



The 2020-2021 DC Front Runners Virtual Race Circuit came to an end on Tuesday, August 31, 2021 and awards were presented at the Anniversary Party on Saturday, September 25, 2021. 320 race results were reported for this season, 23 people completed the race circuit. Congratulations to all finishers and to the recipient of the Spirit of DC Front Runners award, Ivan Cheung.

## AWARDS

### Winner of the Virtual Race Circuit

Blake Rushin

### Overachievers

Jeremy Garrett, Scott Lundberg, Andrew Powaleny, Norman Reich, Nina Sheppard, Warren Snaider, Socrates Tiglao

### Spirit of DC Front Runners

Ivan Cheung



**Winner of the Virtual Race Circuit**  
Blake Rushin

## STANDINGS

1. Blake Rushin
2. Maura Hackett
3. Allen Haywood
4. Vince Micone
5. Erik Prince
6. Ivan Cheung
7. Rocco Henderson
8. Jeremy Garrett
9. RC Tepel
10. Nina Sheppard
11. Norman Reich
12. Brian Flanagan
13. Scott Lundberg
14. Christopher Surfield
15. Ralph Bayrer
16. Brad Miller
17. Jonathan Duffy
18. Andrew Powaleny
19. Warren Snaider
20. Max Polonsky
21. Socrates Tiglao
22. Nephie Snider
23. Anne Ross

## RACE PARTICIPATION STATISTICS

|       | Number of Race Results | Average Score per Race |
|-------|------------------------|------------------------|
| All   | 320                    | 50.911                 |
| Men   | 273                    | 50.308                 |
| Women | 47                     | 54.410                 |

### Number of Races of Each Distance

|               |              |
|---------------|--------------|
| 5K            | 195 (60.94%) |
| 8K            | 1 (0.31%)    |
| 5-Miler       | 31 (0.69%)   |
| 10K           | 17 (5.3%)    |
| 12K           | 3 (0.94%)    |
| 15K           | 11 (0.31%)   |
| 10-Miler      | 21 (4.6%)    |
| 20K           | 1 (0.31%)    |
| Half-Marathon | 6 (1.9%)     |
| Marathon      | 3 (0.94%)    |
| Others        | 47 (14.7%)   |

### Most Popular Races

|  |    |
|--|----|
| 1. DC Front Runners Pride Run Virtual 5K | 39 |
| 2. DCFR Virtual Race 5K                  | 39 |
| 3. DCFR Virtual Race 4 Miler             | 38 |
| 4. DCFR Virtual Race 5 Miler             | 31 |
| 5. DCFR Happy Holidays Virtual 5K        | 14 |

### Participants with the Most Completed Races

|                    |    |
|--------------------|----|
| 1. Scott Lundberg  | 36 |
| 2. Andrew Powaleny | 34 |
| 3. Warren Snaider  | 26 |
| 4. Norman Reich    | 19 |
| 5. Socrates Tiglao | 17 |

# ACHIEVEMENTS

## Highest Scoring Race Results

1. Maura Hackett - DCFR Virtual Race 10K (0:46:05 - 85.53968136)
2. Joe Lozoya - Welcome Back Denver 5k Welcome Back Denver 5K (0:19:10 - 78.76643074)
3. Blake Rushin - Day of the Dog 5K Day of the Dog 5K (0:24:26 - 75.8681422)
4. Joe Lozoya - Pumpkin Pie 5K Pumpkin Pie 5K (0:19:58 - 75.61051365)
5. Blake Rushin - DCFR New Years Virtual 5K (0:24:20 - 75.2634646 )
6. Blake Rushin - DCFR Cherry Blossom Virtual 5K (0:24:23 - 75.10913077)
7. Blake Rushin - DC Front Runners Pride Run Virtual 5K (0:24:34 - 74.54861487)
8. Blake Rushin - DCFR MLK Virtual 5K (0:24:36 - 74.44760048)
9. Joe Lozoya - Christmas Sweater 5K Christmas Sweater 5K (0:20:34 - 73.98106047)
10. Blake Rushin - DCFR Valentine's Virtual 5K (0:24:46 - 73.94660721)