Claire Ewing-Nelson (17)	19:33

Women's Results

11 & under

1. Carly Wilkes	23:17	5. Hannah Harless	
2. Emily Hemphill		6. Kemper Darby	
3. Elli Underwood		7. Sage Crawford	
4. Meg Hemphill			

12 - 15

1. Ailene Edwards	21:30	4. Alexis Andrews	26:42
2. Lyndsey Taylor	21:31	5. Georgia Paulk	
3. Caitlin Dominy	22:45		

16 – 19

1. Hayley Hillison			

20 - 24

1. Hayley Billingley	19:37	4. Rose Kohinke	31:35
2. Elizabeth Wilson	24:11	5. Samantha Adams	
3. Jennifer Hurt	28:11		

25 - 29

1. Virgina Hagood	20:42	4. Cameran Varano	27:16
2. Tiffany Hannah	21:18	5. Maggie Thorton	
3. Sarah Kegel	24:09	6. Sarah Worley	

30 - 34

1. Andreia Jackson	21:41	7. Melanie Dornon	
2. April Johnson	24:13	8. Sarah Milton	
3. Cynthia Akers	26:31	9. Shannon Patsel	
4. Linda Taylor	27:14	10. Jennifer Altman	
5. Dawn Gaudreau		11. Lindsay Miller	
6. Kate Stewart			

35 - 39

1. Michelle Bouvier	24:37	6. Joan Williams	
2. Kelly Robinson	26:55		
3. Melanie Charlton			
4. Debbie Machingo			
5. Tiffany Shoop			

40 - 44

1. Alice Coddington	21:09	6. Michelle Darby	28:08
2. Kim Kitts	23:59	7. Michelle Lester	
3. Crystal Betteridge	24:05	8. Robyn Duncan	
4. Malin Hosack	24:07	9. Tamara Harless	
5. Jill Farar	25:21	10. Deborah Lowe	

45 - 49

1. Cortney Martin	21:29	7. Darla Iuliucci	
2. Rachel Keller	24:20		
3. Sheri Edwards	27:08		
4. Nancy Whitlock			
5. Julie Linkous			
6. Anne Cash			

50 - 54

1. Amy Ewing-Nelson	23:45	10. Sharon Cline	
2. Donna Williams	24:29	11. Susan Earles	
3. Cybele Lane	25:31	12. Sara King	
4. Deidre Wilkes		13. Barbara Link	
5. Penny White		14. Janet Yoder	35:45
6. Sheila Lynch		15. Ellen Walker	
7. Molly Prater		16. Telina Hiser	
8. Leigh Prom			
9. Karen Hicks			

55 - 59

1. Yuriko Renardy	26:20	6. Penny Price	
2. Leslie Gregg	26:50	7. Judy Bell	
3. Trina Nicholson	27:06	8. May Hart	
4. Brenda Allen		9. Debra Farley	
5. Debbie Snellings			

60 - 64

1. Betsy Henderson	26:29	4. Margie Redditt	
2. Ann Cepeda	27:43	5. Pam Miller	
3. Carole Dellinger			
4. Nancy Harvey			

65 - 69

1. Sara Patterson			

70-74

1. Dot Howery		3. Sharon Hillison	
2. Maxine Drewry		4. Cathy Driscoll	

Men's Results

11 & under

1. Jackson Swanson	26:53	6. Adam Phoenix	47:12
2. Jace Thompson	29:50		
3. Preston Whitlock	34:06		
4. Carder Miller	34:47		
5. Chase Miller	38:31		

12 – 15

1. Ethan Edwards	18:03	7. Carter Bailey	25:01
2. Henry Quesenberry	19:50	8. Jack Thompson	28:21
3. Ethan Mills	21:01	9. Trent Crawford	47:14
4. Craig Thornton	21:04		
5. Coby Lovelace	22:45		
6. Connor Duncan	24:54		

16 – 19

1. Trevor Dominy	16:59		
2. Nate Dominy	17:15		
3. Zach Lovelace	20:37		
4. Caleb Stanford	26:03		

20 - 24

1. Frank Locascio	16:46	8. Evan Gregg	21:32
2. Dylan Paulk	16:55	9. Allan Waechter	22:26
3. Trevor Quesenberry	17:19	10. William Zakrzewski	24:26
4. Scot Bellavia	18:54	11. Julian Stewart	28:52
5. John Norris	19:54	12. Johnathan West	36:58
6. Zach France	20:11		
7. Kevin Crenshaw	20:20		

25 - 29

1. John Horst	18:31		
2. Jake Vishneski	21:05		
3. Charles Gilliam	24:34		

30 - 34

1. Andrew Parkins	16:27	4. Brennan Stewart	44:07
2. Sean Couch	20:29		
3. Ryan Kegel	21:11		

35 - 39

1. Matthew Wright	1:37	6. Damien Wilson	23:36
2. Brian Cullaty	18:40	7. Chad Coleman	26:32
3. Justin Hendrix	21:30	8. Ben Machingo	28:40
4. Sean Raines	21:54	9. Tony Kapranos	32:38
5. John Shumate	23:04		

40 - 44

1. Ignacio Moore	17:14	9. Ricky Bailey	25:24
2. Todd Reighly	18:42	10. Neil Swanson	26:54
3. James Penven	19:16	11. Scott Slagle	27:40
4. Carmen Dunford	19:30	12. John Thurman	27:55
5. Chris Webb	20:42	13. Brian Stanford	28:34
6. Chris Williams	21:52	14. Glen Dalton	29:27
7. Greg Thompson	23:03	15. Tim Fuhrer	29:32
8. Zach Hosack	24:48	16. David Lowe	38:05

45 - 49

1. Colin Munsey	18:05	8. Tracey Tawney	25:48
2. Jim Lovelace	19:55	9. Jeff Hillison	28:22
3. Tom Ewing-Nelson	21:27	10. James Bishop	29:56
4. Doug Falls	22:06		
5. Barry Light	23:26		
6. Eric Martin	23:28		
7. Jeff Wilson	23:56		

50 - 54

1. Marc Edwards	18:13	5. David Smith	28:59
2. Kevin Paulk	18:50	6. Tim Thornton	33:38
3. John Bode	23:33		
4. Paul Dominy	24:25		

55-59

1. Mark Long	19:57	6. Danny Woodford	22:59
2. Brent Lynch	20:00	7. Barry Thornton	29:04
3. Randy Burrier	21:24	8. Kevin Everett	29:15
4. Paul Beers	22:00	9. Jack Steehler	32:17
5. Dale Oakeson	22:52	10. Carleton Plaisted	41:55

60-64

1. Tom Inzana	20:59	6. George Morgan	26:37
2. Gary Adkins	21:34	7. Mel Lester	26:50
3. Mark Whisler	22:14	8. Marion Childress	27:18
4. Michael Morris	24:04	9. Richard Nester	31:42
5. Charles Farley	26:30		

65-69

1. Doc Weiss	21:39		
2. John Gregory	22:39		
3. Kurt Rheinheimer	26:04		
4. Steve Huppert	32:10		

70-74

1. Harold Ingram	23:37		
2. Walt Eanes	28:46		
3. Wayne Driscoll	30:54		
4. John Hillison	44:52		

75 & Over

1. James Gregory	45:22		

Fastest Family Results

This year saw a reduction in the number of families who competed, but there was no diminution in the quality of the competition. One point in favor of that statement was that the winners put up a perfect score!

That was the Edwards family of Blacksburg, who won this event in 2012, but who were dethroned last year because of medical issues during the race. This year, Ethan (15) replaced mom as a team member, and helped the family once again run away with the picture plaque.

Notable too was the Ewing-Nelson family, also of Blacksburg, who finished second this year, after having taken fourth in 2013. Their improvement as a team rests mostly with dad, who lowered his time by 1:08 over the same course as last year and consequently moved up three places within his age group. Great job, Tom! However, I would be remiss if I did not also mention Claire's (17) capture of third-place overall, which also earned her the top spot within her age category.

For the purposes of the report, I shall include the Top Four families, even though only the first three received a set of medals for their efforts. Had there had been a tie-score, total-elapsed time would have become the tie-breaker.

Family	Name	Age	Score	Time
1. Edwards	Ethan	15	1	18:03
	Marc	50	1	18:13
	Ailene	13	1	21:30
			Total 3	
2. Ewing - Nelson	Claire	17	1	19:33
	Tom	48	3	21:27
	Amy	54	1	23:45
			Total 5	
3. Dominy	Trevor	16	1	16:59
	Nate	18	2	17:15
	Caitlin	12	3	22:45
			Total 6	
4. Hillison	Hayley	16	2	---
	John	70	4	44:52
	Sharon	70	3	---
			Total 9	