



## Ryan Stasiowski Wins PRT10K

QOC member Ryan Stasiowski shaved over two minutes off the previous course record at the Patuxent River Trail 10K race held March 2, finishing in 37:20. First female was Emily Ferguson, a three-peat runner at this race, who with a time of 45:13 set a PR. Full results posted [here](#) [1].

**Source URL:** <https://www.qocweb.org/content/ryan-stasiowski-wins-prt10k>

**Links:**

[1] <http://qocweb.org/events/2013/3/2/patuxent-river-trail-10k/results>