

34th Annual Shawsville 5K

July 4th, 2015

The temperature at race time was about 68 degrees with high humidity. About a half-hour before the start of the race, the sun threatened to come out and heat things up, but by the 0800 start, clouds had moved in again and the race proceeded under overcast skies with a slight breeze. Overall, these were comfortable conditions for running.

Precisely 200 entrants participated in the races, eleven of whom were family teams. This year's unusual features were the greatly increased number of runners in the youngest boy's age-group, and in the women's 40-44 age-group as well.

There were no problems with clocks and scoring this year, with one exception. Apologies to Ignacio Moore, whose first-place age-group time of 17:01 (taking the category by more than four minutes!) was inexplicably recorded in 10th place on the results form and therefore not properly recognized at the awards ceremony. Others in the 40-44 group, however, exercised good sportsmanship to ensure Ignacio received the proper medal, even though he was not called to the stage. Thanks, guys.

Finally, I think it is important to recognize that because of changes in the way that we both recorded and reported times and medals this year, the entire post-race program was fully one hour shorter than it was last year. All trophies and medals had been awarded long before the largest raffle prizes had been drawn, to the benefit of many of those who chose to stay to the end. I encourage all participants to email us (shawsville5k@gmail.com) with your opinion as to whether our race should continue to maintain its low entry fee or switch to a chip-timing system that would require a higher one.

Overall Winners

Special recognition goes to men's winner, **Patrick Woodford**, who moved up from second overall in last year's race by running nearly a full minute faster than he did in 2014. Also, **Mina DeMarco** took the champion's trophy for the second year in a row.

Men	Time	Women	Time
1. Patrick Woodford (22)	15:22	1. Mina DeMarco (31)	18:32
2. Matt Howard	16:19	2. Kirsten Beaudry	18:55
3. Trevor Dominy (FF)	16:35	3. Hayley Billingsley	19:26

Women's Results

(Names in **bold** also won this age category last year.)

11 & under

1. Danielle Dodson	28:21	4. Aija McHone	40:56
2. Ella Semtner	35:13	5. Tyler Roope	41:01
3. Kelly Semtner	35:57		

12 - 15

1. Ailene Edwards	20:39		
2. Caitlin Dominy	22:30		
3. Annalyse McHone	31:38		

16 - 19

1. Katie Fortner	19:54	4. Dimple Mozhi	23:41
2. Megan Broyles	21:50	5. Hayley Hillison	35:13
3. Rachel Altizer	22:57		

20 - 24

1. Ruth Trochim	24:50	5. Rose Kohinke	27:55
2. Jessi Fortner	26:09	6. Michaela Johnson	36:38
3. Megan Roland	27:30		
4. Briana McCall	27:48		

25 - 29

1. Virginia Adams	20:53	4. Hannah Burnette	22:27
2. Hannah Tiffany	21:06	5. Cameron Varano	26:32
3. Allison Rahtes	21:46	6. Krista Pattison	28:54

30 - 34

1. Chelsea Wilson	24:52	5. Lindsay Miller	33:59
2. Cindy Akers	24:55	6. Shannon Patsel	37:14
3. Kate Stewart	25:36		
4. Adrienne Smith	32:18		

35 - 39

1. Kelley Sutphin	28:08	4. Miranda Lucia	32:06
2. Stephanie Bell	29:21		
3. Sarah Milton	30:23		

40 - 44

1. Carolyn Thompson	22:26	8. Tamara Harless	29:30
2. Kim Kitts	24:42	9. Maggie Bump	30:49
3. Amy Pruden	24:53	10. Suzanne Charles	32:22
4. Jill Farar	25:19	11. Melinda Edwards	33:46
5. Lisa St. Clair	26:19	12. Mona Semtner	35:57
6. Wendy Grider	28:12	13. Cherie Jones-McHone	41:41
7. Danielle Waters	28:18	14. Deborah Lowe	42:26

45 - 49

1. Cortney Martin	21:06	5. Lisa Garcia	
2. Monika Gibson	25:43	6. Andrea Blanton	
3. Sheri Edwards	26:46	7. Rachel Collins	
4. Kim Dominy	28:40		

50 - 54

1. Shawn Fortner	24:11	6. Sara King	30:56
2. Rosa Bowles	25:13	7. Julie Jeavons	31:24
3. Molly Prater	30:18	8. Anne Cash	36:49
4. Sharon Cline	30:54	9. Telina Hiser	40:57
5. Karen Hicks	30:55	10. Tracey Brockenbrough	44:46

55 - 59

1. Debbie Snellings	33:13		
2. Penny Price	33:25		
3. Gwen Million	36:52		

60 - 64

1. Yuriko Renardy	26:23	4. Linda Slusher	41:452
2. Trina Nicholson	26:33		
3. Anne Cepeda	28:31		

65 - 69

1. Joy Cecil	43:42		
2. Ruth Keeling	46:42		

70-74

1. Rebecca Sears	35:48		
2. Maxine Drewry	46:06		
3. Sharon Hillison	48:16		

Men's Results

(Names in **bold** also won this age category last year.)

11 & under

1. Riley Geddes	21:05	8. Jackson Swanson	27:39
2. Brady Semtner	23:35	9. John Grider	28:14
3. Spencer Thompson	24:36	10. Louis Semtner	31:47
4. Lance Elkins	24:44	11. Carder Miller	34:32
5. Brennan Lucia	24:46	12. Josh Patsel	34:35
6. Alec Elkins	25:24	13. Lance Patsel	37:26
7. Tyler Thompson	27:24		

12 - 15

1. Nathan Morton	17:57	5. Rob Cleland	24:34
2. Henry Quesenberry	19:13	6. Vincent Keeling	30:24
3. Ethan Mills	19:43	7. Arthur Lucia	34:12
4. Adam Downs	23:01		

16 - 19

OA/FF Trevor Dominy		4. Cameron Dominy	27:03
1. Nate Dominy	16:59		
2. Ethan Edwards	18:31		
3. Jack Dunkenberger	24:13		

20 - 24

1. Frank Locascio	17:28	6. Julian Stewart	25:10
2. Brian Seitz	17:31	7. Cody Harless	29:56
3. Michael Powell	21:18		
4. Stephen D'Angelo	23:44		
5. Daniel Altizer	24:22		

25 - 29

1. Brandon Bear	17:36	4. Zach Milton	25:20
2. Jordan Chang	17:46	5. Jordan Stewart	31:54
3. Matt Hall	21:19		

30 - 34

1. Sean Miller	20:55	4. Brennan Stewart	31:51
2. Charles Funderburgh	22:43	5. Billy Moss	48:31
3. Brooks Tiffany	24:45		

35 - 39

1. Matthew Wright	18:54	4. Oscar Solis	24:24
2. Matt Tolbert	21:44	5. Damien Wilson	24:32
3. Chad Coleman	22:37	6. Brad Sutphin	28:08

40 - 44

1. Ignacio Moore	17:01	6. Tim Fuhrer	27:50
2. Rob Semtner	21:26	7. John Grider	28:12
3. John Shumate	22:07	8. Scott Geddes	30:14
4. Chris Williams	23:16	9. David Lowe	37:37
5. Brian Waters	27:26	10. Richard McHone	41:36

45 - 49

1. Brian Walter	16:46	9. Tracey Towney	25:26
2. Colin Munsey	18:01	10. Neil Swanson	26:59
3. Michael Stowe	20:27	11. Mark Thompson	27:25
4. Erik Olsen	20:35	12. Thomas Moomaw	27:43
5. Tom Ewing	22:12	13. Jeff Hillison	28:14
6. Eric Martin	22:28	14. Danny Dodson	28:21
7. Ed Gotta	25:09	15. James Bishop	33:29
8. Michael Klemba	25:13		

50 - 54

1. Marc Edwards	18:48	4. Doug Falls	22:04
2. Larry Meadors	21:08	5. Mike Fortner	22:05
3. Eugene Kaiser	21:15	6. Karl Brockenbrough	29:44

55-59

1. Brent Lynch	20:35	5. Stephen Sottosanti	29:59
2. Randy Burrier	22:44	6. Tim Thornton	31:57
3. Martin Piedl	26:46	7. Jack Steehler	34:16
4. Greg Stick	28:24		

60-64

1. Tom Inzana	22:02	5. George Morgan	26:17
2. Felix Lopez	22:47	6. Joe LaRocco	27:33
3. Mark Whisler	24:10	7. Marion Childress	27:51
4. Tom Gardner	24:31		

65-69

1. John Gregory	23:06		
2. Tom Roth	27:30		

70-74

1. Harold Ingram	24:02	4. Steve Huppert	35:54
2. Walt Eanes	30:30		
3. John Hillison	33:57		

75 & Over

1. Jim Gregory	45:37		

Fastest Family Results

There were a total of eleven families who registered for and completed this year's race.

And there was again an intense competition for the coveted photo-plaque. Two families registered low scores of five, with their tie being resolved by summing the total elapsed time for members of their team. This year the **Dominy family** from Christiansburg, who finished third last year, won the title by edging out the two-time former champions, the **Edwards family**. Perennial contenders, the **Fortner family**, once again ran well as a team to take home bronze medals.

For the purposes of the report, I shall include the Top Five families, even though only the first three received a set of medals for their efforts.

Family	Name	Age	Score	Time
1. Dominy	Trevor	19	1	16:35
	Nate	17	2	16:59
	Caitlin	13	2	22:30
			Total 5	
2. Edwards	Ethan	16	3	18:31
	Marc	51	1	18:48
	Ailene	14	1	20:39
			Total 5	

3. Fortner	Katie	19	1	19:54
	Shawn	51	1	24:11
	Jessi	22	4	26:09
			Total 6	
4. Thompson	Carolyn	44	1	22:26
	Spencer	8	3	24:36
	Tyler	10	7	27:24
			Total 11	
5. Hillison	John	71	3	33:57
	Hayley	17	5	35:13
	Sharon	71	3	48:16
			Total 11	