

Special thanks to: Fort Ashby Lions Club for sponsorship; Gary Householder and the Union Grove Campground Association for use of the facilities; event volunteers Brittany and Jodie Armentrout, Amanda Moreland and Valerie Van Hollen; and Allegany County Bureau of Police officers Lt. Col. Bobby Dick, deputy chief, and Lt. Rodney Bell and TriStateRunur.com for race-day photography.

2nd annual Spring is Here! 10K (6.2-mile) road race

beginning at Union Grove Campground southeast of Cumberland, Maryland.

Temperatures in the low 40s with strong, gusty winds. Race start: 8 a.m.

Place	Name	Age	Residence	Time	Pace	Notes
1.	Aaron MacGray	24	Cumberland	39:30	6:21.4	
2.	Tom Ruckert	56	Grantsville	40:48	6:33.9	
3.	Charlie Falter	44	LaVale	42:15	6:47.9	
4.	Dustin Wharton	16	Keyser, WV	45:27	7:18.8	
5.	Juan Phillips	32	WV	45:56	7:23.5	
6.	Kevin Spradlin	30	Ellerslie	46:23	7:27.8	
7.	Matt Rummer	16	WV	46:28	7:28.6	
8.	Derick Winfield	48	Cumberland	47:54	7:42.5	* men's masters winner
9.	Rhonda Johns	23	Cumberland	51:14	8:14.7	* Course record
10.	Mary Jane Baniak	36	Keyser, WV	53:22	8:35.3	
11.	Jason Griffith	38	Keyser, WV	53:23	8:35.4	
12.	Karson Robinette	8	Fort Ashby, WV	55:28	8:55.5	* Age group record (M13U)
13.	Devin Alt	10	Fort Ashby, WV	55:34	8:56.5	
14.	Kristian Robinette	10	Fort Ashby, WV	55:39	8:57.3	
15.	Allison Tappe	17	Ridgeley, WV	56:04	9:01.3	* Age group record (F14-19)
16.	Michelle Pyles	16	Ridgeley, WV	56:06	9:01.7	
17.	Ashley Kady	18	Keyser, WV	58:16	9:22.6	
18.	George Michael	63	Williamsport	60:32	9:44.5	* Age group record (M60-69)
19.	Kennedy Robinette	6	Fort Ashby, WV	65:40	10:34	* first cyclist
20.	Pam Robinette	41	Fort Ashby, WV	65:48	10:35.3	* women's masters winner
21.	Courtney Daniels	25	Searcy, AR	69:04	11:06.9	* Age group record (F20-29)
22.	Mike Campbell	41	Reston, VA	69:05	11:07	

Male finishers: **14**

Female finishers: **8**

Average age male finisher: **31.1**

Average age female finisher: **22.75**

No. of area counties: **4** (Washington, Allegany, Garrett, Mineral)

No. of U.S. states: **4** (MD, VA, WV, AR)

Johns getting better, little by little

MacGray, Johns take Spring is Here! 10K titles

CUMBERLAND – The cold, the hills and blustery wind all were more challenging than expected for Cumberland resident Rhonda Johns.

On the other hand, everything was just perfect on Saturday during the 2nd annual Spring is Here! 10K road race. Johns, 23, set a course record over the 6.2-mile event in 51 minutes and 14 seconds – eclipsing former record-holder Maureen Hall's 51:43.

Johns, preparing to make her 13.1-mile debut on April 19 at the Mountain Maryland Half Marathon, has steadily progressed during the first quarter of 2009. On Feb. 14, she averaged 8:29 per mile over a challenging 10K course in southern Bedford County, Pa. On March 7, she set a personal best in the 5K distance at Rocky Gap State Park with a 7:53 pace and, three weeks later, ran 23:58 – a 7:43 pace – over a 5K course at Mexico Farms.

Johns was told before the start of Saturday's race the course, paved with rolling hills and one significant incline in the last half-mile, was easier than the Feb. 14 race. After crossing the finish line, she didn't agree. Being a new course recordholder, however, likely helped to smooth over any hard feelings.

Mary Jane Baniak, 31, of Keyser, W.Va., was second in 53:22 and Frankfort High School senior Allison Tappe, 17, of Ridgeley, placed third in the women's field in 56:04. Tappe was one of six runners in the field associated with the Falcons cross country and track teams.

The turnout was a practical one, as the event benefited teammate Brittany Armentrout, who is raising money to fund a competitive trip to Australia in July for the Down Under Sports International Games. Armentrout collected more than \$300 in donations on Saturday and is now more than 77 percent towards reaching her \$4,500 goal.

MacGray, 24, is training for the full 26.2-mile distance on April 19. For a \$3 entry fee, he was able to test out how he might feel on the final 6.2 miles of the marathon. One exception – Saturday's event was hillier than the final 10K of the marathon.

MacGray, of Cumberland, shared the lead with 56-year-old Tom Ruckert, of Grantsville, over the first mile but slowly pulled away as he neared the turnaround point on the out-and-back course. MacGray finished in 39:30. Ruckert was 78 seconds back in 40:48 but 36 seconds faster than last year's effort. Charlie Falter, 44, of LaVale, was third in 42:15.

Derick Winfield, 48, of Cumberland, won the men's masters title in 47:54 – good for eighth place overall – and Pam Robinette, 41, of Fort Ashby, W.Va., won the women's masters crown with a time of 65:48.

Complete result and race-day photos courtesy TriStateRunnur.com can be viewed online at www.mountainMDmarathon.org.