

Foggy Bottom Milk Run (1981~2020)

Submitted by "Bill Daniel" <drd4462@att.net>

4 MILE RUN (4.1 Mile until 2011)

MEN 0-10 (Starting in 1996)

1 Jared Wohlwend	25:52 (99)
2 Carlos Jones Jr.	28:48 (97)
3 Andrew Cutler	29:04 (09)
4 Jackson Sandell	29:17 (15)
5 Noah Okelly	29:21 (09)

MEN 11-14

1 Shaun Lyle	22:44 (97)
2 Jared Wohlwind	22:49 (03)
3 RJ Richard	23:16 (11)
3 Brandon Kelsey	23:16 (13)
5 Kellen O'Neill	23:17 (13)

MEN 15-19

1 Dennis Pfeiffer	20:41 (85)
2 Adam Hall	20:45 (98)
3 Matt Creason	20:56 (93)
4 Jeff Johnson	21:13 (86)
5 Tom Greene	21:18 (85)

MEN 20-24

1 Greg Williams	19:49 (82)
2 Jim Noonan	19:53 (82)
3 Mike Baca	19:55 (82)
4 Timothy Miller	20:09 (99)
5 Jason Walker	20:31 (03)

MEN 25-29

1 Greg Heistuman	20:07 (82)
2 Reed Elmore	20:11 (98)
3 Dennis Pfeiffer	20:19 (93)
4 Chris Parmer	20:21 (98)
5 Tim Miller	20:24 (03)

MEN 30-34

1 Stuart Scholl	20:28 (88)
2 Greg Heistuman	20:45 (88)
3 Reed Elmore	21:07 (00)
4 James Becker	21:40 (94)
5 Mike Holt	21:41 (81)

MEN 35-39

1 Greg Heistuman	20:52 (92)
2 John Slavin	20:59 (86)
3 Alex Zygaczenko	21:02 (85)
4 John Zygaczenko	21:07 (85)
5 Ken Bell	21:12 (88)

MEN 40-44

1 John Zinselmeir	21:15 (89)
2 Jim Gibbons	21:43 (87)
3 Kitt Flynn	22:03 (95)
4 Scott Pesch	22:51 (09)
5 Ron Flenner	22:58 (88)

MEN 45-49

1 John Zinselmeir	21:29 (93)
2 Jim Gibbons	22:57 (90)
3 Jack West	23:41 (98)
4 Bill Morris	24:10 (88)
5 Yoshi Uemura	24:12 (02)

MEN 50-54

1 John Zinselmeir	22:24 (98)
2 George Herd	22:56 (85)
3 John Petersen	24:27 (92)
4 Forrest Williams	24:40 (85)
5 Yoshi Uemura	24:54 (06)

MEN 55-59

1 George Herd	23:09 (90)
2 John Zinselmeir	23:29 (03)
3 Yoshi Uemura	25:54 (12)
4 Phillip Erath	26:06 (94)
5 Hal Jackson	26:09 (89)

WOMEN 0-10 (Starting in 1996)

1 Lily Richard	31:01 (11)
2 Grace Talty	33:15 (15)
3 Ryley Tauser	33:19 (05)
4 Arielle Cotton	33:53 (01)
5 Faith Tsarnas	34:17 (12)

WOMEN 11-14

1 Chloe Pigg	24:03 (11)
2 Yasmine White	25:51 (04)
3 Hannah Buell	27:11 (90)
4 Jami Urban	27:51 (92)
5 Michelle Hawk	28:04 (82)
5 Anna Bonomini	28:04 (87)

WOMEN 15-19

1 Nina Carson	25:31 (07)
2 Yasmine White	25:50 (05)
3 Sally Carlson	26:11 (83)
4 Tammy Davy	26:33 (82)
5 Deanna McVicar	26:47 (87)

WOMEN 20-24

1 Kathy Dolan	23:31 (86)
2 Sally Hunt	24:29 (87)
3 Deanna McVicar	25:00 (89)
4 Carrie Maingiapone	25:10 (98)
5 Rachael Wiseman	25:43 (01)

WOMEN 25-29

1 JoAnne Slater Vides	24:35 (93)
2 Lori Ramirez	25:32 (84)
3 Laura Magin	25:33 (95)
4 Naomi Posh	26:13 (08)
5 Isabelle Munnier	26:18 (94)

WOMEN 30-34

1 Melissa Accetta-Martel	23:04 (94)
2 JoAnne Slater Vides	23:45 (98)
3 Margaret Lang	24:25 (95)
4 Judy Peltier	24:40 (84)
5 Pamela Hutchison	25:56 (11)

WOMEN 35-39

1 JoAnne Slater Vides	23:18 (99)
2 Mary Pincini-Wells	25:59 (90)
3 Jennifer Heidmann	27:00 (08)
4 Pamela Naylor	27:03 (18)
5 Tessa D'Usseau	27:56 (89)

WOMEN 40-44

1 Laura McNulty	24:50 (11)
2 Pamela Naylor	25:46 (20)
3 Robyn Petruscha	26:27 (09)
4 Jeanette Woodcock	27:00 (95)
5 Melanie Richard	27:34 (13)

WOMEN 45-49

1 Laura McNulty	24:10 (14)
2 Robyn Petruscha	25:57 (10)
3 Chris Hamer	27:17 (02)
4 Liz Black	28:05 (08)
5 Karen Kelley-Day	28:48 (98)

WOMEN 50-54

1 Robyn Petruscha	27:16 (18)
2 Holly Enzler	27:19 (15)
3 Laura Chapman	28:03 (13)
4 Jessie Stratton	28:24 (96)
5 Karen Kelley Day	28:53 (02)

WOMEN 55-59

1 Robyn Petruscha	29:05 (20)
2 Lanore Bergenske	29:16 (17)
3 Liz Black	29:47 (15)
4 Lynn Lawrence	32:24 (89)
5 Michael Whiteley	32:48 (17)

MEN 60-64

1 John Zinselmeir	24:33 (10)
2 Alan Bellon	25:44 (88)
3 Mike Wood	26:57 (20)
4 Yoshi Uemura	27:37 (15)
5 Phillip Erath	27:52 (98)

MEN 65-69

1 Glen Easter	28:25 (96)
2 Alan Bellon	28:42 (95)
3 Don Hughes	29:05 (96)
4 Phillip Erath	29:06 (02)
5 Cyril Carl	29:54 (15)

MEN 70-74 (Starting in 2010)

1 Cyril Carl	29:57 (17)
2 Jurgen Giessel	32:47 (10)
3 Robet Meyer	36:04 (15)
4 Rick Park	37:27 (16)
5 Mike Baker	39:11 (13)

MEN 75-79 (Starting in 2010)

1 Ed Bush	35:54 (10)
2 Jurgen Giessel	42:43 (14)
3 Charlie Lawrence	42:47 (10)
4 Bill Laraby	57:49 (14)
5 Frank Benko	1:03:46 (17)

MEN 80-94

1 Don Hughes	32:25 (00)
2 Ted Ruprecht	33:18 (02)
3 Ed Bush	34:07 (09)
4 Charlie Lawrence	37:01 (04)
5 Lawrence Forero	37:15 (96)
6 Paul Perrine	38:13 (88)
7 Jim Ely	43:12 (08)
8 Robert Astrue	43:23 (00)
9 John Norberg	43:30 (01)

10 MILE RUN

MEN 0-14

1 Shaun Lyle	59:49 (98)
2 Yuma Lynch	1:07:15 (00)
3 Beau Barnes	1:07:42 (98)
4 Eli Ricca	1:08:15 (86)
5 Mike Osier	1:09:34 (84)

MEN 15-19

1 Dale Kitt	54:43 (02)
2 Anthony Baker	55:54 (90)
3 John Night	56:02 (83)
4 Brian Presson	57:17 (85)
5 Geoffrey Rasmussen	58:40 (83)

MEN 20-24

1 Mark Conover	50:39 (82)
2 Ray Webb	52:18 (86)
3 Tim Becker	52:54 (82)
4 Fergus Breck	53:06 (99)
5 Mike Williams	53:11 (85)

MEN 25-29

1 Jerald Drew	51:33 (88)
2 Mike Pigg	52:12 (89)
3 Barry Anderson	52:26 (82)
4 Scott Pesch	52:37 (93)
5 Greg Heistuman	53:29 (85)

MEN 30-34

1 Harry Cottrell	52:25 (81)
2 Howard Labrie	53:13 (83)
2 Stu Scholl	53:13 (87)
4 Jim Howard	53:40 (87)
5 Greg Heistuman	54:00 (87)

MEN 35-39

1 Harry Cottrell	53:31 (83)
2 Mike Holt	53:37 (86)

WOMEN 60-64

1 Mary Wells	32:05 (17)
2 Ellie Bustin	34:49 (17)
3 Sherry Bennion	34:59 (98)
4 Cathy Larripa	35:13 (15)
5 Theresa Burger	36:15 (97)

WOMEN 65-69

1 Mary Wells	31:31 (20)
2 Theresa Burger	37:00 (02)
3 Diane Muthart	37:07 (20)
4 Lynn Lawrence	38:34 (02)
5 Lupe Frias	40:35 (97)

WOMEN 70-74 (Starting in 2010)

1 Carolyn Ward	37:57 (12)
2 Marge Dunlap	38:29 (11)
3 Portia Matheson	50:37 (19)
4 Loretta Davidson	53:12 (15)
5 Pat Stolte	56:57 (10)

WOMEN 75-79 (Starting in 2010)

1 Marge Dunlap	38:29 (11)
2 Lynn Lawrence	41:03 (05)
3 Theresa Burger	42:18 (05)
4 Mary Freeman	44:28 (91)
5 Naomi Meyer	47:38 (02)
6 Gladys Hersey	50:00 (88)
7 Barbara Manson	50:48 (07)
8 Rosemary Goins	52:02 (93)
9 Phyllis Nunwa	53:38 (05)
10 Myrna Weburg	59:59 (15)

WOMEN 80-94

1 Lynn Lawrence	59:39 (14)
2 Barbara Manson	1:04:29 (17)
3 Myrna Weburg	1:07:15 (20)

WOMEN 0-14

1 Sally Carlson	1:09:20 (81)
2 Heather Houston	1:13:17 (83)
3 Hannah Buell	1:16:15 (94)
4 Sandra Wall	1:23:52 (88)
5 Diana Coppini	1:25:50 (95)

WOMEN 15-19

1 Kelly Tremmel	1:05:27 (89)
2 Chloe Pigg	1:06:13 (16)
3 Kim Pieratt	1:06:35 (81)
4 Jennifer Harvey	1:13:04 (83)
5 Martha Jain	1:17:40 (81)

WOMEN 20-24

1 Kathleen Gosnell	1:04:13 (05)
2 Heather Reed	1:05:05 (92)
3 Shane Felix	1:06:46 (81)
4 Dolores Adame	1:06:52 (82)
5 Alchera Clemshaw	1:07:31 (90)

WOMEN 25-29

1 Jane Cleavenger	1:00:56 (88)
2 Christine Castalanelli	1:04:50 (05)
3 Sharon Powers	1:05:43 (87)
4 Erin Twomey	1:06:15 (91)
5 Sydney Webb	1:07:30 (90)

WOMEN 30-34

1 Jane Cleavenger	1:01:52 (89)
2 Cedar Smith	1:03:01 (12) *
3 Patty Mogni	1:03:08 (88)
3 Lura Damiano	1:03:08 (91)
5 Tami Jaegle	1:03:15 (99)

WOMEN 35-39

1 Margqaret Lang	1:05:15 (98)
2 Cherie Lawrence	1:05:59 (11)

3 Greg Heistuman	54:14 (94)
4 John Zinselmeir	54:47 (86)
5 Mike Williams	55:28 (00)

MEN 40-44

1 John Zinselmeir	55:31 (88)
2 Scott Pesch	56:32 (08)*
3 Clarence Nason	57:42 (87)
4 Emo Mello	58:00 (92)
5 James Washington	58:32 (95)

MEN 45-49

1 Jack West	59:31 (97)
2 Lenny Escarda	1:01:15 (81)
3 Reed Richard	1:01:20 (14)
4 Ben Bennion	1:02:38 (82)
5 Forrest Williams	1:02:42 (83)

MEN 50-54

1 John Zinselmeir	59:48 (99)
2 George Herd	1:00:30 (87)
3 Lenny Escarda	1:02:11 (82)
4 Forrest Williams	1:02:46 (85)
5 George Crandell	1:04:39 (85)

MEN 55-59

1 George Crandell	1:07:15 (88)
2 Hal Jackson	1:08:27 (92)
3 Ken Young	1:09:13 (98)
4 Dave Ryan	1:09:19 (17)
5 Ted Ruprecht	1:09:47 (86)

MEN 60-64

1 John Zinselmeir	1:05:24 (11)
2 Phil Erath	1:06:28 (95)
3 Alan Bellon	1:07:01 (87)
4 Dave Ryan	1:07:28 (18)
5 Forrest Williams	1:09:59 (96)

MEN 65-69

1 John Zinselmeir	1:07:48 (13)
2 Bill Van Fleet	1:16:04 (81)
3 Jurgen Giessel	1:16:05 (03)
4 Bob Peck	1:19:30 (15)
5 Alan Grau	1:19:38 (19)

MEN 70-74

1 Ron Dunlap	1:16:41 (10)
2 Bill Van Fleet	1:23:08 (88)
3 John Norberg	1:23:35 (97)
4 Bill Fraser	1:24:10 (02)
5 Jurgen Giessel	1:25:43 (08)*

MEN 75-79

1 Paul Perrine	1:46:57 (89)
2 Ken Young	1:52:29 (17)
3 Jib Ray	1:58:43 (18)
4 Jerry Fowler	2:39:35 (15)

MEN 80-84

1 John Norberg	2:08:15 (10)
2 Jerry Fowler	2:53:34 (19)

3 Cedar Smith	1:07:11 (20)
4 Karen Angel	1:08:20 (85)
5 Gail Jones	1:09:26 (93)

WOMEN 40-44

1 Elaine Delsman	1:05:31 (88)
2 Karen Kelley-Day	1:06:49 (93)
3 Karen Angel	1:07:17 (87)
4 Jeannette Woodcock	1:08:57 (99)
5 Liz McHugh	1:10:14 (95)

WOMEN 45-49

1 Laura McNulty	1:07:15 (15)
2 Karen Kelley-Day	1:09:15 (97)
3 Tami Beall	1:10:15 (17)
4 Maureen Reiner	1:11:17 (93)
5 Karen Angel	1:14:15 (92)

WOMEN 50-54

1 Tami Beall	1:09:20 (18)
2 Pamela Horton	1:12:12 (95)
3 Laura McNulty	1:16:11 (19)
4 Chris Hamer	1:16:14 (08)*
5 Lanore Bergenske	1:16:40 (12)

WOMEN 55-59

1 Lanore Bergenske	1:10:06 (13)
2 Caroline Carson	1:19:01 (20)
3 Chris Hamer	1:21:23 (12)
4 Mary Wells	1:22:02 (13)
5 Laurie Clendenen	1:26:08 (15)

WOMEN 60-64

1 Lanore Bergenske	1:16:05 (18)
2 Mary Wells	1:22:51 (15)
3 Virginia Terry	1:23:43 (85)
4 Chris Hamer	1:30:20 (20)
5 Eileen Burger	1:35:37 (19)

WOMEN 65-69

1 Jessie Stratton	1:27:37 (12)
2 Lynn Lawrence	1:39:34 (99)
3 Portia Matheson	1:42:08 (16)
4 Chris Hamer	1:42:14 (18)
5 Carolyn Ward	1:44:53 (11)

WOMEN 70+

1 Merna Guthrie	2:32:25 (96)
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* **New Course:** The old one had too much water.