

LAKE ACCOTINK 8K
May 6, 2004

For the second year in a row runners enjoyed a marvelous evening at Lake Accotink Park for the kick-off of our mid-week spring and summer races. The nice spring weather prompted a record 78 finishers, on a course that may have been slightly short. The race director, based on a poll at the start, may return to the old course around the lake next year.

As he has for several years, Ted Poulos emerged victorious in 27:53, edging Norton Compton by five seconds. Beth Miller won comfortably in the women's portion of the race with a time of 31:52 and 12th overall place. Audrey Perlow was second at 34:15. Winners had their choice of glassware or the new insulated coffee cups with DCRRC logo. In all, 78 runners completed the race, the highest participation ever.

The race director was Pat Finn. Dick and Martha Sargent once again provided crucial assistance as sentries, registrars, and finish line managers. Dan Finn ably assisted in numerous capacities, and Pam Sane was a last minute volunteer at the water stop. Many thanks to all who helped put on the race!

FEMALE FINISHERS

	NAME	AGE	HOME	TIME
1.	Beth Miller	34	Fairfax, VA	31:52
2.	Audrey Perlow	23	Arlington, VA	34:15
3.	Allison Darling	13	Clifton, VA	35:56
4.	Helen Wu	26	Arlington, VA	36:03
5.	Chrissy Sane	14	Clifton, VA	36:40
6.	Beth Bedell	42	Clifton, VA	36:45
7.	Sara Odinetz	47	Burke, VA	37:48
8.	Jennifer Sauerbrunn	28	Alexandria, VA	39:10
9.	Bernadette Flynn	46	Springfield, VA	39:19
10.	Sophia Raff	23	Alexandria, VA	40:10
11.	Kyra Brown	34	Sterling, VA	40:29
12.	Leslie Graham	42	Alexandria, VA	43:57
13.	Jennifer Whitaker	28	Gainesville, VA	44:07
14.	Michelle Kim	30	Rockville, MD	46:50
15.	Tami Graf	67	Lusby, MD	46:52
16.	Junko Katada	33	Arlington, VA	48:13
17.	Laura Kaehler	41	Annandale, VA	50:49
18.	Vicki Santaniello	38	?	50:51

Male Finishers

1.	Ted Poulos	42	McLean, VA	27:53
2.	Norton Compton	49	Fairfax, VA	27:58
3.	Gene Smith	39	Burke, VA	28:42

4. Paul Rapavi	46	Springfield, Va	28:57
5. Omar Guachi	31	Dale City, VA	29:10
6. Gary Grimsley	49	Springfield, VA	29:25
7. Matt Anderson	38	Fairfax, VA	29:32
8. Karsten Brown	30	Front Royal, VA	30:27
9. Jose Ramirez	24	Alexandria, Va	30:40
10. Tim Good	44	Falls Church	31:36
11. Jay Wind	54	Arlington, VA	31:40
12. Mike Summers	40	Annandale, VA	32:00
13. Paul Angeles	45	Springfield, VA	32:17
14. Rodney Fennell	44	Clifton, VA	32:35
15. Mark Drosky	43	Alexandria, VA	32:42
16. James Houton	29	Alexandria, VA	33:02
17. Mike McCann	44	Annandale, VA	33:53
18. Eamon McEvilly	61	Springfield, VA	34:10
19. Michael Fay	47	Vienna, VA	34:16
20. Jon Palks	54	Bowie, MD	34:18
21. Jack Dusek	44	Arlington, VA	34:33
22. Robert Lasken	60	Clifton, VA	34:51
23. Bob Weiner	57	Accokeek, MD	35:16
24. James Scarborough	45	McLean, VA	35:29
25. Brian Scherer	32	Manassas, VA	35:37
26. Chris Dartzleward	14	Springfield, VA	36:00
27. Mark Deets	36	Alexandria, VA	36:06
28. Imants Celtnieks	59	Wheaton, MD	36:10
29. Jim Connor	51	Annandale, VA	36:29
30. Bill Tracy	50	Burke, VA	36:45
31. Scott Wetherell	38	Annandale, VA	36:52
32. Eric Assur	56	Fairfax, VA	37:05
33. Jim Cavanaugh	62	Arlington, VA	37:31
34. Andy Petruzzello	36	Falls Church, VA	37:40
35. Andy Buechele	61	Washington, DC	38:13
36. Jim Rogan	50	Springfield, VA	38:25
37. Scott MacIntosh	40	Springfield, VA	38:28
38. Paul Strasberg	39	Falls Church, VA	38:41
39. Brian Reaves	47	Alexandria, VA	39:50
40. Bob Parillo	57	Burke, VA	39:58
41. Edward Grant	47	Oak Hill, VA	40:04
42. Richard Rhoads	54	Arlington, VA	40:16
43. Vadim Raff	49	Odenton, MD	41:50
44. John Winkert	47	South Riding, VA	42:08
45. Chris Ramey	53	Chantilly, VA	42:36
46. Gavin Hosman	16	Dale City, VA	42:40
47. Keith Hosman	49	Dale City, VA	43:02
48. Mike Bigman	45	Springfield, VA	44:30
49. Duncan Templeton	44	Falls Church, VA	46:50

50. Walt Washburn	81	Vienna, VA	47:03
51. Phillip Thompson	57	Springfield, VA	48:30
52. Yousof Etemeta	25	Annandale, VA	50:23
53. Brian Bedell	38	Clifton, VA	50:51
54. Tim Ramsey	45	Alexandria, VA	52:40
55. Fred Hauschildt	57	Kensington, MD	60:20

NOTE: No cards for the following finish times – 34:16, 36:23, 37:03, 39:00, and 46:00.