

Run For The Trail 7K  
 Sunday, August 8, 2004  
 Race Director: Tom Fetterman  
 IRRC members in bold

Overall	Division	Name	Gender	Age	Time	Pace
<b>Results by Overall Position:</b>						
1	1	<b>Tom Lipsie</b>	<b>M</b>	<b>38</b>	<b>0:23:47</b>	<b>0:05:28</b>
2	2	<b>Ed Rosporski</b>	<b>M</b>	<b>20</b>	<b>0:25:10</b>	<b>0:05:47</b>
3	3	Tim Eggert	M	17	0:25:41	0:05:54
4	1	<b>Mindy Sawtelle</b>	<b>F</b>	<b>31</b>	<b>0:25:42</b>	<b>0:05:54</b>
5	1	<b>Mark Stern</b>	<b>M</b>	<b>46</b>	<b>0:26:22</b>	<b>0:06:04</b>
6	1	Bill Zimmerman	M	23	0:26:53	0:06:11
7	2	<b>Dan Cunkelman</b>	<b>M</b>	<b>48</b>	<b>0:26:59</b>	<b>0:06:12</b>
8	1	Nick Pellegere	M	18	0:27:06	0:06:14
9	2	Mitchell Rosko	M	16	0:27:09	0:06:15
10	1	<b>Jim Hamilton</b>	<b>M</b>	<b>27</b>	<b>0:27:21</b>	<b>0:06:17</b>
11	1	Joe Chichester	M	36	0:27:22	0:06:17
12	3	Steve Koches	M	16	0:27:35	0:06:20
13	2	<b>Jill Knesch</b>	<b>F</b>	<b>30</b>	<b>0:28:20</b>	<b>0:06:31</b>
14	2	Mitch Radella	M	39	0:28:29	0:06:33
15	1	<b>Bill Winters</b>	<b>M</b>	<b>51</b>	<b>0:28:39</b>	<b>0:06:35</b>
16	2	<b>Michael Hodak</b>	<b>M</b>	<b>50</b>	<b>0:29:35</b>	<b>0:06:48</b>
17	3	Scott Ferrari	M	46	0:29:40	0:06:49
18	1	Ron Blake	M	44	0:29:49	0:06:51
19	3	Candace Hay	F	18	0:29:56	0:06:53
20	3	<b>Jeff Graham</b>	<b>M</b>	<b>36</b>	<b>0:29:59</b>	<b>0:06:54</b>
21	2	<b>Dan McQuiston</b>	<b>M</b>	<b>42</b>	<b>0:30:09</b>	<b>0:06:56</b>
22	1	Steven Wainwright	M	15	0:30:15	0:06:57
23	1	Kristen Krempasky	F	24	0:30:28	0:07:00
24	1	Tabitha Quinn	F	33	0:30:47	0:07:05
25	1	<b>Bill Serafin</b>	<b>M</b>	<b>55</b>	<b>0:30:57</b>	<b>0:07:07</b>
26	1	Keith Neff	M	64	0:30:57	0:07:07
27	4	Herb Partsch	M	16	0:30:58	0:07:07
28	4	<b>Alan Cole</b>	<b>M</b>	<b>47</b>	<b>0:31:12</b>	<b>0:07:10</b>
29	1	Shannon Yingling	F	16	0:31:19	0:07:12
30	3	Mark Bernardis	M	52	0:31:22	0:07:13
31	2	Lindsay Brock	F	17	0:31:27	0:07:14
32	3	Leann Casino	F	18	0:31:30	0:07:15
33	4	<b>John Swauger</b>	<b>M</b>	<b>52</b>	<b>0:31:34</b>	<b>0:07:15</b>
34	5	Bill Glassford	M	17	0:32:01	0:07:22
35	6	Ken Glassford	M	16	0:32:01	0:07:22
36	5	James Glassford	M	47	0:32:01	0:07:22
37	2	Jim Ostinowsky	M	57	0:32:13	0:07:24
38	5	Bob Layton	M	50	0:32:14	0:07:25
39	2	Tim Varner	M	15	0:32:38	0:07:30
40	4	<b>Scott Bowman</b>	<b>M</b>	<b>39</b>	<b>0:32:55</b>	<b>0:07:34</b>
41	1	<b>Eric Blazavich</b>	<b>M</b>	<b>31</b>	<b>0:32:56</b>	<b>0:07:34</b>
42	2	<b>Selena Stern</b>	<b>F</b>	<b>21</b>	<b>0:32:57</b>	<b>0:07:35</b>
43	4	Kim Seidel	F	18	0:33:24	0:07:41
44	3	Anthony Bruno	M	43	0:33:33	0:07:43

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Overall	Division	Name	Gender	Age	Time	Pace
45	2	Doyle Carney	M	34	0:33:34	0:07:43
46	4	Greg Bixel	M	44	0:33:35	0:07:43
47	5	Greg Mitchell	M	42	0:33:44	0:07:45
48	1	Sandy Beck	F	42	0:33:46	0:07:46
49	6	Greg Curry	M	48	0:33:56	0:07:48
50	1	Kelsi Yingling	F	13	0:33:58	0:07:49
51	2	Katie Hutchinson	F	15	0:34:16	0:07:53
52	6	David Johnson	M	52	0:34:17	0:07:53
53	6	Stephen Ligdis	M	53	0:34:21	0:07:54
<b>54</b>	<b>7</b>	<b>Jim Cook</b>	<b>M</b>	<b>54</b>	<b>0:34:39</b>	<b>0:07:58</b>
55	8	John Bomboy	M	51	0:35:00	0:08:03
<b>56</b>	<b>1</b>	<b>Ginny Winters</b>	<b>F</b>	<b>48</b>	<b>0:35:27</b>	<b>0:08:09</b>
58	2	Bob Krempasky	M	60	0:35:46	0:08:13
57	2	Ben Mitchell	M	21	0:35:53	0:08:15
<b>59</b>	<b>3</b>	<b>Ed Gondolf</b>	<b>M</b>	<b>56</b>	<b>0:36:24</b>	<b>0:08:22</b>
60	5	Tasha Varner	F	16	0:36:37	0:08:25
<b>61</b>	<b>7</b>	<b>Pat Scanlon</b>	<b>M</b>	<b>44</b>	<b>0:36:38</b>	<b>0:08:25</b>
62	1	Anita Sprow	F	39	0:36:38	0:08:25
<b>63</b>	<b>2</b>	<b>Donna Scanlon</b>	<b>F</b>	<b>46</b>	<b>0:36:45</b>	<b>0:08:27</b>
<b>64</b>	<b>1</b>	<b>Bernadette Serafin</b>	<b>F</b>	<b>27</b>	<b>0:36:50</b>	<b>0:08:28</b>
<b>65</b>	<b>3</b>	<b>Kelly McCombie</b>	<b>F</b>	<b>20</b>	<b>0:37:23</b>	<b>0:08:36</b>
66	6	Alyssa Bassaro	F	17	0:37:38	0:08:39
<b>67</b>	<b>7</b>	<b>Justine Scanlon</b>	<b>F</b>	<b>19</b>	<b>0:37:38</b>	<b>0:08:39</b>
68	7	Scott Bassaro	M	48	0:37:46	0:08:41
69	3	Jaclyn Casino	F	15	0:37:50	0:08:42
70	4	Amanda Eggert	F	15	0:38:13	0:08:47
71	5	Meaghan Herbick	F	15	0:38:18	0:08:48
72	3	David Cornman	M	15	0:38:22	0:08:49
73	6	Ceilita Brock	F	15	0:38:23	0:08:49
<b>74</b>	<b>4</b>	<b>Jim Lafontaine</b>	<b>M</b>	<b>56</b>	<b>0:38:44</b>	<b>0:08:54</b>
75	7	John Burket	M	18	0:38:57	0:08:57
76	4	Alex Brennsteiner	M	15	0:39:03	0:08:59
77	1	Joyce Geroux	F	61	0:39:22	0:09:03
78	1	Tom Swab	M	70	0:39:48	0:09:09
79	8	Tara Varner	F	17	0:40:23	0:09:17
80	1	Jane Mitchell	F	54	0:40:41	0:09:21
81	3	Denise Lomire	F	47	0:40:42	0:09:21
82	2	Janice Boyko	F	52	0:41:46	0:09:36
83	8	Gary Lang	M	49	0:42:00	0:09:39
84	6	Kara Yingling	F	14	0:42:06	0:09:41
85	8	Leah Yingling	F	13	0:42:07	0:09:41
86	9	Alicia Lichvar	F	15	0:43:25	0:09:59
87	4	Karen Holby	F	47	0:43:37	0:10:02
88	9	Randy Short	M	45	0:43:43	0:10:03
<b>89</b>	<b>5</b>	<b>Cathy Swauger</b>	<b>F</b>	<b>46</b>	<b>0:44:07</b>	<b>0:10:09</b>
<b>90</b>	<b>2</b>	<b>John Harwick</b>	<b>M</b>	<b>71</b>	<b>0:44:59</b>	<b>0:10:20</b>

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**Sunday, August 8, 2004**  
**Race Director: Tom Fetterman**  
**IRRC members in bold**

<b>Overall</b>	<b>Division</b>	<b>Name</b>	<b>Gender</b>	<b>Age</b>	<b>Time</b>	<b>Pace</b>
91	1	Tyrell Varner	M	12	0:45:05	0:10:22
92	3	Tom Macullan	M	60	0:46:33	0:10:42
93	2	Margie Mattis	F	35	0:47:29	0:10:55
94	9	Carly Lester	F	17	0:48:35	0:11:10
<b>95</b>	<b>1</b>	<b>Betsy Fetterman</b>	<b>F</b>	<b>65</b>	<b>0:59:14</b>	<b>0:13:37</b>
96	3	Pam Lezark	F	38	1:03:40	0:14:38
<b>97</b>	<b>4</b>	<b>Aileen Bowman</b>	<b>F</b>	<b>38</b>	<b>1:06:41</b>	<b>0:15:20</b>
98	3	Chris Zuzack	F	52	1:06:42	0:15:20
<b>99</b>	<b>5</b>	<b>Bill Knesh</b>	<b>M</b>	<b>59</b>	<b>1:15:03</b>	<b>0:17:15</b>
<b>100</b>	<b>1</b>	<b>Pat Knesh</b>	<b>F</b>	<b>55</b>	<b>1:16:22</b>	<b>0:17:33</b>
101	9	Stan Urgolites	M	52	1:17:52	0:17:54
102	2	Amy Urgolites	F	56	1:17:56	0:17:55

**Results by Age Groups:**

**Overall, male:**

<b>1</b>	<b>1</b>	<b>Tom Lipsie</b>	<b>M</b>	<b>38</b>	<b>0:23:47</b>	<b>0:05:28</b>
<b>2</b>	<b>2</b>	<b>Ed Rosporski</b>	<b>M</b>	<b>20</b>	<b>0:25:10</b>	<b>0:05:47</b>
3	3	Tim Eggert	M	17	0:25:41	0:05:54

**Male, ages 12 and under:**

91	1	Tyrell Varner	M	12	0:45:05	0:10:22
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**Male, ages 13 to 15:**

22	1	Steven Wainwright	M	15	0:30:15	0:06:57
39	2	Tim Varner	M	15	0:32:38	0:07:30
72	3	David Cornman	M	15	0:38:22	0:08:49
76	4	Alex Brennsteiner	M	15	0:39:03	0:08:59

**Male, ages 16 to 19:**

8	1	Nick Pellegrer	M	18	0:27:06	0:06:14
9	2	Mitchell Rosko	M	16	0:27:09	0:06:15
12	3	Steve Koches	M	16	0:27:35	0:06:20
27	4	Herb Partsch	M	16	0:30:58	0:07:07
34	5	Bill Glassford	M	17	0:32:01	0:07:22
35	6	Ken Glassford	M	16	0:32:01	0:07:22
75	7	John Burket	M	18	0:38:57	0:08:57

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Overall	Division	Name	Gender	Age	Time	Pace
<b>Male, ages 20 to 24:</b>						
6	1	Bill Zimmerman	M	23	0:26:53	0:06:11
57	2	Ben Mitchell	M	21	0:35:53	0:08:15
<b>Male, ages 25 to 29:</b>						
10	1	<b>Jim Hamilton</b>	<b>M</b>	<b>27</b>	<b>0:27:21</b>	<b>0:06:17</b>
<b>Male, ages 30 to 34:</b>						
41	1	<b>Eric Blazavich</b>	<b>M</b>	<b>31</b>	<b>0:32:56</b>	<b>0:07:34</b>
45	2	Doyle Carney	M	34	0:33:34	0:07:43
<b>Male, ages 35 to 39:</b>						
11	1	Joe Chichester	M	36	0:27:22	0:06:17
14	2	Mitch Radella	M	39	0:28:29	0:06:33
20	3	<b>Jeff Graham</b>	<b>M</b>	<b>36</b>	<b>0:29:59</b>	<b>0:06:54</b>
40	4	<b>Scott Bowman</b>	<b>M</b>	<b>39</b>	<b>0:32:55</b>	<b>0:07:34</b>
<b>Male, ages 40 to 44:</b>						
18	1	Ron Blake	M	44	0:29:49	0:06:51
21	2	<b>Dan McQuiston</b>	<b>M</b>	<b>42</b>	<b>0:30:09</b>	<b>0:06:56</b>
44	3	Anthony Bruno	M	43	0:33:33	0:07:43
46	4	Greg Bixel	M	44	0:33:35	0:07:43
47	5	Greg Mitchell	M	42	0:33:44	0:07:45
52	6	David Johnson	M	43	0:34:17	0:07:53
61	7	<b>Pat Scanlon</b>	<b>M</b>	<b>44</b>	<b>0:36:38</b>	<b>0:08:25</b>
<b>Male, ages 45 to 49:</b>						
5	1	<b>Mark Stern</b>	<b>M</b>	<b>46</b>	<b>0:26:22</b>	<b>0:06:04</b>
7	2	<b>Dan Cunkelman</b>	<b>M</b>	<b>48</b>	<b>0:26:59</b>	<b>0:06:12</b>
17	3	Scott Ferrari	M	46	0:29:40	0:06:49
28	4	<b>Alan Cole</b>	<b>M</b>	<b>47</b>	<b>0:31:12</b>	<b>0:07:10</b>
36	5	James Glassford	M	47	0:32:01	0:07:22
49	6	Greg Curry	M	48	0:33:56	0:07:48
68	7	Scott Bassaro	M	48	0:37:46	0:08:41
83	8	Gary Lang	M	49	0:42:00	0:09:39
88	9	Randy Short	M	45	0:43:43	0:10:03

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Overall	Division	Name	Gender	Age	Time	Pace
<b>Male, ages 50 to 54:</b>						
15	1	<b>Bill Winters</b>	M	51	<b>0:28:39</b>	<b>0:06:35</b>
16	2	<b>Michael Hodak</b>	M	50	<b>0:29:35</b>	<b>0:06:48</b>
30	3	Mark Bernardis	M	52	0:31:22	0:07:13
33	4	<b>John Swauger</b>	M	52	<b>0:31:34</b>	<b>0:07:15</b>
38	5	Bob Layton	M	50	0:32:14	0:07:25
53	6	Stephen Ligdis	M	53	0:34:21	0:07:54
54	7	<b>Jim Cook</b>	M	54	<b>0:34:39</b>	<b>0:07:58</b>
55	8	John Bomboy	M	51	0:35:00	0:08:03
101	9	Stan Urgolites	M	52	1:17:52	0:17:54

**Male, ages 55 to 59:**

25	1	<b>Bill Serafin</b>	M	55	<b>0:30:57</b>	<b>0:07:07</b>
37	2	Jim Ostinowsky	M	57	0:32:13	0:07:24
59	3	<b>Ed Gondolf</b>	M	56	<b>0:36:24</b>	<b>0:08:22</b>
74	4	<b>Jim Lafontaine</b>	M	56	<b>0:38:44</b>	<b>0:08:54</b>
99	5	<b>Bill Knesch</b>	M	59	<b>1:15:03</b>	<b>0:17:15</b>

**Male, ages 60 to 64:**

26	1	Keith Neff	M	64	0:30:57	0:07:07
58	2	Bob Krempasky	M	60	0:35:46	0:08:13
92	3	Tom Macullan	M	60	0:46:33	0:10:42

**Male, ages 70 and up:**

78	1	Tom Swab	M	70	0:39:48	0:09:09
90	2	<b>John Harwick</b>	M	71	<b>0:44:59</b>	<b>0:10:20</b>

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Overall	Division	Name	Gender	Age	Time	Pace
<b>Female Overall:</b>						
4	1	<b>Mindy Sawtelle</b>	F	31	<b>0:25:42</b>	<b>0:05:54</b>
13	2	<b>Jill Knesh</b>	F	30	<b>0:28:20</b>	<b>0:06:31</b>
19	3	Candace Hay	F	18	0:29:56	0:06:53

**Female, ages 13 to 15:**

50	1	Kelsi Yingling	F	13	0:33:58	0:07:49
51	2	Katie Hutchinson	F	15	0:34:16	0:07:53
69	3	Jaclyn Casino	F	15	0:37:50	0:08:42
70	4	Amanda Eggert	F	15	0:38:13	0:08:47
71	5	Meaghan Herbick	F	15	0:38:18	0:08:48
73	6	Ceilita Brock	F	15	0:38:23	0:08:49
84	7	Kara Yingling	F	14	0:42:06	0:09:41
85	8	Leah Yingling	F	13	0:42:07	0:09:41
86	9	Alicia Lichvar	F	15	0:43:25	0:09:59

**Female, ages 16 to 19:**

29	1	Shannon Yingling	F	16	0:31:19	0:07:12
31	2	Lindsay Brock	F	17	0:31:27	0:07:14
32	3	Leann Casino	F	18	0:31:30	0:07:15
43	4	Kim Seidel	F	18	0:33:24	0:07:41
60	5	Tasha Varner	F	16	0:36:37	0:08:25
66	6	Alyssa Bassaro	F	17	0:37:38	0:08:39
<b>67</b>	<b>7</b>	<b>Justine Scanlon</b>	<b>F</b>	<b>19</b>	<b>0:37:38</b>	<b>0:08:39</b>
79	8	Tara Varner	F	17	0:40:23	0:09:17
94	9	Carly Lester	F	17	0:48:35	0:11:10

**Female, ages 20 to 24:**

23	1	Kristen Krempasky	F	24	0:30:28	0:07:00
<b>42</b>	<b>2</b>	<b>Selena Stern</b>	<b>F</b>	<b>21</b>	<b>0:32:57</b>	<b>0:07:35</b>
<b>65</b>	<b>3</b>	<b>Kelly McCombie</b>	<b>F</b>	<b>20</b>	<b>0:37:23</b>	<b>0:08:36</b>

**Female, ages 25 to 29:**

<b>64</b>	<b>1</b>	<b>Bernadette Serafin</b>	<b>F</b>	<b>27</b>	<b>0:36:50</b>	<b>0:08:28</b>
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**Female, ages 30 to 34:**

24	1	Tabitha Quinn	F	33	0:30:47	0:07:05
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<b>Female, ages 35 to 39:</b>						
62	1	Anita Sprow	F	39	0:36:38	0:08:25
93	2	Margie Mattis	F	35	0:47:29	0:10:55
96	3	Pam Lezark	F	38	1:03:40	0:14:38
<b>97</b>	<b>4</b>	<b>Aileen Bowman</b>	<b>F</b>	<b>38</b>	<b>1:06:41</b>	<b>0:15:20</b>
<b>Female, ages 40 to 45:</b>						
48	1	Sandy Beck	F	42	0:33:46	0:07:46
<b>Female, ages 46 to 49:</b>						
<b>56</b>	<b>1</b>	<b>Ginny Winters</b>	<b>F</b>	<b>48</b>	<b>0:35:27</b>	<b>0:08:09</b>
<b>63</b>	<b>2</b>	<b>Donna Scanlon</b>	<b>F</b>	<b>46</b>	<b>0:36:45</b>	<b>0:08:27</b>
81	3	Denise Lomire	F	47	0:40:42	0:09:21
87	4	Karen Holby	F	47	0:43:37	0:10:02
<b>89</b>	<b>5</b>	<b>Cathy Swauger</b>	<b>F</b>	<b>46</b>	<b>0:44:07</b>	<b>0:10:09</b>
<b>Female, ages 50 to 54:</b>						
80	1	Jane Mitchell	F	54	0:40:41	0:09:21
82	2	Janice Boyko	F	52	0:41:46	0:09:36
98	3	Chris Zuzack	F	52	1:06:42	0:15:20
<b>Female, ages 55 to 59:</b>						
<b>100</b>	<b>1</b>	<b>Pat Knesch</b>	<b>F</b>	<b>55</b>	<b>1:16:22</b>	<b>0:17:33</b>
102	2	Amy Urgolites	F	56	1:17:56	0:17:55
<b>Female, ages 60 to 64:</b>						
77	1	Joyce Geroux	F	61	0:39:22	0:09:03
<b>Female, ages 65 to 69:</b>						
<b>95</b>	<b>1</b>	<b>Betsy Fetterman</b>	<b>F</b>	<b>65</b>	<b>0:59:14</b>	<b>0:13:37</b>