



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

WOMEN’S RECORDS AT THE 6TH PVI RUNFEST 5K TO BE TESTED

Fairfax, Va., September 12, 2005 - The women’s event records are in jeopardy this year as the most competitive female field has been assembled in the six year history of the race. The first year winner (17:36), Alisa Harvey will be making her debut as a master while Maria Spinnler will be attempting to retain her title and record.

The 2004 runner-up (16:24), Elena Orlova will be returning to better her position from last year. Teammate from Red Square Sports, Olga Romanova will be pushing the pace to capture the win.

“Today at two miles I was behind Elena but I wanted to be strong and I was thinking that I could win. If I didn’t feel good I was going to stay back and rest and then pass. I have been running for six years. I started in school and I use to high jump and run 800 and 1500 meters. I like the 5K best. If you train well and are in shape you will win. Everyone trains to win”, stated Atalelech Ketema, the 2004 record setter in 16:21

Entry fee is \$25 through September 17, 2005 and students (12th grade and lower) \$10.

Packet pick-up will be held on Friday, 4:00 – 8:00 pm, September 16th 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 17th 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.**

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.

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 Aryn 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.

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.



#3 Olga Romanova, 25, Cheboksary, Russia (Germantown, MD)

PRs 5K-15:32.9, 10K-31:58, 10Mi-53:43, HM 1:10:16. 4th (34:04) SBLI Falmouth Race 7.05 Mi , MA (8/05). 1st (34:04) Cooper River Bridge Run 10K, SC (4/05). 3rd (32:38) Azalea Trail Run 10K, AL (3/05). 1st (1:12:36) Aramco Houston HM, TX (1/05). 5th (53:45) 32nd Credit Union Cherry Blossom 10 Mile Run (4/04). 2nd (33:40) Rite Aid Cleveland 10K, OH (4/04). 1st (32:45) Azalea Trail Run 10K, AL (3/04).

#5 Amy (DeBor) Blanco-29, Hagerstown, MD

Graduate Mount St. Mary's College, Emmitsburg, MD

7th (30:10) 18th Tom Ausherman Memorial 5 Mile Run, PA (8/05). 1st (31:36) Forrest of Needwood (3/05). 3rd (37:58) Apple Blossom 10K, VA (5/01).

#9 Sarah Buckheit, 42, Reston, Va

2002 MCRRC Masters Female Runner of the Year.

3rd Master (45:27) George Washington's Birthday Classic 10K, VA (2/04).

2nd Master (24:06) MMRF Race For Research 5K, DC(11/03). 1st Master & 3rd (45:40) Fall Into Winter 10K, Reston (12/03). 2nd Master (21:36) Virginia Turkey Trot, Centreville (11/03). 5th Master (22:32) 4th PVI Runfest 5K, Fairfax, VA (9/03). 4th Master (22:56) Sunrise 5K, Herndon, VA (8/03).

5th Master (21:26) PVI Runfest 5K (9/02)

#14 Denise Cardamone-26, Washington, DC

Bucknell 2000 Graduate

1st (18:55.2) Saddle Brook Boy Scout Eagle Mayor's 5K, NJ (6/04). 1st 20-29 (39:33) Toucan 5K, DC (6/04). 29th (41:17) Sallie Mae 10K, DC (5/04). 17th (39:02) Pike's Peek 10K, MD (4/03). 2nd (19:26) Stampede Through Clifton 5K, NJ (11/00).

#15 Sharon Donovan-31, Arlington, VA

11th (1:28:00) Leesburg 20K, VA (8/05).

6th (1:28:23) MCRRC Riley's Rumble, MD (7/05). 5ht (19:46) George Washington Parkway Classic 5K, VA (4/05). 27th (1:03:53) 33rd CU Cherry Blossom Ten Mile Run, DC (4/05).

1st (39:08) YMCA Turkey Chase 10K, MD (11/04). 9th (18:39) 5th PVI Runfest 5K, VA (9/04).

8th (29:47) Rockville Rotary Twilight 8K, MD (7/04). 4th (18:27) Cure Autism Now 5K, Potomac, MD (7/04). 7th (38:29) George Washington's Birthday Classic 10K, VA (2/04). 3rd (18:46) Virginia Turkey Trot 5K, Centreville, VA (11/03).

#10 Vanessa Hunter, 30, Arlington, VA

3rd (1:2:43) Leesburg 20K, VA (8/05). 3rd (1:25:47) MCRRC Riley's Rumble, MD (7/05).

3rd (17:52) Scope It Out 5K, DC (3/05). 15th (1:01:00) 33rd CU Cherry Blossom Ten Mile Run, DC (4/05).

#11 Genevieve Kiley, 31, Washington, DC

5th (1:23:43) Leesburg 20K, VA (8/05). 15th (38:40) Sallie Mae 10K, DC (4/05).

20th (1:02:47) 33rd CU Cherry Blossom Ten Mile Run, DC (4/05). 9th (38:19) St. Patrick's Day 10K, DC (3/05).

#2 Elena Orlova, 35, Russia (Germantown, MD)

PRs 5K- 15:32.59, 10K-31:58, 10 Mile 53:43, H/M 1:10:16

4th (37:26) SBLI Falmouth Race 7.05 Mi, MA (8/05). 1st (34:04) Cooper River Bridge Run, SC (4/05)., 1st (26:20) Borden Uptown 8K Invitational, TX (3/05). 3rd (32:38) Azalea Trail Run 10K, AL (3/05). 1st (1:12:36) Aramco Houston H/M, TX (1/05).

#13 Britton Stackhouse-26, Arlington, VA

28th (1:03:57) 33rd CU Cherry Blossom Ten Mile Run, DC (4/05).

7th (19:00) Scope It Out 5K, DC (3/05).

14th (39:14) St. Patrick's Day 10K, DC (3/05),

51st (1:06:45) 32nd Credit Union Cherry Blossom 10 Mile Run (4/04).

6th (30:59) 17th Fair Lakes 8K, Fairfax, VA (9/03).

8th (32:12) Kensington 8K, MD (9/03).

8th (1:29:03) Anheuser Busch Colonial Half Marathon (2/03).

Christina Wells –30 Woodbridge, VA

Western Kentucky University (Originally – Owensboro, KY)

PR – 5K-16:50, 10K-34:51, Half-Mara-1:17:15, Mara 2:40:23

4th (18:30) 4th Arlington Police, Fire and Sheriff 9-11 Memorial 5K, VA (9/05).

25th (2:42:01) 2004 US Olympic Marathon Trials, MO (4/04). 9th (53:40) 27th Gate River Run 15K, Jacksonville, FL (3/04). 15th (28:45) US XC Championships, IN (2/04). 4th (27:22) Outback Steakhouse 8K, Hyattsville, MD (11/03). 13th (2:40:23-PR) LaSalle Bank Chicago Marathon (10/02). 1st (35:44) The Medical Center 10K Classic (2004).

Mark Stickley, 43, Winchester, VA (VA Tech graduate 1985)

PRs 10K (track) 28:45.97, 15K-43:19, HM-1:02:19, Marathon 2:17:13.

VA Tech school record 5,000m 1983 (14:03.4), 10000m 1984 (28:45.97) still standing.

Qualified for US Worlds XC Men' senior 1984, 1985, 1988, and 1989.

US National Champion HM 1:02:42 (Citrus Bowl 1988).

Olympic Trial Qualifier – Maratho 1984, 1988, 10,000m meter 1984.

Virginia Tech Hall of Fame. Profiled September /October 2005 Washington Running Report

1st Master & 5th (15:57) Gettysburg 5K, PA (7/05). 1st Master & 2nd (33:47) Antietam (6/05)

3rd 40-44 (33:28) Sallie Mae 10K, DC (4/05). 1st Master & 5th (34:22) Apple Blossom 10K, VA (4/05).

1st Master & 5th (32:44) St. Patrick's Day 10K, DC (3/05). 1st Master & 5th (2:36:11) Knoxville Marathon,

TN (3/05). 1st Master & 7th (33:04) George Washington Birthday 10K, VA (2/05). 2nd Master & 4th (34:50)

Leesburg 10K, VA (1/05). 1st Master (26:00) Outback Steakhouse 8K, MD (11/04). 1st Master (32:37)

Veterans Day 10K, DC (11/04). 1st Master (15:52) Spirit of Gettysburg 5K, PA (7/04).