

This Race is for the Birds  
Saturday, April 21, 2012  
Shepherdstown, WV

Awards not received on race day are available for pick-up at Two Rivers Treads in Shepherdstown, WV. Call the store at 304-876-1100.

Timing by the Potomac Highlands Distance Club. Next PHDC race is Sunday, April 29 – the Red Bud Run is a point-to-point 10-mile road run in Hampshire County, WV. See <http://PhDispatch.com> for details.

### Award Winners

#### 4+

Two deep in each division

Male	Overall	Female
1. Aaron Schwartzbard 2. Alec Schrank	35:05	Martha Nelson Katie Myers
		35:04.7 ( <b>1<sup>st</sup> overall</b> )
	70+	
1. Robert Wilson 2.		
	60-69	
1. Bert Dominguez 2. Steve Helmick		Cari Dominguez Lisa LaCivita
	50-59	
1. Dirk Armstrong 2. John Schattel		Debbie Helmick Diana Hearn
	40-49	
1. Rob Hoxton 2. Brian Bogolin		Ruth Taylor Julia Connell
	30-39	
1. Justin Lowe 2. Zac Morford		Katie Thompson Emily Beightol
	25-29	
1. Gabriel Brill 2. Jonathan Humbert		Lindsey Swaim Chelsea Corcoran/Quadt
	20-24	
1. 2.		Cat Lyons
	15-19	
1. Thomas Carl 2. Christian Schmidt		
	Under-15	
1. Austin Huff 2. Sam Shunney		