

NORTHERN VIRGINIA SPINE INSTITUTE / RESTON MASTERS

NINTH 2-MILE LAKE SWIM

SANCTIONED BY POTOMAC VALLEY LMSC FOR USMS, INC., SANCTION #106-003

LAKE AUDUBON, RESTON, VA - 1/4 MILE OPEN WATER COURSE

MAY 26, 1996

**LYNNE HOOK
13708 SPRINGHAVEN DR.
CHANTILLY, VA 22021
703-845-SWIM**

**HELENE BURDEN
PO Box 263
GREAT FALLS, VA 22066
703-845-SWIM**

Top Ten Overall

1	James Kegley (M 38)	39:59
2	Robbie E. Allen (M 30)	42:15
3	Katrina L. Poplawski (F 24)	42:47
4	Andrew M. Cook (M 24)	42:50
5	Paul A. Feters (M 42)	43:11
6	Jeff P. Kolessar (M 28)	43:31
7	Daniel H. Pick (M 39)	43:39
8	David W. Brown (M 34)	44:37
9	Jeffrey H. Roddin (M 27)	44:43
10	David R. Vaughn (M 32)	44:45

Top Ten Women

1	Katrina L. Poplawski (24)	42:47	MR
2	Beth O'Connor (35)	45:05	
3	Ellen MacGregor (29)	45:18	
4	Laura M. Callif (28)	45:30	
5	Karen T. Sullivan (39)	45:50	
6	Shirley A. Loftus (44)	47:39	
7	Penny S. Bates (34)	48:19	
8	Mindy McLoughlin (32)	48:33	
9	Julie A. Billingsley (37)	48:40	
10	Sarah B. Hertz (24)	49:00	

Top Ten Men

1	James Kegley (38)	39:59
2	Robbie E. Allen (30)	42:15
3	Andrew M. Cook (24)	42:50
4	Paul A. Feters (42)	43:11
5	Jeff P. Kolessar (28)	43:31
6	Daniel H. Pick (39)	43:39
7	David W. Brown (34)	44:37
8	Jeffrey H. Roddin (27)	44:43
9	David R. Vaughn (32)	44:45
10	Matthew W. Feters (35)	44:52

Wet Suit Division

Top Ten Women

1	Julie L. Corpus (42)	51:21
2	Amy L. Byrd (29)	51:36
3	Nancy T. Hunyady (37)	52:03
4	Lisa Richards (25)	55:03
5	Ellyn Heymann (33)	56:29
6	Maureen P. Hart (31)	56:39
7	Teri M. Valocchi (42)	57:19
8	Laura M. Toth (25)	57:47
9	Clare G. Anderson (33)	58:00
10	Page Britigan (30)	58:56

Top Ten Men

1	Mark E. Swanlund (32)	41:04
2	Bill D. Jeffers (32)	46:51
3	Richard F. Inman (34)	51:05
4	Jay E. Lowry (29)	51:45
5	Kevin L. Petrasic (37)	53:21
6	David B. Glover (25)	53:27
7	Stan R. Citron (37)	54:17
8	William B. Cummings (57)	54:23
9	Roger F. Emch (28)	54:51
10	Dave Barberic (43)	56:09

Age Group Scoring

Women: 19-24

F 1	Katrina L. Poplawski (24 DCM)	42:47	MR
			Ov 3 / F 1
1	Sarah B. Hertz (24 RMST)	49:00	Ov 38 / F 10
2	Erin O. Campbell (22 NCYM)	51:32	Ov 58 / F 17
3	Maryann E. Stott (23 MARY)	54:55	Ov 73 / F 23
4	Eugenia E. Gratto (22 JCCN)	58:26	Ov 89 / F 31
DQ	Ruth A. Werner (20 UNAT)	1:03:40	wore wet suit

Women: 25-29

F 3	Ellen MacGregor (29 FXCM)	45:18	Ov 15 / F 3
1	Laura M. Callif (28 FXCM)	45:30	Ov 17 / F 4
2	Cheryl Conlin (28 DCM)	49:45	Ov 46 / F 12
3	Rose Kehoe (29 UNAT)	50:35	Ov 49 / F 14
4	Meredith Gardner (26 DCRP)	51:23	Ov 56 / F 16
5	Jennifer L. Denko (29 FXCM)	53:24	Ov 67 / F 20

6	Paula Pels (28 UNAT)	53:51	Ov 69 / F 21
7	Jennifer A. Griffith-Johnson (26 UNAT)	54:24	Ov 71 / F 22
8	Molly McGroarty (27 TERR)	58:04	Ov 86 / F 30
9	Lisa T. Heirigs (29 VMST)	58:46	Ov 98 / F 34
10	Angela M. Krueger (26 ANCM)	1:03:00	Ov 114 / F 40
DQ	Amy L. Byrd (29 FXCM)	51:36	wore wet suit
	Jeanine A. Conklin (27 NRLR)	1:16:17	did not finish-swam 1.5 miles
	Holly K. Helfrich (25 UNAT)	21:57	did not finish
	Christen P. Hutchinson (27 UNAT)	1:02:34	wore wet suit
	Lisa Richards (25 UNAT)	55:03	wore wet suit
	Laura M. Toth (25 RMST)	57:47	wore wet suit

Women: 30-34

1	Penny S. Bates (34 RMST)	48:19	Ov 31 / F 7
2	Mindy McLoughlin (32 RMST)	48:33	Ov 33 / F 8
3	Michelle Poole (31 TERR)	49:49	Ov 47 / F 13
4	Diana G. Brown (31 UNAT)	52:08	Ov 60 / F 18
5	Toni Chase (34 UNAT)	57:00	Ov 80 / F 26
6	Deborah J. Morrin (33 TERR)	57:05	Ov 81 / F 27
7	Michelle A. Moyer (33 RMST)	57:50	Ov 83 / F 28
8	Caroline D. Scace (31 ANCM)	57:58	Ov 84 / F 29
9	Gail G. Inman (32 RMST)	58:40	Ov 94 / F 32
10	Kathleen A. Snyder (33 DCRP)	59:43	Ov 103 / F 36
11	Stacy K. Dymond (32 VMST)	1:00:01	Ov 105 / F 37
12	Edit Berces (32 UNAT)	1:00:23	Ov 107 / F 38
13	Andrea L. Crescioli (34 WAKE)	1:02:03	Ov 112 / F 39
14	Gail S. Smiley (31 GLD)	1:03:21	Ov 117 / F 41
15	Claire M. Gallagher (30 FXCM)	1:09:44	Ov 135 / F 45
16	Amy M. Berger (33 RMST)	1:25:43	Ov 140 / F 46
DQ	Clare G. Anderson (33 FXCM)	58:00	wore wet suit
	Page Britigan (30 FXCM)	58:56	wore wet suit
	Deborah L. Dilldine (33 GLD)	32:50	did not finish
	Maureen P. Hart (31 FXCM)	56:39	wore wet suit
	Ellyn Heymann (33 RMST)	56:29	wore wet suit

Women: 35-39

F 2	Beth O'Connor (35 DCM)	45:05	MR
			Ov 12 / F 2
1	Karen T. Sullivan (39 UNAT)	45:50	Ov 18 / F 5
2	Julie A. Billingsley (37 DCM)	48:40	Ov 35 / F 9
3	Mary A. Lee (37 VMST)	53:05	Ov 66 / F 19
4	Donna Starace (35 UNAT)	55:40	Ov 76 / F 24
5	Ann Conlin (36 DCM)	56:12	Ov 78 / F 25
6	Elizabeth A. Murray (36 RMST)	58:40	Ov 94 / F 32
7	Pamela L. Shoaff (36 CHIN)	59:22	Ov 101 / F 35
8	Mary Agnes Carey (36 NCYM)	1:04:47	Ov 122 / F 42
9	Susan R. Sokoll (37 FXCM)	1:26:23	Ov 143 / F 49
DQ	S. Michelle Chesnut (37 ANCM)	1:06:13	wore wet suit
	Suzanne W. Doggett (38 UNAT)	1:06:12	wore wet suit
	Kim S. Harrell (38 UNAT)	1:20:36	wore wet suit
	Mary L. Henze (38 TRIM)	1:00:40	wore wet suit
	Nancy T. Hunyady (37 VMST)	52:03	wore wet suit
	Pat C. Jennings (36 FXCM)	1:02:19	wore wet suit
	Cecily Lohmar (38 RMST)	1:00:00	wore wet suit
	Marianne N. Michalakakis (37 DCRP)	1:01:34	wore wet suit
	Karen P. Moynahan (39 GLD)	1:01:48	wore wet suit
	Martha Swiger (37 UNAT)	1:04:46	wore wet suit

Women: 40-44

1	Shirley A. Loftus (44 VMST)	47:39	Ov 28 / F 6
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2	Diane Wian (41 UNAT)	49:44	Ov 45 / F 11
3	Diane L. Brisk (40 TRIM)	1:06:45	Ov 129 / F 43
DQ	Patricia S. Constantino (41 GLD)	18:53	did not finish
	Julie L. Corpus (42 JMST)	51:21	wore wet suit
	Elizabeth A. Dobisz (42 NRLR)	1:03:16	wore wet suit
	Stephanie Shipp (42 GLD)	1:02:31	wore wet suit
	Teri M. Valocchi (42 CHIN)	57:19	wore wet suit

Women: 45-49

1	Ann Lyttle (48 DCM)	51:17	Ov 55 / F 15
2	Roberta J. Moore (48 DCM)	1:06:48	Ov 130 / F 44
3	Gayle F. Gordon (49 RMST)	1:25:43	Ov 140 / F 46

Women: 50-54

1	Darlene H. Gallaway (50 RMST)	1:25:43	Ov 140 / F 46
DQ	Linda S. Carter (54 RMSC)	1:10:20	wore wet suit

Women: 55-59

DQ	Karen I. Hannam (55 DCM)	1:11:46	wore wet suit
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Men: 19-24

M 3	Andrew M. Cook (24 UNAT)	42:50	MR
			Ov 4 / M 3
1	Terrance Fritch (22 UNAT)	49:18	Ov 41 / M 31

Men: 25-29

1	Jeff P. Kolessar (28 1776)	43:31	Ov 6 / M 5
2	Jeffrey H. Roddin (27 ANCM)	44:43	Ov 9 / M 8
3	Mark C. Woodard (29 UNAT)	45:52	Ov 19 / M 14
4	Tom W. Stus (28 FXCM)	46:03	Ov 20 / M 15
5	Andrew R. Geiszler (27 FXCM)	46:57	Ov 25 / M 20
6	Stephen C. Ellis (26 NCYM)	48:41	Ov 36 / M 27
7	Brian W. Ellis (28 FXCM)	49:26	Ov 43 / M 33
8	John E. Buechler (28 FXCM)	50:50	Ov 51 / M 37
9	Edward J. Rossi (27 FXCM)	52:34	Ov 62 / M 44
DQ	Roger F. Emch (28 ANCM)	54:51	wore wet suit
	David B. Glover (25 UNAT)	53:27	wore wet suit
	Jay E. Lowry (29 CHIN)	51:45	wore wet suit
	Todd D. Peters (28 UNAT)	58:46	wore wet suit

Men: 30-34

M 2	Robbie E. Allen (30 RMST)	42:15	Ov 2 / M 2
1	David W. Brown (34 UNAT)	44:37	Ov 8 / M 7
2	David R. Vaughn (32 RMST)	44:45	Ov 10 / M 9
3	Timothy D. Fitzpatrick (32 DCRP)	45:10	Ov 13 / M 11
4	Andrew J. Johnson (31 UNAT)	45:11	Ov 14 / M 12
5	Justin H. Kenney (33 NCYM)	47:33	Ov 27 / M 22
6	Barry Gruessner (30 ANCM)	52:35	Ov 63 / M 45
7	Arjay West (30 UNAT)	55:05	Ov 74 / M 51
8	Tucker Newberry (33 FXCM)	55:36	Ov 75 / M 52
9	Ted Hallinan (31 DCRP)	58:02	Ov 85 / M 56
10	Richard L. Starace (32 UNAT)	58:38	Ov 92 / M 61
11	William G. Davis (31 UNAT)	59:05	Ov 99 / M 65
12	John H. Bailey (34 UNAT)	1:04:19	Ov 121 / M 80
13	Michael P. Clark (34 WAKE)	1:04:55	Ov 123 / M 81
DQ	Richard F. Inman (34 RMST)	51:05	wore wet suit
	Bill D. Jeffers (32 UNAT)	46:51	wore wet suit
	Christopher A. Kammler (34 UNAT)	58:41	wore wet suit
	Paul A. Karstendiek (32 AAMS)	1:03:52	wore wet suit
	Jay S. McLaughlin (34 VMST)	1:01:38	wore wet suit
	Mark E. Swanlund (32 MARY)	41:04	wore wet suit

Men: 35-39

M 1	James Kegley (38 DOC)	39:59	Ov 1 / M 1
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1	Daniel H. Pick (39 JCCN)	43:39	Ov 7 / M 6
2	Matthew W. Fetters (35 DCRP)	44:52	Ov 11 / M 10
3	David R. Brewton (37 TPIT)	46:03	Ov 20 / M 15
4	Thomas A. Denes (38 ANCM)	46:18	Ov 22 / M 17
5	Brian R. Hobbs (38 TRIM)	48:16	Ov 30 / M 24
6	Edward M. Lussier (37 GLD)	48:30	Ov 32 / M 25
7	Jim T. McFarland (38 VMST)	48:35	Ov 34 / M 26
8	James G. Acker (36 MARY)	48:57	Ov 37 / M 28
9	Rodney D. Peltzer (39 NRLR)	49:18	Ov 41 / M 31
10	Patrick Ryan (37 VMST)	49:38	Ov 44 / M 34
11	Chris Buchner (35 RMST)	50:07	Ov 48 / M 35
12	Andrew Perez (36 DCRP)	50:49	Ov 50 / M 36
13	David E. Siskind (37 DCRP)	52:26	Ov 61 / M 43
14	Ronald M. Katz (38 JCCN)	57:39	Ov 82 / M 55
15	Andrew D. Rudin (38 UNAT)	58:19	Ov 87 / M 57
16	Michael S. Murphy (37 UNAT)	58:22	Ov 88 / M 58
17	Robert T. Hoyt (36 FXCM)	59:30	Ov 102 / M 67
18	Stephen A. Haight (38 NCYM)	59:50	Ov 104 / M 68
19	Joseph G. Giitter (36 RMSC)	1:00:14	Ov 106 / M 69
20	David L. Jones (35 UNAT)	1:01:14	Ov 108 / M 70
21	Thomas C. Schuler (35 RMST)	1:02:18	Ov 113 / M 74
22	Scott F. Belcher (35 UNAT)	1:03:40	Ov 119 / M 78
23	Ian Fitzsimmons (37 NCYM)	1:09:23	Ov 133 / M 89
24	Phillip L. Pearl (37 JCCN)	1:09:31	Ov 134 / M 90
DQ	Stan R. Citron (37 UNAT)	54:17	wore wet suit
	Bruce R. Heymann (37 RMST)	59:42	wore wet suit
	Kevin L. Petrasic (37 CHIN)	53:21	wore wet suit

Men: 40-44

1	Paul A. Fetters (42 DCRP)	43:11	Ov 5 / M 4
2	Robert J. Astheimer (42 NRLR)	45:24	Ov 16 / M 13
3	Lawrence Demille-Wagman (44 DCRP)	49:14	Ov 39 / M 29
4	Evan J. Parker, III (40 ANCM)	49:16	Ov 40 / M 30
5	Charles W. Tupitza (41 UNAT)	50:58	Ov 52 / M 38
6	Chris W. Kenney (40 IM)	51:02	Ov 53 / M 39
7	Gray L. Edwards (42 VMST)	51:10	Ov 54 / M 40
8	Michael A. Highman (41 UNAT)	51:24	Ov 57 / M 41
9	Charles D. Butz (40 RMSC)	52:04	Ov 59 / M 42
10	Paul V. Hartke (42 RMST)	56:16	Ov 79 / M 54
11	John C. Laggan (42 UNAT)	58:28	Ov 90 / M 59
12	Jeffrey S. Davis (44 MARY)	58:43	Ov 96 / M 63
13	Hudnall E. Davis (41 HUMU)	58:44	Ov 97 / M 64
14	James J. McDonnell (44 RMST)	1:01:29	Ov 109 / M 71
15	Jeffrey F. Eppink (41 FXCM)	1:01:55	Ov 111 / M 73
16	James P. Pastorick (42 UNAT)	1:03:06	Ov 115 / M 75
17	Rob Dobry (41 MARY)	1:05:35	Ov 126 / M 84
18	Gene Sorrell (43 VMST)	1:11:31	Ov 137 / M 92
DQ	Dave Barberic (43 O*H*)	56:09	wore wet suit
	Michael D. Granger (40 GERM)	1:02:48	wore wet suit
	Robert G. Krause (43 UNAT)	1:08:14	wore wet suit
	Steven Netherly (40 UNAT)	1:11:27	wore wet suit
	David M. Rudorfer (40 GLD)	1:13:56	wore wet suit
	Tom B. Saulsbery (43 RMST)	1:13:42	wore wet suit
	Thomas P. Voeller (43 RMST)	1:01:36	wore wet suit

Men: 45-49

1	John C. Mason (45 BAC)	46:33	MR Ov 23 / M 18
2	Bruce D. Fisher (47 DCM)	46:45	Ov 24 / M 19
3	Robert G. Lazzaro (46 TERR)	47:30	Ov 26 / M 21
4	Colin Barnett (46 MARY)	47:50	Ov 29 / M 23
5	John H. Post (48 VMST)	52:42	Ov 64 / M 46
6	Michael C. Aaby (47 ANCM)	54:18	Ov 70 / M 49

7	Ken Beier (46 DCAC)	55:58	Ov 77 / M 53
8	Elliot M. Rockler (45 RMSC)	58:34	Ov 91 / M 60
9	Wayne R. Hartke (48 BURK)	58:38	Ov 92 / M 61
10	Larry S. Snowwhite (49 RMST)	1:03:23	Ov 118 / M 77
11	Joseph H. Kasimer (45 JCCN)	1:05:16	Ov 125 / M 83
12	Bob Aitcheson (49 VMST)	1:06:31	Ov 127 / M 85
13	Ralph K. Joseph (49 UNAT)	1:09:54	Ov 136 / M 91
DQ	Lee Aulisio (49 UNAT)	1:03:36	wore wet suit
	Robert A. Axelrod (48 DCRP)	57:31	wore wet suit
	Thomas B. Newman (47 UNAT)	57:02	wore wet suit
	Kenneth Shipp (48 GLD)	1:12:07	wore wet suit
	Michael Wimsatt (45 VMST)	56:56	wore wet suit

Men: 50-54

1	Willis C. Braswell, Jr. (51 DCM)	52:43	Ov 65 / M 47
2	Robert R. Williams (53 DCM)	53:41	Ov 68 / M 48
3	Ned Daly (51 MARY)	54:38	Ov 72 / M 50
4	Neil Medoff (53 RMST)	59:19	Ov 100 / M 66
5	Howard Polster (53 DCRP)	1:03:12	Ov 116 / M 76
6	Sterling S. Pilette (54 RMST)	1:03:43	Ov 120 / M 79
7	William W. Treanor (53 UNAT)	1:07:41	Ov 132 / M 88
8	Herman J. Rossi, III (53 UNAT)	1:25:26	Ov 139 / M 94
DQ	Paul B. Middleton (52 RMST)	1:15:52	wore wet suit

Men: 55-59

1	Terry L. Smith (56 RMST)	1:01:36	Ov 110 / M 72
DQ	Philip G. Burkhalter (58 NRLR)	1:17:02	wore wet suit
	William B. Cummings (57 DCM)	54:23	wore wet suit
	Gordon M. Gerson (59 RMST)	1:01:09	wore wet suit
	Antonio Panizza (57 RMST)	1:04:20	wore wet suit

Men: 60-64

1	Donald F. Walter (60 DCM)	1:06:39	Ov 128 / M 86
2	Bill Kenney (63 UNAT)	1:07:01	Ov 131 / M 87
DQ	James M. Dillard (61 RMST)	1:19:15	wore wet suit
	Henry B. Paris (64 UNAT)	8:04	did not finish
	Robert J. Wojtal (61 RMST)	1:06:53	wore wet suit

Men: 65-69

1	H. Donald Messer (65 DCRP)	1:04:55	MR Ov 123 / M 81
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Men: 75-79

1	Frank M. Murphy (78 DCM)	1:14:15	MR Ov 138 / M 93
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Women's Team Event

Women: 25+

1	Reston Masters Swim Team	4:17:09
	Amy M. Berger (33 1:25:43)	
	Darlene H. Gallaway (50 1:25:43)	
	Gayle F. Gordon (49 1:25:43)	
DQ	Montgomery Ancient Mariners	
	S. Michelle Chesnut (37 1:06:13 DQ)	
	Caroline D. Scace (31 57:58)	
	Angela M. Krueger (26 1:03:00)	
	Fairfax County Masters	
	Amy L. Byrd (29 51:36 DQ)	
	Ellen Macgregor (29 45:18)	
	Laura M. Callif (28 45:30)	

Men's Team Event			
Men: 35+			
1	D.C. Dept. of Recreation Masters	2:18:52	MR
	Paul A. Fetters (42 43:11)		
	Matthew W. Fetters (35 44:52)		
	Andrew Perez (36 50:49)		
2	No. Virginia Jewish Community Ctr.	2:46:34	
	Daniel H. Pick (39 43:39)		
	Ronald M. Katz (38 57:39)		
	Joseph H. Kasimer (45 1:05:16)		
Men: 45+			
1	Reston Masters Swim Team	3:04:38	
	Neil Medoff (53 59:19)		
	Terry L. Smith (56 1:01:36)		
	Sterling S. Pilette (54 1:03:43)		

Team Scoring

Women: Division 1 (≥10 Swimmers)	
1	Reston Masters Swim Team 83.0
2	Fairfax County Masters 35.0

Women: Division 2 (<10 Swimmers)	
1	DC Masters 84.0
2	Virginia Masters 21.0
3	Terrapin Masters 16.0
4	National Capital YMCA 12.0
5	D.C. Department of Recreation Masters 8.0
	Maryland Masters 8.0
	Tri-Masters Swimming 8.0
8	Northern Virginia Jewish Community Ctr. 7.0
9	Montgomery Ancient Mariners 4.0
	Chinquapin Masters Swim Team 4.0

Men: Division 1 (≥10 Swimmers)	
1	D.C. Department of Recreation Masters 77.0
2	Reston Masters Swim Team 74.0

3	Fairfax County Masters	25.0
Men: Division 2 (<10 Swimmers)		
1	DC Masters	51.0
2	Montgomery Ancient Mariners	33.0
3	Northern Virginia Jewish Community Ctr.	29.0
4	Doc's Team	22.0
5	Maryland Masters	18.0
6	Virginia Masters	15.0
7	Colonials "1776"	11.0
	Bowie Aquatic Club	11.0
	National Capital YMCA	11.0
	NRL Recreation Club	11.0
11	Terrapin Masters	8.0
	Team Pittsburgh	8.0
13	Tri-Masters Swimming	6.0
14	Gold Swim & Dive Team	5.0
	Illinois Masters	5.0
	Rockville Montgomery Swim Club	5.0
17	D.C. Aquatics Club	4.0
18	Burke Masters	2.0

Combined: Division 1 (≥15 Swimmers)	
1	Reston Masters Swim Team 157.0
2	DC Masters 135.0
3	D.C. Department of Recreation Masters 85.0
4	Fairfax County Masters 60.0

Combined: Division 2 (<15 Swimmers)	
1	Montgomery Ancient Mariners 37.0
2	Northern Virginia Jewish Community Ctr. 36.0
	Virginia Masters 36.0
4	Maryland Masters 26.0
5	Terrapin Masters 24.0
6	National Capital YMCA 23.0
7	Doc's Team 22.0
8	Tri-Masters Swimming 14.0
9	Colonials "1776" 11.0
	Bowie Aquatic Club 11.0
	NRL Recreation Club 11.0
12	Team Pittsburgh 8.0
13	Gold Swim & Dive Team 5.0
	Illinois Masters 5.0
	Rockville Montgomery Swim Club 5.0
16	Chinquapin Masters Swim Team 4.0
	D.C. Aquatics Club 4.0
18	Burke Masters 2.0

**The Northern Virginia Spine Institute / Reston Masters
Ninth Annual 2-Mile Lake Swim**
11714 Decade Court
Reston, VA 22091

Many Thanks To—

- Thomas C. Schuler, M.D.*
- The Northern Virginia Spine Institute*
- Century 21 South Lakes Realty*
- PowerBar*
- Quintana Roo Wetsuits*
- The Finals*
- N.V. Pools, Chantilly, VA*
- Fairfax County Fire & Rescue*
- Reston Association*
- Reston Runners*
- Reston Triathlon Association*
- Reston Masters Team Members*