

**Run-for-Your-Life One Mile
June 29, 2004
Langley High School
Langley, VA**

1. Ted Poulos	42	McLean, VA	6:14
2. Kirk Gordon	48	Mitchellville, MD	6:23
3. Bob Weiner	57		7:45
4. Christopher Rapavi	15	Springfield, VA	8:36
5. Christina Caravoulas	49	Silver Spring, MD	9:18