

# IRRC MEMBER RACE RESULTS 2011

| NAME                  | DISTANCE | TIME    | PACE    | EVENT                          | CITY         | STATE | DATE       |
|-----------------------|----------|---------|---------|--------------------------------|--------------|-------|------------|
| Alex Woodrow          | 1600     | 0:04:31 | 0:04:33 | District 6 Championships       | Altoona      | PA    | 5/17/2011  |
| Angel Piccirillo      | 1600     | 0:04:48 | 0:04:50 | Penn Relays                    | Philadelphia | PA    | 4/28/2011  |
| Angel Piccirillo      | 1600     | 0:04:53 | 0:04:55 | State Track Meet               | Shippensburg | PA    | 5/28/2011  |
| Angel Piccirillo      | 1600     | 0:05:09 | 0:05:11 | District 6 Championships       | Altoona      | PA    | 5/17/2011  |
| Angel Piccirillo      | Mile     | 0:04:56 | 0:04:56 | New Balance Games              | New York     | NY    | 1/23/2011  |
| John Harwick          | 1 Mile   | 0:12:09 | 0:12:09 | Gateway Mile                   | Monroeville  | PA    | 6/9/2011   |
| Nikki Stewart         | 1 Mile   | ?:?:??  |         | Gibsonia Turkey Trot One Mile  | Gibsonia     | PA    | 11/26/2011 |
| Alex Woodrow          | 3200     | 0:09:40 | 0:04:52 | State Track Meet               | Shippensburg | PA    | 5/28/2011  |
| Alex Woodrow          | 3200     | 0:09:48 | 0:04:56 | District 6 Championships       | Altoona      | PA    | 5/17/2011  |
| Angel Piccirillo      | 3200     | 0:11:17 | 0:05:41 | District 6 Championships       | Altoona      | PA    | 5/17/2011  |
| Veronica Bujdos       | 3200     | 0:11:32 | 0:05:48 | District 7 Championships       | Baldwin      | PA    | 5/20/2011  |
| Kosie Shepherd-Porada | Two Mile | 0:14:40 | 0:07:20 | Altoona Curve Homerun Two Mile | Altoona      | PA    | 5/21/2011  |
| Michael Porada        | Two Mile | 0:16:40 | 0:08:20 | Altoona Curve Homerun Two Mile | Altoona      | PA    | 5/21/2011  |
| Ryan Scanlon          | 2.84     | 0:18:15 | 0:06:26 | Miles For Mayah                | Penn Run     | PA    | 7/23/2011  |
| Donna Scanlon         | 2.84     | 0:25:52 | 0:09:06 | Miles For Mayah                | Penn Run     | PA    | 7/23/2011  |
| Sara Necciai          | 2.84     | 0:27:30 | 0:09:41 | Miles For Mayah                | Penn Run     | PA    | 7/23/2011  |
| Tom Lipsie            | 5K       | 0:16:09 | 0:05:13 | Punxy Phil Fighters 5K         | Punxsutawney | PA    | 6/4/2011   |
| Tom Lipsie            | 5K       | 0:16:18 | 0:05:15 | Groundhog Jog 5K               | Punxsutawney | PA    | 7/6/2011   |
| Tom Lipsie            | 5K       | 0:16:22 | 0:05:17 | Jaime Rosellini Memorial 5K    | Butler       | PA    | 8/19/2011  |
| Tom Lipsie            | 5K       | 0:16:34 | 0:05:21 | Hoodlebug 5K                   | Homer City   | PA    | 7/10/2011  |
| Tom Lipsie            | 5K       | 0:16:40 | 0:05:23 | Heritage Days 5K               | Ford City    | PA    | 7/2/2011   |
| Matt Gaudet           | 5K       | 0:16:47 | 0:05:25 | Diversity 5000                 | Punxsutawney | PA    | 3/19/2011  |
| Chris Geddis          | 5K       | 0:16:52 | 0:05:26 | Groundhog Jog 5K               | Punxsutawney | PA    | 7/6/2011   |
| Matt Gaudet           | 5K       | 0:17:05 | 0:05:31 | Tour De Park 5K                | Ligonier     | PA    | 5/30/2011  |
| Tom Lipsie            | 5K       | 0:17:10 | 0:05:32 | Rosedale VFD Blazing 5K        | Penn Hills   | PA    | 6/17/2011  |
| Tom Lipsie            | 5K       | 0:17:13 | 0:05:33 | St. Bernard's 5K               | Indiana      | PA    | 4/23/2011  |
| Alex Woodrow          | 5K       | 0:17:19 | 0:05:35 | Citizens' 5K                   | Indiana      | PA    | 7/16/2011  |
| Herb Cratty           | 5K       | 0:17:22 | 0:05:36 | Darlington Derby 5K            | Darlington   | PA    | 6/4/2011   |
| Doug Craft            | 5K       | 0:17:28 | 0:05:38 | Punxy Phil Fighters 5K         | Punxsutawney | PA    | 6/4/2011   |
| Matt Gaudet           | 5K       | 0:17:31 | 0:05:39 | Great Shamokin 5K              | Numine       | PA    | 4/23/2011  |
| Herb Cratty           | 5K       | 0:17:32 | 0:05:39 | Quality Life Race #1           | Grove City   | PA    | 5/21/2011  |
| Jim Hamilton          | 5K       | 0:17:35 | 0:05:40 | 2nd Annual Run For Shelter 5K  | Indiana      | PA    | 9/24/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE | TIME    | PACE    | EVENT                          | CITY          | STATE | DATE       |
|------------------|----------|---------|---------|--------------------------------|---------------|-------|------------|
| Matt Stern       | 5K       | 0:17:35 | 0:05:40 | Lock Haven Homecoming 5K       | Lock Haven    | PA    | 10/22/2011 |
| Herb Cratty      | 5K       | 0:17:36 | 0:05:41 | Quality Life #4                | Mercer        | PA    | 8/23/2011  |
| Chris Geddis     | 5K       | 0:17:40 | 0:05:42 | Summer XC Classic              | Marion Center | PA    | 8/13/2011  |
| David Foy        | 5K       | 0:17:46 | 0:05:44 | New Year's Resolution Run 2011 | Baltimore     | MD    | 1/1/2011   |
| Alex Woodrow     | 5K       | 0:17:46 | 0:05:44 | Summer XC Classic              | Marion Center | PA    | 8/13/2011  |
| Herb Cratty      | 5K       | 0:17:58 | 0:05:48 | Junkyard Jaunt                 | Natrona Hts.  | PA    | 7/31/2011  |
| Angel Piccirillo | 5K       | 0:18:01 | 0:05:49 | NE Foot Locker XC Championship | Long Island   | NY    | 11/26/2011 |
| Chris Geddis     | 5K       | 0:18:02 | 0:05:49 | Kimball 5K                     | Ebensburg     | PA    | 6/25/2011  |
| Bo Dinger        | 5K       | 0:18:11 | 0:05:52 | PIAA XC Championship           | Hershey       | PA    | 11/5/2011  |
| Doug Ulishney    | 5K       | 0:18:12 | 0:05:52 | Great Race 5K                  | Pittsburgh    | PA    | 9/25/2011  |
| Jim Hamilton     | 5K       | 0:18:16 | 0:05:54 | St. Bernard's 5K               | Indiana       | PA    | 4/23/2011  |
| Bill Zimmerman   | 5K       | 0:18:16 | 0:05:54 | It's A Wonderful 5K            | Indiana       | PA    | 11/18/2011 |
| Matt Gaudet      | 5K       | 0:18:19 | 0:05:55 | Race Against Child Abuse       | Indiana       | PA    | 9/3/2011   |
| Jim Hamilton     | 5K       | 0:18:23 | 0:05:56 | Pick A Cause 5K                | Ernest        | PA    | 3/26/2011  |
| Doug Ulishney    | 5K       | 0:18:24 | 0:05:56 | Chef Joe's Omelet 5K           | Uniontown     | PA    | 6/18/2011  |
| Jess Pentz Graf  | 5K       | 0:18:25 | 0:05:56 | Love of Life 5K                | Indiana       | PA    | 10/15/2011 |
| Doug Ulishney    | 5K       | 0:18:30 | 0:05:58 | Fire & Ice 5K                  | Somerset      | PA    | 1/15/2011  |
| Doug Ulishney    | 5K       | 0:18:30 | 0:05:58 | A Rabbit Runs Through It 5K    | Latrobe       | PA    | 4/30/2011  |
| Angel Piccirillo | 5000     | 0:18:31 | 0:05:58 | PIAA State XC Meet             | Hershey       | PA    | 11/5/2011  |
| Herb Cratty      | 5K       | 0:18:32 | 0:05:59 | Quality Life #5                | Worthington   | PA    | 9/13/2011  |
| Matt Gaudet      | 5K       | 0:18:38 | 0:06:01 | YMCA 5K                        | Ernest        | PA    | 9/9/2011   |
| Herb Cratty      | 5K       | 0:18:40 | 0:06:01 | Quality Life #3                | Apollo        | PA    | 7/19/2011  |
| Doug Craft       | 5K       | 0:18:42 | 0:06:02 | Pick A Cause 5K                | Ernest        | PA    | 3/26/2011  |
| Doug Ulishney    | 5K       | 0:18:44 | 0:06:03 | Francis Bud Murphy Memorial 5K | Connellsville | PA    | 6/2/2011   |
| Veronica Bujdos  | 5K       | 0:18:45 | 0:06:03 | Heritage Days 5K               | Ford City     | PA    | 7/2/2011   |
| Jim Hamilton     | 5K       | 0:18:45 | 0:06:03 | Hoodlebug 5K                   | Homer City    | PA    | 7/10/2011  |
| Doug Ulishney    | 5K       | 0:18:46 | 0:06:03 | Knights of Columbus 5K         | Connellsville | PA    | 5/7/2011   |
| Veronica Bujdos  | 5K       | 0:18:48 | 0:06:04 | Hoodlebug 5K                   | Homer City    | PA    | 7/10/2011  |
| Matt Pajak       | 5K       | 0:18:49 | 0:06:04 | St. Vincent Alumni 5K          | Latrobe       | PA    | 8/27/2011  |
| Doug Craft       | 5K       | 0:18:50 | 0:06:05 | Groundhog Jog 5K               | Punxsutawney  | PA    | 7/6/2011   |
| Ken Sharbaugh    | 5K       | 0:18:50 | 0:06:05 | Love of Life 5K                | Indiana       | PA    | 10/15/2011 |
| Veronica Bujdos  | 5K       | 0:18:55 | 0:06:06 | Shannock Valley 5K             | Rural Valley  | PA    | 7/23/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME              | DISTANCE | TIME    | PACE    | EVENT                         | CITY           | STATE | DATE       |
|-------------------|----------|---------|---------|-------------------------------|----------------|-------|------------|
| Doug Ulishney     | 5K       | 0:18:55 | 0:06:06 | Zoozilla 5K                   | Pittsburgh     | PA    | 10/2/2011  |
| Dave Foy          | 5K       | 0:18:56 | 0:06:06 | Race Judicata 5K              | Baltimore City | MD    | 4/23/2011  |
| Nicole Dann-Payne | 5K       | 0:18:56 | 0:06:06 | It's A Wonderful 5K           | Indiana        | PA    | 11/18/2011 |
| Doug Ulishney     | 5K       | 0:18:59 | 0:06:07 | Boston Beanery 5K             | Uniontown      | PA    | 3/20/2011  |
| Doug Ulishney     | 5K       | 0:18:59 | 0:06:07 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Veronica Bujdos   | 5K       | 0:18:59 | 0:06:07 | Citizens' 5K                  | Indiana        | PA    | 7/16/2011  |
| Doug Ulishney     | 5K       | 0:19:01 | 0:06:08 | 5th Annual Falcon 5K          | Connellsville  | PA    | 11/5/2011  |
| Doug Ulishney     | 5K       | 0:19:02 | 0:06:08 | Miracles for Maggie 5K        | Ligonier       | PA    | 10/23/2011 |
| Doug Ulishney     | 5K       | 0:19:03 | 0:06:09 | Kiski 5K                      | Saltsburg      | PA    | 10/15/2011 |
| Doug Ulishney     | 5K       | 0:19:04 | 0:06:09 | Race Against Child Abuse      | Indiana        | PA    | 9/3/2011   |
| Angel Piccirillo  | 5K       | 0:19:04 | 0:06:09 | Heritage Conference XC        | Marion Center  | PA    | 10/20/2011 |
| Bo Dinger         | 5K       | 0:19:05 | 0:06:09 | Punxy Phil Fighters 5K        | Punxsutawney   | PA    | 6/4/2011   |
| Eric Graf         | 5K       | 0:19:07 | 0:06:10 | Love of Life 5K               | Indiana        | PA    | 10/15/2011 |
| Doug Ulishney     | 5K       | 0:19:10 | 0:06:11 | Citizens' 5K                  | Indiana        | PA    | 7/16/2011  |
| Doug Ulishney     | 5K       | 0:19:12 | 0:06:12 | John Woodruff 5K              | Connellsville  | PA    | 7/20/2011  |
| Doug Ulishney     | 5K       | 0:19:16 | 0:06:13 | St. Pius Church 5K            | Mt. Pleasant   | PA    | 8/26/2011  |
| Bo Dinger         | 5K       | 0:19:17 | 0:06:13 | Tri State XC Meet             | Coopers Lake   | PA    | 10/20/2011 |
| Doug Ulishney     | 5K       | 0:19:19 | 0:06:14 | Pride In The Valley 5K        | New Florence   | PA    | 6/11/2011  |
| Doug Ulishney     | 5K       | 0:19:23 | 0:06:15 | Chase The Wagon 5K            | Uniontown      | PA    | 5/14/2011  |
| Mindy Zottola     | 5K       | 0:19:26 | 0:06:16 | Jaime Rosellini Memorial 5K   | Butler         | PA    | 8/19/2011  |
| Doug Ulishney     | 5K       | 0:19:27 | 0:06:16 | Heritage Hustle 5K            | Slickville     | PA    | 9/17/2011  |
| Doug Ulishney     | 5K       | 0:19:27 | 0:06:16 | Peechin 5K                    | Dunbar         | PA    | 9/24/2011  |
| Ryan Costanzo     | 5K       | 0:19:39 | 0:06:20 | It's A Wonderful 5K           | Indiana        | PA    | 11/18/2011 |
| Dan Cunkelman     | 5K       | 0:19:41 | 0:06:21 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Nicole Dann-Payne | 5K       | 0:19:46 | 0:06:23 | Pick A Cause 5K               | Ernest         | PA    | 3/26/2011  |
| Nicole Dann-Payne | 5K       | 0:19:49 | 0:06:24 | Bob Bridgman Memorial Day 5K  | Mansfield      | PA    | 5/30/2011  |
| Jeannie Bujdos    | 5K       | 0:19:50 | 0:06:24 | Heritage Days 5K              | Ford City      | PA    | 7/2/2011   |
| Veronica Bujdos   | 5K       | 0:19:51 | 0:06:24 | Kevin Gatons Memorial 5K      | Greensburg     | PA    | 5/30/2011  |
| Ryan Scanlon      | 5K       | 0:19:55 | 0:06:25 | Bettis 5K                     | Pittsburgh     | PA    | 10/8/2011  |
| Jeannie Bujdos    | 5K       | 0:19:56 | 0:06:26 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Mike Hodak        | 5K       | 0:19:59 | 0:06:27 | Portage Summerfest 5K         | Portage        | PA    | 8/13/2011  |
| Mike Shaffer      | 5K       | 0:19:59 | 0:06:27 | American Red Cross Vampire 5K | Johnstown      | PA    | 10/22/2011 |

# IRRC MEMBER RACE RESULTS 2011

| NAME            | DISTANCE | TIME    | PACE    | EVENT                         | CITY          | STATE | DATE       |
|-----------------|----------|---------|---------|-------------------------------|---------------|-------|------------|
| Mike Bradley    | 5K       | 0:20:05 | 0:06:29 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Dan Cunkelman   | 5K       | 0:20:09 | 0:06:30 | Race Against Child Abuse      | Indiana       | PA    | 9/3/2011   |
| Mike Shaffer    | 5K       | 0:20:09 | 0:06:30 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Ryan Costanzo   | 5K       | 0:20:16 | 0:06:32 | Heritage Days 5K              | Ford City     | PA    | 7/2/2011   |
| Tad Pajak       | 5K       | 0:20:17 | 0:06:33 | Groundhog Jog 5K              | Punxsutawney  | PA    | 7/6/2011   |
| Mike Hodak      | 5K       | 0:20:19 | 0:06:33 | Family Services 5K            | Altoona       | PA    | 5/14/2011  |
| Ryan Costanzo   | 5K       | 0:20:21 | 0:06:34 | Elderton 5K                   | Elderton      | PA    | 10/7/2011  |
| Marilyn Gregory | 5K       | 0:20:28 | 0:06:36 | Family Services 5K            | Altoona       | PA    | 5/14/2011  |
| Ryan Scanlon    | 5K       | 0:20:28 | 0:06:36 | Love of Life 5K               | Indiana       | PA    | 10/15/2011 |
| Tommy Fetterman | 5K       | 0:20:31 | 0:06:37 | Fire & Ice 5K                 | Somerset      | PA    | 1/15/2011  |
| Jeannie Bujdos  | 5K       | 0:20:36 | 0:06:39 | Citizens' 5K                  | Indiana       | PA    | 7/16/2011  |
| Jake Beisel     | 5K       | 0:20:37 | 0:06:39 | Heritage Conference XC        | Marion Center | PA    | 10/20/2011 |
| Jeannie Bujdos  | 5K       | 0:20:38 | 0:06:39 | Shannock Valley 5K            | Rural Valley  | PA    | 7/23/2011  |
| Vince Pavic     | 5K       | 0:20:44 | 0:06:41 | Dewey Does Pink 5K            | Dewey         | DE    | 10/8/2011  |
| Jeannie Bujdos  | 5K       | 0:20:46 | 0:06:42 | Kevin Gatons Memorial 5K      | Greensburg    | PA    | 5/30/2011  |
| Darryl Walker   | 5K       | 0:20:46 | 0:06:42 | Groundhog Jog 5K              | Punxsutawney  | PA    | 7/6/2011   |
| Dan McQuiston   | 5K       | 0:20:53 | 0:06:44 | Septemberfest 5K              | Yellow Creek  | PA    | 9/24/2011  |
| Tommy Fetterman | 5K       | 0:20:55 | 0:06:45 | Diversity 5000                | Punxsutawney  | PA    | 3/19/2011  |
| Mike Shaffer    | 5K       | 0:20:55 | 0:06:45 | Peanut Butter Festival 5K     | New Bethlehem | PA    | 9/17/2011  |
| Ryan Scanlon    | 5K       | 0:20:56 | 0:06:45 | Race Against Child Abuse      | Indiana       | PA    | 9/3/2011   |
| Dan McQuiston   | 5K       | 0:20:59 | 0:06:46 | Groundhog Jog 5K              | Punxsutawney  | PA    | 7/6/2011   |
| Tad Pajak       | 5K       | 0:21:00 | 0:06:46 | Pick A Cause 5K               | Ernest        | PA    | 3/26/2011  |
| Tommy Fetterman | 5K       | 0:21:01 | 0:06:47 | Armstrong County 5K           | Kittanning    | PA    | 11/12/2011 |
| Vince Pavic     | 5K       | 0:21:03 | 0:06:47 | Camp Harmony Run The Plank 5K | Hooversville  | PA    | 5/21/2011  |
| Bo Dinger       | 5K       | 0:21:03 | 0:06:47 | Groundhog Jog 5K              | Punxsutawney  | PA    | 7/6/2011   |
| Veronica Bujdos | 5K       | 0:21:03 | 0:06:47 | Tri State XC Meet             | Coopers Lake  | PA    | 10/20/2011 |
| Hannah Fulton   | 5K       | 0:21:04 | 0:06:48 | Heritage Conference XC        | Marion Center | PA    | 10/20/2011 |
| Tommy Fetterman | 5K       | 0:21:08 | 0:06:49 | Famer's Inn 5K                | Sigel         | PA    | 10/30/2011 |
| Bill Winters    | 5K       | 0:21:11 | 0:06:50 | Fire & Ice 5K                 | Somerset      | PA    | 1/15/2011  |
| Bo Dinger       | 5K       | 0:21:11 | 0:06:50 | Shannock Valley 5K            | Rural Valley  | PA    | 7/23/2011  |
| Dan McQuiston   | 5K       | 0:21:11 | 0:06:50 | Race Against Child Abuse      | Indiana       | PA    | 9/3/2011   |
| Mike Lockhart   | 5K       | 0:21:15 | 0:06:51 | St. Bernard's 5K              | Indiana       | PA    | 4/23/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME           | DISTANCE | TIME    | PACE    | EVENT                    | CITY         | STATE | DATE       |
|----------------|----------|---------|---------|--------------------------|--------------|-------|------------|
| Vince Pavic    | 5K       | 0:21:16 | 0:06:52 | Race For The Cure 5K     | Pittsburgh   | PA    | 5/8/2011   |
| Ryan Scanlon   | 5K       | 0:21:16 | 0:06:52 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| Mike Shaffer   | 5K       | 0:21:19 | 0:06:53 | Race Against Child Abuse | Indiana      | PA    | 9/3/2011   |
| Mike Shaffer   | 5K       | 0:21:19 | 0:06:53 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Mike Shaffer   | 5K       | 0:21:20 | 0:06:53 | YMCA 5K                  | Ernest       | PA    | 9/9/2011   |
| Tad Pajak      | 5K       | 0:21:23 | 0:06:54 | Pride In The Valley 5K   | New Florence | PA    | 6/11/2011  |
| Mike Shaffer   | 5K       | 0:21:25 | 0:06:55 | Septemberfest 5K         | Yellow Creek | PA    | 9/24/2011  |
| Scott Bowman   | 5K       | 0:21:31 | 0:06:56 | Septemberfest 5K         | Yellow Creek | PA    | 9/24/2011  |
| Mindy Zottola  | 5K       | 0:21:33 | 0:06:57 | Groundhog Jog 5K         | Punxsutawney | PA    | 7/6/2011   |
| Will Swingle   | 5K       | 0:21:33 | 0:06:57 | Citizens' 5K             | Indiana      | PA    | 7/16/2011  |
| Greg Hartnett  | 5K       | 0:21:34 | 0:06:57 | Yelenik Memorial Day 5K  | Blairsville  | PA    | 5/30/2011  |
| Bo Dinger      | 5K       | 0:21:35 | 0:06:58 | Citizens' 5K             | Indiana      | PA    | 7/16/2011  |
| Tom Fanning    | 5K       | 0:21:36 | 0:06:58 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Ben Foy        | 5K       | 0:21:37 | 0:06:58 | Cyndi's Hope 5K          | Somerset     | PA    | 12/3/2011  |
| Laura Yevchak  | 5K       | 0:21:41 | 0:07:00 | St. Bernard's 5K         | Indiana      | PA    | 4/23/2011  |
| Laura Yevchak  | 5K       | 0:21:41 | 0:07:00 | Citizens' 5K             | Indiana      | PA    | 7/16/2011  |
| Dan Murphy     | 5K       | 0:21:42 | 0:07:00 | Citizens' 5K             | Indiana      | PA    | 7/16/2011  |
| Candi Lockard  | 5K       | 0:21:44 | 0:07:01 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| Dave Miller    | 5K       | 0:21:45 | 0:07:01 | Heritage Days 5K         | Ford City    | PA    | 7/2/2011   |
| Mike Shaffer   | 5K       | 0:21:46 | 0:07:01 | Shannock Valley 5K       | Rural Valley | PA    | 7/23/2011  |
| Vince Pavic    | 5K       | 0:21:47 | 0:07:02 | 1st Annual Fireman's 5K  | Ferndale     | PA    | 7/23/2011  |
| Mike Shaffer   | 5K       | 0:21:49 | 0:07:02 | Hope Through Habitat 5K  | Kittanning   | PA    | 8/6/2011   |
| Mike Lockhart  | 5K       | 0:21:52 | 0:07:03 | James G. Mills 5K        | Indiana      | PA    | 4/23/2011  |
| Tom Fanning    | 5K       | 0:21:54 | 0:07:04 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Mike Lockhart  | 5K       | 0:22:00 | 0:07:06 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Dave Miller    | 5K       | 0:22:01 | 0:07:06 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Greg Hartnett  | 5K       | 0:22:01 | 0:07:06 | Shannock Valley 5K       | Rural Valley | PA    | 7/23/2011  |
| Dan Murphy     | 5K       | 0:22:02 | 0:07:06 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Greg Hartnett  | 5K       | 0:22:02 | 0:07:06 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Hannah Fulton  | 5000     | 0:22:03 | 0:07:07 | PIAA State XC Meet       | Hershey      | PA    | 11/5/2011  |
| Ben Foy        | 5K       | 0:22:05 | 0:07:07 | Fire & Ice 5K            | Somerset     | PA    | 1/15/2011  |
| Keith Hilliard | 5K       | 0:22:05 | 0:07:07 | St. Bernard's 5K         | Indiana      | PA    | 4/23/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE | TIME    | PACE    | EVENT                            | CITY            | STATE | DATE       |
|------------------|----------|---------|---------|----------------------------------|-----------------|-------|------------|
| Lauren Lyons     | 5K       | 0:22:05 | 0:07:07 | Punxy Phil Fighters 5K           | Punxsutawney    | PA    | 6/4/2011   |
| Bo Dinger        | 5K       | 0:22:06 | 0:07:08 | Hoodlebug 5K                     | Homer City      | PA    | 7/10/2011  |
| Mike Lockhart    | 5K       | 0:22:06 | 0:07:08 | Love of Life 5K                  | Indiana         | PA    | 10/15/2011 |
| Lauren Lyons     | 5K       | 0:22:07 | 0:07:08 | Citizens' 5K                     | Indiana         | PA    | 7/16/2011  |
| Dave Miller      | 5K       | 0:22:10 | 0:07:09 | St. Bernard's 5K                 | Indiana         | PA    | 4/23/2011  |
| Bill Serafin     | 5K       | 0:22:20 | 0:07:12 | Fire & Ice 5K                    | Somerset        | PA    | 1/15/2011  |
| Tommy Fetterman  | 5K       | 0:22:22 | 0:07:13 | St. Bernard's 5K                 | Indiana         | PA    | 4/23/2011  |
| Scott Bowman     | 5K       | 0:22:22 | 0:07:13 | Yelenik Memorial Day 5K          | Blairsville     | PA    | 5/30/2011  |
| Lauren Lyons     | 5K       | 0:22:23 | 0:07:13 | Hoodlebug 5K                     | Homer City      | PA    | 7/10/2011  |
| Scott Bowman     | 5K       | 0:22:23 | 0:07:13 | Citizens' 5K                     | Indiana         | PA    | 7/16/2011  |
| Bill Geddis      | 5K       | 0:22:24 | 0:07:14 | Kimball 5K                       | Ebensburg       | PA    | 6/25/2011  |
| Greg Hartnett    | 5K       | 0:22:27 | 0:07:15 | Elderton 5K                      | Elderton        | PA    | 10/7/2011  |
| Veronica Bujdos  | 5000     | 0:22:28 | 0:07:15 | WPIAL XC Championship            | Coopers Lake    | PA    | 10/27/2011 |
| Maria Fruscello  | 5K       | 0:22:31 | 0:07:16 | Carnegie 5K                      | Carnegie        | PA    | 4/30/2011  |
| Brandt Hutzel    | 5K       | 0:22:32 | 0:07:16 | Ebensburg Turkey Trot            | Ebensburg       | PA    | 11/24/2011 |
| Greg Hartnett    | 5K       | 0:22:33 | 0:07:16 | St. Bernard's 5K                 | Indiana         | PA    | 4/23/2011  |
| Brandon Dickert  | 5K       | 0:22:34 | 0:07:17 | St. Bernard's 5K                 | Indiana         | PA    | 4/23/2011  |
| Tracey Page      | 5K       | 0:22:38 | 0:07:18 | Fire & Ice 5K                    | Somerset        | PA    | 1/15/2011  |
| Tom Fetterman    | 5K       | 0:22:38 | 0:07:18 | Runner's Den Five & Five Classic | Paradise Valley | AZ    | 2/6/2011   |
| Mary Lee Page    | 5K       | 0:22:43 | 0:07:20 | Putting Out Diabetes 5K          | Waterford       | PA    | 7/29/2011  |
| Bill Winters     | 5K       | 0:22:46 | 0:07:21 | Pick A Cause 5K                  | Ernest          | PA    | 3/26/2011  |
| Mary Jean Bujdos | 5K       | 0:22:46 | 0:07:21 | It's A Wonderful 5K              | Indiana         | PA    | 11/18/2011 |
| Scott Bowman     | 5K       | 0:22:51 | 0:07:22 | Love of Life 5K                  | Indiana         | PA    | 10/15/2011 |
| Lauren Lyons     | 5K       | 0:22:52 | 0:07:23 | St. Bernard's 5K                 | Indiana         | PA    | 4/23/2011  |
| Hannah Fulton    | 5K       | 0:22:52 | 0:07:23 | Groundhog Jog 5K                 | Punxsutawney    | PA    | 7/6/2011   |
| Bill Winters     | 5K       | 0:22:52 | 0:07:23 | Race Against Child Abuse         | Indiana         | PA    | 9/3/2011   |
| Scott Bowman     | 5K       | 0:22:53 | 0:07:23 | Hoodlebug 5K                     | Homer City      | PA    | 7/10/2011  |
| Scott Bowman     | 5K       | 0:22:54 | 0:07:23 | Shannock Valley 5K               | Rural Valley    | PA    | 7/23/2011  |
| Jackie Beisel    | 5K       | 0:22:56 | 0:07:24 | Hoodlebug 5K                     | Homer City      | PA    | 7/10/2011  |
| Mary Jean Bujdos | 5K       | 0:22:59 | 0:07:25 | Heritage Days 5K                 | Ford City       | PA    | 7/2/2011   |
| Scott Bowman     | 5K       | 0:22:59 | 0:07:25 | Cure of ARS 5K                   | Leawood         | KS    | 11/5/2011  |
| Mary Lee Page    | 5K       | 0:23:00 | 0:07:25 | Pride In The Valley 5K           | New Florence    | PA    | 6/11/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                  | DISTANCE | TIME    | PACE    | EVENT                         | CITY          | STATE | DATE       |
|-----------------------|----------|---------|---------|-------------------------------|---------------|-------|------------|
| Scott Bowman          | 5K       | 0:23:01 | 0:07:25 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Mike Shaffer          | 5K       | 0:23:06 | 0:07:27 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Scott Bowman          | 5K       | 0:23:09 | 0:07:28 | St. Bernard's 5K              | Indiana       | PA    | 4/23/2011  |
| Scott Bowman          | 5K       | 0:23:09 | 0:07:28 | Fight For Life 5K             | Apollo        | PA    | 11/19/2011 |
| Mary Jean Bujdos      | 5K       | 0:23:11 | 0:07:29 | Springdale 5K                 | Springdale    | PA    | 9/17/2011  |
| Kosie Shepherd-Porada | 5K       | 0:23:14 | 0:07:30 | Cheyenne Burkett 5K           | Punxsutawney  | PA    | 4/23/2011  |
| Scott Bowman          | 5K       | 0:23:15 | 0:07:30 | Diversity 5000                | Punxsutawney  | PA    | 3/19/2011  |
| Maria Fruscello       | 5K       | 0:23:15 | 0:07:30 | Riverside Run 5K              | Pittsburgh    | PA    | 4/16/2011  |
| Ben Foy               | 5K       | 0:23:15 | 0:07:30 | Knights of Columbus 5K        | Connellsville | PA    | 5/7/2011   |
| Tom Fetterman         | 5K       | 0:23:26 | 0:07:34 | Heritage Days 5K              | Ford City     | PA    | 7/2/2011   |
| Scot Nibert           | 5K       | 0:23:27 | 0:07:34 | Armstrong County 5K           | Kittanning    | PA    | 11/12/2011 |
| Tom Fetterman         | 5K       | 0:23:30 | 0:07:35 | Fire & Ice 5K                 | Somerset      | PA    | 1/15/2011  |
| Mary Jean Bujdos      | 5K       | 0:23:30 | 0:07:35 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Tom Fetterman         | 5K       | 0:23:30 | 0:07:35 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| John Swauger          | 5K       | 0:23:32 | 0:07:35 | Citizens' 5K                  | Indiana       | PA    | 7/16/2011  |
| Mary Jean Bujdos      | 5K       | 0:23:33 | 0:07:36 | Citizens' 5K                  | Indiana       | PA    | 7/16/2011  |
| Tom Fetterman         | 5K       | 0:23:35 | 0:07:36 | Diversity 5000                | Punxsutawney  | PA    | 3/19/2011  |
| John Swauger          | 5K       | 0:23:44 | 0:07:39 | Courtney's Ice Cream 5K       | Grove City    | PA    | 8/17/2011  |
| John Swauger          | 5K       | 0:23:45 | 0:07:40 | Fire & Ice 5K                 | Somerset      | PA    | 1/15/2011  |
| Tom Fetterman         | 5K       | 0:23:45 | 0:07:40 | Grings Mill Run 5K            | Reading       | PA    | 8/7/2011   |
| Bill Geddis           | 5K       | 0:23:45 | 0:07:40 | Summer XC Classic             | Marion Center | PA    | 8/13/2011  |
| Chris Sharbaugh       | 5K       | 0:23:45 | 0:07:40 | Love of Life 5K               | Indiana       | PA    | 10/15/2011 |
| Joe Bujdos            | 5K       | 0:23:46 | 0:07:40 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| John Swauger          | 5K       | 0:23:48 | 0:07:41 | St. Bernard's 5K              | Indiana       | PA    | 4/23/2011  |
| John Swauger          | 5K       | 0:23:48 | 0:07:41 | Yelenik Memorial Day 5K       | Blairsville   | PA    | 5/30/2011  |
| John Swauger          | 5K       | 0:23:50 | 0:07:41 | Pick A Cause 5K               | Ernest        | PA    | 3/26/2011  |
| Maria Fruscello       | 5K       | 0:23:51 | 0:07:42 | J R Taylor Memorial Bridge 5K | Bethel Park   | PA    | 6/11/2011  |
| John Swauger          | 5K       | 0:23:53 | 0:07:42 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Lucy Bujdos           | 5K       | 0:23:54 | 0:07:43 | Pick A Cause 5K               | Ernest        | PA    | 3/26/2011  |
| Greg Mitchell         | 5K       | 0:23:54 | 0:07:43 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Kosie Shepherd-Porada | 5K       | 0:23:55 | 0:07:43 | Grand Old Lady 5K             | Johnstown     | PA    | 6/19/2011  |
| Tom Fetterman         | 5K       | 0:23:56 | 0:07:43 | Pride In The Valley 5K        | New Florence  | PA    | 6/11/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE | TIME    | PACE    | EVENT                         | CITY          | STATE | DATE       |
|------------------|----------|---------|---------|-------------------------------|---------------|-------|------------|
| Ben Foy          | 5K       | 0:23:58 | 0:07:44 | Sequanota XC 5K               | Jennerstown   | PA    | 4/9/2011   |
| Phiip Leopold    | 5K       | 0:24:00 | 0:07:45 | Yelenik Memorial Day 5K       | Blairsville   | PA    | 5/30/2011  |
| Chris Lasser     | 5K       | 0:24:04 | 0:07:46 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Mary Jean Bujdos | 5K       | 0:24:04 | 0:07:46 | Shannock Valley 5K            | Rural Valley  | PA    | 7/23/2011  |
| Rob Andelman     | 5K       | 0:24:06 | 0:07:46 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Jeff Smith       | 5K       | 0:24:07 | 0:07:47 | Great Shamokin 5K             | Numine        | PA    | 4/23/2011  |
| John Swauger     | 5K       | 0:24:09 | 0:07:47 | Diversity 5000                | Punxsutawney  | PA    | 3/19/2011  |
| Jeremy Yagle     | 5K       | 0:24:09 | 0:07:47 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| John Swauger     | 5K       | 0:24:10 | 0:07:48 | Lock Haven Homecoming 5K      | Lock Haven    | PA    | 10/22/2011 |
| Sherry Shank     | 5K       | 0:24:11 | 0:07:48 | Yelenik Memorial Day 5K       | Blairsville   | PA    | 5/30/2011  |
| Lucy Bujdos      | 5K       | 0:24:11 | 0:07:48 | Heritage Days 5K              | Ford City     | PA    | 7/2/2011   |
| Philip Leopold   | 5K       | 0:24:11 | 0:07:48 | Heritage Days 5K              | Ford City     | PA    | 7/2/2011   |
| Aileen Bowman    | 5K       | 0:24:13 | 0:07:49 | Cure of ARS 5K                | Leawood       | KS    | 11/5/2011  |
| Tom Fetterman    | 5K       | 0:24:17 | 0:07:50 | Pick A Cause 5K               | Ernest        | PA    | 3/26/2011  |
| John Swauger     | 5K       | 0:24:18 | 0:07:50 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Maria Fruscello  | 5K       | 0:24:19 | 0:07:51 | Trot For Tots 5K              | Oakdale       | PA    | 12/4/2011  |
| Lucy Bujdos      | 5K       | 0:24:20 | 0:07:51 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Tom Fritz        | 5K       | 0:24:29 | 0:07:54 | Wings of Hope 5K              | Johnstown     | PA    | 4/23/2011  |
| John Bomboy      | 5K       | 0:24:32 | 0:07:55 | 2nd Annual Run For Shelter 5K | Indiana       | PA    | 9/24/2011  |
| Hannah Fulton    | 5K       | 0:24:34 | 0:07:55 | Summer XC Classic             | Marion Center | PA    | 8/13/2011  |
| Jed Fetterman    | 5K       | 0:24:35 | 0:07:56 | Diversity 5000                | Punxsutawney  | PA    | 3/19/2011  |
| Sam Cunkelman    | 5K       | 0:24:41 | 0:07:58 | 2nd Annual Run For Shelter 5K | Indiana       | PA    | 9/24/2011  |
| Tom Fritz        | 5K       | 0:24:43 | 0:07:58 | Fire & Ice 5K                 | Somerset      | PA    | 1/15/2011  |
| Aileen Bowman    | 5K       | 0:24:45 | 0:07:59 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Aileen Bowman    | 5K       | 0:24:46 | 0:07:59 | Courtney's Ice Cream 5K       | Grove City    | PA    | 8/17/2011  |
| John Swauger     | 5K       | 0:24:46 | 0:07:59 | Fight For Life 5K             | Apollo        | PA    | 11/19/2011 |
| Chris Lasser     | 5K       | 0:24:48 | 0:08:00 | Groundhog Jog 5K              | Punxsutawney  | PA    | 7/6/2011   |
| Aileen Bowman    | 5K       | 0:24:48 | 0:08:00 | Citizens' 5K                  | Indiana       | PA    | 7/16/2011  |
| Mary Jean Bujdos | 5K       | 0:24:49 | 0:08:00 | Kevin Gatons Memorial 5K      | Greensburg    | PA    | 5/30/2011  |
| Jen Bianco       | 5K       | 0:24:52 | 0:08:01 | St. Bernard's 5K              | Indiana       | PA    | 4/23/2011  |
| Maria Fruscello  | 5K       | 0:24:53 | 0:08:02 | Slim 5K                       | North Park    | PA    | 4/2/2011   |
| Anne Daymut      | 5K       | 0:24:54 | 0:08:02 | Shannock Valley 5K            | Rural Valley  | PA    | 7/23/2011  |



# IRRC MEMBER RACE RESULTS 2011

| NAME                   | DISTANCE | TIME    | PACE    | EVENT                         | CITY          | STATE | DATE       |
|------------------------|----------|---------|---------|-------------------------------|---------------|-------|------------|
| Joe Bujdos             | 5K       | 0:24:55 | 0:08:02 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| John Bomboy            | 5K       | 0:24:56 | 0:08:03 | Shannock Valley 5K            | Rural Valley  | PA    | 7/23/2011  |
| John Bomboy            | 5K       | 0:25:00 | 0:08:04 | Heritage Days 5K              | Ford City     | PA    | 7/2/2011   |
| Sam Cunkelman          | 5K       | 0:25:00 | 0:08:04 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Maria Fruscello        | 5K       | 0:25:02 | 0:08:05 | Pick A Cause 5K               | Ernest        | PA    | 3/26/2011  |
| John Bomboy            | 5K       | 0:25:03 | 0:08:05 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Jenn Grimm             | 5K       | 0:25:03 | 0:08:05 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Aileen Bowman          | 5K       | 0:25:03 | 0:08:05 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Philip Leopold         | 5K       | 0:25:04 | 0:08:05 | St. Bernard's 5K              | Indiana       | PA    | 4/23/2011  |
| John Bomboy            | 5K       | 0:25:05 | 0:08:05 | Star Trax 5K                  | Salem         | OH    | 8/6/2011   |
| Kristina Taylor-Porter | 5K       | 0:25:06 | 0:08:06 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| John Bomboy            | 5K       | 0:25:16 | 0:08:09 | Yelenik Memorial Day 5K       | Blairsville   | PA    | 5/30/2011  |
| Joe Bujdos             | 5K       | 0:25:20 | 0:08:10 | Elderton 5K                   | Elderton      | PA    | 10/7/2011  |
| John Bomboy            | 5K       | 0:25:25 | 0:08:12 | Citizens' 5K                  | Indiana       | PA    | 7/16/2011  |
| David Dzuro            | 5K       | 0:25:27 | 0:08:13 | Gatorade/Steelers 5K          | Pittsburgh    | PA    | 9/4/2011   |
| Tom Bianco             | 5K       | 0:25:28 | 0:08:13 | 2nd Annual Run For Shelter 5K | Indiana       | PA    | 9/24/2011  |
| Aileen Bowman          | 5K       | 0:25:29 | 0:08:13 | Fight For Life 5K             | Apollo        | PA    | 11/19/2011 |
| Maria Fruscello        | 5K       | 0:25:32 | 0:08:14 | Stoneridge 5K                 | Allison Park  | PA    | 5/30/2011  |
| Kosie Shepherd-Porada  | 5K       | 0:25:36 | 0:08:15 | Tour De Park 5K               | Ligonier      | PA    | 5/30/2011  |
| Kyle Grube             | 5K       | 0:25:39 | 0:08:16 | Great Race 5K                 | Pittsburgh    | PA    | 9/25/2011  |
| Scott Nibert           | 5K       | 0:25:42 | 0:08:17 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Jed Fetterman          | 5K       | 0:25:42 | 0:08:17 | YMCA 5K                       | Ernest        | PA    | 9/9/2011   |
| Jen Grim               | 5K       | 0:25:42 | 0:08:17 | Septemberfest 5K              | Yellow Creek  | PA    | 9/24/2011  |
| Erin Mitchell          | 5K       | 0:25:43 | 0:08:18 | Pride In The Valley 5K        | New Florence  | PA    | 6/11/2011  |
| Greg Mitchell          | 5K       | 0:25:44 | 0:08:18 | Pride In The Valley 5K        | New Florence  | PA    | 6/11/2011  |
| Sam Cunkelman          | 5K       | 0:25:45 | 0:08:18 | Citizens' 5K                  | Indiana       | PA    | 7/16/2011  |
| Maria Fruscello        | 5K       | 0:25:49 | 0:08:20 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Kristina Taylor-Porter | 5K       | 0:25:49 | 0:08:20 | Race Against Child Abuse      | Indiana       | PA    | 9/3/2011   |
| John Swauger           | 5K       | 0:25:51 | 0:08:20 | Love of Life 5K               | Indiana       | PA    | 10/15/2011 |
| Janet Stewart          | 5K       | 0:25:55 | 0:08:22 | Twilight 5K                   | Lakemont Park | PA    | 12/30/2011 |
| Aileen Bowman          | 5K       | 0:25:56 | 0:08:22 | Pride In The Valley 5K        | New Florence  | PA    | 6/11/2011  |
| Sherry Shank           | 5K       | 0:25:57 | 0:08:22 | Run Outa' Our Mine 5K         | Wampum        | PA    | 2/19/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                    | DISTANCE | TIME    | PACE    | EVENT                    | CITY         | STATE | DATE       |
|-------------------------|----------|---------|---------|--------------------------|--------------|-------|------------|
| John Bomboy             | 5K       | 0:25:58 | 0:08:23 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Jennifer Wally-Blystone | 5K       | 0:26:00 | 0:08:23 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Maria Fruscello         | 5K       | 0:26:02 | 0:08:24 | Whitehall 5K             | Pittsburgh   | PA    | 8/27/2011  |
| Jonathan Gearhart       | 5K       | 0:26:05 | 0:08:25 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Kristina Taylor-Porter  | 5K       | 0:26:05 | 0:08:25 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| Art Zottola             | 5K       | 0:26:06 | 0:08:25 | James G. Mills 5K        | Indiana      | PA    | 4/23/2011  |
| John Bomboy             | 5K       | 0:26:08 | 0:08:26 | Pride In The Valley 5K   | New Florence | PA    | 6/11/2011  |
| Tom Fritz               | 5K       | 0:26:12 | 0:08:27 | Crack O Dawn 5K          | Boalsburg    | PA    | 6/25/2011  |
| Bill Bracken            | 5K       | 0:26:12 | 0:08:27 | YMCA 5K                  | Ernest       | PA    | 9/9/2011   |
| David Dzuro             | 5K       | 0:26:12 | 0:08:27 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| Tony Bruno              | 5K       | 0:26:16 | 0:08:28 | Fight For Life 5K        | Apollo       | PA    | 11/19/2011 |
| Jen Bianco              | 5K       | 0:26:17 | 0:08:29 | Race Against Child Abuse | Indiana      | PA    | 9/3/2011   |
| Jen Grim                | 5K       | 0:26:17 | 0:08:29 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Tom Bianco              | 5K       | 0:26:18 | 0:08:29 | Race Against Child Abuse | Indiana      | PA    | 9/3/2011   |
| Dave Fulton             | 5K       | 0:26:20 | 0:08:30 | Groundhog Jog 5K         | Punxsutawney | PA    | 7/6/2011   |
| Joey Bujdos             | 5K       | 0:26:23 | 0:08:31 | Elderton 5K              | Elderton     | PA    | 10/7/2011  |
| Linda Leopold           | 5K       | 0:26:31 | 0:08:33 | Yelenik Memorial Day 5K  | Blairsville  | PA    | 5/30/2011  |
| Lucy Bujdos             | 5K       | 0:26:31 | 0:08:33 | Kevin Gatons Memorial 5K | Greensburg   | PA    | 5/30/2011  |
| Don Zahorchak           | 5K       | 0:26:36 | 0:08:35 | Elderton 5K              | Elderton     | PA    | 10/7/2011  |
| Sam Baker               | 5K       | 0:26:37 | 0:08:35 | Punxy Phil Fighters 5K   | Punxsutawney | PA    | 6/4/2011   |
| Dan McQuiston           | 5K       | 0:26:37 | 0:08:35 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| Eric McQuiston          | 5K       | 0:26:37 | 0:08:35 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| Janet Molash-Ryen       | 5K       | 0:26:39 | 0:08:36 | Citizens' 5K             | Indiana      | PA    | 7/16/2011  |
| Mike Porada             | 5K       | 0:26:41 | 0:08:36 | Cheyenne Burkett 5K      | Punxsutawney | PA    | 4/23/2011  |
| Janet Molash-Ryen       | 5K       | 0:26:42 | 0:08:37 | Groundhog Jog 5K         | Punxsutawney | PA    | 7/6/2011   |
| Kirsten Sawtelle        | 5K       | 0:26:42 | 0:08:37 | Groundhog Jog 5K         | Punxsutawney | PA    | 7/6/2011   |
| Linda Leopold           | 5K       | 0:26:43 | 0:08:37 | Cannonball 5K            | Lewes        | DE    | 9/18/2011  |
| Curtis Mertz            | 5K       | 0:26:44 | 0:08:37 | Heritage Days 5K         | Ford City    | PA    | 7/2/2011   |
| Kosie Shepherd-Porada   | 5K       | 0:26:54 | 0:08:41 | Pride In The Valley 5K   | New Florence | PA    | 6/11/2011  |
| Jennifer Wally-Blystone | 5K       | 0:26:55 | 0:08:41 | Elderton 5K              | Elderton     | PA    | 10/7/2011  |
| Sam Cunkelman           | 5K       | 0:26:57 | 0:08:42 | Race Against Child Abuse | Indiana      | PA    | 9/3/2011   |
| Jake Dinger             | 5K       | 0:27:03 | 0:08:44 | Shannock Valley 5K       | Rural Valley | PA    | 7/23/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                   | DISTANCE | TIME    | PACE    | EVENT                        | CITY         | STATE | DATE       |
|------------------------|----------|---------|---------|------------------------------|--------------|-------|------------|
| Kristina Taylor-Porter | 5K       | 0:27:03 | 0:08:44 | Famer's Inn 5K               | Sigel        | PA    | 10/30/2011 |
| Curtis Mertz           | 5K       | 0:27:03 | 0:08:44 | It's A Wonderful 5K          | Indiana      | PA    | 11/18/2011 |
| Anne Sorrentino        | 5K       | 0:27:03 | 0:08:44 | It's A Wonderful 5K          | Indiana      | PA    | 11/18/2011 |
| Janet Stewart          | 5K       | 0:27:06 | 0:08:45 | Wings of Hope 5K             | Johnstown    | PA    | 4/23/2011  |
| Anne Sorintino         | 5K       | 0:27:06 | 0:08:45 | Groundhog Jog 5K             | Punxsutawney | PA    | 7/6/2011   |
| Linda Leopold          | 5K       | 0:27:08 | 0:08:45 | Hoodlebug 5K                 | Homer City   | PA    | 7/10/2011  |
| Laura Knupp            | 5K       | 0:27:11 | 0:08:46 | Shannock Valley 5K           | Rural Valley | PA    | 7/23/2011  |
| Phil Levri             | 5K       | 0:27:11 | 0:08:46 | Shannock Valley 5K           | Rural Valley | PA    | 7/23/2011  |
| Jen Bianco             | 5K       | 0:27:12 | 0:08:46 | Love of Life 5K              | Indiana      | PA    | 10/15/2011 |
| Charles Frank          | 5K       | 0:27:14 | 0:08:47 | Pick A Cause 5K              | Ernest       | PA    | 3/26/2011  |
| Laura Knupp            | 5K       | 0:27:15 | 0:08:47 | Citizens' 5K                 | Indiana      | PA    | 7/16/2011  |
| Phil Levri             | 5K       | 0:27:16 | 0:08:48 | Citizens' 5K                 | Indiana      | PA    | 7/16/2011  |
| Tom Fritz              | 5K       | 0:27:16 | 0:08:48 | Miracles for Maggie 5K       | Ligonier     | PA    | 10/23/2011 |
| Walter Byrne           | 5K       | 0:27:16 | 0:08:48 | It's A Wonderful 5K          | Indiana      | PA    | 11/18/2011 |
| Chris Peters           | 5K       | 0:27:19 | 0:08:49 | Pick A Cause 5K              | Ernest       | PA    | 3/26/2011  |
| Linda Leopold          | 5K       | 0:27:22 | 0:08:50 | Fire & Ice 5K                | Somerset     | PA    | 1/15/2011  |
| Rudy Toro              | 5K       | 0:27:22 | 0:08:50 | It's A Wonderful 5K          | Indiana      | PA    | 11/18/2011 |
| Linda Leopold          | 5K       | 0:27:23 | 0:08:50 | St. Bernard's 5K             | Indiana      | PA    | 4/23/2011  |
| Janet Stewart          | 5K       | 0:27:24 | 0:08:50 | Yelenik Memorial Day 5K      | Blairsville  | PA    | 5/30/2011  |
| Gary Honkus            | 5K       | 0:27:25 | 0:08:51 | 2011 Richland 5K             | Johnstown    | PA    | 8/13/2011  |
| Brandon Payne          | 5K       | 0:27:27 | 0:08:51 | Bob Bridgman Memorial Day 5K | Mansfield    | PA    | 5/30/2011  |
| Darlene Hudak          | 5K       | 0:27:30 | 0:08:52 | Turtle Trot 5K               |              | PA    |            |
| Evonne Grguric         | 5K       | 0:27:31 | 0:08:53 | It's A Wonderful 5K          | Indiana      | PA    | 11/18/2011 |
| Fiona Murphy           | 5K       | 0:27:33 | 0:08:53 | Hoodlebug 5K                 | Homer City   | PA    | 7/10/2011  |
| Linda Leopold          | 5K       | 0:27:34 | 0:08:54 | Heritage Days 5K             | Ford City    | PA    | 7/2/2011   |
| David Dzuro            | 5K       | 0:27:34 | 0:08:54 | Hoodlebug 5K                 | Homer City   | PA    | 7/10/2011  |
| Kosie Shepherd-Porada  | 5K       | 0:27:39 | 0:08:55 | Hoodlebug 5K                 | Homer City   | PA    | 7/10/2011  |
| Jeril Goss             | 5K       | 0:27:40 | 0:08:55 | Heritage Days 5K             | Ford City    | PA    | 7/2/2011   |
| Kirsten Sawtelle       | 5K       | 0:27:40 | 0:08:55 | Citizens' 5K                 | Indiana      | PA    | 7/16/2011  |
| Tom Bianco             | 5K       | 0:27:40 | 0:08:55 | Love of Life 5K              | Indiana      | PA    | 10/15/2011 |
| John Goss              | 5K       | 0:27:41 | 0:08:56 | Heritage Days 5K             | Ford City    | PA    | 7/2/2011   |
| Linda Leopold          | 5K       | 0:27:44 | 0:08:57 | Pride In The Valley 5K       | New Florence | PA    | 6/11/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE | TIME    | PACE    | EVENT                    | CITY          | STATE | DATE       |
|------------------|----------|---------|---------|--------------------------|---------------|-------|------------|
| Molly Lyons      | 5K       | 0:27:47 | 0:08:58 | Citizens' 5K             | Indiana       | PA    | 7/16/2011  |
| Janet Stewart    | 5K       | 0:27:48 | 0:08:58 | Fire & Ice 5K            | Somerset      | PA    | 1/15/2011  |
| Christina Felgar | 5K       | 0:27:49 | 0:08:58 | Groundhog Jog 5K         | Punxsutawney  | PA    | 7/6/2011   |
| Rudy Toro        | 5K       | 0:27:49 | 0:08:58 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Janet Stewart    | 5K       | 0:27:49 | 0:08:58 | Armstrong County 5K      | Kittanning    | PA    | 11/12/2011 |
| Janet Stewart    | 5K       | 0:27:53 | 0:09:00 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| John Bomboy      | 5K       | 0:27:54 | 0:09:00 | Summer XC Classic        | Marion Center | PA    | 8/13/2011  |
| Mike Zibura      | 5K       | 0:27:55 | 0:09:00 | Wings of Hope 5K         | Johnstown     | PA    | 4/23/2011  |
| Kelly Zibura     | 5K       | 0:27:55 | 0:09:00 | Wings of Hope 5K         | Johnstown     | PA    | 4/23/2011  |
| Laura Knupp      | 5K       | 0:27:55 | 0:09:00 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Phil Levri       | 5K       | 0:27:55 | 0:09:00 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Chuck Frank      | 5K       | 0:27:55 | 0:09:00 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Charles Frank    | 5K       | 0:27:57 | 0:09:01 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Laura Knupp      | 5K       | 0:28:00 | 0:09:02 | St. Bernard's 5K         | Indiana       | PA    | 4/23/2011  |
| Phil Levri       | 5K       | 0:28:02 | 0:09:03 | St. Bernard's 5K         | Indiana       | PA    | 4/23/2011  |
| Donna Scanlon    | 5K       | 0:28:05 | 0:09:04 | Bettis 5K                | Pittsburgh    | PA    | 10/8/2011  |
| Tracy McKeel     | 5K       | 0:28:05 | 0:09:04 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Joey Bujdos      | 5K       | 0:28:07 | 0:09:04 | Heritage Days 5K         | Ford City     | PA    | 7/2/2011   |
| Tom Fritz        | 5K       | 0:28:09 | 0:09:05 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Sam Baker        | 5K       | 0:28:10 | 0:09:05 | Groundhog Jog 5K         | Punxsutawney  | PA    | 7/6/2011   |
| Laura Knupp      | 5K       | 0:28:10 | 0:09:05 | Wounded Warriors 5K      | North Park    | PA    | 11/12/2011 |
| Donna Scanlon    | 5K       | 0:28:11 | 0:09:05 | Race Against Child Abuse | Indiana       | PA    | 9/3/2011   |
| Phil Levri       | 5K       | 0:28:11 | 0:09:05 | Wounded Warriors 5K      | North Park    | PA    | 11/12/2011 |
| Laura Knupp      | 5K       | 0:28:15 | 0:09:07 | Pride In The Valley 5K   | New Florence  | PA    | 6/11/2011  |
| Laura Knupp      | 5K       | 0:28:15 | 0:09:07 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Phil Levri       | 5K       | 0:28:16 | 0:09:07 | Pride In The Valley 5K   | New Florence  | PA    | 6/11/2011  |
| Molly Lyons      | 5K       | 0:28:16 | 0:09:07 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Phil Levri       | 5K       | 0:28:16 | 0:09:07 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Rudy Toro        | 5K       | 0:28:20 | 0:09:08 | Citizens' 5K             | Indiana       | PA    | 7/16/2011  |
| Donna Scanlon    | 5K       | 0:28:20 | 0:09:08 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Ed Gondolf       | 5K       | 0:28:34 | 0:09:13 | Septemberfest 5K         | Yellow Creek  | PA    | 9/24/2011  |
| Curtis Mertz     | 5K       | 0:28:35 | 0:09:13 | Citizens' 5K             | Indiana       | PA    | 7/16/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE | TIME    | PACE    | EVENT                    | CITY          | STATE | DATE       |
|------------------|----------|---------|---------|--------------------------|---------------|-------|------------|
| Molly Lyons      | 5K       | 0:28:38 | 0:09:14 | St. Bernard's 5K         | Indiana       | PA    | 4/23/2011  |
| Fiona Murphy     | 5K       | 0:28:38 | 0:09:14 | Race Against Child Abuse | Indiana       | PA    | 9/3/2011   |
| Darlene Hudak    | 5K       | 0:28:40 | 0:09:15 | Wounded Warriors 5K      | Chippewa      | PA    | 5/21/2011  |
| Gina Bagley      | 5K       | 0:28:40 | 0:09:15 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Sara Necciai     | 5K       | 0:28:41 | 0:09:15 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Laura Knupp      | 5K       | 0:28:47 | 0:09:17 | Pick A Cause 5K          | Ernest        | PA    | 3/26/2011  |
| Phil Levri       | 5K       | 0:28:48 | 0:09:17 | Pick A Cause 5K          | Ernest        | PA    | 3/26/2011  |
| Sherry Shank     | 5K       | 0:28:48 | 0:09:17 | Summer XC Classic        | Marion Center | PA    | 8/13/2011  |
| Tom Fritz        | 5K       | 0:28:49 | 0:09:18 | Kick Anti-Synthesase 5K  | Windber       | PA    | 4/16/2011  |
| Joey Bujdos      | 5K       | 0:28:50 | 0:09:18 | Citizens' 5K             | Indiana       | PA    | 7/16/2011  |
| Mike Porada      | 5K       | 0:28:55 | 0:09:20 | Grand Old Lady 5K        | Johnstown     | PA    | 6/19/2011  |
| Kirsten Sawtelle | 5K       | 0:28:56 | 0:09:20 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Bill Bracken     | 5K       | 0:28:58 | 0:09:21 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Art Zottola      | 5K       | 0:28:59 | 0:09:21 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Janet Stewart    | 5K       | 0:29:00 | 0:09:21 | Sprint To Success 5K     | Richland      | PA    | 3/26/2011  |
| Curtis Mertz     | 5K       | 0:29:00 | 0:09:21 | Shannock Valley 5K       | Rural Valley  | PA    | 7/23/2011  |
| Bill Stroup      | 5K       | 0:29:04 | 0:09:23 | Bushy Run Trail 5K       | Bushy Run     | PA    | 7/10/2011  |
| Vanessa Dzuro    | 5K       | 0:29:04 | 0:09:23 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Vanessa Dzuro    | 5K       | 0:29:10 | 0:09:25 | Gatorade/Steelers 5K     | Pittsburgh    | PA    | 9/4/2011   |
| Ed Gondolf       | 5K       | 0:29:10 | 0:09:25 | Elderton 5K              | Elderton      | PA    | 10/7/2011  |
| Melissa Boyer    | 5K       | 0:29:13 | 0:09:25 | Race For The Cure 5K     | Pittsburgh    | PA    | 5/8/2011   |
| Kelsey Grube     | 5K       | 0:29:13 | 0:09:25 | Great Race 5K            | Pittsburgh    | PA    | 9/25/2011  |
| Janet Stewart    | 5K       | 0:29:14 | 0:09:26 | St. Ursulas 5K           | Parkville     | MD    | 10/23/2011 |
| Terri McQuiston  | 5K       | 0:29:17 | 0:09:27 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Bill Bracken     | 5K       | 0:29:19 | 0:09:27 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Ed Gondolf       | 5K       | 0:29:20 | 0:09:28 | Pick A Cause 5K          | Ernest        | PA    | 3/26/2011  |
| Evonne Grguric   | 5K       | 0:29:21 | 0:09:28 | Groundhog Jog 5K         | Punxsutawney  | PA    | 7/6/2011   |
| Vanessa Dzuro    | 5K       | 0:29:21 | 0:09:28 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Gary Honkus      | 5K       | 0:29:22 | 0:09:28 | 2011 Mountain laurel 5K  | Laurel Hill   | PA    | 8/20/2011  |
| Pat Scanlon      | 5K       | 0:29:22 | 0:09:28 | Bettis 5K                | Pittsburgh    | PA    | 10/8/2011  |
| Ed Gondolf       | 5K       | 0:29:26 | 0:09:30 | YMCA 5K                  | Ernest        | PA    | 9/9/2011   |
| Mike Porada      | 5K       | 0:29:29 | 0:09:31 | 5K Running For The Cure  | Homer City    | PA    | 4/30/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME              | DISTANCE | TIME    | PACE    | EVENT                    | CITY          | STATE | DATE       |
|-------------------|----------|---------|---------|--------------------------|---------------|-------|------------|
| Janet Stewart     | 5K       | 0:29:29 | 0:09:31 | Pride In The Valley 5K   | New Florence  | PA    | 6/11/2011  |
| Sara Necciai      | 5K       | 0:29:30 | 0:09:31 | Bettis 5K                | Pittsburgh    | PA    | 10/8/2011  |
| Pat Scanlon       | 5K       | 0:29:30 | 0:09:31 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Gina Bagley       | 5K       | 0:29:31 | 0:09:31 | Groundhog Jog 5K         | Punxsutawney  | PA    | 7/6/2011   |
| Rudy Toro         | 5K       | 0:29:32 | 0:09:32 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Rudy Toro         | 5K       | 0:29:32 | 0:09:32 | Quality Life #3          | Apollo        | PA    | 7/19/2011  |
| Ed Gondolf        | 5K       | 0:29:33 | 0:09:32 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Nicholas Hilliard | 5K       | 0:29:34 | 0:09:32 | St. Bernard's 5K         | Indiana       | PA    | 4/23/2011  |
| Sara Necciai      | 5K       | 0:29:35 | 0:09:33 | Love of Life 5K          | Indiana       | PA    | 10/15/2011 |
| Janet Stewart     | 5K       | 0:29:36 | 0:09:33 | Elderton 5K              | Elderton      | PA    | 10/7/2011  |
| Melissa Boyer     | 5K       | 0:29:39 | 0:09:34 | Groundhog Jog 5K         | Punxsutawney  | PA    | 7/6/2011   |
| Donna Scanlon     | 5K       | 0:29:42 | 0:09:35 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Debbie Beisel     | 5K       | 0:29:43 | 0:09:35 | It's A Wonderful 5K      | Indiana       | PA    | 11/18/2011 |
| Janet Stewart     | 5K       | 0:29:44 | 0:09:35 | Kiski 5K                 | Saltsburg     | PA    | 10/15/2011 |
| Chuck Frank       | 5K       | 0:29:46 | 0:09:36 | Elderton 5K              | Elderton      | PA    | 10/7/2011  |
| Janet Stewart     | 5K       | 0:29:55 | 0:09:39 | Septemberfest 5K         | Yellow Creek  | PA    | 9/24/2011  |
| Pat Scanlon       | 5K       | 0:29:58 | 0:09:40 | 30th Windward 5K         | Kailua        | HI    | 9/11/2011  |
| Janet Stewart     | 5K       | 0:29:59 | 0:09:40 | Mt. Carmel 5K            | Crabtree      | PA    | 7/15/2011  |
| Joey Bujdos       | 5K       | 0:30:00 | 0:09:41 | Kevin Gatons Memorial 5K | Greensburg    | PA    | 5/30/2011  |
| Terri McQuiston   | 5K       | 0:30:00 | 0:09:41 | Septemberfest 5K         | Yellow Creek  | PA    | 9/24/2011  |
| John Swauger      | 5K       | 0:30:03 | 0:09:42 | Septemberfest 5K         | Yellow Creek  | PA    | 9/24/2011  |
| Pat Scanlon       | 5K       | 0:30:05 | 0:09:42 | Septemberfest 5K         | Yellow Creek  | PA    | 9/24/2011  |
| Anne Sorrentino   | 5K       | 0:30:06 | 0:09:43 | Summer XC Classic        | Marion Center | PA    | 8/13/2011  |
| Vanessa Dzuro     | 5K       | 0:30:18 | 0:09:46 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |
| Melissa Boyer     | 5K       | 0:30:20 | 0:09:47 | Citizens' 5K             | Indiana       | PA    | 7/16/2011  |
| Matt Dinger       | 5K       | 0:30:23 | 0:09:48 | Shannock Valley 5K       | Rural Valley  | PA    | 7/23/2011  |
| Ed Gondolf        | 5K       | 0:30:24 | 0:09:48 | Citizens' 5K             | Indiana       | PA    | 7/16/2011  |
| Darlene Hudak     | 5K       | 0:30:28 | 0:09:50 | Bushy Run Trail 5K       | Bushy Run     | PA    | 7/10/2011  |
| Donna Zukas       | 5K       | 0:30:34 | 0:09:52 | Fight For Life 5K        | Apollo        | PA    | 11/19/2011 |
| Jodi Dinger       | 5K       | 0:30:38 | 0:09:53 | Shannock Valley 5K       | Rural Valley  | PA    | 7/23/2011  |
| Sara Necciai      | 5K       | 0:30:40 | 0:09:54 | Race Against Child Abuse | Indiana       | PA    | 9/3/2011   |
| Melissa Boyer     | 5K       | 0:30:44 | 0:09:55 | Hoodlebug 5K             | Homer City    | PA    | 7/10/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                  | DISTANCE | TIME    | PACE    | EVENT                         | CITY          | STATE | DATE       |
|-----------------------|----------|---------|---------|-------------------------------|---------------|-------|------------|
| Janet Stewart         | 5K       | 0:30:45 | 0:09:55 | Gibsonia Turkey Trot 5K       | Gibsonia      | PA    | 11/26/2011 |
| Terri McQuiston       | 5K       | 0:30:51 | 0:09:57 | Race Against Child Abuse      | Indiana       | PA    | 9/3/2011   |
| Terri McQuiston       | 5K       | 0:31:01 | 0:10:00 | Love of Life 5K               | Indiana       | PA    | 10/15/2011 |
| Kosie Shepherd-Porada | 5K       | 0:31:03 | 0:10:01 | Trooper Iwaniec Memorial 5K   | Latrobe       | PA    | 4/16/2011  |
| Michael Porada        | 5K       | 0:31:04 | 0:10:01 | Trooper Iwaniec Memorial 5K   | Latrobe       | PA    | 4/16/2011  |
| Jake Dinger           | 5K       | 0:31:12 | 0:10:04 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Curtis Mertz          | 5K       | 0:31:15 | 0:10:05 | Summer XC Classic             | Marion Center | PA    | 8/13/2011  |
| Tina Honkus           | 5K       | 0:31:19 | 0:10:06 | 2011 Richland 5K              | Johnstown     | PA    | 8/13/2011  |
| Debbie Beisel         | 5K       | 0:31:21 | 0:10:07 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Melanie Williams      | 5K       | 0:31:22 | 0:10:07 | Fire & Ice 5K                 | Somerset      | PA    | 1/15/2011  |
| Maria Fruscello       | 5K       | 0:31:25 | 0:10:08 | Brentwood Firecracker 5K      | Pittsburgh    | PA    | 7/4/2011   |
| Sara Necciai          | 5K       | 0:31:26 | 0:10:08 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Sara Necciai          | 5K       | 0:31:27 | 0:10:09 | Chef Joe's Omelet 5K          | Uniontown     | PA    | 6/18/2011  |
| Ryan Scanlon          | 5K       | 0:31:27 | 0:10:09 | Chef Joe's Omelet 5K          | Uniontown     | PA    | 6/18/2011  |
| Tina Honkus           | 5K       | 0:31:31 | 0:10:10 | Kimball 5K                    | Ebensburg     | PA    | 6/25/2011  |
| Kevin Dickert         | 5K       | 0:31:33 | 0:10:11 | St. Bernard's 5K              | Indiana       | PA    | 4/23/2011  |
| Tommy Fetterman       | 5K       | 0:31:33 | 0:10:11 | Race For World 5K             | Penn Run      | PA    | 4/23/2011  |
| Morry Porter          | 5K       | 0:31:39 | 0:10:13 | Race Against Child Abuse      | Indiana       | PA    | 9/3/2011   |
| Sandy Dickert         | 5K       | 0:31:41 | 0:10:13 | St. Bernard's 5K              | Indiana       | PA    | 4/23/2011  |
| Clara Sherwood        | 5K       | 0:31:41 | 0:10:13 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Darcy Taiani          | 5K       | 0:31:53 | 0:10:17 | It's A Wonderful 5K           | Indiana       | PA    | 11/18/2011 |
| Tina Honkus           | 5K       | 0:31:57 | 0:10:18 | Camp Harmony Run The Plank 5K | Hooversville  | PA    | 5/21/2011  |
| Terri McQuiston       | 5K       | 0:32:00 | 0:10:19 | Beverly Animal Shelter 5K     | Geneva        | NY    | 5/22/2011  |
| Dan McQuiston         | 5K       | 0:32:01 | 0:10:20 | Beverly Animal Shelter 5K     | Geneva        | NY    | 5/22/2011  |
| Steve Woodrow         | 5K       | 0:32:08 | 0:10:22 | Summer XC Classic             | Marion Center | PA    | 8/13/2011  |
| Kayla Smail           | 5K       | 0:32:10 | 0:10:23 | Cook Forest 5K                | Cooksburg     | PA    | 4/2/2011   |
| Terri McQuiston       | 5K       | 0:32:13 | 0:10:24 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Cinda Krouck          | 5K       | 0:32:13 | 0:10:24 | Love of Life 5K               | Indiana       | PA    | 10/15/2011 |
| Beth Ann Millen       | 5K       | 0:32:13 | 0:10:24 | Love of Life 5K               | Indiana       | PA    | 10/15/2011 |
| Meghan Foulk          | 5K       | 0:32:16 | 0:10:25 | Pick A Cause 5K               | Ernest        | PA    | 3/26/2011  |
| Dan McQuiston         | 5K       | 0:32:16 | 0:10:25 | Hoodlebug 5K                  | Homer City    | PA    | 7/10/2011  |
| Meghan Foulk          | 5K       | 0:32:22 | 0:10:26 | Fire & Ice 5K                 | Somerset      | PA    | 1/15/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME              | DISTANCE | TIME    | PACE    | EVENT                         | CITY           | STATE | DATE       |
|-------------------|----------|---------|---------|-------------------------------|----------------|-------|------------|
| Cinda Krouck      | 5K       | 0:32:22 | 0:10:26 | Kimball 5K                    | Ebensburg      | PA    | 6/25/2011  |
| Meghan Foulk      | 5K       | 0:32:29 | 0:10:29 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Cathy Swauger     | 5K       | 0:32:30 | 0:10:29 | It's A Wonderful 5K           | Indiana        | PA    | 11/18/2011 |
| Jess Sharbaugh    | 5K       | 0:32:42 | 0:10:33 | Fire & Ice 5K                 | Somerset       | PA    | 1/15/2011  |
| Kately Andelman   | 5K       | 0:32:43 | 0:10:33 | St. Bernard's 5K              | Indiana        | PA    | 4/23/2011  |
| Mary Chlopik      | 5K       | 0:32:48 | 0:10:35 | It's A Wonderful 5K           | Indiana        | PA    | 11/18/2011 |
| Joey Bujdos       | 5K       | 0:32:50 | 0:10:35 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Tina Honkus       | 5K       | 0:32:56 | 0:10:37 | 1st Annual Fireman's 5K       | Ferndale       | PA    | 7/23/2011  |
| Cinda Krouck      | 5K       | 0:32:59 | 0:10:38 | Creaky Bones 5K               | St. Pete Beach | FL    | 10/28/2011 |
| Cinda Krouck      | 5K       | 0:33:27 | 0:10:47 | Race Against Child Abuse      | Indiana        | PA    | 9/3/2011   |
| Mindy Wygonik     | 5K       | 0:33:34 | 0:10:50 | Love of Life 5K               | Indiana        | PA    | 10/15/2011 |
| Tina Honkus       | 5K       | 0:33:35 | 0:10:50 | Johnstown Christian School 5K | Johnstown      | PA    | 5/7/2011   |
| Cinda Krouck      | 5K       | 0:33:37 | 0:10:51 | Citizens' 5K                  | Indiana        | PA    | 7/16/2011  |
| Cinda Krouck      | 5K       | 0:33:44 | 0:10:53 | YMCA 5K                       | Ernest         | PA    | 9/9/2011   |
| Elsie Denver      | 5K       | 0:33:46 | 0:10:54 | Race Against Child Abuse      | Indiana        | PA    | 9/3/2011   |
| Kirsyen Sawtelle  | 5K       | 0:33:56 | 0:10:57 | Yelenik Memorial Day 5K       | Blairsville    | PA    | 5/30/2011  |
| Tina Honkus       | 5K       | 0:33:58 | 0:10:57 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Donna Scanlon     | 5K       | 0:34:02 | 0:10:59 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Beth Murphy       | 5K       | 0:34:10 | 0:11:01 | Race Against Child Abuse      | Indiana        | PA    | 9/3/2011   |
| Cinda Krouck      | 5K       | 0:34:10 | 0:11:01 | 2nd Annual Run For Shelter 5K | Indiana        | PA    | 9/24/2011  |
| Kayla Smail       | 5K       | 0:34:12 | 0:11:02 | YMCA 5K                       | Ernest         | PA    | 9/9/2011   |
| Jonathan Murawski | 5K       | 0:34:17 | 0:11:04 | It's A Wonderful 5K           | Indiana        | PA    | 11/18/2011 |
| Darryl Walker     | 5K       | 0:34:19 | 0:11:04 | Punxy Phil Fighters 5K        | Punxsutawney   | PA    | 6/4/2011   |
| Kylen Sawtelle    | 5K       | 0:34:25 | 0:11:06 | Yelenik Memorial Day 5K       | Blairsville    | PA    | 5/30/2011  |
| Larry Krouk       | 5K       | 0:34:26 | 0:11:06 | Creaky Bones 5K               | St. Pete Beach | FL    | 10/28/2011 |
| Beth Murphy       | 5K       | 0:34:38 | 0:11:10 | Citizens' 5K                  | Indiana        | PA    | 7/16/2011  |
| Beth Murphy       | 5K       | 0:34:45 | 0:11:13 | Hoodlebug 5K                  | Homer City     | PA    | 7/10/2011  |
| Cinda Krouck      | 5K       | 0:34:47 | 0:11:13 | Courtney's Ice Cream 5K       | Grove City     | PA    | 8/17/2011  |
| Beth Murphy       | 5K       | 0:34:47 | 0:11:13 | Septemberfest 5K              | Yellow Creek   | PA    | 9/24/2011  |
| Becky Walker      | 5K       | 0:34:48 | 0:11:14 | Punxy Phil Fighters 5K        | Punxsutawney   | PA    | 6/4/2011   |
| Kylen Sawtelle    | 5K       | 0:34:58 | 0:11:17 | Love of Life 5K               | Indiana        | PA    | 10/15/2011 |
| Kayla Smail       | 5K       | 0:35:08 | 0:11:20 | Love of Life 5K               | Indiana        | PA    | 10/15/2011 |



# IRRC MEMBER RACE RESULTS 2011

| NAME            | DISTANCE | TIME    | PACE    | EVENT                    | CITY         | STATE | DATE       |
|-----------------|----------|---------|---------|--------------------------|--------------|-------|------------|
| Tina Honkus     | 5K       | 0:35:23 | 0:11:25 | 2011 Mountain laurel 5K  | Laurel Hill  | PA    | 8/20/2011  |
| Jed Fetterman   | 5K       | 0:35:50 | 0:11:34 | Race For World 5K        | Penn Run     | PA    | 4/23/2011  |
| Molly Brautigam | 5K       | 0:36:23 | 0:11:44 | Bigfoot 5K               | Kittanning   | PA    | 4/16/2011  |
| Larry Krouk     | 5K       | 0:36:28 | 0:11:46 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Brook Brautigam | 5K       | 0:36:31 | 0:11:47 | Bigfoot 5K               | Kittanning   | PA    | 4/16/2011  |
| Jake Rougeaux   | 5K       | 0:37:09 | 0:11:59 | Race For World 5K        | Penn Run     | PA    | 4/23/2011  |
| Becky Taylor    | 5K       | 0:37:18 | 0:12:02 | Famer's Inn 5K           | Sigel        | PA    | 10/30/2011 |
| Terry Orvosh    | 5K       | 0:37:40 | 0:12:09 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| Ben Bianco      | 5K       | 0:37:44 | 0:12:10 | Race Against Child Abuse | Indiana      | PA    | 9/3/2011   |
| Andrea Bracken  | 5K       | 0:38:17 | 0:12:21 | Pittsburgh Marathon 5K   | Pittsburgh   | PA    | 5/15/2011  |
| Diane Clugston  | 5K       | 0:38:29 | 0:12:25 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| John Clugston   | 5K       | 0:38:30 | 0:12:25 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Becky Taylor    | 5K       | 0:38:34 | 0:12:26 | Race Against Child Abuse | Indiana      | PA    | 9/3/2011   |
| John Harwick    | 5K       | 0:38:40 | 0:12:28 | Great Race 5K            | Pittsburgh   | PA    | 9/25/2011  |
| Amy Swingle     | 5K       | 0:39:14 | 0:12:39 | Erie Art & Sole 5K       | Erie         | PA    | 5/14/2011  |
| Will Swingle    | 5K       | 0:39:14 | 0:12:39 | Erie Art & Sole 5K       | Erie         | PA    | 5/14/2011  |
| Patty Pajak     | 5K       | 0:39:33 | 0:12:45 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Tad Pajak       | 5K       | 0:39:33 | 0:12:45 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Randy Fetterman | 5K       | 0:40:12 | 0:12:58 | Fire & Ice 5K            | Somerset     | PA    | 1/15/2011  |
| Sarah Leopold   | 5K       | 0:40:16 | 0:12:59 | It's A Wonderful 5K      | Indiana      | PA    | 11/18/2011 |
| John Harwick    | 5K       | 0:40:26 | 0:13:03 | Pittsburgh Marathon 5K   | Pittsburgh   | PA    | 5/15/2011  |
| Ben Bianco      | 5K       | 0:40:31 | 0:13:04 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| John Clugston   | 5K       | 0:40:53 | 0:13:11 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Jen Melitski    | 5K       | 0:41:00 | 0:13:14 | Treetops top Rooftops 5K | Highland     | NY    | 6/18/2011  |
| Jimmy Melitski  | 5K       | 0:41:00 | 0:13:14 | Treetops top Rooftops 5K | Highland     | NY    | 6/18/2011  |
| Flo Williams    | 5K       | 0:41:00 | 0:13:14 | Treetops top Rooftops 5K | Highland     | NY    | 6/18/2011  |
| Diane Clugston  | 5K       | 0:41:28 | 0:13:23 | Love of Life 5K          | Indiana      | PA    | 10/15/2011 |
| Amy Swingle     | 5K       | 0:41:33 | 0:13:24 | Citizens' 5K             | Indiana      | PA    | 7/16/2011  |
| Kari Hamilton   | 5K       | 0:42:16 | 0:13:38 | Hoodlebug 5K             | Homer City   | PA    | 7/10/2011  |
| Diane Clugston  | 5K       | 0:42:56 | 0:13:51 | Septemberfest 5K         | Yellow Creek | PA    | 9/24/2011  |
| John Clugston   | 5K       | 0:42:59 | 0:13:52 | Septemberfest 5K         | Yellow Creek | PA    | 9/24/2011  |
| Randy Fetterman | 5K       | 0:43:21 | 0:13:59 | Pick A Cause 5K          | Ernest       | PA    | 3/26/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME              | DISTANCE  | TIME    | PACE    | EVENT                         | CITY         | STATE | DATE       |
|-------------------|-----------|---------|---------|-------------------------------|--------------|-------|------------|
| Melanie Williams  | 5K        | 0:43:36 | 0:14:04 | Pick A Cause 5K               | Ernest       | PA    | 3/26/2011  |
| Diane Clugston    | 5K        | 0:43:37 | 0:14:04 | It's A Wonderful 5K           | Indiana      | PA    | 11/18/2011 |
| John Clugston     | 5K        | 0:43:51 | 0:14:09 | It's A Wonderful 5K           | Indiana      | PA    | 11/18/2011 |
| Bob Leopold       | 5K        | 0:44:44 | 0:14:26 | St. Bernard's 5K              | Indiana      | PA    | 4/23/2011  |
| Sarah Leopold     | 5K        | 0:45:38 | 0:14:43 | Goose Day 5K                  | Lewistown    | PA    | 9/24/2011  |
| Linda Leopold     | 5K        | 0:45:39 | 0:14:44 | Goose Day 5K                  | Lewistown    | PA    | 9/24/2011  |
| Wendy Fetterman   | 5K        | 0:46:08 | 0:14:53 | Race For World 5K             | Penn Run     | PA    | 4/23/2011  |
| Melinda Toro      | 5K        | 0:47:18 | 0:15:15 | Love of Life 5K               | Indiana      | PA    | 10/15/2011 |
| Kimberly Coy      | 3.1       | 0:50:13 | 0:16:12 | Fool's Run 3.1 Mile Walk      | Indiana      | PA    | 4/9/2011   |
| Gabriella Bobak   | 3.1       | 0:50:14 | 0:16:12 | Fool's Run 3.1 Mile Walk      | Indiana      | PA    | 4/9/2011   |
| Grace Rougeaux    | 5K        | 0:52:33 | 0:16:57 | Great Shamokin 5K             | Numine       | PA    | 4/23/2011  |
| Holly Rougeaux    | 5K        | 0:52:33 | 0:16:57 | Great Shamokin 5K             | Numine       | PA    | 4/23/2011  |
| Ann Pentz         | 5K        | 0:59:16 | 0:19:07 | Love of Life 5K               | Indiana      | PA    | 10/15/2011 |
| Sheldon Pentz     | 5K        | 1:02:02 | 0:20:01 | Love of Life 5K               | Indiana      | PA    | 10/15/2011 |
| Jim Hamilton      | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Doug Craft        | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Nicole Dann-Payne | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Jackie Beisel     | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Ray Beisel        | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Brandon Payne     | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| John Goss         | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Jeril Goss        | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Debbie Beisel     | 5K        | ?:?:??  |         | Diversity 5000                | Punxsutawney | PA    | 3/19/2011  |
| Ed Gondolf        | 5K        | ?:?:??  |         | James G. Mills 5K             | Indiana      | PA    | 4/23/2011  |
| Matt Gaudet       | 3.5       | 0:17:30 | 0:05:00 | Jackie Kallal Triathlon Relay | Penn Run     | PA    | 6/11/2011  |
| Veronica Bujdos   | 3.5       | 0:19:36 | 0:05:36 | Jackie Kallal Triathlon Relay | Penn Run     | PA    | 6/11/2011  |
| John Swauger      | 3.5       | 0:24:52 | 0:07:06 | Jackie Kallal Triathlon Relay | Penn Run     | PA    | 6/11/2011  |
| Doug Ulishney     | 3.5       | 0:29:28 | 0:08:25 | Mount Summit Challenge 3.5    | Hopwood      | PA    | 4/26/2011  |
| Maria Fruscello   | 3.5 Miler | 0:31:45 | 0:09:04 | Run Across America-Karnazes   | Pittsburgh   | PA    | 4/27/2011  |
| Chris Geddis      | 4 Miler   | 0:23:54 | 0:05:58 | Groundhog Jog Four Miler      | Punxsutawney | PA    | 1/30/2011  |
| Doug Craft        | 4 Miler   | 0:28:04 | 0:07:01 | Groundhog Jog Four Miler      | Punxsutawney | PA    | 1/30/2011  |
| Dan McQuiston     | 4 Miler   | 0:29:43 | 0:07:26 | Groundhog Jog Four Miler      | Punxsutawney | PA    | 1/30/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                  | DISTANCE | TIME    | PACE    | EVENT                    | CITY         | STATE | DATE      |
|-----------------------|----------|---------|---------|--------------------------|--------------|-------|-----------|
| John Swauger          | 4 Miler  | 0:36:36 | 0:09:09 | Groundhog Jog Four Miler | Punxsutawney | PA    | 1/30/2011 |
| Bill Winters          | 4 Miler  | 0:38:04 | 0:09:31 | Groundhog Jog Four Miler | Punxsutawney | PA    | 1/30/2011 |
| John Goss             | 4 Miler  | 0:38:04 | 0:09:31 | Groundhog Jog Four Miler | Punxsutawney | PA    | 1/30/2011 |
| Tom Lipsie            | 7K       | 0:23:47 | 0:05:29 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Doug Ulishney         | 7K       | 0:27:02 | 0:06:14 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Kyle Ward             | 7K       | 0:28:22 | 0:06:32 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Dan Cunkelman         | 7K       | 0:28:36 | 0:06:35 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Mindy Zottola         | 7K       | 0:28:53 | 0:06:39 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Bo Dinger             | 7K       | 0:29:39 | 0:06:50 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Marilyn Gregory       | 7K       | 0:30:11 | 0:06:57 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Dan Murphy            | 7K       | 0:30:33 | 0:07:02 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Julie Ostinowsky      | 7K       | 0:30:42 | 0:07:04 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Tommy Fetterman       | 7K       | 0:31:33 | 0:07:16 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Dave Miller           | 7K       | 0:31:48 | 0:07:20 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Bill Serafin          | 7K       | 0:31:53 | 0:07:21 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Scott Bowman          | 7K       | 0:32:48 | 0:07:33 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Tom Fetterman         | 7K       | 0:33:03 | 0:07:37 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Bill Winters          | 7K       | 0:33:04 | 0:07:37 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Rob Andelman          | 7K       | 0:34:23 | 0:07:55 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| John Swauger          | 7K       | 0:34:56 | 0:08:03 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| John Bomboy           | 7K       | 0:35:16 | 0:08:08 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Aileen Bowman         | 7K       | 0:35:16 | 0:08:08 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Sam Cunkelman         | 7K       | 0:35:32 | 0:08:11 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Jim Ostinowsky        | 7K       | 0:35:49 | 0:08:15 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Jake Dinger           | 7K       | 0:35:59 | 0:08:17 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Walter Byrne          | 7K       | 0:36:07 | 0:08:19 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Art Zottola           | 7K       | 0:38:22 | 0:08:50 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Jed Fetterman         | 7K       | 0:38:35 | 0:08:53 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Matt Coy              | 7K       | 0:38:44 | 0:08:55 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Tom Bianco            | 7K       | 0:38:44 | 0:08:55 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Kosie Shepherd-Porada | 7K       | 0:38:53 | 0:08:58 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |
| Donna Scanlon         | 7K       | 0:40:25 | 0:09:19 | Run For The Trail 7K     | Dilltown     | PA    | 8/14/2011 |

# IRRC MEMBER RACE RESULTS 2011

| NAME                | DISTANCE | TIME    | PACE    | EVENT                         | CITY       | STATE | DATE      |
|---------------------|----------|---------|---------|-------------------------------|------------|-------|-----------|
| Laura Knupp         | 7K       | 0:40:35 | 0:09:21 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Phil Levri          | 7K       | 0:40:36 | 0:09:21 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Janet Stewart       | 7K       | 0:41:30 | 0:09:34 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Jodi Dinger         | 7K       | 0:42:35 | 0:09:49 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Sara Necciai        | 7K       | 0:44:18 | 0:10:12 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Beth Murphy         | 7K       | 0:47:58 | 0:11:03 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Dave Fulton         | 7K       | 0:50:08 | 0:11:33 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Patty Pajak         | 7K       | 0:54:21 | 0:12:31 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Aly Pajak           | 7K       | 0:54:22 | 0:12:32 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Janet Ostinowsky    | 7K       | 1:03:48 | 0:14:42 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Betsy Fetterman     | 7K       | 1:14:00 | 0:17:03 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| Diane Clugston      | 7K       | 0:55:07 | 0:12:32 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| John Clugston       | 7K       | 0:55:07 | 0:12:32 | Run For The Trail 7K          | Dilltown   | PA    | 8/14/2011 |
| David Foy           | 8K       | 0:29:51 | 0:06:01 | Check It Out Challenge        | Towson     | MD    | 7/31/2011 |
| Ben Foy             | 5 Miler  | 0:36:41 | 0:07:20 | Maple Festival 5 Miler        | Meyersdale | PA    | 4/2/2011  |
| Scott Bowman        | 5 Miler  | 0:38:31 | 0:07:42 | Latrobe 5 Miler               | Latrobe    | PA    | 7/1/2011  |
| John Swauger        | 5 Miler  | 0:39:55 | 0:07:59 | Latrobe 5 Miler               | Latrobe    | PA    | 7/1/2011  |
| Chris Lasser        | 5 Miler  | 0:41:18 | 0:08:16 | Latrobe 5 Miler               | Latrobe    | PA    | 7/1/2011  |
| Rick Conroy         | 5 Miler  | 0:41:58 | 0:08:24 | Frigid Five Miler             | Pittsburgh | PA    | 1/9/2011  |
| Aileen Bowman       | 5 Miler  | 0:41:59 | 0:08:24 | Latrobe 5 Miler               | Latrobe    | PA    | 7/1/2011  |
| Tom Fritz           | 5 Miler  | 0:42:12 | 0:08:26 | Van Metre 5 Miler             | Ashburn    | VA    | 3/19/2011 |
| Sherry Shank        | 5 Miler  | 0:43:05 | 0:08:37 | Latrobe 5 Miler               | Latrobe    | PA    | 7/1/2011  |
| Tom Fritz           | 5 Miler  | 0:44:00 | 0:08:48 | Maple Festival 5 Miler        | Meyersdale | PA    | 4/2/2011  |
| Art Zottola         | 5 Miler  | 0:45:44 | 0:09:09 | Spring Thaw 10-15-20          | North Park | PA    | 2/26/2011 |
| Maria Fruscello     | 5 Miler  | 0:45:49 | 0:09:10 | Frigid Five Miler             | Pittsburgh | PA    | 1/9/2011  |
| Curtis Mertz        | 5 Miler  | 0:53:57 | 0:10:47 | Buffalo Stampede 5 Miler      | Freeport   | PA    | 6/4/2011  |
| Janet Stewart       | 5 Miler  | 0:54:34 | 0:10:55 | Latrobe 5 Miler               | Latrobe    | PA    | 7/1/2011  |
| Dawn Smith-Sherwood | 5 Miler  | 0:55:22 | 0:11:04 | Sandown Old Home Days 5 Miler | Sandown    | NH    | 8/13/2011 |
| Matt Gaudet         | 10K      | 0:35:12 | 0:05:41 | Fool's Run 10K                | Indiana    | PA    | 4/9/2011  |
| Tom Lipsie          | 10K      | 0:36:17 | 0:05:51 | Grings Mill Run 10K           | Reading    | PA    | 8/7/2011  |
| Matt Gaudet         | 10K      | 0:36:59 | 0:05:58 | Great Race 10K                | Pittsburgh | PA    | 9/25/2011 |
| Doug Craft          | 10K      | 0:38:27 | 0:06:12 | Fool's Run 10K                | Indiana    | PA    | 4/9/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                   | DISTANCE | TIME    | PACE    | EVENT                            | CITY          | STATE | DATE       |
|------------------------|----------|---------|---------|----------------------------------|---------------|-------|------------|
| Jim Hamilton           | 10K      | 0:39:05 | 0:06:18 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Doug Ulishney          | 10K      | 0:39:34 | 0:06:23 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Doug Ulishney          | 10K      | 0:39:48 | 0:06:25 | Cooper's Rock 10K                | Bruceton      | WV    | 3/27/2011  |
| Mindy Zottola          | 10K      | 0:40:21 | 0:06:30 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Nicole Dann-Payne      | 10K      | 0:40:56 | 0:06:36 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Marilyn Bearer         | 10K      | 0:43:28 | 0:07:01 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Ryan Scanlon           | 10K      | 0:45:07 | 0:07:17 | Great Race 10K                   | Pittsburgh    | PA    | 9/25/2011  |
| Tom Fanning            | 10K      | 0:45:34 | 0:07:21 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Vince Pavic            | 10K      | 0:45:37 | 0:07:21 | Shanksville 10K                  | Shanksville   | PA    | 3/6/2011   |
| Tad Pajak              | 10K      | 0:45:40 | 0:07:22 | Family Services 10K              | Altoona       | PA    | 5/14/2011  |
| Julie Ostinowsky       | 10K      | 0:46:47 | 0:07:33 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Rob Andelman           | 10K      | 0:46:58 | 0:07:35 | Great Race 10K                   | Pittsburgh    | PA    | 9/25/2011  |
| Adam Beilchick         | 10K      | 0:47:37 | 0:07:41 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Ben Foy                | 10K      | 0:47:55 | 0:07:44 | Cooper's Rock 10K                | Bruceton      | WV    | 3/27/2011  |
| Mary Jean Bujdos       | 10K      | 0:48:02 | 0:07:45 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Scott Bowman           | 10K      | 0:48:32 | 0:07:50 | Armstrong County 10K             | Kittanning    | PA    | 11/12/2011 |
| Scott Bowman           | 10K      | 0:48:41 | 0:07:51 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Bill Serafin           | 10K      | 0:48:55 | 0:07:53 | River Valley Ranch 10K Trail Run | Manchester    | MD    | 8/13/2011  |
| Ben Foy                | 10K      | 0:49:30 | 0:07:59 | Yough River Trail 10K            | Connellsville | PA    | 4/23/2011  |
| Jeff Smith             | 10K      | 0:49:41 | 0:08:01 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Aileen Bowman          | 10K      | 0:49:45 | 0:08:01 | Armstrong County 10K             | Kittanning    | PA    | 11/12/2011 |
| Rob Andelman           | 10K      | 0:49:50 | 0:08:02 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Ben Foy                | 10K      | 0:49:59 | 0:08:04 | Salem Rerun 10K                  | Delmont       | PA    | 4/30/2011  |
| Tom Fetterman          | 10K      | 0:50:27 | 0:08:08 | Johnstown Marathon 10K           | Johnstown     | PA    | 10/2/2011  |
| Lauren Lyons           | 10K      | 0:50:28 | 0:08:08 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Bill Stroup            | 10K      | 0:50:28 | 0:08:08 | Buffalo Twp Parks & Rec 10K      | Sarver        | PA    | 8/20/2011  |
| John Swauger           | 10K      | 0:51:26 | 0:08:18 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Kristina Taylor-Porter | 10K      | 0:51:37 | 0:08:20 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Maria Fruscello        | 10K      | 0:51:45 | 0:08:21 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Sherry Shank           | 10K      | 0:51:55 | 0:08:22 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| James Bowers           | 10K      | 0:53:29 | 0:08:38 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |
| Jim Ostinowsky         | 10K      | 0:53:58 | 0:08:42 | Fool's Run 10K                   | Indiana       | PA    | 4/9/2011   |

# IRRC MEMBER RACE RESULTS 2011

| NAME                    | DISTANCE | TIME    | PACE    | EVENT                       | CITY       | STATE | DATE       |
|-------------------------|----------|---------|---------|-----------------------------|------------|-------|------------|
| Diane Clugston          | 10K      | 0:54:02 | 0:08:43 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Christine Lasser        | 10K      | 0:54:24 | 0:08:46 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Walter Byrne            | 10K      | 0:54:47 | 0:08:50 | Johnstown Marathon 10K      | Johnstown  | PA    | 10/2/2011  |
| Matt Coy                | 10K      | 0:54:52 | 0:08:51 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Janet Ryan              | 10K      | 0:55:42 | 0:08:59 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Brandon Payne           | 10K      | 0:55:43 | 0:08:59 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Amy Rout                | 10K      | 0:55:44 | 0:08:59 | Great Race 10K              | Pittsburgh | PA    | 9/25/2011  |
| Tom Fritz               | 10K      | 0:55:58 | 0:09:02 | Johnstown Marathon 10K      | Johnstown  | PA    | 10/2/2011  |
| Will Swingle            | 10K      | 0:56:40 | 0:09:08 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| John Goss               | 10K      | 0:56:41 | 0:09:09 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Jennifer Wally-Blystone | 10K      | 0:57:00 | 0:09:12 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Charles Frank           | 10K      | 0:57:07 | 0:09:13 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| David Grube             | 10K      | 0:57:13 | 0:09:14 | Great Race 10K              | Pittsburgh | PA    | 9/25/2011  |
| Philip Leopold          | 10K      | 0:57:15 | 0:09:14 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Dan Pajak               | 10K      | 0:57:56 | 0:09:21 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Tad Pajak               | 10K      | 0:57:57 | 0:09:21 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Evonne Grguric          | 10K      | 0:58:17 | 0:09:24 | Great Race 10K              | Pittsburgh | PA    | 9/25/2011  |
| Curtis Mertz            | 10K      | 0:58:18 | 0:09:24 | Marine Corps 10K            | Washington | DC    | 10/30/2011 |
| Jeremy Yagle            | 10K      | 0:58:19 | 0:09:24 | Great Race 10K              | Pittsburgh | PA    | 9/25/2011  |
| Megan White             | 10K      | 0:58:27 | 0:09:26 | Great Race 10K              | Pittsburgh | PA    | 9/25/2011  |
| Darlene Hudak           | 10K      | 0:58:37 | 0:09:27 | Buffalo Twp Parks & Rec 10K | Sarver     | PA    | 8/20/2011  |
| John Bomboy             | 10K      | 0:59:00 | 0:09:31 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Melissa Boyer           | 10K      | 0:59:14 | 0:09:33 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Maria Fruscello         | 10K      | 0:59:18 | 0:09:34 | Trot For Tots 10K           | Oakdale    | PA    | 12/4/2011  |
| Linda Leopold           | 10K      | 0:59:53 | 0:09:40 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Tom Dunbar              | 10K      | 1:00:24 | 0:09:45 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Tracy McKeel            | 10K      | 1:00:29 | 0:09:45 | Great Race 10K              | Pittsburgh | PA    | 9/25/2011  |
| Gina Bagley             | 10K      | 1:00:37 | 0:09:47 | Great Race 10K              | Pittsburgh | PA    | 9/25/2011  |
| Molly Lyons             | 10K      | 1:00:47 | 0:09:48 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Sam Baker               | 10K      | 1:00:48 | 0:09:48 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| William McAtee          | 10K      | 1:00:55 | 0:09:50 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |
| Pat Scanlon             | 10K      | 1:01:18 | 0:09:53 | Fool's Run 10K              | Indiana    | PA    | 4/9/2011   |

# IRRC MEMBER RACE RESULTS 2011

| NAME                | DISTANCE | TIME    | PACE    | EVENT                          | CITY         | STATE | DATE       |
|---------------------|----------|---------|---------|--------------------------------|--------------|-------|------------|
| Ed Gondolf          | 10K      | 1:01:25 | 0:09:54 | Fool's Run 10K                 | Indiana      | PA    | 4/9/2011   |
| David Dzuro         | 10K      | 1:02:27 | 0:10:04 | Great Race 10K                 | Pittsburgh   | PA    | 9/25/2011  |
| Vanessa Dzuro       | 10K      | 1:02:27 | 0:10:04 | Great Race 10K                 | Pittsburgh   | PA    | 9/25/2011  |
| Curtis Mertz        | 10K      | 1:02:32 | 0:10:05 | Fool's Run 10K                 | Indiana      | PA    | 4/9/2011   |
| Kevin Sasway        | 10K      | 1:02:53 | 0:10:09 | Fool's Run 10K                 | Indiana      | PA    | 4/9/2011   |
| Randy Fetterman     | 10K      | 1:03:39 | 0:10:16 | Great Race 10K                 | Pittsburgh   | PA    | 9/25/2011  |
| Tabitha Yagle       | 10K      | 1:05:40 | 0:10:35 | Great Race 10K                 | Pittsburgh   | PA    | 9/25/2011  |
| Janet Stewart       | 10K      | 1:05:57 | 0:10:38 | Fool's Run 10K                 | Indiana      | PA    | 4/9/2011   |
| Bill Bracken        | 10K      | 1:05:58 | 0:10:38 | Fool's Run 10K                 | Indiana      | PA    | 4/9/2011   |
| Darcy Taiani        | 10K      | 1:08:17 | 0:11:01 | Great Race 10K                 | Pittsburgh   | PA    | 9/25/2011  |
| Bob Rout            | 10K      | 1:11:51 | 0:11:35 | Great Race 10K                 | Pittsburgh   | PA    | 9/25/2011  |
| Dawn Smith-Sherwood | 10.776K  | 1:15:00 | 0:11:14 | 33rd Cursa El Corte Ingles 10K | Spain        |       | 4/3/2011   |
| Sherry Shank        | 7 Miler  | 1:43:44 | 0:14:49 | Dam Darkness 7 Mile Trail Run  | Curwensville | PA    | 10/16/2011 |
| Mindy Zottola       | 8.1      | 0:53:34 | 0:06:37 | Just A Short Run 8.1           | North Park   | PA    | 3/26/2011  |
| Art Zottola         | 8.1      | 1:11:53 | 0:08:52 | Just A Short Run 8.1           | North Park   | PA    | 3/26/2011  |
| Tracey Page         | 9.11     | 1:24:57 | 0:09:19 | Shanksville 9.11 Mile Run      | Shanksville  | PA    | 9/11/2011  |
| Dan Cunkelman       | 15K      | 1:03:30 | 0:06:50 | Roaring River 15K              | Apollo       | PA    | 4/23/2011  |
| Bill Stroup         | 15K      | 1:11:39 | 0:07:42 | Greene River Heroes 15K        | Millsboro    | PA    | 9/17/2011  |
| Jeff Graham         | 15K      | 1:12:13 | 0:07:46 | Roaring River 15K              | Apollo       | PA    | 4/23/2011  |
| Brandt Hutzler      | 15K      | 1:16:14 | 0:08:12 | Flight 93 Memorial 15K         | Shanksville  | PA    | 11/6/2011  |
| Doug Ulishney       | 15K      | 1:19:18 | 0:08:32 | Run With The Deer Flies 15K    | Penn Run     | PA    | 7/30/2011  |
| Darlene Hudak       | 15K      | 1:22:42 | 0:08:54 | Greene River Heroes 15K        | Millsboro    | PA    | 9/17/2011  |
| Jeannie Bujdos      | 15K      | 1:29:25 | 0:09:37 | Run With The Deer Flies 15K    | Penn Run     | PA    | 7/30/2011  |
| Bill Serafin        | 15K      | 1:33:00 | 0:10:00 | Quadzilla 15K Trail Run        | Allentown    | PA    | 7/15/2011  |
| Julie Ostinowsky    | 15K      | 1:34:21 | 0:10:09 | Run With The Deer Flies 15K    | Penn Run     | PA    | 7/30/2011  |
| Donna Zukas         | 15K      | 1:36:50 | 0:10:25 | Roaring River 15K              | Apollo       | PA    | 4/23/2011  |
| Mary Jean Bujdos    | 15K      | 1:37:33 | 0:10:29 | Run With The Deer Flies 15K    | Penn Run     | PA    | 7/30/2011  |
| Tina Honkus         | 15K      | 1:38:36 | 0:10:36 | Flight 93 Memorial 15K         | Shanksville  | PA    | 11/6/2011  |
| Gary Honkus         | 15K      | 1:38:36 | 0:10:36 | Flight 93 Memorial 15K         | Shanksville  | PA    | 11/6/2011  |
| Lauren Lyons        | 15K      | 1:41:48 | 0:10:57 | Run With The Deer Flies 15K    | Penn Run     | PA    | 7/30/2011  |
| Darlene Hudak       | 15K      | 1:46:18 | 0:11:26 | Roaring River 15K              | Apollo       | PA    | 4/23/2011  |
| Bill Stroup         | 15K      | 1:49:25 | 0:11:46 | Run With The Deer Flies 15K    | Penn Run     | PA    | 7/30/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                    | DISTANCE      | TIME    | PACE    | EVENT                         | CITY          | STATE | DATE       |
|-------------------------|---------------|---------|---------|-------------------------------|---------------|-------|------------|
| Scott Nibert            | 15K           | 1:52:02 | 0:12:03 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Sherry Shank            | 15K           | 1:55:05 | 0:12:22 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Jim Ostinowsky          | 15K           | 1:58:38 | 0:12:45 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Michael Zibura          | 15K           | 1:59:35 | 0:12:52 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Kelly Zibura            | 15K           | 1:59:38 | 0:12:52 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Jennifer Wally-Blystone | 15K           | 2:00:29 | 0:12:57 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Megan White             | 15K           | 2:02:50 | 0:13:12 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Donna Scanlon           | 15K           | 2:11:52 | 0:14:11 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Rudy Toro               | 15K           | 2:15:27 | 0:14:34 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| Janet Stewart           | 15K           | 2:21:29 | 0:15:13 | Run With The Deer Flies 15K   | Penn Run      | PA    | 7/30/2011  |
| David Foy               | 10            | 1:02:06 | 0:06:13 | Baltimore 10 Miler            | Baltimore     | PA    | 6/18/2011  |
| Herb Cratty             | 10 Miler      | 1:04:14 | 0:06:25 | Spring Thaw 10-15-20          | North Park    | PA    | 2/26/2011  |
| Mindy Zottola           | 10 Miler      | 1:07:54 | 0:06:47 | Spring Thaw 10-15-20          | North Park    | PA    | 2/26/2011  |
| Cory Fulmer             | 10 Miler      | 1:09:54 | 0:06:59 | Spring Thaw 10-15-20          | North Park    | PA    | 2/26/2011  |
| Laura Yevchak           | 10 Miler      | 1:24:47 | 0:08:29 | Spring Thaw 10-15-20          | North Park    | PA    | 2/26/2011  |
| Rick Conroy             | 10 Miler      | 1:28:41 | 0:08:52 | Spring Thaw 10-15-20          | North Park    | PA    | 2/26/2011  |
| Sherry Shank            | 10 Miler      | 1:29:04 | 0:08:54 | Army Ten Miler                | Washington    | DC    | 10/9/2011  |
| Tracey Page             | 10 Miler      | 1:29:10 | 0:08:55 | Spring Thaw 10-15-20          | North Park    | PA    | 2/26/2011  |
| Curtis Mertz            | 10 Miler      | 1:38:25 | 0:09:50 | Army Ten Miler                | Washington    | DC    | 10/9/2011  |
| Janet Stewart           | 10 Miler      | 1:42:04 | 0:10:12 | Spring Thaw 10-15-20          | North Park    | PA    | 2/26/2011  |
| Art Zottola             | Half Marathon | 2:01:02 | 0:09:18 | Philadelphia Half Marathon    | Philadelphia  | PA    | 11/20/2011 |
| Jen Melitski            | Half Marathon | 3:33:51 | 0:16:26 | Philadelphia Half Marathon    | Philadelphia  | PA    | 11/20/2011 |
| Tom Lipsie              | Half Marathon | 1:15:21 | 0:05:45 | Montour Trail Half Marathon   | Pittsburgh    | PA    | 9/9/2011   |
| Cory Fulmer             | Half Marathon | 1:20:15 | 0:06:08 | Glass City Half Marathon      | Toledo        | OH    | 4/17/2011  |
| David Foy               | Half Marathon | 1:21:26 | 0:06:13 | Nippy Nikia Half              | Monkton       | MA    | 3/19/2011  |
| Mindy Zottola           | Half Marathon | 1:25:06 | 0:06:30 | Delaware & Lehigh Valley Half |               | DE    | 10/23/2011 |
| Mindy Zottola           | Half Marathon | 1:26:40 | 0:06:37 | Mahoning Shadow Shuffler Half | Punxsutawney  | PA    | 10/8/2011  |
| Jim Hamilton            | Half Marathon | 1:28:05 | 0:06:43 | Montour Trail Half Marathon   | Pittsburgh    | PA    | 9/9/2011   |
| Nicole Dann-Payne       | Half Marathon | 1:28:18 | 0:06:44 | Wineglass Half Marathon       | Corning       | NY    | 10/2/2011  |
| Jim Hamilton            | Half Marathon | 1:28:45 | 0:06:46 | Cook Forest Half              | Cooksburg     | PA    | 4/2/2011   |
| Veronica Bujdos         | Half Marathon | 1:30:16 | 0:06:53 | Nittany Valley Half Marathon  | State College | PA    | 12/4/2011  |
| Nicole Dann-Payne       | Half Marathon | 1:32:04 | 0:07:02 | Pittsburgh Half Marathon      | Pittsburgh    | PA    | 5/15/2011  |



# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE      | TIME    | PACE    | EVENT                         | CITY          | STATE | DATE       |
|------------------|---------------|---------|---------|-------------------------------|---------------|-------|------------|
| Mindy Zottola    | Half Marathon | 1:32:39 | 0:07:04 | Pittsburgh Half Marathon      | Pittsburgh    | PA    | 5/15/2011  |
| Marilyn Gregory  | Half Marathon | 1:32:59 | 0:07:06 | Buffalo Creek Half Marathon   | Freeport      | PA    | 10/15/2011 |
| Mike Hodak       | Half Marathon | 1:33:32 | 0:07:08 | Nittany Valley Half Marathon  | State College | PA    | 12/4/2011  |
| Mike Bradley     | Half Marathon | 1:34:35 | 0:07:13 | Nittany Valley Half Marathon  | State College | PA    | 12/4/2011  |
| Ryan Costanzo    | Half Marathon | 1:35:36 | 0:07:18 | Johnstown Half Marathon       | Johnstown     | PA    | 10/2/2011  |
| Mark Stern       | Half Marathon | 1:35:43 | 0:07:18 | PF Chang R&R Half             | Phoenix       | AZ    | 1/16/2011  |
| Dan McQuiston    | Half Marathon | 1:39:05 | 0:07:34 | Cook Forest Half              | Cooksburg     | PA    | 4/2/2011   |
| Laura Yevchak    | Half Marathon | 1:39:13 | 0:07:34 | Glass City Half Marathon      | Toledo        | OH    | 4/17/2011  |
| Vince Pavic      | Half Marathon | 1:40:46 | 0:07:42 | Johnstown Half Marathon       | Johnstown     | PA    | 10/2/2011  |
| Vince Pavic      | Half Marathon | 1:40:58 | 0:07:42 | Rockwood Half Marathon        | Rockwood      | PA    | 7/9/2011   |
| Marilyn Gregory  | Half Marathon | 1:41:15 | 0:07:44 | Ogden Half Marathon           | Wheeling      | WV    | 5/29/2011  |
| Tom Fanning      | Half Marathon | 1:43:51 | 0:07:56 | Pittsburgh Half Marathon      | Pittsburgh    | PA    | 5/15/2011  |
| Rob Andelman     | Half Marathon | 1:44:12 | 0:07:57 | U.S. Air Force Half Marathon  | Dayton        | OH    | 9/17/2011  |
| Bill Serafin     | Half Marathon | 1:44:56 | 0:08:01 | Myrtle Beach Half Marathon    | Myrtle Beach  | SC    | 2/19/2011  |
| Ryan Scanlon     | Half Marathon | 1:45:07 | 0:08:01 | Pittsburgh Half Marathon      | Pittsburgh    | PA    | 5/15/2011  |
| Tom Fanning      | Half Marathon | 1:45:27 | 0:08:03 | Johnstown Half Marathon       | Johnstown     | PA    | 10/2/2011  |
| Brandt Hutzler   | Half Marathon | 1:46:50 | 0:08:09 | Johnstown Half Marathon       | Johnstown     | PA    | 10/2/2011  |
| Bill Stroup      | Half Marathon | 1:47:22 | 0:08:12 | Buffalo Creek Half Marathon   | Freeport      | PA    | 10/15/2011 |
| Mary Lee Page    | Half Marathon | 1:47:29 | 0:08:12 | Mahoning Shadow Shuffler Half | Punxsutawney  | PA    | 10/8/2011  |
| Bill Winters     | Half Marathon | 1:47:38 | 0:08:13 | Cook Forest Half              | Cooksburg     | PA    | 4/2/2011   |
| Tom Fanning      | Half Marathon | 1:47:41 | 0:08:13 | Mahoning Shadow Shuffler Half | Punxsutawney  | PA    | 10/8/2011  |
| Chris Lasser     | Half Marathon | 1:48:06 | 0:08:15 | Buffalo Creek Half Marathon   | Freeport      | PA    | 10/15/2011 |
| Rob Andelman     | Half Marathon | 1:48:34 | 0:08:17 | Drake Well Half Marathon      | Titusville    | PA    | 8/21/2011  |
| Dave Miller      | Half Marathon | 1:48:42 | 0:08:18 | Pittsburgh Half Marathon      | Pittsburgh    | PA    | 5/15/2011  |
| Ben Foy          | Half Marathon | 1:49:03 | 0:08:19 | Nippy Nikia Half              | Monkton       | MA    | 3/19/2011  |
| Mary Jean Bujdos | Half Marathon | 1:49:28 | 0:08:21 | Nittany Valley Half Marathon  | State College | PA    | 12/4/2011  |
| Bill Serafin     | Half Marathon | 1:49:42 | 0:08:22 | Pittsburgh Half Marathon      | Pittsburgh    | PA    | 5/15/2011  |
| Jed Fetterman    | Half Marathon | 1:49:48 | 0:08:23 | Famer's Inn Half Marathon     | Sigel         | PA    | 10/30/2011 |
| D. J. Miller     | Half Marathon | 1:50:46 | 0:08:27 | Pittsburgh Half Marathon      | Pittsburgh    | PA    | 5/15/2011  |
| Mike Lockhart    | Half Marathon | 1:50:52 | 0:08:28 | Big Foot Half Marathon        | Kittanning    | PA    | 4/16/2011  |
| Rick Conroy      | Half Marathon | 1:51:45 | 0:08:32 | Nittany Valley Half Marathon  | State College | PA    | 12/4/2011  |
| Scott Bowman     | Half Marathon | 1:52:01 | 0:08:33 | Montour Trail Half Marathon   | Pittsburgh    | PA    | 9/9/2011   |

# IRRC MEMBER RACE RESULTS 2011

| NAME                    | DISTANCE      | TIME    | PACE    | EVENT                         | CITY           | STATE | DATE       |
|-------------------------|---------------|---------|---------|-------------------------------|----------------|-------|------------|
| Rob Andelman            | Half Marathon | 1:52:39 | 0:08:36 | Big Foot Half Marathon        | Kittanning     | PA    | 4/16/2011  |
| Aileen Bowman           | Half Marathon | 1:52:40 | 0:08:36 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| Art Zottola             | Half Marathon | 1:53:37 | 0:08:40 | Mahoning Shadow Shuffler Half | Punxsutawney   | PA    | 10/8/2011  |
| Maria Fruscello         | Half Marathon | 1:54:15 | 0:08:43 | Virginia Wine Country Half    | Loudoun        | VA    | 6/3/2011   |
| Maria Fruscello         | Half Marathon | 1:54:31 | 0:08:45 | Montour Trail Half Marathon   | Pittsburgh     | PA    | 9/9/2011   |
| John Swauger            | Half Marathon | 1:55:06 | 0:08:47 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| Art Zottola             | Half Marathon | 1:55:17 | 0:08:48 | Delaware & Lehigh Valley Half |                | DE    | 10/23/2011 |
| Aileen Bowman           | Half Marathon | 1:56:04 | 0:08:52 | Nittany Valley Half Marathon  | State College  | PA    | 12/4/2011  |
| David Dzuro             | Half Marathon | 1:56:36 | 0:08:54 | Philadelphia Half Marathon    | Philadelphia   | PA    | 9/18/2011  |
| Chris Lasser            | Half Marathon | 1:56:56 | 0:08:56 | Nittany Valley Half Marathon  | State College  | PA    | 12/4/2011  |
| Sherry Shank            | Half Marathon | 1:57:31 | 0:08:58 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| Rob Andelman            | Half Marathon | 1:57:38 | 0:08:59 | Virginia Beach Half Marathon  | Virginia Beach | VA    | 9/4/2011   |
| John Swauger            | Half Marathon | 1:57:38 | 0:08:59 | Virginia Beach Half Marathon  | Virginia Beach | VA    | 9/4/2011   |
| Ginny Winters           | Half Marathon | 1:57:53 | 0:09:00 | Nittany Valley Half Marathon  | State College  | PA    | 12/4/2011  |
| Tom Fetterman           | Half Marathon | 1:58:00 | 0:09:00 | Famer's Inn Half Marathon     | Sigel          | PA    | 10/30/2011 |
| Art Zottola             | Half Marathon | 1:58:10 | 0:09:01 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| Sherry Shank            | Half Marathon | 1:58:32 | 0:09:03 | Cook Forest Half              | Cooksburg      | PA    | 4/2/2011   |
| Philip Leopold          | Half Marathon | 1:58:37 | 0:09:03 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| Janet Ryen              | Half Marathon | 1:58:44 | 0:09:04 | Mahoning Shadow Shuffler Half | Punxsutawney   | PA    | 10/8/2011  |
| Jeremy Yagle            | Half Marathon | 2:00:24 | 0:09:11 | Cook Forest Half              | Cooksburg      | PA    | 4/2/2011   |
| Kelly Zibura            | Half Marathon | 2:01:11 | 0:09:15 | Johnstown Half Marathon       | Johnstown      | PA    | 10/2/2011  |
| Michael Zibura          | Half Marathon | 2:01:12 | 0:09:15 | Johnstown Half Marathon       | Johnstown      | PA    | 10/2/2011  |
| Bill Winters            | Half Marathon | 2:01:14 | 0:09:15 | Nittany Valley Half Marathon  | State College  | PA    | 12/4/2011  |
| Jennifer Grim           | Half Marathon | 2:01:28 | 0:09:16 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| John Swauger            | Half Marathon | 2:01:40 | 0:09:17 | Nittany Valley Half Marathon  | State College  | PA    | 12/4/2011  |
| Erin Mitchell           | Half Marathon | 2:02:23 | 0:09:21 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| John Chernega           | Half Marathon | 2:02:29 | 0:09:21 | Nittany Valley Half Marathon  | State College  | PA    | 12/4/2011  |
| Greg Mitchell           | Half Marathon | 2:04:01 | 0:09:28 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| Jennifer Wally-Blystone | Half Marathon | 2:05:40 | 0:09:36 | Pittsburgh Half Marathon      | Pittsburgh     | PA    | 5/15/2011  |
| Darlene Hudak           | Half Marathon | 2:06:31 | 0:09:39 | Buffalo Creek Half Marathon   | Freeport       | PA    | 10/15/2011 |
| Scott Bowman            | Half Marathon | 2:09:26 | 0:09:53 | Cook Forest Half              | Cooksburg      | PA    | 4/2/2011   |
| Don Zahorchak           | Half Marathon | 2:10:00 | 0:09:55 | Rock & Roll Half Marathon     | New Orelans    | LA    | 2/13/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE      | TIME    | PACE    | EVENT                       | CITY         | STATE | DATE       |
|------------------|---------------|---------|---------|-----------------------------|--------------|-------|------------|
| Megan White      | Half Marathon | 2:10:37 | 0:09:58 | Cook Forest Half            | Cooksburg    | PA    | 4/2/2011   |
| Donna Scanlon    | Half Marathon | 2:11:50 | 0:10:04 | Akron Half Marathon         | Akron        | OH    | 9/24/2011  |
| Rudy Toro        | Half Marathon | 2:12:06 | 0:10:05 | Philadelphia Half Marathon  | Philadelphia | PA    | 9/18/2011  |
| Tracy McKeel     | Half Marathon | 2:14:08 | 0:10:14 | Buffalo Creek Half Marathon | Freeport     | PA    | 10/15/2011 |
| Bill Stroup      | Half Marathon | 2:15:15 | 0:10:19 | Decker's Creek Half         | Morgantown   | WV    | 6/4/2011   |
| James Bowers     | Half Marathon | 2:15:16 | 0:10:20 | Disney Half Marathon        | Orlando      | FL    | 1/8/2011   |
| Jeril Goss       | Half Marathon | 2:15:36 | 0:10:21 | Key West Half Marathon      | Key West     | FL    | 1/23/2011  |
| John Goss        | Half Marathon | 2:15:38 | 0:10:21 | Key West Half Marathon      | Key West     | FL    | 1/23/2011  |
| Darlene Hudak    | Half Marathon | 2:15:40 | 0:10:21 | Decker's Creek Half         | Morgantown   | WV    | 6/4/2011   |
| Tracy McKeel     | Half Marathon | 2:15:55 | 0:10:23 | Cook Forest Half            | Cooksburg    | PA    | 4/2/2011   |
| Tabitha Yagle    | Half Marathon | 2:15:55 | 0:10:23 | Cook Forest Half            | Cooksburg    | PA    | 4/2/2011   |
| Donna Scanlon    | Half Marathon | 2:16:14 | 0:10:24 | 30th Windward Half Marathon | Kailua       | HI    | 9/11/2011  |
| Linda Leopold    | Half Marathon | 2:18:01 | 0:10:32 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Donna Scanlon    | Half Marathon | 2:18:02 | 0:10:32 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Heather Smith    | Half Marathon | 2:19:14 | 0:10:38 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Denise Zahorchak | Half Marathon | 2:19:41 | 0:10:40 | Rock & Roll Half Marathon   | New Orelans  | LA    | 2/13/2011  |
| Megan White      | Half Marathon | 2:20:05 | 0:10:42 | Buffalo Creek Half Marathon | Freeport     | PA    | 10/15/2011 |
| Janet Stewart    | Half Marathon | 2:20:12 | 0:10:42 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Tabitha Yagle    | Half Marathon | 2:22:17 | 0:10:52 | Buffalo Creek Half Marathon | Freeport     | PA    | 10/15/2011 |
| Curtis Mertz     | Half Marathon | 2:22:33 | 0:10:53 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Sam Baker        | Half Marathon | 2:23:43 | 0:10:58 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Kim McCurdy      | Half Marathon | 2:27:00 | 0:11:13 | Red Baron Half Marathon     | Corning      | NY    | 11/6/2011  |
| Gina Bagley      | Half Marathon | 2:27:17 | 0:11:15 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Janet Ryen       | Half Marathon | 2:28:51 | 0:11:22 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Jim Lafontaine   | Half Marathon | 2:28:51 | 0:11:22 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Darcy Taiani     | Half Marathon | 2:29:23 | 0:11:24 | Cook Forest Half            | Cooksburg    | PA    | 4/2/2011   |
| John Swauger     | Half Marathon | 2:29:24 | 0:11:24 | Cook Forest Half            | Cooksburg    | PA    | 4/2/2011   |
| Kimberly McCurdy | Half Marathon | 2:32:40 | 0:11:39 | Wineglass Half Marathon     | Corning      | NY    | 10/2/2011  |
| Meghan Foulk     | Half Marathon | 2:33:00 | 0:11:41 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Kimberly McCurdy | Half Marathon | 2:36:50 | 0:11:58 | Pittsburgh Half Marathon    | Pittsburgh   | PA    | 5/15/2011  |
| Darcy Taiani     | Half Marathon | 2:38:32 | 0:12:06 | Buffalo Creek Half Marathon | Freeport     | PA    | 10/15/2011 |
| Jeremy Yagle     | Half Marathon | 2:38:33 | 0:12:06 | Buffalo Creek Half Marathon | Freeport     | PA    | 10/15/2011 |

# IRRC MEMBER RACE RESULTS 2011

| NAME              | DISTANCE      | TIME    | PACE    | EVENT                       | CITY       | STATE | DATE       |
|-------------------|---------------|---------|---------|-----------------------------|------------|-------|------------|
| Melissa Boyer     | Half Marathon | 2:38:42 | 0:12:07 | Pittsburgh Half Marathon    | Pittsburgh | PA    | 5/15/2011  |
| Bill Serafin      | Half Marathon | 2:39:00 | 0:12:08 | Tiadaghton Taril Trail Half | Mile Run   | PA    | 3/26/2011  |
| Lecinda Yevchak   | Half Marathon | 2:39:34 | 0:12:11 | Glass City Half Marathon    | Toledo     | OH    | 4/17/2011  |
| Kayla Smail       | Half Marathon | 2:41:33 | 0:12:20 | Pittsburgh Half Marathon    | Pittsburgh | PA    | 5/15/2011  |
| Melissa Boyer     | Half Marathon | 3:00:04 | 0:13:45 | Cook Forest Half            | Cooksburg  | PA    | 4/2/2011   |
| Sarah Leopold     | Half Marathon | 3:12:49 | 0:14:43 | Hershey Half Marathon       | Hershey    | PA    | 10/16/2011 |
| Bob Leopold       | Half Marathon | 3:35:44 | 0:16:28 | Pittsburgh Half Marathon    | Pittsburgh | PA    | 5/15/2011  |
| Laurie Lafontaine | Half Marathon | 3:46:02 | 0:17:15 | Pittsburgh Half Marathon    | Pittsburgh | PA    | 5/15/2011  |
| Elaina Mitchell   | Half Marathon | 3:46:03 | 0:17:15 | Pittsburgh Half Marathon    | Pittsburgh | PA    | 5/15/2011  |
| Tom Knapp         | Half Marathon | 3:49:00 | 0:17:29 | Pittsburgh Half Marathon    | Pittsburgh | PA    | 5/15/2011  |
| John Chernega     | Half Marathon | ?:?:??  |         | Cook Forest Half            | Cooksburg  | PA    | 4/2/2011   |
| Tom Lipsie        | 14.3          | 1:52:00 | 0:07:50 | Upchuck Classic             | Beaverdale | PA    | 7/4/2011   |
| Tommy Fetterman   | 14.3          | 2:07:00 | 0:08:53 | Upchuck Classic             | Beaverdale | PA    | 7/4/2011   |
| Bill Winters      | 14.3          | 2:08:00 | 0:08:57 | Upchuck Classic             | Beaverdale | PA    | 7/4/2011   |
| Dan McQuiston     | 14.3          | 2:15:00 | 0:09:26 | Upchuck Classic             | Beaverdale | PA    | 7/4/2011   |
| Jed Fetterman     | 14.3          | 2:39:00 | 0:11:07 | Upchuck Classic             | Beaverdale | PA    | 7/4/2011   |
| Tom Fetterman     | 14.3          | 2:40:00 | 0:11:11 | Upchuck Classic             | Beaverdale | PA    | 7/4/2011   |
| Laura Yevchak     | 14.4          | 2:44:16 | 0:11:24 | Buffalo Stampede 14.40 Long | Freeport   | PA    | 6/4/2011   |
| Herb Cratty       | 15 Miler      | 1:36:44 | 0:06:27 | Spring Thaw 10-15-20        | North Park | PA    | 2/26/2011  |
| Cory Fulmer       | 15 Miler      | 1:45:23 | 0:07:02 | Spring Thaw 10-15-20        | North Park | PA    | 2/26/2011  |
| Laura Yevchak     | 15 Miler      | 2:12:09 | 0:08:49 | Spring Thaw 10-15-20        | North Park | PA    | 2/26/2011  |
| Tracey Page       | 15 Miler      | 2:14:05 | 0:08:56 | Spring Thaw 10-15-20        | North Park | PA    | 2/26/2011  |
| Jim Hamilton      | 25K           | 2:17:36 | 0:08:53 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| Dan Cunkelman     | 25K           | 2:31:19 | 0:09:46 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| Tom Fanning       | 25K           | 2:48:03 | 0:10:51 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| Candi Lockard     | 25K           | 2:50:40 | 0:11:01 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| Bill Serafin      | 25K           | 2:51:03 | 0:11:02 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| Tad Pajak         | 25K           | 2:52:29 | 0:11:08 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| Jim Glassford     | 25K           | 3:04:20 | 0:11:54 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| Bill Bracken      | 25K           | 4:30:19 | 0:17:26 | Run With The Deer Flies 25K | Penn Run   | PA    | 7/30/2011  |
| John Goss         | 25K           | 4:46:18 | 0:18:28 | Hyner View Trail 25K        | Lock Haven | PA    | 4/16/2011  |
| Bob Lott          | 25K           | 6:18:25 | 0:24:25 | Hyner View Trail 25K        | Lock Haven | PA    | 4/16/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME            | DISTANCE | TIME    | PACE    | EVENT                           | CITY         | STATE | DATE       |
|-----------------|----------|---------|---------|---------------------------------|--------------|-------|------------|
| Bill Serafin    | 18 Miler | 3:45:00 | 0:12:30 | Dam Scramble 18 Mile Trail Race | Curwensville | PA    | 8/27/2011  |
| Tommy Fetterman | 30K      | 4:28:15 | 0:14:25 | Rothrock Challenge 30K          | Boalsburg    | PA    | 6/4/2011   |
| Cory Fulmer     | 19.4     | 2:35:39 | 0:08:01 | Buffalo Stampede 19.40 Expert   | Freeport     | PA    | 6/4/2011   |
| Herb Cratty     | 20 Miler | 2:10:10 | 0:06:30 | Spring Thaw 10-15-20            | North Park   | PA    | 2/26/2011  |
| Cory Fulmer     | 20 Miler | 2:20:26 | 0:07:01 | Spring Thaw 10-15-20            | North Park   | PA    | 2/26/2011  |
| Tracey Page     | 20 Miler | 3:00:08 | 0:09:00 | Spring Thaw 10-15-20            | North Park   | PA    | 2/26/2011  |
| John Chernega   | 20 Miler | ?:?:??  |         | Spring Thaw 10-15-20            | North Park   | PA    | 2/26/2011  |
| Tom Lipsie      | Marathon | 2:35:10 | 0:05:55 | Steamtown Marathon              | Scranton     | PA    | 10/9/2011  |
| Tom Lipsie      | Marathon | 2:40:15 | 0:06:07 | Harrisburg Marathon             | Harrisburg   | PA    | 11/13/2011 |
| Tom Lipsie      | Marathon | 2:49:39 | 0:06:29 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Cory Fulmer     | Marathon | 2:56:35 | 0:06:44 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Mindy Zottola   | Marathon | 3:02:16 | 0:06:57 | Philadelphia Marathon           | Philadelphia | PA    | 11/20/2011 |
| David Foy       | Marathon | 3:08:16 | 0:07:11 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Kyle Ward       | Marathon | 3:10:04 | 0:07:15 | Steamtown Marathon              | Scranton     | PA    | 10/9/2011  |
| Mike Hodak      | Marathon | 3:10:52 | 0:07:17 | Boston Marathon                 | Boston       | MA    | 4/18/2011  |
| Mike Hodak      | Marathon | 3:13:46 | 0:07:24 | Wineglass Marathon              | Corning      | NY    | 10/2/2011  |
| Bill Zimmerman  | Marathon | 3:26:13 | 0:07:52 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Herb Cratty     | Marathon | 3:27:43 | 0:07:56 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Candi Lockard   | Marathon | 3:38:33 | 0:08:20 | Boston Marathon                 | Boston       | MA    | 4/18/2011  |
| Dan McQuiston   | Marathon | 3:41:10 | 0:08:26 | Wineglass Marathon              | Corning      | NY    | 10/2/2011  |
| Cate Hogan      | Marathon | 3:41:23 | 0:08:27 | Baltimore Marathon              | Baltimore    | MD    | 10/15/2011 |
| Dan McQuiston   | Marathon | 3:43:00 | 0:08:31 | Marshall Marathon               | Huntington   | WV    | 11/6/2011  |
| Laura Yevchak   | Marathon | 3:43:01 | 0:08:31 | Steamtown Marathon              | Scranton     | PA    | 10/9/2011  |
| Tom Fanning     | Marathon | 3:43:13 | 0:08:31 | Marine Corps Marathon           | Washington   | DC    | 10/30/2011 |
| Jim Hamilton    | Marathon | 3:43:18 | 0:08:31 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Dan McQuiston   | Marathon | 3:44:40 | 0:08:35 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Tommy Fetterman | Marathon | 3:44:50 | 0:08:35 | Johnstown Marathon              | Johnstown    | PA    | 10/2/2011  |
| Bill Winters    | Marathon | 3:45:04 | 0:08:35 | God's Country Marathon          | Coudersport  | PA    | 6/4/2011   |
| Danielle Foy    | Marathon | 3:50:18 | 0:08:47 | Pittsburgh Marathon             | Pittsburgh   | PA    | 5/15/2011  |
| Aileen Bowman   | Marathon | 3:50:22 | 0:08:48 | Steamtown Marathon              | Scranton     | PA    | 10/9/2011  |
| Rob Andelman    | Marathon | 3:52:25 | 0:08:52 | Philadelphia Marathon           | Philadelphia | PA    | 11/20/2011 |
| Vince Pavic     | Marathon | 3:52:42 | 0:08:53 | Boston Marathon                 | Boston       | MA    | 4/18/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE | TIME    | PACE    | EVENT                    | CITY            | STATE | DATE       |
|------------------|----------|---------|---------|--------------------------|-----------------|-------|------------|
| Mary Jean Bujdos | Marathon | 3:52:42 | 0:08:53 | Johnstown Marathon       | Johnstown       | PA    | 10/2/2011  |
| Bill Winters     | Marathon | 3:52:49 | 0:08:53 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Bill Winters     | Marathon | 3:53:31 | 0:08:55 | Drake Well Marathon      | Titusville      | PA    | 8/21/2011  |
| Tom Hogan        | Marathon | 3:55:35 | 0:09:00 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Aileen Bowman    | Marathon | 3:56:04 | 0:09:01 | Boston Marathon          | Boston          | MA    | 4/18/2011  |
| Rob Andelman     | Marathon | 3:57:24 | 0:09:04 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Will Swingle     | Marathon | 3:58:44 | 0:09:07 | Gettysburg Marathon      | Gettysburg      | PA    | 5/1/2011   |
| Adam Swingle     | Marathon | 3:58:44 | 0:09:07 | Gettysburg Marathon      | Gettysburg      | PA    | 5/1/2011   |
| Rick Conroy      | Marathon | 3:58:46 | 0:09:07 | Baltimore Marathon       | Baltimore       | MD    | 10/15/2011 |
| Rick Conroy      | Marathon | 3:59:05 | 0:09:08 | Run For The Red Marathon | Pocono Mt.      | PA    | 5/15/2011  |
| Tom Fetterman    | Marathon | 3:59:41 | 0:09:09 | Lost Dutchman Marathon   | Apache Junction | AZ    | 2/20/2011  |
| Mary Jean Bujdos | Marathon | 4:01:25 | 0:09:13 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Laura Yevchak    | Marathon | 4:04:25 | 0:09:20 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Will Swingle     | Marathon | 4:07:29 | 0:09:27 | Buffalo Marathon         | Buffalo         | NY    | 5/30/2011  |
| Tom Fetterman    | Marathon | 4:08:23 | 0:09:29 | Three Bridges Marathon   | White Hall      | VA    | 12/4/2011  |
| Tom Fetterman    | Marathon | 4:09:54 | 0:09:32 | Harrisburg Marathon      | Harrisburg      | PA    | 11/13/2011 |
| Maria Fruscello  | Marathon | 4:11:09 | 0:09:35 | Marine Corps Marathon    | Washington      | DC    | 10/30/2011 |
| Bill Serafin     | Marathon | 4:11:49 | 0:09:37 | Boston Marathon          | Boston          | MA    | 4/18/2011  |
| Tracey Page      | Marathon | 4:13:27 | 0:09:40 | Ocean Drive Marathon     | Cape May        | NJ    | 3/27/2011  |
| Chris Lasser     | Marathon | 4:17:04 | 0:09:49 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Will Swingle     | Marathon | 4:18:40 | 0:09:52 | Steamtown Marathon       | Scranton        | PA    | 10/9/2011  |
| Tracey Page      | Marathon | 4:23:30 | 0:10:03 | Erie Marathon            | Presque Isle    | PA    | 9/18/2011  |
| Scott Bowman     | Marathon | 4:23:51 | 0:10:04 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Bill Winters     | Marathon | 4:23:56 | 0:10:04 | Clarence DeMar Marathon  | Keene           | NH    | 9/25/2011  |
| Jeff Smith       | Marathon | 4:26:41 | 0:10:11 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| John Chernega    | Marathon | 4:27:17 | 0:10:12 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| James Bowers     | Marathon | 4:28:17 | 0:10:14 | Disney Marathon          | Orlando         | FL    | 1/8/2011   |
| James Bowers     | Marathon | 4:32:20 | 0:10:24 | Last Chance Marathon     | Dublin          | OH    | 2/27/2011  |
| Ginny Winters    | Marathon | 4:36:08 | 0:10:32 | Drake Well Marathon      | Titusville      | PA    | 8/21/2011  |
| Ed Marcozzi      | Marathon | 4:36:55 | 0:10:34 | Pittsburgh Marathon      | Pittsburgh      | PA    | 5/15/2011  |
| Ginny Winters    | Marathon | 4:49:21 | 0:11:03 | Clarence DeMar Marathon  | Keene           | NH    | 9/25/2011  |
| Scott Bowman     | Marathon | 4:50:06 | 0:11:04 | Steamtown Marathon       | Scranton        | PA    | 10/9/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME                   | DISTANCE | TIME     | PACE    | EVENT                         | CITY         | STATE | DATE       |
|------------------------|----------|----------|---------|-------------------------------|--------------|-------|------------|
| James Bowers           | Marathon | 4:52:26  | 0:11:10 | Earthday Challenge Marathon   | Gambier      | OH    | 4/17/2011  |
| James Bowers           | Marathon | 4:55:56  | 0:11:18 | Lower Potomac Marathon        | Piney Point  | MD    | 3/13/2011  |
| Donna Zukas            | Marathon | 5:04:03  | 0:11:36 | Pittsburgh Marathon           | Pittsburgh   | PA    | 5/15/2011  |
| James Bowers           | Marathon | 5:07:53  | 0:11:45 | Pittsburgh Marathon           | Pittsburgh   | PA    | 5/15/2011  |
| James Bowers           | Marathon | 5:09:39  | 0:11:49 | Gettysburg Marathon           | Gettysburg   | PA    | 5/1/2011   |
| James Bowers           | Marathon | 5:24:47  | 0:12:24 | Carrollton Marathon           | Carrollton   | MI    | 7/24/2011  |
| Bill Bracken           | Marathon | 5:32:29  | 0:12:41 | Steamtown Marathon            | Scranton     | PA    | 10/9/2011  |
| James Bowers           | Marathon | 5:35:01  | 0:12:47 | 5th Annual Old Farts Marathon | Lowell       | MI    | 8/20/2011  |
| David Fulton           | Marathon | 5:37:30  | 0:12:53 | Erie Marathon                 | Presque Isle | PA    | 9/18/2011  |
| Joe Bujdos             | Marathon | 5:38:23  | 0:12:55 | Pittsburgh Marathon           | Pittsburgh   | PA    | 5/15/2011  |
| Kyle Ward              | 50K      | 4:35:39  | 0:08:54 | Groundhog Fall 50K            | Punxsutawney | PA    | 9/9/2011   |
| Darryl Walker          | 50K      | 5:31:20  | 0:10:41 | Groundhog Fall 50K            | Punxsutawney | PA    | 9/9/2011   |
| Tommy Fetterman        | 50K      | 5:35:11  | 0:10:49 | Groundhog Fall 50K            | Punxsutawney | PA    | 9/9/2011   |
| Laura Yevchak          | 50K      | 5:45:01  | 0:11:08 | Groundhog Fall 50K            | Punxsutawney | PA    | 9/9/2011   |
| Tom Fetterman          | 50K      | 6:41:26  | 0:12:57 | Groundhog Fall 50K            | Punxsutawney | PA    | 9/9/2011   |
| Bill Serafin           | 50K      | 6:55:02  | 0:13:23 | Laurel Highlands 50K          | Ohiopyle     | PA    | 6/11/2011  |
| Darryl Walker          | 100K     | 14:41:46 | 0:14:13 | Oil Creek 100 Ultra Marathon  | Oil Creek    | PA    | 10/8/2011  |
| Al Casagrande          | 5K       | 0:18:31  |         | Ebensburg Turkey Trot         | Ebensburg    | PA    | 11/24/2011 |
| Doug Ulishney          | 5K       | 0:18:32  |         | Latrobe Turkey Trot           | Latrobe      | PA    | 11/24/2011 |
| Tina Honkus            | 2 Mile   | 0:18:43  |         | Great Santa Two-Mile Run      | Johnstown    | PA    | 11/18/2011 |
| Dan Honkus             | 2 Mile   | 0:18:45  |         | Great Santa Two-Mile Run      | Johnstown    | PA    | 11/18/2011 |
| Mike Shaffer           | 5K       | 0:20:37  |         | Latrobe Turkey Trot           | Latrobe      | PA    | 11/24/2011 |
| Jeff Graham            | 5K       | 0:21:23  |         | Latrobe Turkey Trot           | Latrobe      | PA    | 11/24/2011 |
| Scott Bowman           | 5K       | 0:23:17  |         | Ebensburg Turkey Trot         | Ebensburg    | PA    | 11/24/2011 |
| Philip Leopold         | 5K       | 0:23:33  |         | Latrobe Turkey Trot           | Latrobe      | PA    | 11/24/2011 |
| Scott Nibert           | 5K       | 0:24:26  |         | Ebensburg Turkey Trot         | Ebensburg    | PA    | 11/24/2011 |
| Tom Fetterman          | 5K       | 0:24:38  |         | Ebensburg Turkey Trot         | Ebensburg    | PA    | 11/24/2011 |
| Maria Fruscello        | 5K       | 0:24:41  |         | Ebensburg Turkey Trot         | Ebensburg    | PA    | 11/24/2011 |
| Kristina Taylor-Porter | 5K       | 0:25:42  |         | Ebensburg Turkey Trot         | Ebensburg    | PA    | 11/24/2011 |
| Kosie Shepherd-Porada  | 5K       | 0:25:57  |         | Latrobe Turkey Trot           | Latrobe      | PA    | 11/24/2011 |
| John Swauger           | 5K       | 0:27:41  |         | Ebensburg Turkey Trot         | Ebensburg    | PA    | 11/24/2011 |
| Tom Fanning            | Bike     | 0:28:00  |         | Jackie Kallal Triathlon Relay | Penn Run     | PA    | 6/11/2011  |

# IRRC MEMBER RACE RESULTS 2011

| NAME             | DISTANCE  | TIME    | PACE | EVENT                         | CITY           | STATE | DATE       |
|------------------|-----------|---------|------|-------------------------------|----------------|-------|------------|
| Linda Leopold    | 5K        | 0:28:00 |      | Latrobe Turkey Trot           | Latrobe        | PA    | 11/24/2011 |
| Lisa Lloyd       | 5K        | 0:28:29 |      | Love of Life 5K               | Indiana        | PA    | 10/15/2011 |
| Tina Honkus      | 5K        | 0:29:58 |      | Ebensburg Turkey Trot         | Ebensburg      | PA    | 11/24/2011 |
| Kim McCurdy      | 5K        | 0:30:17 |      | Latrobe Turkey Trot           | Latrobe        | PA    | 11/24/2011 |
| Lisa Lloyd       | 5K        | 0:30:51 |      | Citizens' 5K                  | Indiana        | PA    | 7/16/2011  |
| Cinda Krouck     | 5K        | 0:31:10 |      | St. Petersburg Time 5K        | St. Petersburg | FL    | 11/24/2011 |
| John Clugston    | 5K        | 0:32:00 |      | Latrobe Turkey Trot           | Latrobe        | PA    | 11/24/2011 |
| Mark Chlopik     | 5K        | 0:32:37 |      | Ebensburg Turkey Trot         | Ebensburg      | PA    | 11/24/2011 |
| Nick Fruscello   | 5K        | 0:33:01 |      | Ebensburg Turkey Trot         | Ebensburg      | PA    | 11/24/2011 |
| Tom Bianco       | Bike      | 0:34:50 |      | Jackie Kallal Triathlon Relay | Penn Run       | PA    | 6/11/2011  |
| Mary Jean Bujdos | Bike      | 0:37:10 |      | Jackie Kallal Triathlon Relay | Penn Run       | PA    | 6/11/2011  |
| Diane Clugston   | 5K        | 0:45:45 |      | Latrobe Turkey Trot           | Latrobe        | PA    | 11/24/2011 |
| Ben Foy          | Tri       | 0:47:17 |      | CFH Indoor Triathlon          | Belle Vernon   | PA    | 2/20/2011  |
| David Foy        | Triathlon | 0:47:30 |      | Community Triathlon           | Martinsburg    | PA    | 5/28/2011  |
| Ben Foy          | Triathlon | 0:59:41 |      | Community Triathlon           | Martinsburg    | PA    | 5/28/2011  |
| David Foy        | Triathlon | 1:01:23 |      | Jackie Kallal Triathlon       | Penn Run       | PA    | 6/11/2011  |
| Ben Foy          | Triathlon | 1:02:38 |      | Connellsville Triathlon       | Connellsville  | PA    | 7/2/2011   |
| David Foy        | Triathlon | 1:03:53 |      | Hammerman Triathlon           | Chase          | MD    | 10/2/2011  |
| Ben Foy          | Triathlon | 1:04:45 |      | PTARC Triathlon               | Harrison City  | PA    | 6/18/2011  |
| David Foy        | Tri       | 1:09:27 |      | Canoe Creek Triathlon         | Canoe Creek    | PA    | 8/13/2011  |
| Keith Hilliard   | Triathlon | 1:10:13 |      | Jackie Kallal Triathlon       | Penn Run       | PA    | 6/11/2011  |
| Keith Hilliard   | Triathlon | 1:12:19 |      | Happy Valley Triathlon        | State College  | PA    | 7/3/2011   |
| Ben Foy          | Triathlon | 1:14:44 |      | Youngstown Tri                | Youngstown     | OH    | 7/17/2011  |
| Ben Foy          | Triathlon | 1:15:56 |      | Hammerman Triathlon           | Chase          | MD    | 10/2/2011  |
| Ben Foy          | Triathlon | 1:16:42 |      | Jackie Kallal Triathlon       | Penn Run       | PA    | 6/11/2011  |
| Ben Foy          | Triathlon | 1:18:04 |      | Uniontown Triathlon           | Uniontown      | PA    | 6/19/2011  |
| Candi Lockard    | Tri       | 1:20:11 |      | Canoe Creek Triathlon         | Canoe Creek    | PA    | 8/13/2011  |
| Ben Foy          | Triathlon | 1:20:46 |      | Faith In Action Tri           | Wheeling       | WV    | 7/9/2011   |
| Jeannie Bujdos   | Triathlon | 1:22:40 |      | Jackie Kallal Triathlon       | Penn Run       | PA    | 6/11/2011  |
| Ben Foy          | Tri       | 1:24:53 |      | Canoe Creek Triathlon         | Canoe Creek    | PA    | 8/13/2011  |
| Scott Bowman     | Triathlon | 1:26:01 |      | Jackie Kallal Triathlon       | Penn Run       | PA    | 6/11/2011  |
| Tom Fritz        | Triathlon | 1:41:21 |      | Happy Valley Triathlon        | State College  | PA    | 7/3/2011   |



# IRRC MEMBER RACE RESULTS 2011

| NAME          | DISTANCE      | TIME    | PACE | EVENT                           | CITY           | STATE | DATE       |
|---------------|---------------|---------|------|---------------------------------|----------------|-------|------------|
| Tom Fritz     | Triathlon     | 1:47:18 |      | Crooked Creek Olympic Tri       | Ford City      | PA    | 9/17/2011  |
| David Foy     | Tri           | 1:50:54 |      | Du The 2 Duathlon               | Howard Cty,    | MD    | 8/7/2011   |
| David Foy     | Triathlon     | 2:18:57 |      | 24th Annual Rocky Gap Tri       | Flintstone     | MA    | 6/4/2011   |
| Ben Foy       | Tri           | 2:19:40 |      | Stonewall Jackson Triathlon     | Roanoke        | VA    | 8/20/2011  |
| Ben Foy       | Triathlon     | 2:52:04 |      | Crooked Creek Olympic Tri       | Ford City      | PA    | 9/17/2011  |
| Ben Foy       | Triathlon     | 2:55:05 |      | 24th Annual Rocky Gap Tri       | Flintstone     | MA    | 6/4/2011   |
| Ben Foy       | Tri           | 2:55:59 |      | Greater Cleveland Triathlon     | Cleveland      | OH    | 8/7/2011   |
| Ben Foy       | Triathlon     | 3:04:54 |      | Hickory Knob Int'l Tri          | McCormick      | SC    | 10/22/2011 |
| Ryan Scanlon  | Tri           | 3:12:00 |      | Pittsburgh Triathlon            | Pittsburgh     | PA    | 7/31/2011  |
| Bill Stroup   | 12 Hour Trail | 3:48:00 |      | Big Bear 12 Hour Trail Run      | Bruceton Mills | WV    | 7/16/2011  |
| Darlene Hudak | 12 Hour Trail | 3:48:00 |      | Big Bear 12 Hour Trail Run      | Bruceton Mills | WV    | 7/16/2011  |
| David Foy     | Triathlon     | 4:46:09 |      | Bassman Half Distance Triathlon | Bass River     | NJ    | 5/1/2011   |
| Curtis Mertz  | 9.11          | ?:?:??  |      | Shanksville 9.11 Mile Run       | Shanksville    | PA    | 9/11/2011  |
| Chris Lasser  | 9.11          | ?:?:??  |      | Shanksville 9.11 Mile Run       | Shanksville    | PA    | 9/11/2011  |
| Mary Lasser   | 9.11          | ?:?:??  |      | Shanksville 9.11 Mile Run       | Shanksville    | PA    | 9/11/2011  |
| Cleia Stern   |               |         |      | Lock Haven Homecoming Kids Race | Lock Haven     | PA    | 10/22/2011 |