

## 2013 DDSR Race Results

Date	Race	Participant	Time	Overall Place
1/1/13	2013 Resolution 5K	Sean Saxton	20:20	
1/1/13	2013 Resolution 5K	David Sauls	23:03	12
1/13/13	Naples Florida HITS Triathlon	Betsy Tootell	1:35:57	127
1/13/13	Icicle 10-Miler	Phil McGinnis	1:40:09	483
1/14/13	Houston Chevron Marathon	Crystal Trejo	4:56:23	3904
2/2/13	5K for the Plunge	Patrick Mitchell	30:31:00	260
2/9/13	2nd Delaware Club Challenge 5K	Sean Saxton	21:53	
2/15/13	Chocolate Lovers 5K	Bonnie Ingram	28:37:00	70
2/15/13	Chocolate Lovers 5K	Wendy McDougall	29:08:00	80
2/15/13	Chocolate Lovers 5K	Joe Rubacky	24:04:00	30
2/15/13	Chocolate Lovers 5K	Jill Rubacky	29:15:00	82
2/15/13	Chocolate Lovers 5K	Crystal Trejo	25:53:00	47
2/15/13	Chocolate Lovers 5K	Jesus Trejo	27:06:00	56
2/15/13	Chocolate Lovers 5K	Oribel McFann	28:16:00	65
2/15/13	Chocolate Lovers 5K	Karin Ryndak	45:10:00	203
2/15/13	Chocolate Lovers 5K	Sonja Quinonez	38:20:00	165
2/15/13	Chocolate Lovers 5K	Jim DiDonato	30:56:00	92
2/15/13	Chocolate Lovers 5K	Mike Gondeck	24:35:00	36
2/15/13	Chocolate Lovers 5K	Brian Walsh	29:39:00	84
2/15/13	Chocolate Lovers 5K	Emily Outten	22:26	
2/16/13	Chocolate Lovers 5K	Sean Saxton	20:00	
2/23/13	6th Red & White Fahrenheit Freight 5K	Sean Saxton	20:05	
2/24/13	Community 5K for Wilmington Officer Justin Wilkins	David Sauls	24:42:00	69
3/9/13	Star Hill PTO 5K	Patrick Mitchell	29:36:00	
3/9/13	Senators for a Cure 5K	Sean Saxton	20:04	
3/17/13	CR Half Marathon	Samantha Hemphill	1:59:18	865
3/17/13	CR Half Marathon	Crystal Trejo	1:57:46	819
3/17/13	CR Half Marathon	Holly Scott	1:50:47	583
3/17/13	CR Half Marathon	Durk Lee	1:46:30	457
3/17/13	CR Half Marathon	Danielle Dash	1:44:26	401
3/17/13	CR Half Marathon	Mike Gondeck	1:57:29	814
3/17/13	CR Half Marathon	Rachel Mears	1:47:14	480
3/17/13	CR Half Marathon	Phil McGinnis	2:16:47	1187
3/17/13	CR Half Marathon	Emily Outten	1:41:57	

3/23/13	Shamrock Scramble 15K	Karin Ryndak	1:43:00	
3/30/13	1st Annual Great Goose Chase 5K	Sean Saxton	19:45	
4/7/13	Cherry Blossom 10-Miler	Betsy Tootell	1:38:20	10004
4/13/13	Ukrop's Monument Ave 10K	Emily Outten	45:57:00	
4/13/13	Builders Dash 5K	Sean Saxton	20:16	
4/14/13	Seashore Striders 2-person Relay Half Marathon	Crystal and Jesus Trejo	1:48:35	
4/14/13	Seashore Striders Half Marathon	Mike Gondeck	2:00:34	
4/14/13	Seashore Striders Half Marathon	Danielle Dash	1:45:49	
4/20/13	Boston 5K	Blake Scott	38:13:00	
4/20/13	Boston 5K	Jodie Wedel	23:13:00	
4/20/13	Boston 5K	David Owen	29:14:00	
4/20/13	24th Ronald McDonald House of DE 5K	Patrick Mitchell	28:33:00	228
4/20/13	Ronald McDonald House 5K	David Sauls	24:02:00	58
4/21/13	Boston Marathon	Holly Scott	3:32:39	
4/21/13	Organ Donor Dash 10K	Karin Ryndak	1:04:00	
4/21/13	Organ Donor Dash 10K	Sonja Quinonez	1:10:00	
4/21/13	Scamper for Paws and Claws 5K	Curtis Kozieliec	21:42	8
4/27/13	Big Fish 5K	Betsy Tootell	28:09:00	
4/27/13	Cougars for a Cause 5K	Sean Saxton	19:02	
5/3/13	Blakes Run 5K	Betsy Tootell	26:53:00	54
5/4/13	One America 500 Festival Mini Marathon	Jodie Wedel	1:44:00	
5/4/13	Broad Street 10-Miler	Phil McGinnis	1:39:55	20597
5/5/13	Nanticoke Sprint Triathlon	Betsy Tootell	1:47:38	156
5/5/13	Longbranch NJ Half Marathon	Karin Ryndak	2:33:00	
5/5/13	Longbranch NJ Half Marathon	Sonja Quinonez	2:50:00	
5/12/13	Delaware Half Marathon	Durk Lee	1:45:09	80
5/12/13	Delaware Half Marathon	Jen DeCarlo	2:41:01	861
5/12/13	Delaware Marathon	Danielle Dash	3:40:57	113
5/12/13	Delaware Marathon	Mike Gondeck	4:57:51	445
5/12/13	Delaware Marathon	Crystal Trejo	4:20:44	294
5/18/13	St. Michaels 5K	Bonnie Ingram	28:13:00	103
5/18/13	St. Michaels 5K	Wendy McDougall	27:29:00	83
5/18/13	St. Michaels 10K	Holly Scott	44:26:00	17
5/18/13	St. Michaels 10K	Danielle Dash	46:05:00	25
5/18/13	St. Michaels 10K	Durk Lee	46:08:00	27
5/18/13	St. Michaels 10K	Jodie Wedel	46:09:00	28

5/18/13	St. Michaels 10K	Samantha Hemphill	57:06:00	191
5/18/13	St. Michaels 10K	Mike Gondeck	57:10:00	193
5/18/13	St. Michaels 10K	Sean Saxton	42:53:00	9
5/18/13	St. Michaels Half	Toni Diegoli	1:36:55	49
5/18/13	St. Michaels Half	Jen DeCarlo	2:29:08	964
5/18/13	St. Michaels Half	Roberto Scaffidi	1:35:39	40
5/19/13	Tri Columbia Triathlon Olympic	Betsy Tootell	3:32:08	
5/25/13	Chestertown 10-Miler	Phil McGinnis	1:39:31	163
5/25/13	Chestertown Tea Party 5K	Karin Ryndak	32:03:00	
5/25/13	5th Run for Kays Kamp 5K	David Sauls	23:51	31
6/9/13	Oy Vey 5K	Betsy Tootell	28:09:00	
6/9/13	Ironman 70.3 Eagleman	Betsy Tootell	7:09:47	
6/9/13	7th Dewey Beach Liquors at the Cork 5K	Sean Saxton	19:47	
6/14/13	26th Dover Mile	Patrick Mitchell	7:50	
6/14/13	26th Dover Mile	John Healy		
6/14/13	26th Dover Mile	Sean Saxton		
6/14/13	26th Dover Mile	Sean Saxton	5:29	
6/16/13	St. Andrews Triathlon	Betsy Tootell	1:38:28	
6/16/13	11th Annual Gary Papa Father's Day 5K	David Sauls	23:27	240