



# Cumberland Valley Rails-to-Trails Council

## Race, Run, Ride & Ramble 15K

April 19, 2009

Overall Finish

### Race, Run, Ride & Ramble 15K Total: 122

Over All	Place	Time	Name	Race Number	Age	Masters	Age Group / Place	City	State	Pace / Mile		
1	M	1	55:24	Josh Beck	254	31	30 - 39	Carlisle	PA	5:57		
2	M	2	55:24	Daniel Helfrick	233	25	20 - 29	Shippensburg	PA	5:57		
3	M	3	55:45	Andrew Rice	237	23	20 - 29	Carlisle	PA	5:59		
4	M	4	57:19	Derek Lautenslager	216	27	20 - 29	1	Chambersburg	PA	6:09	
5	M	5	1:00:17	Casey Williams	280	41	1	40 - 49	Mechanicsburg	PA	6:28	
6	M	6	1:00:17	Leitzel Ben	214	48	2	40 - 49	Carlisle	PA	6:28	
7	M	7	1:00:52	Tim Fisler	266	38	30 - 39	1	Greencastle	PA	6:32	
8	M	8	1:03:59	Rich Harfast	65	45	3	40 - 49	1	Annandale	VA	6:52
9	M	9	1:05:37	Jamie B Boward	212	31	30 - 39	2	Fayetteville	PA	7:02	
10	F	1	1:07:04	Wendy L Byers	197	34	30 - 39		Landisburg	PA	7:12	
11	M	10	1:07:38	Jeffrey S Lloyd	206	38	30 - 39	3	Carlisle	PA	7:15	
12	M	11	1:07:59	Troy Werdebaugh	80	44	4	40 - 49	2	Chambursburg	PA	7:18
13	M	12	1:08:21	Leisher Craig	238	48	5	40 - 49	3	Chambersburg	PA	7:20
14	F	2	1:08:41	Sarah Suzanne Boward	210	30	30 - 39		Fayetteville	PA	7:22	
15	M	13	1:08:55	Jeff Bertram	61	40	6	40 - 49	4	Fayetteville	PA	7:24
16	M	14	1:09:53	William Corbin	202	49	7	40 - 49	5	Elizabethtown	PA	7:30
17	M	15	1:10:00	John Davis	265	16	19 & under	1	Chambersburg	PA	7:31	
18	M	16	1:10:15	Larry Brewster	218	52	8	50 - 59	1	Shippensburg	PA	7:32
19	M	17	1:10:22	Scott Baldwin	242	28	20 - 29	2	Carlisle	PA	7:33	
20	M	18	1:10:27	Paul Wachsmuth	203	38	30 - 39	4	Waldorf	MD	7:34	
21	M	19	1:10:35	Brian Storm	213	43	9	40 - 49	6	Chambersburg	PA	7:34
22	M	20	1:11:17	Steven D Fealtman	109	46	10	40 - 49	7	Carlisle	PA	7:39
23	M	21	1:11:50	Brian R Caudill	249	39	30 - 39	5	Shippensburg	PA	7:42	
24	M	22	1:12:04	Doug Lopapa	234	45	11	40 - 49	8	West Chester	PA	7:44
25	F	3	1:12:25	Jessica Gallagher	83	36	30 - 39		Chambersburg	PA	7:46	
26	M	23	1:12:38	Jon Becker	274	25	20 - 29	3	Shippensburg	PA	7:48	
27	M	24	1:12:46	Jim Becker	204	67	12	60 - 69	1	Greencastle	PA	7:48
28	M	25	1:13:01	Bob Walker	230	44	13	40 - 49	9	Harrisburg	PA	7:50
29	M	26	1:13:06	Jerry Webber	205	39	30 - 39	6	Palmyra	PA	7:51	
30	M	27	1:13:18	Nicholas Gerard Mistishen	215	46	14	40 - 49	10	Harrisburg	PA	7:52
31	M	28	1:13:48	Jerry Mason	258	52	15	50 - 59	2	Greencastle	PA	7:55
32	M	29	1:14:06	John Kelley	243	48	16	40 - 49	11	Waynesboro	PA	7:57
33	M	30	1:14:10	Hap Miller	224	65	17	60 - 69	2	Carlisle	PA	7:57
34	M	31	1:14:35	Laszlo Madaras	278	47	18	40 - 49	12	Greencastle	PA	8:00



# Cumberland Valley Rails-to-Trails Council

## Race, Run, Ride & Ramble 15K

April 19, 2009

Overall Finish

### Race, Run, Ride & Ramble 15K Total: 122

Over All	Place	Time	Name	Race Number	Age	Masters	Age Group / Place	City	State	Pace / Mile
35	M 32	1:16:10	Aaron Bouder	225	25		20 - 29 4	Shippensburg	PA	8:10
36	M 33	1:16:48	Tom Cook	294	62	19	60 - 69 3	Carlisle	PA	8:14
37	M 34	1:17:15	Bill Hathaway	248	36		30 - 39 7	York Haven	PA	8:17
38	M 35	1:17:35	Gene Bratovich	232	43	20	40 - 49 13	Montville	NJ	8:19
39	M 36	1:17:40	Mike Varner	74	52	21	50 - 59 3	Carlisle	PA	8:20
40	M 37	1:18:10	Zachary Asper	75	28		20 - 29 5	Shippensburg	PA	8:23
41	F <b>4</b>	1:18:38	Kelly Krutz	226	35		30 - 39 <b>1</b>	Mechanicsburg	PA	8:26
42	F <b>5</b>	1:19:22	Mari Over	267	47	<b>1</b>	40 - 49	Fayetteville	PA	8:31
43	M 38	1:19:25	Millard Eugle	119	59	22	50 - 59 4	Shippensburg	PA	8:31
44	M 39	1:19:38	Russell J Gavalis	173	34		30 - 39 8	Pottsville	PA	8:33
45	F <b>6</b>	1:19:46	Patty Stevens	117	51	<b>2</b>	50 - 59	Chambersburg	PA	8:33
46	F <b>7</b>	1:20:07	Laura Grove	235	39		30 - 39 <b>2</b>	Glen Mills	PA	8:36
47	F <b>8</b>	1:20:21	Michelle Baldwin	241	29		20 - 29 <b>1</b>	Carlisle	PA	8:37
48	M 40	1:20:54	John Kasarda	158	36		30 - 39 9	Shippensburg	PA	8:41
49	F <b>9</b>	1:21:03	Amy Diehl	261	35		30 - 39 3	Shippensburg	PA	8:42
50	M 41	1:21:25	Eric Deangelis	76	24		20 - 29 6	Altoona	PA	8:44
51	M 42	1:21:31	Mike Hayduk	58	58	23	50 - 59 5	Chambersburg	PA	8:45
52	F <b>10</b>	1:21:38	Miranda Reed	275	32		30 - 39 4	Chambersburg	PA	8:46
53	F <b>11</b>	1:21:55	Heather Lautenslager	217	25		20 - 29 <b>2</b>	Chambersburg	PA	8:47
54	F <b>12</b>	1:22:05	Kimberly Yonish	268	31		30 - 39 5	Shippensburg	PA	8:48
55	M 43	1:22:24	Kyle D Letner	253	29		20 - 29 7	Dillsburg	PA	8:50
56	F <b>13</b>	1:22:50	Ellen S Wenrich	198	33		30 - 39 6	Dauphin	PA	8:53
57	M 44	1:23:04	Randall Arthur Pellow	78	65	24	60 - 69 4	Shippensburg	PA	8:55
58	M 45	1:23:10	William J. Krieger	260	49	25	40 - 49 14	Elizabethtown	PA	8:55
59	F <b>14</b>	1:23:21	Vicki Stinebaugh	246	33		30 - 39 7	Waynesboro	PA	8:57
60	M 46	1:24:05	Tom McCulloh	114	56	26	50 - 59 6	Mercersburg	PA	9:01
61	M 47	1:24:21	Joe Embrey	256	39		30 - 39 10	Lusby	MD	9:03
62	M 48	1:24:33	Christopher C Ott	245	37		30 - 39 11	Fayetteville	PA	9:04
63	F <b>15</b>	1:24:34	Michele E Lachance	239	37		30 - 39 8	Hummelstown	PA	9:04
64	F <b>16</b>	1:24:49	Victoria Glose	211	55	3	50 - 59 <b>1</b>	Baltimore	MD	9:06
65	M 49	1:25:09	Frank Townsend	257	39		30 - 39 12	Annaville	PA	9:08
66	M 50	1:25:10	Matt Schroeder	250	39		30 - 39 13	Mechanicsburg	PA	9:08
67	M 51	1:26:24	Neal Hospelhorn	293	57	27	50 - 59 7	Chambersburg	PA	9:16
68	M 52	1:26:25	Randy Lynn Ward	259	55	28	50 - 59 8	State Line	PA	9:16



# Cumberland Valley Rails-to-Trails Council

## Race, Run, Ride & Ramble 15K

April 19, 2009

Overall Finish

### Race, Run, Ride & Ramble 15K Total: 122

Over All	Place	Time	Name	Race Number	Age	Masters	Age Group / Place	City	State	Pace / Mile
69	F 17	1:27:29	Audry L Baumgardner	263	47	4	40 - 49 1	Chambersburg	OK	9:23
70	M 53	1:27:50	Nathan Powell	247	36		30 - 39 14	Carlisle	PA	9:25
71	F 18	1:27:53	Anna E Jones	228	39		30 - 39 9	Chambersburg	PA	9:26
72	M 54	1:27:58	Jody Shatzer	115	50	29	50 - 59 9	Chambersburg	PA	9:26
73	F 19	1:28:24	Monica Price	236	51	5	50 - 59 2	Carlisle	PA	9:29
74	F 20	1:28:51	Tara Engle	118	49	6	40 - 49 2	Waynesboro	PA	9:32
75	F 21	1:29:11	Jennifer Lee Friese	82	24		20 - 29 3	Chambersburg	PA	9:34
76	F 22	1:29:45	Kathy Weaver	207	43	7	40 - 49 3	Mechanicsburg	PA	9:38
77	M 55	1:30:30	Leon Bierbower	227	73	30	70 & over 1	Chambersburg	PA	9:43
78	M 56	1:30:50	John Coffey	70	50	31	50 - 59 10	Chambersburg	PA	9:45
79	F 23	1:31:32	Missy Nibock	84	39		30 - 39 10	Carlisle	PA	9:49
80	F 24	1:31:38	Stephanie Edgar	272	48	8	40 - 49 4	Chambersburg	PA	9:50
81	M 57	1:31:39	James Edgar	273	58	32	50 - 59 11	Chambersburg	PA	9:50
82	F 25	1:32:00	Laura Saccoccio	279	26		20 - 29 4	Cumberland	RI	9:52
83	F 26	1:32:25	Kristine Sieloff	208	43	9	40 - 49 5	Baltimore	MD	9:55
84	F 27	1:32:47	Angela Cohick	270	35		30 - 39 11	Dillsburg	PA	9:57
85	F 28	1:33:52	Heidi Hade	262	32		30 - 39 12	Greencastle	PA	10:04
86	F 29	1:34:10	Christie Johnson	29	32		30 - 39 13	Shippensburg	PA	10:06
87	F 30	1:34:22	Unknown Female	276	50	10	50 - 59 3	Shippensburg	PA	10:07
88	M 58	1:34:36	Steve Jones	269	50	33	50 - 59 12	Mechanicsburg	PA	10:09
89	F 31	1:34:44	Kirsten Guss	292	42	11	40 - 49 6	Carlisle	PA	10:10
90	M 59	1:35:05	Christopher Yonish	291	38		30 - 39 15	Shippensburg	PA	10:12
91	M 60	1:35:28	Greg Moore	221	22		20 - 29 8	Carlisle	PA	10:15
92	F 32	1:36:08	Dorothy V. Hartman	77	49	12	40 - 49 7	New Cumberland	PA	10:19
93	F 33	1:36:14	Kristin Miller	223	23		20 - 29 5	Carlisle	PA	10:19
94	M 61	1:36:42	Doug Miller	220	55	34	50 - 59 13	Chesterfield	VA	10:22
95	F 34	1:38:14	Jennifer Sheggrud	209	36		30 - 39 14	Baltimore	MD	10:32
96	F 35	1:38:16	Erica Frontino	68	32		30 - 39 15	Shippensburg	PA	10:33
97	M 62	1:38:26	Jason Taylor	85	34		30 - 39 16	Waynesboro	PA	10:34
98	M 63	1:38:27	Mark Taylor	86	37		30 - 39 17	Waynesboro	PA	10:34
99	F 36	1:38:31	Cindy Varner	73	51	13	50 - 59 4	Carlisle	PA	10:34
100	F 37	1:40:40	Jennifer Gerhart	244	38		30 - 39 16	Mechanicsburg	PA	10:48
101	F 38	1:41:16	Morgan Crider	34	17		19 & under 1	Fayetteville	PA	10:52
102	F 39	1:41:17	Kelly Crider	35	47	14	40 - 49 8	Fayetteville	PA	10:52



# Cumberland Valley Rails-to-Trails Council

## Race, Run, Ride & Ramble 15K

April 19, 2009

Overall Finish

### Race, Run, Ride & Ramble 15K Total: 122

Over All	Place	Time	Name	Race Number	Age	Masters	Age Group / Place	City	State	Pace / Mile
103	M 64	1:41:31	Brad Leisure	231	54	35	50 - 59 14	Blain	PA	10:54
104	F <b>40</b>	1:41:35	Esther Cohick	252	48	15	40 - 49 9	Hummelstown	PA	10:54
105	F <b>41</b>	1:41:37	Patricia Coffey	71	46	16	40 - 49 10	Chambersburg	PA	10:54
106	F <b>42</b>	1:41:47	Sara Miller	222	53	17	50 - 59 5	Chesterfield	VA	10:55
107	F <b>43</b>	1:43:16	Lisa Shuey	107	48	18	40 - 49 11	Marysville	PA	11:05
108	M 65	1:44:21	Paul Clark	219	42	36	40 - 49 15	Fairfield	PA	11:12
109	F <b>44</b>	1:44:26	Lori Lynn Elsenbaumer	271	44	19	40 - 49 12	Chambersburg	PA	11:12
110	M 66	1:45:01	Dirk Baumgardner	264	47	37	40 - 49 16	Chambersburg	PA	11:16
111	M 67	1:46:32	David Bowman	229	54	38	50 - 59 15	Vienna	VA	11:26
112	F <b>45</b>	1:49:10	Danielle Brezler	277	27		20 - 29 6	Greencastle	PA	11:43
113	F <b>46</b>	1:49:12	Jennifer Libutti	295	30		30 - 39 17	Greencastle	PA	11:43
114	F <b>47</b>	1:49:31	Shonda Fortin	255	37		30 - 39 18	Mechanicsburg	PA	11:45
115	F <b>48</b>	1:50:31	Kimberly Connelly	200	41	20	40 - 49 13	Carroll Valley	PA	11:51
116	F <b>49</b>	1:50:55	Summer Monnett	72	28		20 - 29 7	Carlisle	PA	11:54
117	M 68	1:55:40	Dawn Naugle	81	44	39	40 - 49 17	Chambersburg	PA	12:25
118	F <b>50</b>	1:55:41	Melissa Forrester	251	38		30 - 39 19	Chambersburg	PA	12:25
119	F <b>51</b>	2:08:13	Shelly Renee Carr	240	24		20 - 29 8	Shippensburg	PA	13:45
120	F <b>52</b>	2:15:39	Rhonda Hirschl Mike	100	34		30 - 39 20	Chambersburg	PA	14:33
121	M 69	2:19:26	James Mike	102	54	40	50 - 59 16	Chambersburg	PA	14:58
122	F <b>53</b>	2:28:04	Brenda L. Pellow	296	65	21	60 - 69 <b>1</b>	Shippensburg	PA	15:53