

Share the Health 5K
Conducted by the DC Road Runners Club
Burke Lake, VA
June 5, 2004

The race was sponsored by Share the Health and timed by the DC Road Runners. Jocelyn Ludwick and Carl Timm from Share the Health and Pat Brown from the DCRRC directed the race despite a very rainy day and muddy, puddled trails.

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>G</u>	<u>City/State</u>	<u>Time</u>
1	Ted Poulos	42	M	McLean, VA	21:22
2	Paul Angeles	46	M	Springfield, VA	21:25
3	Robert Burger	37	M		21:27
4	Rick Fry	35	M	Fairfax, VA	21:34
5	Amy Van Dyk	19	F		21:45
6	Mike Wagner	34	M	Fairfax, VA	24:51
7	Cedric Chang	33	M		25:04
8	Lawrence Junkins	59	M		25:10
9	Matt Wizeman	27	M	Ashburn, VA	25:15
10	Rob Turner	47	M		26:01
11	Sultab Abdali	29	M	Arlington, VA	26:16
12	Troy Reed	28	M	Springfield, VA	26:19
13	Tony Penafiel	12	M	Centreville, VA	26:45
14	Amy Paul	35	F	Ashburn, VA	27:11
15	Marc Zwillinger	34	M		27:15
16	Jerome Schaffer	44	M	Manassas, VA	27:24
17	Ralph Brown	59	M	Oregon	27:29
18	Keith Hosman	49	M	Dale City, VA	27:38
19	Usama Abdali	32	M	CA	27:52
20	Michelle Jones	28	F	Vienna, VA	27:53
21	Caroline Wizeman	26	F	Ashburn, VA	28:34
22	Elliott Powell	48	M	Manassas, VA	28:57
23	Martha Burger	34	F		29:09
24	Karen Penafiel	38	F	Centreville, VA	29:27
25	Don Presar	65	M	Fairfax, VA	29:32
26	Lindsey Wagner	9	F	Fairfax, VA	26:36
27	Cindy Campbell	35	F	Ashburn, VA	29:51
28	Allison Anderson	31	F	Alexandria, VA	30:01
29	Robert Shalett	39	M	Washington, DC	30:35
30	Jill Shalett	28	F	Washington, DC	30:44
31	Abby Phillips	22	F		40:45
32	Danni Hu-Atienza	26	F	Fairfax, VA	40:45
33	Yuhneng Hu	25	F	Centreville, VA	40:46
34	Susan Medina	28	F	Woodbridge, VA	40:46

Age Group Winners					
<u>Range</u>	<u>Male</u>			<u>Female</u>	
0 - 9	-			Lindsey Wagner	
10 - 19	Tony Penafiel			Amy Van Dyk	
20 - 29	Matt Wizeman			Michelle Jones	
30 - 39	Robert Burger			Amy Paul	
40 - 49	Ted Poulos			-	
50+	Lawrence Junkins			-	