

Front Royal Kiwanis 5K

Saturday 13 May 2023 - Warren County Health & Human Services Complex, Front Royal, VA

23rd annual (21st running). Weather at race time (9:00 AM): Cloudy, 69°, dew 60°, N breeze at 0-5. Course: 5K route on rolling paved roads in the northwestern part of Front Royal with an out-and-back section through Randolph-Macon Academy.

OVERALL RESULTS

#	name	age	sex	city, state	time	pace	in sex	award	bib #
1.	Karsten Brown	49	M	Front Royal, VA	19:48	6:22	1st	1st M Overall	34
2.	David Banville	33	M	Front Royal, VA	25:04	8:04	2nd	2nd M Overall	57
3.	Richard Butcher	43	M	Winchester, VA	25:33	8:13	3rd	3rd M Overall	55
4.	Randy Woodward	63	M	Winchester, VA	26:01	8:22	4th	1st M 60-64	44
5.	Hal Burba	73	M	Bentonville, VA	27:38	8:54	5th	1st M 70 & Over	47
6.	Teresa Martilik	39	F	Woodstock, VA	28:31	9:11	1st	1st F Overall	62
7.	S.J. Fox	49	M	Winchester, VA	28:50	9:17	6th	1st M 45-49	41
8.	Suzanna Barb	44	F	Winchester, VA	29:22	9:27	2nd	2nd F Overall	52
9.	Jerry Barb	49	M	Winchester, VA	29:39	9:33	7th	2nd M 45-49	53
10.	Marian Bloemker	61	F	Front Royal, VA	30:50	9:55	3rd	3rd F Overall	56
11.	Brenda Strother	63	F	Front Royal, VA	30:58	9:58	4th	1st F 60-64	54
12.	Amanda Breeden	36	F	Winchester, VA	33:34	10:48	5th	1st F 35-39	58
13.	Judy Willets	65	F	Flint Hill, VA	36:39	11:48	6th	1st F 65-69	36
14.	Emily Bourckel	40	F	Winchester, VA	36:49	11:51	7th	1st F 40-44	40
15.	Kathryn Anderson-Haines	66	F	Silver Spring, MD	38:21	12:21	8th	2nd F 65-69	37
16.	Brandi Patterson	30	F	Front Royal, VA	42:59	13:50	9th	1st F 30-34	48
17.	Debra Shows	61	F	Hedgesville, WV	44:17	14:15	10th	2nd F 60-64	50
18.	Harry Poling	77	M	Winchester, VA	44:47	14:25	8th	2nd M 70 & Over	49
19.	Joyce Kenney	58	F	Linden, VA	46:24	14:56	11th	1st F 55-59	46
20.	Belinda Smallwood	59	F	Front Royal, VA	47:29	15:17	12th	2nd F 55-59	45
21.	Doris Boyer	68	F	Hagerstown, MD	48:34	15:38	13th	3rd F 65-69	39
22.	Robert Haines	69	M	Silver Spring, MD	49:04	15:48	9th	1st M 65-69	38
23.	David Humphreys	67	M	Flint Hill, VA	51:56	16:43	10th	2nd M 65-69	35
24.	Dennis Shows	78	M	Hedgesville, WV	57:28	18:30	11th	3rd M 70 & Over	51
25.	John Coker	71	M	Hagerstown, MD	57:29	18:30	12th	4th M 70 & Over	42
26.	Eric Olson	69	M	Front Royal, VA	58:32	18:50	13th	3rd M 65-69	59
27.	Linda Olson Peebles	72	F	Alexandria, VA	58:32	18:50	14th	1st F 70 & Over	43

REGISTRANTS WHO DID NOT START OR DID NOT FINISH:

Curtis Kasinski	24	M	Winchester, VA	DNS
Carl Olson	36	M	Front Royal, VA	DNF
Kevin Olson	36	M	Front Royal, VA	DNF
George Powers	67	M	Front Royal, VA	DNS
Donna Siple	61	F	Front Royal, VA	DNS

Race director: Bill Powers

Volunteers: Colleen Snyder, Alexander Snyder, Terry Leckie, Karsten Brown, many Kiwanis Club members

Hosted by the **Kiwanis Club of Front Royal** (kiwaniscluboffrontroyal.org)

and the **Shenandoah Valley Runners** (svrunners.org)

All proceeds benefit **Warren County Special Olympics** (sparcofwarren.org/special-olympics)

AWARDS & AGE GROUP RESULTS

Ribbons were given to the top three finishers in each division.

Female Overall

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Teresa Martilik	39	F	Woodstock, VA	28:31	9:11	6th	1st	62
2.	Suzanna Barb	44	F	Winchester, VA	29:22	9:27	8th	2nd	52
3.	Marian Bloemker	61	F	Front Royal, VA	30:50	9:55	10th	3rd	56

Male Overall

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Karsten Brown	49	M	Front Royal, VA	19:48	6:22	1st	1st	34
2.	David Banville	33	M	Front Royal, VA	25:04	8:04	2nd	2nd	57
3.	Richard Butcher	43	M	Winchester, VA	25:33	8:13	3rd	3rd	55

Female 30-34

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Brandi Patterson	30	F	Front Royal, VA	42:59	13:50	16th	9th	48

Female 35-39

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Amanda Breeden	36	F	Winchester, VA	33:34	10:48	12th	5th	58

Female 40-44

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Emily Bourckel	40	F	Winchester, VA	36:49	11:51	14th	7th	40

Male 45-49

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	S.J. Fox	49	M	Winchester, VA	28:50	9:17	7th	6th	41
2.	Jerry Barb	49	M	Winchester, VA	29:39	9:33	9th	7th	53

Female 55-59

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Joyce Kenney	58	F	Linden, VA	46:24	14:56	19th	11th	46
2.	Belinda Smallwood	59	F	Front Royal, VA	47:29	15:17	20th	12th	45

Female 60-64

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Brenda Strother	63	F	Front Royal, VA	30:58	9:58	11th	4th	54
2.	Debra Shows	61	F	Hedgesville, WV	44:17	14:15	17th	10th	50

Male 60-64

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Randy Woodward	63	M	Winchester, VA	26:01	8:22	4th	4th	44

Female 65-69

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Judy Willets	65	F	Flint Hill, VA	36:39	11:48	13th	6th	36
2.	Kathryn Anderson-Haines	66	F	Silver Spring, MD	38:21	12:21	15th	8th	37
3.	Doris Boyer	68	F	Hagerstown, MD	48:34	15:38	21st	13th	39

Male 65-69

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Robert Haines	69	M	Silver Spring, MD	49:04	15:48	22nd	9th	38
2.	David Humphreys	67	M	Flint Hill, VA	51:56	16:43	23rd	10th	35
3.	Eric Olson	69	M	Front Royal, VA	58:32	18:50	26th	13th	59

Female 70 & Over

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Linda Olson Peebles	72	F	Alexandria, VA	58:32	18:50	27th	14th	43

Male 70 & Over

#	name	age	sex	city, state	time	pace	o'all	in sex	bib #
1.	Hal Burba	73	M	Bentonville, VA	27:38	8:54	5th	5th	47
2.	Harry Poling	77	M	Winchester, VA	44:47	14:25	18th	8th	49
3.	Dennis Shows	78	M	Hedgesville, WV	57:28	18:30	24th	11th	51
4.	John Coker	71	M	Hagerstown, MD	57:29	18:30	25th	12th	42

RACE PHOTOS

Courtesy of Karsten Brown:

karstenbrown.smugmug.com/FrontRoyalKiwanis5K2023/

RACE SPONSORS

GOLD SPONSORS:

Access Independence, Inc.	accessindependence.org
Apple Valley Dental Group	applevalleydentalgroup.com
The Arc of Warren County, VA	thearc.org/chapter/the-arc-of-warren-county-inc/
Blue Ridge Educational Center	blueridgeeducation.org
Family Pharmacy Services	familypharmacyservices.com
Knowles Accounting Services	knowlesaccounting.com
Mountain Mystic Trading Company	mountainmystic.com
Bill Powers, State Farm Insurance	statefarm.com/agent/us/va/front-royal/bill-powers-nqhp11ys000
Ramsey True Value Hardware	stores.truevalue.com/va/front-royal/7947/
United Bank	bankwithunited.com
Craig A. Zunka, DDS	craigzunkadds.com

SILVER SPONSORS:

Donahoe's Whimsical Flowers	donahoesflorist.com
Royal Family Bowling Center	royalfamilybowl.com
Runners' Retreat	runnersretreat.com

BRONZE SPONSORS:

Eric Olson Piano Tuning & Repair	(540) 635-5036
Melanie Stull	

AGE GRADED RESULTS

The age graded times below were computed using age grading factors from World Masters Athletics. An "age graded time" is essentially an equivalent finish time for a runner aged 20 to 29, thereby allowing comparisons of runners of all ages. "Performance level percentage" (PLP) is an indication of the quality of a performance regardless of age or gender. World Masters Athletics defines a PLP of 100% as "near world record class", 90%+ as world class, 80%+ as national class, 70%+ as regional class, and 60%+ as "local class". The age graded results below are sorted by PLP.

#	name	age	sex	city, state	actual time	pace	age graded	PLP	o'all	in sex	award	bib #
1.	Karsten Brown	49	M	Front Royal, VA	19:48	6:22	17:34	73.91%	1st	1st	1st M Overall	34
2.	Hal Burba	73	M	Bentonville, VA	27:38	8:54	19:45	65.74%	5th	5th	1st M 70 & Over	47
3.	Randy Woodward	63	M	Winchester, VA	26:01	8:22	20:38	62.92%	4th	4th	1st M 60-64	44
4.	Brenda Strother	63	F	Front Royal, VA	30:58	9:58	23:46	62.13%	11th	4th	1st F 60-64	54
5.	Marian Bloemker	61	F	Front Royal, VA	30:50	9:55	24:16	60.85%	10th	3rd	3rd F Overall	56
6.	Richard Butcher	43	M	Winchester, VA	25:33	8:13	23:41	54.82%	3rd	3rd	3rd M Overall	55
7.	Judy Willets	65	F	Flint Hill, VA	36:39	11:48	27:25	53.86%	13th	6th	1st F 65-69	36
8.	Suzanna Barb	44	F	Winchester, VA	29:22	9:27	27:50	53.05%	8th	2nd	2nd F Overall	52
9.	Teresa Martilik	39	F	Woodstock, VA	28:31	9:11	27:54	52.93%	6th	1st	1st F Overall	62
10.	David Banville	33	M	Front Royal, VA	25:04	8:04	24:46	52.42%	2nd	2nd	2nd M Overall	57
11.	Kathryn Anderson-Haines	66	F	Silver Spring, MD	38:21	12:21	28:19	52.15%	15th	8th	2nd F 65-69	37
12.	S.J. Fox	49	M	Winchester, VA	28:50	9:17	25:34	50.78%	7th	6th	1st M 45-49	41
13.	Jerry Barb	49	M	Winchester, VA	29:39	9:33	26:18	49.37%	9th	7th	2nd M 45-49	53
14.	Amanda Breeden	36	F	Winchester, VA	33:34	10:48	33:15	44.41%	12th	5th	1st F 35-39	58
15.	Harry Poling	77	M	Winchester, VA	44:47	14:25	29:55	43.40%	18th	8th	2nd M 70 & Over	49
16.	Debra Shows	61	F	Hedgesville, WV	44:17	14:15	34:51	42.37%	17th	10th	2nd F 60-64	50
17.	Doris Boyer	68	F	Hagerstown, MD	48:34	15:38	34:55	42.29%	21st	13th	3rd F 65-69	39
18.	Emily Bourckel	40	F	Winchester, VA	36:49	11:51	35:50	41.21%	14th	7th	1st F 40-44	40
19.	Joyce Kenney	58	F	Linden, VA	46:24	14:56	37:52	39.00%	19th	11th	1st F 55-59	46
20.	Belinda Smallwood	59	F	Front Royal, VA	47:29	15:17	38:17	38.57%	20th	12th	2nd F 55-59	45
21.	Linda Olson Peebles	72	F	Alexandria, VA	58:32	18:50	39:49	37.09%	27th	14th	1st F 70 & Over	43
22.	Robert Haines	69	M	Silver Spring, MD	49:04	15:48	36:52	35.22%	22nd	9th	1st M 65-69	38
23.	Dennis Shows	78	M	Hedgesville, WV	57:28	18:30	37:37	34.51%	24th	11th	3rd M 70 & Over	51
24.	Brandi Patterson	30	F	Front Royal, VA	42:59	13:50	42:59	34.35%	16th	9th	1st F 30-34	48
25.	David Humphreys	67	M	Flint Hill, VA	51:56	16:43	39:47	32.64%	23rd	10th	2nd M 65-69	35
26.	John Coker	71	M	Hagerstown, MD	57:29	18:30	42:13	30.75%	25th	12th	4th M 70 & Over	42
27.	Eric Olson	69	M	Front Royal, VA	58:32	18:50	43:59	29.52%	26th	13th	3rd M 65-69	59