



**For Immediate Release**  
**Contact George Banker**  
**301-839-7957, 301-537-6739 (C)**  
**monkbank@comcast.net**

### **PVI RUNFEST 5K SET TO HEAT UP NORTHERN VIRGINIA**

**Fairfax, VA., September 5, 2005** - The most competitive 5K in Northern Virginia will return on Sunday, September 18, 2005, the 6<sup>th</sup> PVI Runfest 5K, which starts at 8:00 a.m., and finishes at Paul VI High School.

The race this year is a tribute to Lance Cpl Nicholas Kirven, U.S. Marine Corps. He was killed in a firefight on May 8, 2005 in an area called Alishang about 60 miles east of Kabul in Afghanistan. He was a squad leader assigned to the 3<sup>rd</sup> Battalion, 3<sup>rd</sup> Marine Regiment, 3<sup>rd</sup> Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii. His service awards include the Bronze Star with combat distinguishing device, Purple Heart, Combat Action Ribbon, the National Defense Service Medal, Afghanistan Campaign Medal and the Global War on Terrorism Service Medal. Semper Fi.

Entry fee is \$20 until September 8, 2005. The fee is \$25 and students (12<sup>th</sup> grade and lower) \$10.

Packet pick-up will be held on Friday, 4:00 – 8:00 pm, September 16<sup>th</sup> at Metro Run & Walk, 7516 Leesburg Pike, Falls Church, VA (703-790-3338).

Late registration will be held on Saturday, 12:00 – 6:00 pm, September 17<sup>th</sup> at Paul VI Catholic High School, 10675 Fairfax Boulevard (Rte. 50, formerly Lee Highway), Fairfax, VA (703-352-0925). **Race Day entry fee will be \$30.**

**Returning:** Pasta Dinner provided by Ruby Tuesday will be held on Saturday, 6:00-8:00 pm at Paul VI High School. The cost is \$10 and there will be prizes and raffles and guest speaker.

Directions: Take Beltway to I-66 West; Exit Route 123 South; Turn right on Fairfax Blvd., (Rte 50, formerly Lee Highway), Left at High School (Oak Street). There is plenty of free parking.

“It was windy and I was hoping to break the record and I was 4:20 at the first mile. I was waiting for someone to break through and on the second loop I took off. I was not worried about anyone catching me. My PR for 5K is 13:28. The course was not bad and it all depends on the day and how I run and train. You need competition to measure yourself”, stated Valentine Orare the 2004 winner 14:13.

**Awards:**

The top runners will compete for \$4,250 in prize money:

Top 5 Open (male/female) \$300-\$200-\$100-\$50-\$25

Bonus: \$500 new event record for fastest male under **13:54 Mohammed Amyn 2003**

\$500 new event record for fastest female under **16:21 Atalelech Ketema 2004**

\$250 for fastest American male under 14:30

\$250 for fastest America female under 17:00

Top 5 Master (male/female) \$200-\$100-\$75-\$50-\$25

Bonus: \$200 new event record for fastest male under **15:38 John Tuttle 2001**

\$200 new event record for fastest female under **18:22 Maria Spinnler 2003**

Total Prize Money \$4,250: Open \$1,450, Master \$900,

Bonus: Open \$1500, Master \$400

Top 3 age group awards in 5-year increments will receive medals.

The top 3 in age groups will be in five year increments.

All registered runners will receive cool T-shirts.

Come out and run with the best and leave the rest. This event offers variety with that community appeal and you bring the family and friends and co-workers. This should be your 5K of choice. There will be lots of random prizes open to all participants.

For additional race details and to register on-line visit <http://www.pvirunfest.com> or call 703-675-6782.

The PVI Runfest is sponsored by Clarke-Hook Corporation, Metro Run and Walk, DCACCESS, Marriott, Merrill Lynch and Nike, along with United Bank, Pohanka, Signs Plus, INTERPUNK.com, The Business Bank, Bishopp Realty, Inc., Panera Bread, Cyron & Miller and Commonwealth Commercial, Inc., Walsh, Colucci, Lubeley, Emrich & Terpak and others.



Starting Line from 2004

### The partial line up for 2005

**#1 Alisa Harvey**, 39, Manassas, Va.

1986 NCAA Champion (University of Tennessee), 9 time All-American (1984-87). 1988 graduate.  
 1991 Pan American Games gold medalist 1500 meters. PRs 4:08.33 (1500m) 4:29.65 (1 Mile). Assistant  
 Coach – George Mason University  
 2<sup>nd</sup> (1:01:58) 30<sup>th</sup> Annapolis 10 Mile Run, MD (8/05). 2<sup>nd</sup> (18:13) George Washington Parkway Classic 5K,  
 VA (4/05). 1<sup>st</sup> (17:47) 3<sup>rd</sup> Arlington Police, Fire and Sheriff 9-11 5K, VA (9/04).  
 4<sup>th</sup> (37:23) Leesburg 10K, VA (8/04). (17:35) Cardinal Invitational 5000m 17:35. (4/30)  
 1<sup>st</sup> (17:27) GW Parkway Classic 5K, VA (4/04). 1<sup>st</sup> (16:07) Farlington 5K, Arlington VA (4/04).  
 1<sup>st</sup> (18:26) Wearin O'Green 5K (3/04). 3<sup>rd</sup> (17:18) 5000m FSU Relays (3/04).  
 8<sup>th</sup> (16:36.16) Raleigh Relays 5000m, NC (3/04). (4:39.9) Raleigh Relays 1500m, NC (3/04).  
 2<sup>nd</sup> (2:05.7) 800m New Balance Armory Collegiate Invitational, NYC (2/04).

**#30 Meg (Ritter) Letherby**, 32, Boulder, CO

40<sup>th</sup> (40:01) Peachtree Road Race, GA (7/05). 12<sup>th</sup> (1:30:47) Rocky Mountain Half-Marathon, CO (6/05).  
 11<sup>th</sup> (21:16) Dash & Dine 6, CO (5/05). 17<sup>th</sup> (5:56) Pearl Street Mile, CO (7/04).  
 17<sup>th</sup> (1:23:56) 3M Half-Marathon, NM (6/04). 97<sup>th</sup> (3:24:13) Boston Marathon, MA (4/04).  
 7<sup>th</sup> (1:29:29) Nike ACG Boulder Backroads H/K, CO (9/03). 5<sup>th</sup> (1:02:57) Annapolis 10 Mile Run, MD  
 (8/03). 18<sup>th</sup> (5:48) Pearl Street Mile, CO (7/03).

**#47 Maria Spinnler-43**, Hagerstown, MD (Cumberland Valley Athletic Club)

Eastern Kentucky Track Team (1979-1983), Ranked #4 Indoor Mile (4:51.17), #5 Outdoor 10000m (37:23.0)

Member of 4 Ohio Valley Conference XC Championships, Member of EKV school record 4x1600m relay Team (20:07.2).

4<sup>th</sup> & 1<sup>st</sup> Master (18:55) George Washington Parkway Classic 5K, VA (4/05).

3<sup>rd</sup> Master & 12<sup>th</sup> (37:22) Sallie Mae 10K, DC (4/05).

1<sup>st</sup> Master & 3<sup>rd</sup> (31:42-ER) Tim Kennard 5 Mile River Run, MD (3/05).

1<sup>st</sup> Master & 10<sup>th</sup> (18:53) PVI Runfest 5K, VA (9/04).

3<sup>rd</sup> & 1<sup>st</sup> Master (18:33) Spirit of Gettysburg 5K, PA (7/04).

3<sup>rd</sup> & 1<sup>st</sup> Master (18:22 **Event Record**) 4<sup>th</sup> PVI Runfest 5K, Fairfax, VA (9/03).

#### **#45 Chris Chatten, 41, Columbia, MD, Falls Road Running**

2 time qualifier for The U.S. Olympic Trials Marathon (1988 and 1992).

10th 1991 U.S. National Championship Marathon.

Road PR's: 5K 14:42, 8K 24:16, 10K 30:34, 10 mile 50:24,

HM 1:06:57, Marathon 2:17:01. 2<sup>nd</sup> Master (16:51) Ray Lewis 5K, MD (6/05).

2<sup>nd</sup> & 1<sup>st</sup> Master (16:52) George Washington Parkway Classic 5K, VA (4/05).

5<sup>th</sup> 40-44 (34:39) Sallie Mae 10K, DC (4/05). 1<sup>st</sup> Master & 12<sup>th</sup> (16:27) PVI Runfest 5K, VA (9/04).

#### **#46 Chuck Moeser, 53, Sterling, Va. (Team Pacers/New Balance).**

3<sup>rd</sup> Master & 12<sup>th</sup> (58:38) 30<sup>th</sup> Annapolis 10 Mile Run, MD (8/05). 3<sup>rd</sup> Master (16:43) PVI Runfest 5K, VA (9/04). 2<sup>nd</sup> Master & 7<sup>th</sup> (58:08) 29<sup>th</sup> Annapolis 10 Mile Run, MD (8/04). 4<sup>th</sup> Master, 1<sup>st</sup> 50-54 (27:16) Rockville Rotary Twilight 8K, MD (7/04). 1<sup>st</sup> 50-54 (57:00) Credit Union Cherry Blossom 10 Miler (4/04) 3<sup>rd</sup> (2:44:51) Las Vegas Marathon (2/04).

#### **#51 Michael Wardian, 31, Team Pacers / Brooks).**

Profiled: October 2002 Washingtonian magazine "Tough Guy", pages 60-61.

Guinness Book – World Record on Treadmill

2<sup>nd</sup> (52:15) 30<sup>th</sup> Annapolis 10 Mile Run, MD (8/05). 2<sup>nd</sup> (15:15) GMBC Father's Day 5K, MD (6/05).

1<sup>st</sup> (15:17) Ray Lewis 5K, MD (6/05). 2<sup>nd</sup> (51:24) George Washington Parkway Classic 10M, VA (4/05).

1<sup>st</sup> American & Local 21<sup>st</sup> (52:00) 33<sup>rd</sup> CU Cherry Blossom Ten Mile Run, DC (4/05).

2<sup>nd</sup> (32:02) St. Patrick's Day 10K, DC (3/05). 1<sup>st</sup> (2:32:13) Marathon In The Parks, MD (11/04).

6<sup>th</sup> (25:09) Rockville Rotary Twilight 8K, MD (7/04). 3<sup>rd</sup> (15:03) Spirit of Gettysburg 5K, PA (7/04).

2<sup>nd</sup> (51:44) George Washington Parkway Classic 10-Miler, VA (4/04). 33<sup>rd</sup> (2:22:40) U.S. Olympic Marathon Trials Qualifier, Birmingham, Ala. (2/7/04).

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