

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Yagle, Zoe	Mile	0:10:09	0:10:09	Pittsburgh Marathon Kids Race	Pittsburgh	PA	5/2/2010
Cleia Stern	Mile	0:11:08	0:11:08	Pittsburgh Marathon Kids Race	Pittsburgh	PA	5/2/2010
Jess Pentz Graf	3000 Meter	0:10:29	0:05:38	Central Michigan Indoor Track Meet		MI	2/19/2010
Veronica Bujdos	3000 Meter	0:10:48	0:05:48	Tri-State Indoor Track Meet			1/14/2010
Alex Woodrow	3200 Meter	0:09:32	0:04:47	PIAA Track & Field Championships	Shippensburg	PA	5/29/2010
Veronica Bujdos	3200 Meter	11:08:00	5:35:41	PIAA Track & Field Championships	Shippensburg	PA	5/29/2010
Tom Fritz	2 Mile	0:14:37	0:07:18	2nd Annual Great Santa 2-Miler	Johnstown	PA	11/19/2010
Tina Honkus	2 Mile	0:18:24	0:09:12	2nd Annual Great Santa 2-Miler	Johnstown	PA	11/19/2010
Matt Gaudet	5K	0:15:40	0:05:03	Turtle Trot 5K	Turtle Creek	PA	7/31/2010
Garrett Milner	5K	0:15:58	0:05:09	Great Race 5K	Pittsburgh	PA	9/26/2010
Tom Lipsie	5K	0:16:01	0:05:10	Fire & Ice 5K	Somerset	PA	1/16/2010
Matt Gaudet	5K	0:16:10	0:05:13	Fire & Ice 5K	Somerset	PA	1/16/2010
Garrett Milner	5K	0:16:14	0:05:14	Fire & Ice 5K	Somerset	PA	1/16/2010
Matt Gaudet	5K	0:16:16	0:05:15	Quality of Life 5K	Grove City	PA	5/25/2010
Matt Gaudet	5K	0:16:16	0:05:15	Hoodlebug 5K	Homer City	PA	7/11/2010
Garrett Milner	5K	0:16:17	0:05:15	American Lost Children 5K	Keystone	PA	10/31/2010
Alex Woodrow	5K	0:16:19	0:05:16	District 6 XC	Reedsville	PA	10/30/2010
Tom Lipsie	5K	0:16:20	0:05:16	Turtle Trot 5K	Turtle Creek	PA	7/31/2010
Matt Gaudet	5K	0:16:26	0:05:18	Troop Appreciation 5K	Hampton	PA	11/7/2010
Chris Geddes	5K	0:16:27	0:05:18	Mars Band On The Run 5K	Mars	PA	5/22/2010
Chris Geddes	5K	0:16:29	0:05:19	Groundhog Festival 5K	Punxsutawney	PA	7/7/2010
Tom Lipsie	5K	0:16:31	0:05:20	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2010
Matt Gaudet	5K	0:16:33	0:05:20	Race for Meningitis	Punxsutawney	PA	11/20/2010
Chris Geddis	5K	0:16:33	0:05:20	Fight For Life 5K	Apollo	PA	11/20/2010
Garrett Milner	5K	0:16:35	0:05:21	Heritage Days 5K	Ford City	PA	7/3/2010
Garrett Milner	5K	0:16:36	0:05:21	Troop Appreciation 5K	Hampton	PA	11/7/2010
Alex Woodrow	5K	0:16:38	0:05:22	Heritage Conference XC	Marion Center	PA	10/21/2010
Garrett Milner	5K	0:16:40	0:05:23	Hoodlebug 5K	Homer City	PA	7/11/2010

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Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Tom Lipsie	5K	0:16:40	0:05:23	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Tom Lipsie	5K	0:16:42	0:05:23	Hoodlebug 5K	Homer City	PA	7/11/2010
Matt Gaudet	5000 Meters	0:16:43	0:05:24	Diversity 5000	Punxsutawney	PA	3/21/2010
Tom Lipsie	5K	0:16:43	0:05:24	Heritage Days 5K	Ford City	PA	7/3/2010
Matt Gaudet	5K	0:16:43	0:05:24	Greensburg Turkey Trot	Greensburg	PA	11/25/2010
Al Casagranda	5K	0:16:54	0:05:27	Fire & Ice 5K	Somerset	PA	1/16/2010
Alex Woodrow	5K	0:16:56	0:05:28	Hoodlebug 5K	Homer City	PA	7/11/2010
Alex Woodrow	5K	0:16:59	0:05:29	Indiana County XC	Indiana	PA	10/14/2010
Jess Pentz Graf	5000 Meter	0:17:11	0:05:33	Gina Relays	Hillsdale	MI	4/23/2010
Matt Gaudet	5K	0:17:15	0:05:34	Applebutter Festival 5K	Elderton	PA	10/1/2010
Chris Geddis	5K	0:17:16	0:05:34	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Cory Fulmer	5K	0:17:30	0:05:39	Bigfoot 5K	Kittanning	PA	4/17/2010
Chris Geddis	5K	0:17:30	0:05:39	Troop Appreciation 5K	Hampton	PA	11/7/2010
Al Casagranda	5K	0:17:31	0:05:39	Toy Gate 5K	Leechburg	PA	9/18/2010
Cory Fulmer	5K	0:17:32	0:05:39	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Chris Geddes	5K	0:17:37	0:05:41	Marion Center XC 5K	Marion Center	PA	8/14/2010
Al Casagranda	5K	0:17:38	0:05:41	Ice Cream 5K	Grove City	PA	8/18/2010
Jess Pentz Graff	5K	0:17:42	0:05:43	White River Run 5K	Hesperia	MI	7/3/2010
Matt Gaudet	5K	0:17:42	0:05:43	American Lost Chidren 5K	Keystone	PA	10/31/2010
Veronica Bujdos	5K	0:17:44	0:05:43	Turtle Trot 5K	Turtle Creek	PA	7/31/2010
Jess Pentz Graff	5K	0:17:47	0:05:44	Chris Cook 5K	Fremont	MI	7/24/2010
Doug Ulishney	5K	0:17:55	0:05:47	Trooper Iwaniec 5K	Latrobe	PA	3/27/2010
Doug Ulishney	5K	0:17:55	0:05:47	Take Off 5K	Latrobe	PA	3/27/2010
Doug Craft	5K	0:17:55	0:05:47	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Al Casagranda	5K	0:17:56	0:05:47	Starwberry Days 5K	Grove City	PA	6/9/2010
Jess Pentz Graf	5K	0:17:57	0:05:47	Spectrum Health 5K	Grand Rapids	MI	3/20/2010
Herb Cratty	5K	0:17:59	0:05:48	North Park Glade Run 5K	Allison Park	PA	10/3/2010
Veronica Bujdos	5K	0:18:05	0:05:48	Heritage Days 5K	Ford City	PA	7/3/2010

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Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Al Casagrande	5K	0:18:01	0:05:49	Hoodlebug 5K	Homer City	PA	7/11/2010
Al Casagrande	5K	0:18:01	0:05:49	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Matt Pajak	5K	0:18:01	0:05:49	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Herb Cratty	5K	0:18:02	0:05:49	Corry YMCA 5K	Corry	PA	7/4/2010
Veronica Bujdos	5K	0:18:05	0:05:50	Hoodlebug 5K	Homer City	PA	7/11/2010
Doug Craft	5K	0:18:12	0:05:52	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Cory Fulmer	5000 Meters	0:18:13	0:05:53	Diversity 5000	Punxsutawney	PA	3/21/2010
Veronica Bujdos	Tri-Run	0:18:16	0:05:54	Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Doug Craft	5K	0:18:16	0:05:54	Race for Meningitis	Punxsutawney	PA	11/20/2010
Chris Geddes	5K	0:18:24	0:05:56	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Doug Craft	5000 Meters	0:18:26	0:05:57	Diversity 5000	Punxsutawney	PA	3/21/2010
Angel Piccirillo	5K	0:18:27	0:05:57	Footlocker NE Regional XC	Kings Park	NY	11/27/2010
Chris Geddes	5K	0:18:28	0:05:57	Scott Grove Memorial 5K	Leechburg	PA	7/24/2010
Doug Ulishney	5K	0:18:28	0:05:57	Cyndis Hope 5K	Somerset	PA	12/4/2010
Angel Piccirillo	5K	0:18:34	0:05:59	Foot Locker XC Championship	San Diego	Canada	12/11/2010
Herb Cratty	5K	0:18:35	0:06:00	Penn State Shenango Thon 5K	Hermitage	PA	12/4/2010
Vince Pavic	5K	0:18:40	0:06:01	Fire & Ice 5K	Somerset	PA	1/16/2010
Tom Lipsie	5K	0:18:43	0:06:02	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Herb Cratty	5K	0:18:45	0:06:03	West Kittanning 5K	Kittanning	PA	9/12/2010
Mike Hodak	5K	0:18:53	0:06:05	Fire & Ice 5K	Somerset	PA	1/16/2010
Chris Scanga	5K	0:18:53	0:06:05	Hoodlebug 5K	Homer City	PA	7/11/2010
Doug Ulishney	5K	0:18:59	0:06:07	American Lost Chidren 5K	Keystone	PA	10/31/2010
Doug Ulishney	5K	0:19:01	0:06:08	Hoodlebug 5K	Homer City	PA	7/11/2010
Vince Pavic	5K	0:19:08	0:06:10	Knights of Columbus 5K	Somerset	PA	3/14/2010
Doug Ulishney	5K	0:19:13	0:06:12	Bud Murphy 5K	Connellsville	PA	6/22/2010
Doug Craft	5K	0:19:14	0:06:12	Great Shamokin Path 5K	Numine	PA	4/10/2010
Doug Ulishney	5K	0:19:21	0:06:15	Falcon 5k	Connellsville	PA	11/6/2010
Mike Hodak	5K	0:19:22	0:06:15	Knights of Columbus 5K	Somerset	PA	3/14/2010

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Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Jeannie Bujdos	5K	0:19:25	0:06:16	Bigfoot 5K	Kittanning	PA	4/17/2010
Vince Pavic	5K	0:19:27	0:06:16	Snowflake Run 5K	Altoona	PA	3/6/2010
Vince Pavic	5K	0:19:27	0:06:16	Race Along The Lake 5K	Hollsopple	PA	5/22/2010
Garrett Milner	5K	0:19:28	0:06:17	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Vince Pavic	5K	0:19:30	0:06:17	Hoodlebug 5K	Homer City	PA	7/11/2010
Tad Pajak	5K	0:19:31	0:06:18	Fire & Ice 5K	Somerset	PA	1/16/2010
Doug Ulishney	5K	0:19:32	0:06:18	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Chris Scanga	5K	0:19:36	0:06:19	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Dan Cunkelman	5K	0:19:38	0:06:20	Hoodlebug 5K	Homer City	PA	7/11/2010
Veronica Bujdos	5K	0:19:40	0:06:21	Indiana County XC	Indiana	PA	10/14/2010
Mike Hodak	5K	0:19:42	0:06:21	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Doug Ulishney	5K	0:19:42	0:06:21	Hall of Fame 5K	Uniontown	PA	7/1/2010
Vince Pavic	5K	0:19:44	0:06:22	PA. Highlands Sprint to Success	Windber	PA	3/27/2010
Mike Hodak	5K	0:18:48	0:06:23	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Jeannie Bujdos	5K	0:19:49	0:06:24	Heritage Days 5K	Ford City	PA	7/3/2010
Ben Foy	5K	0:19:49	0:06:24	Hollidaysburg Twilight 5K	Altoona	PA	12/31/2010
Mark Stern	5000 Meters	0:19:55	0:06:25	Diversity 5000	Punxsutawney	PA	3/21/2010
Mike Hodak	5K	0:19:55	0:06:25	Hoodlebug 5K	Homer City	PA	7/11/2010
Doug Ulishney	5K	0:19:57	0:06:26	Johnstown Christian School 5K	Johnstown	PA	5/8/2010
Mike Hodak	5K	0:20:01	0:06:27	Fight For Life 5K	Apollo	PA	11/20/2010
Vince Pavic	5K	0:20:02	0:06:28	Grand Old Lady 5K	Johnstown	PA	6/5/2010
Vince Pavic	5K	0:20:02	0:06:28	2010 Gindy's Gym 5K	Meyersdale	PA	6/26/2010
Ryan Spiardi	5K	0:20:02	0:06:28	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Dan McQuiston	5K	0:20:05	0:06:29	Fire & Ice 5K	Somerset	PA	1/16/2010
Veronica Bujdos	5K	0:20:07	0:06:29	WPIAL AAA XC	Cooper's Lake	PA	10/27/2010
Mike Hodak	5K	0:20:08	0:06:30	Deacon Dash 5K	Johnstown	PA	6/12/2010
Vince Pavic	5K	0:20:09	0:06:30	Wings of Hope 5K	Johnstown	PA	4/24/2010
Tad Pajak	5K	0:20:15	0:06:32	Clymer Days 5K	Clymer	PA	9/25/2010

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Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Rob Leopold	5K	0:20:20	0:06:34	Hoodlebug 5K	Homer City	PA	7/11/2010
Dan McQuiston	5K	0:20:22	0:06:34	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Tad Pajak	5K	0:20:26	0:06:35	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Doug Craft	5K	0:20:26	0:06:35	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Doug Ulishney	5K	0:20:27	0:06:36	UFO 5K	Kecksburg	PA	9/26/2010
Veronica Bujdos	5K	0:20:28	0:06:36	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Tad Pajak	5K	0:20:30	0:06:37	First Night Race	State College	PA	12/31/2010
Mike Hodak	5K	0:20:31	0:06:37	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Doug Ulishney	5K	0:20:34	0:06:38	Laurel Mountain 5K	Somerset	PA	8/22/2010
Doug Ulishney	5K	0:20:34	0:06:38	Laurel Hill 5K	Laurel Hill	PA	8/23/2010
Rob Leopold	5K	0:20:36	0:06:39	St. Bernard's 5K	Indiana	PA	4/24/2010
Rob Leopold	5K	0:20:40	0:06:40	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Michael Hodak	5K	0:20:42	0:06:41	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Tommy Fetterman	5K	0:20:52	0:06:44	Clymer Days 5K	Clymer	PA	9/25/2010
Mike Lockhart	5K	0:20:53	0:06:44	Applebutter Festival 5K	Elderton	PA	10/1/2010
Jeff Graham	5K	0:20:58	0:06:46	Hoodlebug 5K	Homer City	PA	7/11/2010
Tommy Fetterman	5K	0:21:04	0:06:48	St. Bernard's 5K	Indiana	PA	4/24/2010
Vince Pavic	5K	0:21:08	0:06:49	Johnstown Christian School 5K	Johnstown	PA	5/8/2010
Jeannie Bujdos	5K	0:21:08	0:06:49	WPIAL AAA XC	Cooper's Lake	PA	10/27/2010
Vince Pavic	5K	0:21:10	0:06:50	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Rob Leopold	5K	0:21:12	0:06:50	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Dan McQuiston	5K	0:21:13	0:06:51	Hoodlebug 5K	Homer City	PA	7/11/2010
Vince Pavic	5K	0:21:15	0:06:51	Howl At The Moon 5K	Richland	PA	8/14/2010
Cate Hogan	5K	0:21:23	0:06:54	Hoodlebug 5K	Homer City	PA	7/11/2010
Doug Ulishney	5K	0:21:24	0:06:54	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Chris Scanga	5K	0:21:25	0:06:55	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Ben Foy	5K	0:21:27	0:06:55	American Red Cross Vampire 5K	Johnstown	PA	10/23/2010
Laura Yevchak	5K	0:21:29	0:06:56	Maumee Recreation 5K	Maumee	OH	7/10/2010

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John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Ben Foy	5K	0:21:31	0:06:56	Bud Shuster Run For Your Life 5K	Hollidaysburg	PA	4/23/2010
Ben Foy	5K	0:21:32	0:06:57	Fire & Ice 5K	Somerset	PA	1/16/2010
Tom Fanning	5K	0:21:32	0:06:57	Hoodlebug 5K	Homer City	PA	7/11/2010
Jeannie Bujdos	5K	0:21:33	0:06:57	Indiana County XC	Indiana	PA	10/14/2010
Hannah Fulton	5K	0:21:33	0:06:57	District 6 XC	Reedsville	PA	10/30/2010
Ben Foy	5K	0:21:33	0:06:57	Cyndis Hope 5K	Somerset	PA	12/4/2010
Ben Foy	5K	0:21:37	0:06:58	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Bill Winters	5K	0:21:37	0:06:58	Fight For Life 5K	Apollo	PA	11/20/2010
Bill Winters	5K	0:21:38	0:06:59	Run For Shelter 5K	Indiana	PA	9/25/2010
Dan McQuiston	5K	0:21:39	0:06:59	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Taylor Woodrow	5K	0:21:40	0:06:59	District 6 XC	Reedsville	PA	10/30/2010
Tommy Fetterman	5000 Meters	0:21:47	0:07:02	Diversity 5000	Punxsutawney	PA	3/21/2010
Candi Lockard	5K	0:21:47	0:07:02	Pick A Cause 5K	Ernest	PA	5/8/2010
Laura Yevchak	5K	0:21:53	0:07:04	Bigfoot 5K	Kittanning	PA	4/17/2010
Dave Miller	5K	0:21:53	0:07:04	Hoodlebug 5K	Homer City	PA	7/11/2010
Mindy Zottola	5K	0:21:55	0:07:04	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Scott Bowman	5K	0:21:57	0:07:05	Fight For Life 5K	Apollo	PA	11/20/2010
Rob Leopold	Tri-Run	0:21:59	0:07:05	Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Ben Foy	5K	0:22:04	0:07:07	2010 Yough River Trail 5K	Connellsville	PA	4/10/2010
Ben Foy	5K	0:22:06	0:07:08	Hollidaysburg YMCA 5K	Altoona	PA	7/4/2010
John Swauger	5K	0:22:08	0:07:08	Fire & Ice 5K	Somerset	PA	1/16/2010
Scott Bowman	5K	0:22:08	0:07:08	Hoodlebug 5K	Homer City	PA	7/11/2010
Rob Leopold	5K	0:22:08	0:07:08	Goose Day 5K	Lewistown	PA	9/25/2010
Ben Foy	5K	0:22:13	0:07:10	Knights of Columbus 5K	Somerset	PA	3/14/2010
Bill Winters	5K	0:22:16	0:07:11	Ice Cream 5K	Grove City	PA	8/18/2010
Ben Foy	5K	0:22:17	0:07:11	Que Classic 5K	Hollsopple	PA	10/16/2010
Ben Foy	5K	0:22:20	0:07:12	2010 American Thoracic Society 5K	New Orleans	LA	5/15/2010
Vince Pavic	5K	0:22:20	0:07:12	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010

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John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Phillip Levri	5K	0:22:21	0:07:13	Hoodlebug 5K	Homer City	PA	7/11/2010
Scott Bowman	5K	0:22:22	0:07:13	Heritage Days 5K	Ford City	PA	7/3/2010
Scott Bowman	5K	0:22:23	0:07:13	St. Bernard's 5K	Indiana	PA	4/24/2010
Vince Pavic	5K	0:22:23	0:07:13	Halloween In The Gulch 5K	Nashville	TN	10/16/2010
Ben Foy	5K	0:22:25	0:07:14	PA. Highlands Sprint to Success	Windber	PA	3/27/2010
Rob Andelman	5K	0:22:25	0:07:14	Susan B. Komen Race For The Cure	Pittsburgh	PA	5/9/2010
Mary Jean Bujdos	5K	0:22:26	0:07:14	Hoodlebug 5K	Homer City	PA	7/11/2010
Mike Hodak	5K	0:22:27	0:07:15	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Tad Pajak	5K	0:22:28	0:07:15	Marion Center XC 5K	Marion Center	PA	8/14/2010
Greg Hartnett	5K	0:22:34	0:07:17	Shannock Valley Festival 5K	Rural Valley	PA	7/24/2010
Scott Bowman	5K	0:22:38	0:07:18	Freedom 5K	Greensburg	PA	7/5/2010
Greg Hartnett	5K	0:22:39	0:07:18	Hoodlebug 5K	Homer City	PA	7/11/2010
Rob Andelman	5K	0:22:39	0:07:18	Hoodlebug 5K	Homer City	PA	7/11/2010
Doug Craft	5K	0:22:40	0:07:19	Scholarship 5K	Punxsutawney	PA	10/31/2010
Scott Bowman	5K	0:22:43	0:07:20	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Bill Winters	5K	0:22:44	0:07:20	Fire & Ice 5K	Somerset	PA	1/16/2010
Ben Foy	5K	0:22:47	0:07:21	Year End Clearance	Uniontown	PA	12/18/2010
Scott Bowman	5K	0:22:48	0:07:21	Grave Yard Run	Kansas City	MO	10/30/2010
Jeff Smith	5K	0:22:49	0:07:22	Great Shamokin Path 5K	Numine	PA	4/10/2010
Mike Lockhart	5K	0:22:49	0:07:22	Marion Center XC 5K	Marion Center	PA	8/14/2010
Mary Jean Bujdos	5K	0:22:50	0:07:22	Heritage Days 5K	Ford City	PA	7/3/2010
Mary Lee Page	5K	0:22:51	0:07:22	St. Bernard's 5K	Indiana	PA	4/24/2010
Tommy Fetterman	5K	0:22:52	0:07:23	Marion Center XC 5K	Marion Center	PA	8/14/2010
Sam Cunkelman	5K	0:22:58	0:07:25	Run For Shelter 5K	Indiana	PA	9/25/2010
Ben Foy	5K	0:22:59	0:07:25	Hollidaysburg Hometown 5K	Altoona	PA	5/8/2010
Kristina Taylor-Porter	5K	0:22:59	0:07:25	Hoodlebug 5K	Homer City	PA	7/11/2010
John Swauger	5K	0:23:10	0:07:28	YMCA Kittanning 5K	Kittanning	PA	11/13/2010
John Swauger	5K	0:23:10	0:07:28	Fight For Life 5K	Apollo	PA	11/20/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
John Swauger	5K	0:23:11	0:07:29	St. Bernard's 5K	Indiana	PA	4/24/2010
Ben Foy	5K	0:23:14	0:07:30	Pump & Run 5K	Tipton	PA	9/6/2010
Jeannie Bujdos	5K	0:23:19	0:07:31	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Scott Bowman	5K	0:23:19	0:07:31	Shannock Valley Festival 5K	Rural Valley	PA	7/24/2010
Tom Fetterman	5K	0:23:19	0:07:31	Clymer Days 5K	Clymer	PA	9/25/2010
Tom Fritz	5K	0:23:20	0:07:32	Shanksville 5K	Shanksville	PA	3/8/2010
Mary Lee Page	5K	0:23:21	0:07:32	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Tom Fritz	5K	0:23:23	0:07:33	Fire & Ice 5K	Somerset	PA	1/16/2010
Jonathan Yuhas	5K	0:23:23	0:07:33	Shanksville 5K	Shanksville	PA	3/8/2010
Maria Fruscello	5K	0:23:23	0:07:33	Carnegie VFD 5K	Carnegie	PA	4/24/2010
Scott Bowman	5K	0:23:23	0:07:33	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
John Swauger	5K	0:23:24	0:07:33	Ice Cream 5K	Grove City	PA	8/18/2010
Maria Fruscello	5K	0:23:25	0:07:33	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
John Swauger	5000 Meters	0:23:30	0:07:35	Diversity 5000	Punxsutawney	PA	3/21/2010
Laura Yevchak	5K	0:23:31	0:07:35	Great Shamokin Path 5K	Numine	PA	4/10/2010
Laura Yevchak	5000 Meters	0:23:36	0:07:37	Diversity 5000	Punxsutawney	PA	3/21/2010
John Swauger	5K	0:23:36	0:07:37	Heritage Days 5K	Ford City	PA	7/3/2010
Candice Lockard	5K	0:23:37	0:07:37	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Erin Mitchell	5K	0:23:39	0:07:38	Hoodlebug 5K	Homer City	PA	7/11/2010
James Kilpatrick	5K	0:23:40	0:07:38	Fire & Ice 5K	Somerset	PA	1/16/2010
Lucy Bujdos	5K	0:23:40	0:07:38	Pick A Cause 5K	Ernest	PA	5/8/2010
Maria Fruscello	5K	0:23:43	0:07:39	Obadiah Cole Prostate Race 5K	Pittsburgh	PA	6/20/2010
Ben Foy	5K	0:23:50	0:07:41	Fellowship of Christian Athletes XC 5K	Johnstown	PA	5/1/2010
Jeff Graham	5K	0:23:50	0:07:41	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Aileen Bowman	5K	0:23:52	0:07:42	Fire & Ice 5K	Somerset	PA	1/16/2010
Bill Geddis	5K	0:23:52	0:07:42	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Aileen Bowman	5K	0:23:53	0:07:42	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Mary Jean Bujdos	5K	0:23:56	0:07:43	Pick A Cause 5K	Ernest	PA	5/8/2010



# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Aileen Bowman	5K	0:24:02	0:07:45	Fight For Life 5K	Apollo	PA	11/20/2010
John Goss	5K	0:24:03	0:07:45	Heritage Days 5K	Ford City	PA	7/3/2010
Tom Fritz	5K	0:24:04	0:07:46	Wings of Hope 5K	Johnstown	PA	4/24/2010
Tom Fritz	5K	0:24:07	0:07:47	Que Classic 5K	Hollsopple	PA	10/16/2010
Maria Fruscello	5K	0:24:09	0:07:47	BVA Race For The Track 5K	Belle Vernon	PA	4/18/2010
Ben Foy	5K	0:24:09	0:07:47	Laurel Mountain 5K	Somerset	PA	8/22/2010
Bill Rodgers	5K	0:24:10	0:07:48	Ice Cream 5K	Grove City	PA	8/18/2010
Janet Stewart	5K	0:24:12	0:07:48	Clymer Days 5K	Clymer	PA	9/25/2010
Janet Stewart	5K	0:24:12	0:07:48	Clymer Days 5K	Clymer	PA	9/25/2010
Jonas Notaro	5K	0:24:16	0:07:50	Carnegie VFD 5K	Carnegie	PA	4/24/2010
Tom Fetterman	5K	0:24:16	0:07:50	Hoodlebug 5K	Homer City	PA	7/11/2010
Maria Fruscello	5K	0:24:16	0:07:50	IKEA 5K	Robinson Twp	PA	9/11/2010
Kristina Taylor-Porter	5K	0:24:22	0:07:52	St. Bernard's 5K	Indiana	PA	4/24/2010
Ben Foy	5K	0:24:23	0:07:52	Sequanota XC 5K	Jennerstown	PA	4/17/2010
Greg Mitchell	5K	0:24:23	0:07:52	Hoodlebug 5K	Homer City	PA	7/11/2010
Kosie Shephard-Porada	5K	0:24:24	0:07:52	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Sam Cunkelman	5K	0:24:26	0:07:53	Hoodlebug 5K	Homer City	PA	7/11/2010
John Swauger	5K	0:24:27	0:07:53	Hoodlebug 5K	Homer City	PA	7/11/2010
Dave Miller	5K	0:24:27	0:07:53	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Aileen Bowman	5K	0:24:27	0:07:53	Grave Yard Run	Kansas City	MO	10/30/2010
Kristina Taylor-Porter	5K	0:24:27	0:07:53	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Jed Fetterman	5K	0:24:30	0:07:54	Clymer Days 5K	Clymer	PA	9/25/2010
Lucy Bujdos	5K	0:24:34	0:07:55	Bigfoot 5K	Kittanning	PA	4/17/2010
John Swauger	5K	0:24:35	0:07:56	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Janet Ryan	5K	0:24:35	0:07:56	Hoodlebug 5K	Homer City	PA	7/11/2010
Aileen Bowman	5K	0:24:35	0:07:56	Heritage Days 5K	Ford City	PA	7/3/2010
Aileen Bowman	5K	0:24:36	0:07:56	Knights of Columbus 5K	Somerset	PA	3/14/2010
Jeff Page	5K	0:24:36	0:07:56	St. Bernard's 5K	Indiana	PA	4/24/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Scott Bowman	5K	0:24:36	0:07:56	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Mary Ann Yuhas	5K	0:24:39	0:07:57	Shanksville 5K	Shanksville	PA	3/8/2010
Tom Simmons	5K	0:24:39	0:07:57	Trooper Iwaniec 5K	Latrobe	PA	3/27/2010
Tom Fritz	5K	0:24:40	0:07:57	PA. Highlands Sprint to Success	Windber	PA	3/27/2010
Lucy Bujdos	5K	0:24:40	0:07:57	Hoodlebug 5K	Homer City	PA	7/11/2010
Tom Fanning	5K	0:24:40	0:07:57	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
John Swauger	Tri-Run	0:24:41	0:07:58	Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Kosie Shephard-Porada	5K	0:24:41	0:07:58	Howl At The Moon 5K	Richland	PA	8/14/2010
James Kilpatrick	5K	0:24:46	0:07:59	A Rabbit Runs Through It 5K	Latrobe	PA	4/17/2010
Aileen Bowman	5K	0:24:47	0:08:00	Hoodlebug 5K	Homer City	PA	7/11/2010
Pat Scanlon	5K	0:24:48	0:08:00	Hoodlebug 5K	Homer City	PA	7/11/2010
Lucy Bujdos	5K	0:24:48	0:08:00	Heritage Days 5K	Ford City	PA	7/3/2010
John Swauger	5K	0:24:50	0:08:01	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Janet Ryen	5K	0:24:51	0:08:01	Univ. of Delaware Alumni 5K	Newark	DE	6/5/2010
John Swauger	5K	0:24:52	0:08:01	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Tom Fetterman	5K	0:24:57	0:08:03	St. Bernard's 5K	Indiana	PA	4/24/2010
Dan McQuiston	5K	0:24:57	0:08:03	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Laura Yevchak	5K	0:25:00	0:08:04	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Phillip Levri	5K	0:25:10	0:08:07	Marion Center XC 5K	Marion Center	PA	8/14/2010
Maria Fruscello	5000 Meters	0:25:12	0:08:08	Diversity 5000	Punxsutawney	PA	3/21/2010
John Swauger	5K	0:25:13	0:08:08	Great Shamokin Path 5K	Numine	PA	4/10/2010
Ray Beisel	5000 Meters	0:25:15	0:08:09	Diversity 5000	Punxsutawney	PA	3/21/2010
Joe Bujdos	5K	0:25:15	0:08:09	Applebutter Festival 5K	Elderton	PA	10/1/2010
Aileen Bowman	5K	0:25:15	0:08:09	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Phillip Levri	5K	0:25:19	0:08:10	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Don Zahorchak	5K	0:25:19	0:08:10	YMCA Kittaning 5K	Kittanning	PA	11/13/2010
Erick Lauber	5K	0:25:24	0:08:12	Pick A Cause 5K	Ernest	PA	5/8/2010
Lauren Lyons	5K	0:25:24	0:08:12	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Anne Daymut	5K	0:25:25	0:08:12	Crooked Creek 5K	Ford City	PA	10/16/2010
Rudy Toro	5K	0:25:25	0:08:12	Clymer Days 5K	Clymer	PA	9/25/2010
James Kilpatrick	5K	0:25:27	0:08:13	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Sherry Shank	5K	0:25:28	0:08:13	Crooked Creek 5K	Ford City	PA	10/16/2010
Aileen Bowman	5K	0:25:29	0:08:13	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Maria Fruscello	5K	0:25:29	0:08:13	Mars Band On The Run 5K	Mars	PA	5/22/2010
Aileen Bowman	5000 Meters	0:25:30	0:08:14	Diversity 5000	Punxsutawney	PA	3/21/2010
Joe Bujdos	5K	0:25:30	0:08:14	Hoodlebug 5K	Homer City	PA	7/11/2010
Christine Lasser	5K	0:25:31	0:08:14	Hoodlebug 5K	Homer City	PA	7/11/2010
Linda Leopold	5K	0:25:33	0:08:15	St. Bernard's 5K	Indiana	PA	4/24/2010
Ben Foy	5K	0:25:34	0:08:15	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Randy Fetterman	5K	0:25:36	0:08:15	Fire & Ice 5K	Somerset	PA	1/16/2010
Jed Fetterman	5000 Meters	0:25:38	0:08:16	Diversity 5000	Punxsutawney	PA	3/21/2010
Janet Ryen	5K	0:25:38	0:08:16	Groundhog Festival 5K	Punxsutawney	PA	7/7/2010
Kristina Taylor-Porter	5K	0:25:41	0:08:17	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Anne Daymut	5K	0:25:43	0:08:18	Shannock Valley Festival 5K	Rural Valley	PA	7/24/2010
Tom Fritz	5K	0:25:45	0:08:18	Hoodlebug 5K	Homer City	PA	7/11/2010
Aileen Bowman	5K	0:25:48	0:08:19	Shannock Valley Festival 5K	Rural Valley	PA	7/24/2010
Sherry Shank	5K	0:25:48	0:08:19	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2010
Phil Levri	5K	0:25:49	0:08:20	Pick A Cause 5K	Ernest	PA	5/8/2010
Jeff Page	5K	0:25:49	0:08:20	Pick A Cause 5K	Ernest	PA	5/8/2010
Mary Jean Bujdos	5K	0:25:50	0:08:20	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Don Zahorchak	5K	0:25:50	0:08:20	Fight For Life 5K	Apollo	PA	11/20/2010
Maria Fruscello	5K	0:25:51	0:08:20	Dormont Dash Open 5K	Dormont	PA	6/26/2010
Brandon Dickert	5K	0:25:52	0:08:21	St. Bernard's 5K	Indiana	PA	4/24/2010
Tom Simmons	5K	0:25:52	0:08:21	Run For Shelter 5K	Indiana	PA	9/25/2010
Randy Fetterman	5000 Meters	0:25:54	0:08:21	Diversity 5000	Punxsutawney	PA	3/21/2010
Aileen Bowman	5K	0:25:54	0:08:21	Kimball 5K Challenge	Ebensburg	PA	6/26/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Chuck Frank	5K	0:25:56	0:08:22	Fight For Life 5K	Apollo	PA	11/20/2010
Donnie Zahorchak	5K	0:25:57	0:08:22	Applebutter Festival 5K	Elderton	PA	10/1/2010
Jonas Notaro	5K	0:26:06	0:08:25	Obadiah Cole Prostate Race 5K	Pittsburgh	PA	6/20/2010
Darlene Hudak	5K	0:26:06	0:08:25	Bethlehem Project 5K	Greensburg	PA	9/6/2010
Sherry Shank	5K	0:26:09	0:08:26	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Christine Lasser	5K	0:26:11	0:08:27	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Jonas Notaro	5K	0:26:14	0:08:28	Mars Band On The Run 5K	Mars	PA	5/22/2010
Philip Leopold	5K	0:26:15	0:08:28	Hoodlebug 5K	Homer City	PA	7/11/2010
Beth Wygonik	Tri-Run	0:26:17	0:08:29	Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Linda Leopold	5K	0:26:20	0:08:30	Heritage Days 5K	Ford City	PA	7/3/2010
Aileen Bowman	5K	0:26:21	0:08:30	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Darlene Hudak	5K	0:26:22	0:08:30	Romp 5K	Penn Hills	PA	5/31/2010
Linda Leopold	5K	0:26:23	0:08:31	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Dannette Hebenthal	5K	0:26:25	0:08:31	Shannock Valley Festival 5K	Rural Valley	PA	7/24/2010
Maria Fruscello	5K	0:26:25	0:08:31	Pittsburgh YMCA Turley Trot	Pittsburgh	PA	11/25/2010
Mike Lockhart	5K	0:26:26	0:08:32	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Chuck Frank	5K	0:26:28	0:08:32	Run For Shelter 5K	Indiana	PA	9/25/2010
Linda Leopold	5K	0:26:29	0:08:33	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Erick Lauber	5K	0:26:30	0:08:33	Ebensburg Homecoming 5K	Ebensburg	PA	8/1/2010
Anne Daymut	5K	0:26:31	0:08:33	Great Shamokin Path 5K	Numine	PA	4/10/2010
Linda Leopold	5K	0:26:31	0:08:33	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Phil Levri	5000 Meters	0:26:32	0:08:34	Diversity 5000	Punxsutawney	PA	3/21/2010
Scott Bowman	5K	0:26:33	0:08:34	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Rudy Toro	5K	0:26:33	0:08:34	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Jane Potter Baumer	5K	0:26:34	0:08:34	St. Bernard's 5K	Indiana	PA	4/24/2010
Phil Levri	5K	0:26:35	0:08:35	Great Shamokin Path 5K	Numine	PA	4/10/2010
Sherry Shank	5K	0:26:37	0:08:35	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Linda Leopold	5K	0:26:37	0:08:35	Hoodlebug 5K	Homer City	PA	7/11/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Dannette Hebenthal	5K	0:26:43	0:08:37	Heritage Days 5K	Ford City	PA	7/3/2010
Jeremy Hebenthal	5K	0:26:45	0:08:38	Heritage Days 5K	Ford City	PA	7/3/2010
Chuck Frank	5K	0:26:47	0:08:38	Hoodlebug 5K	Homer City	PA	7/11/2010
Tom Fetterman	5K	0:26:52	0:08:40	Fire & Ice 5K	Somerset	PA	1/16/2010
Curtis Mertz	5K	0:26:52	0:08:40	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Jeril Goss	5K	0:26:52	0:08:40	Race for Meningitis	Punxsutawney	PA	11/20/2010
John Goss	5K	0:26:53	0:08:40	Race for Meningitis	Punxsutawney	PA	11/20/2010
Jackie Beisel	5K	0:26:54	0:08:41	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
John Bomboy	5K	0:26:58	0:08:42	Clymer Days 5K	Clymer	PA	9/25/2010
Ed Gondolf	5K	0:27:00	0:08:43	St. Bernard's 5K	Indiana	PA	4/24/2010
Bob Lott	5K	0:27:00	0:08:43	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Bob Lott	5K	0:27:02	0:08:43	Hoodlebug 5K	Homer City	PA	7/11/2010
James Kilpatrick	5K	0:27:02	0:08:43	Hoodlebug 5K	Homer City	PA	7/11/2010
Kevin Sasway	5K	0:27:03	0:08:44	Hoodlebug 5K	Homer City	PA	7/11/2010
Rudy Toro	5K	0:27:06	0:08:45	Hoodlebug 5K	Homer City	PA	7/11/2010
Pat Scanlon	5000 Meters	0:27:09	0:08:45	Diversity 5000	Punxsutawney	PA	3/21/2010
Gary Honkus	5K	0:27:10	0:08:46	Howl At The Moon 5K	Richland	PA	8/14/2010
Chuck Setler	5K	0:27:11	0:08:46	Turtle Trot 5K	Turtle Creek	PA	7/31/2010
Art Zottola	5K	0:27:12	0:08:46	Hoodlebug 5K	Homer City	PA	7/11/2010
Ed Gondolf	5K	0:27:16	0:08:48	Hoodlebug 5K	Homer City	PA	7/11/2010
Chuck Frank	5K	0:27:16	0:08:48	Applebutter Festival 5K	Elderton	PA	10/1/2010
Kristen Sawtelle	5K	0:27:16	0:08:48	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Gene Ruffner	5K	0:27:17	0:08:48	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2010
Curtis Mertz	5K	0:27:20	0:08:49	Ice Cream 5K	Grove City	PA	8/18/2010
Curtis Mertz	5K	0:27:21	0:08:49	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Evonne Grguric	5K	0:27:21	0:08:49	Great Race 5K	Pittsburgh	PA	9/26/2010
John Bomboy	5K	0:27:23	0:08:50	Hoodlebug 5K	Homer City	PA	7/11/2010
Philip Leopold	5K	0:27:23	0:08:50	Latrobe Turkey Trot	Latrobe	PA	11/25/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Ed Gondolf	5K	0:27:27	0:08:51	Heritage Days 5K	Ford City	PA	7/3/2010
Janet Stewart	5K	0:27:28	0:08:52	YMCA Kittanning 5K	Kittanning	PA	11/13/2010
Darlene Hudak	5K	0:27:32	0:08:53	Race For Pace 5K			10/9/2010
Bernard Coppolo	5K	0:27:34	0:08:54	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Janet Ryan	5K	0:27:35	0:08:54	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Michael Porada	5K	0:27:36	0:08:54	Latrobe Turkey Trot	Latrobe	PA	11/25/2010
Jonathan Yuhas	5K	0:27:39	0:08:55	Freedom 5K	Greensburg	PA	7/5/2010
Jane Potter Baumer	5K	0:27:46	0:08:57	Pick A Cause 5K	Ernest	PA	5/8/2010
Tom Fritz	5K	0:27:51	0:08:59	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Jeril Goss	5000 Meters	0:27:52	0:08:59	Diversity 5000	Punxsutawney	PA	3/21/2010
John Goss	5000 Meters	0:27:55	0:09:00	Diversity 5000	Punxsutawney	PA	3/21/2010
Bill Winters	5000 Meters	0:27:55	0:09:00	Diversity 5000	Punxsutawney	PA	3/21/2010
Gary Honkus	5K	0:27:55	0:09:00	Laurel Mountain 5K	Somerset	PA	8/22/2010
Chuck Frank	5K	0:27:58	0:09:01	Pick A Cause 5K	Ernest	PA	5/8/2010
David Fulton	5K	0:27:58	0:09:01	Marion Center XC 5K	Marion Center	PA	8/14/2010
Ed Gondolf	5K	0:28:02	0:09:03	9th Annual Pride In The Valley 5K	New Florence	PA	5/15/2010
Becky Pavic	5K	0:28:10	0:09:05	Daily American 5K	Somerset	PA	6/12/2010
Nicolas Hilliard	5K	0:28:15	0:09:07	St. Bernard's 5K	Indiana	PA	4/24/2010
Jonathan Gearhart	5K	0:28:16	0:09:07	Hoodlebug 5K	Homer City	PA	7/11/2010
Bob Lott	5K	0:28:16	0:09:07	Heritage Days 5K	Ford City	PA	7/3/2010
Lucy Bujdos	5K	0:28:19	0:09:08	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Christina Felgar	5K	0:28:20	0:09:08	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
John Bomboy	5K	0:28:23	0:09:09	Shannock Valley Festival 5K	Rural Valley	PA	7/24/2010
Jeremy Hebenthal	5K	0:28:24	0:09:10	Applebutter Festival 5K	Elderton	PA	10/1/2010
Danette Hebenthal	5K	0:28:26	0:09:10	Applebutter Festival 5K	Elderton	PA	10/1/2010
Denise Zahorchak	5K	0:28:29	0:09:11	Applebutter Festival 5K	Elderton	PA	10/1/2010
Aileen Bowman	5K	0:28:30	0:09:12	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Ed Gondolf	5K	0:28:34	0:09:13	Applebutter Festival 5K	Elderton	PA	10/1/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Jennifer Wally Blystone	5K	0:28:36	0:09:14	St. Bernard's 5K	Indiana	PA	4/24/2010
Claire Hogan	5K	0:28:37	0:09:14	Great Race 5K	Pittsburgh	PA	9/26/2010
Linda Leopold	5K	0:28:39	0:09:15	Goose Day 5K	Lewistown	PA	9/25/2010
Joey Bujdos	5K	0:28:43	0:09:16	YMCA Kittanning 5K	Kittanning	PA	11/13/2010
Joey Bujdos	5K	0:28:44	0:09:16	Applebutter Festival 5K	Elderton	PA	10/1/2010
Tina Honkus	5K	0:28:46	0:09:17	Shanksville 5K	Shanksville	PA	3/8/2010
Aly Pajak	5K	0:28:52	0:09:19	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Sherry Shank	5K	0:28:53	0:09:19	Marion Center XC 5K	Marion Center	PA	8/14/2010
Jennifer Wally Blystone	5K	0:28:56	0:09:20	Applebutter Festival 5K	Elderton	PA	10/1/2010
Hannah Fulton	5K	0:28:58	0:09:21	Marion Center XC 5K	Marion Center	PA	8/14/2010
Kirsten Sawtelle	5K	0:29:00	0:09:21	Run For Shelter 5K	Indiana	PA	9/25/2010
Tina Honkus	5K	0:29:01	0:09:22	Fire & Ice 5K	Somerset	PA	1/16/2010
Ed Gondolf	5K	0:29:07	0:09:24	Great Shamokin Path 5K	Numine	PA	4/10/2010
Joey Bujdos	5K	0:29:07	0:09:24	Heritage Days 5K	Ford City	PA	7/3/2010
Joe Bujdos	5K	0:29:07	0:09:24	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Tad Pajak	5K	0:29:08	0:09:24	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Tina Honkus	5K	0:29:11	0:09:25	2010 Gindy's Gym 5K	Meyersdale	PA	6/26/2010
Evonne Grguric	5K	0:29:15	0:09:26	Hoodlebug 5K	Homer City	PA	7/11/2010
Tina Honkus	5K	0:29:16	0:09:26	American Red Cross Vampire 5K	Johnstown	PA	10/23/2010
Dawn Smith Sherwood	5K	0:29:17	0:09:27	St. Bernard's 5K	Indiana	PA	4/24/2010
Mike Porada	5K	0:29:20	0:09:28	Howl At The Moon 5K	Richland	PA	8/14/2010
Denise Zahorchak	5K	0:29:23	0:09:29	Great Shamokin Path 5K	Numine	PA	4/10/2010
Chuck Frank	5K	0:29:24	0:09:29	Marion Center XC 5K	Marion Center	PA	8/14/2010
Philip Leopold	5K	0:29:28	0:09:30	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Joey Bujdos	5K	0:29:30	0:09:31	Bigfoot 5K	Kittanning	PA	4/17/2010
Evonne Grguric	5K	0:29:30	0:09:31	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Taylor Woodrow	5K	0:29:30	0:09:31	Marion Center XC 5K	Marion Center	PA	8/14/2010
Melanie Williams	5K	0:29:32	0:09:32	Fire & Ice 5K	Somerset	PA	1/16/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Jennifer Wally Blystone	5K	0:29:34	0:09:32	Run For Shelter 5K	Indiana	PA	9/25/2010
John Swauger	5K	0:29:35	0:09:33	Run For Shelter 5K	Indiana	PA	9/25/2010
Kevin Dickert	5K	0:29:36	0:09:33	St. Bernard's 5K	Indiana	PA	4/24/2010
Claire Hogan	5K	0:29:39	0:09:34	St. Bernard's 5K	Indiana	PA	4/24/2010
Brandon Dickert	5K	0:29:46	0:09:36	Marion Center XC 5K	Marion Center	PA	8/14/2010
Tina Honkus	5K	0:29:48	0:09:37	Race Along The Lake 5K	Hollsopple	PA	5/22/2010
Molly Lyons	5K	0:29:48	0:09:37	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Tina Honkus	5K	0:29:54	0:09:39	Knights of Columbus 5K	Somerset	PA	3/14/2010
Ed Gondolf	5K	0:29:55	0:09:39	Marion Center XC 5K	Marion Center	PA	8/14/2010
Evonne Grguric	5K	0:29:55	0:09:39	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2010
Tina Honkus	5K	0:30:03	0:09:42	Howl At The Moon 5K	Richland	PA	8/14/2010
Chuck Frank	5K	0:30:07	0:09:43	Citizens Helping Citizens' 5K	Indiana	PA	7/11/2010
Chuck Frank	5K	0:30:07	0:09:43	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Steve Woodrow	5K	0:30:09	0:09:44	Marion Center XC 5K	Marion Center	PA	8/14/2010
John Bomboy	5K	0:30:13	0:09:45	Marion Center XC 5K	Marion Center	PA	8/14/2010
Dawn Smith-Sherwood	5K	0:30:15	0:09:45	Rockwood Rotary 5K	Rockwood	PA	9/4/2010
Dawn Smith-Sherwood	5000 Meters	0:30:17	0:09:46	Diversity 5000	Punxsutawney	PA	3/21/2010
Tina Honkus	5K	0:30:24	0:09:48	PA. Highlands Sprint to Success	Windber	PA	3/27/2010
Joey Bujdos	5K	0:30:34	0:09:52	Pick A Cause 5K	Ernest	PA	5/8/2010
Joelyne Laurinatis	5K	0:30:57	0:09:59	Freedom 5K	Greensburg	PA	7/5/2010
Tina Honkus	5K	0:30:59	0:10:00	Wings of Hope 5K	Johnstown	PA	4/24/2010
Melanie Williams	5000 Meters	0:31:00	0:10:00	Diversity 5000	Punxsutawney	PA	3/21/2010
Don Hogan	5K	0:31:04	0:10:01	Great Race 5K	Pittsburgh	PA	9/26/2010
Dawn Smith-Sherwood	5K	0:31:05	0:10:02	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Dawn Smith Sherwood	5K	0:31:08	0:10:03	Pick A Cause 5K	Ernest	PA	5/8/2010
Bob Lott	5K	0:31:09	0:10:03	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Tina Honkus	5K	0:31:11	0:10:04	Cambria County Bar Assoc. 5K	Johnstown	PA	7/31/2010
Lecinda Yevchak	5K	0:31:12	0:10:04	Maumee Recreation 5K	Maumee	OH	7/10/2010



# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
John Bomboy	5K	0:31:19	0:10:06	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Jeremy Hebenthal	5K	0:31:20	0:10:06	Shannock Valley Festival 5K	Rural Valley	PA	7/24/2010
Claire Hogan	5K	0:31:36	0:10:12	Hoodlebug 5K	Homer City	PA	7/11/2010
Joelyne Laurinatis	5K	0:31:36	0:10:12	Scott Grove Memorial 5K	Leechburg	PA	7/24/2010
Maurice Porter	5K	0:31:37	0:10:12	Run For Shelter 5K	Indiana	PA	9/25/2010
Anne Sorrentino	5K	0:31:38	0:10:12	Heritage Hustle 5K	Slickville	PA	9/11/2010
Maria Fruscello	5K	0:31:41	0:10:13	Kalajainen Klassic 5K	New Castle	PA	5/29/2010
Tina Honkus	5K	0:31:42	0:10:14	Hug A Friend 5K	Somerset	PA	7/17/2010
Tina Honkus	5K	0:31:50	0:10:16	Laurel Mountain 5K	Somerset	PA	8/22/2010
Kosie Porada-Shepherd	5K	0:32:02	0:10:20	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Jodie Shank	5K	0:32:03	0:10:20	Great Shamokin Path 5K	Numine	PA	4/10/2010
Maria Fruscello	5K	0:32:08	0:10:22	Trots For Tots	Oakdale	PA	12/5/2010
Michael Porada	5K	0:32:11	0:10:23	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Matt Denver	5K	0:32:20	0:10:26	Gatorade Steelers 5K	Pittsburgh	PA	9/4/2010
Linda Leopold	5K	0:32:26	0:10:28	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
John Swauger	5K	0:32:27	0:10:28	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Don Hogan	5K	0:32:32	0:10:30	Hoodlebug 5K	Homer City	PA	7/11/2010
Sara Necciai	5K	0:32:41	0:10:33	Fight For Life 5K	Apollo	PA	11/20/2010
Anne Sorrentino	5K	0:32:42	0:10:33	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Donna Scanlon	5K	0:32:48	0:10:35	Hoodlebug 5K	Homer City	PA	7/11/2010
Katelyn Andelman	5K	0:32:49	0:10:35	Hoodlebug 5K	Homer City	PA	7/11/2010
Steve Yewcic	5K	0:32:59	0:10:38	Deacon Dash 5K	Johnstown	PA	6/12/2010
Melissa Boyer	5K	0:32:59	0:10:38	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Taylor Woodrow	5K	0:33:04	0:10:40	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Melissa Boyer	5K	0:33:18	0:10:45	Hoodlebug 5K	Homer City	PA	7/11/2010
Maria Fruscello	5K	0:33:39	0:10:51	Hoodlebug 5K	Homer City	PA	7/11/2010
Katelyn Andelman	5K	0:33:40	0:10:52	St. Bernard's 5K	Indiana	PA	4/24/2010
Rob Andelman	5K	0:33:43	0:10:53	St. Bernard's 5K	Indiana	PA	4/24/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Katelyn Andelman	5K	0:33:45	0:10:53	Great Race 5K	Pittsburgh	PA	9/26/2010
Evonne Grguric	5K	0:33:52	0:10:55	Cook Forest Half Marathon 5K	Cooksburg	PA	3/27/2010
Jackie Beisel	5K	0:34:07	0:11:00	Hoodlebug 5K	Homer City	PA	7/11/2010
Tina Honkus	5K	0:34:32	0:11:08	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Melissa Boyer	5K	0:34:33	0:11:09	Fight For Life 5K	Apollo	PA	11/20/2010
Jonas Notaro	5K	0:34:49	0:11:14	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Deborah Beisel	5K	0:35:03	0:11:18	Hoodlebug 5K	Homer City	PA	7/11/2010
Sandy Dickert	5K	0:35:15	0:11:22	St. Bernard's 5K	Indiana	PA	4/24/2010
Melissa Boyer	5K	0:35:32	0:11:28	Groundhog Fesitval 5K	Punxsutawney	PA	7/7/2010
Janet Ryan	5K	0:35:49	0:11:33	Scholarship 5K	Punxsutawney	PA	10/31/2010
Zoe Zahorchak	5K	0:35:56	0:11:35	Applebutter Festival 5K	Elderton	PA	10/1/2010
Nicolas Hilliard	5K	0:36:31	0:11:47	Pick A Cause 5K	Ernest	PA	5/8/2010
Keith Hilliard	5K	0:36:33	0:11:47	Pick A Cause 5K	Ernest	PA	5/8/2010
Traci Hilliard	5K	0:36:34	0:11:48	Pick A Cause 5K	Ernest	PA	5/8/2010
Kylan Sawtelle	5K	0:36:45	0:11:51	Run For Shelter 5K	Indiana	PA	9/25/2010
Nedra Kearney-Vakulick	5K	0:36:50	0:11:53	Trek & Treat 5K	Blanchard	OK	10/31/2010
Melissa Boyer	5K	0:36:57	0:11:55	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Becky Taylor	5K	0:37:00	0:11:56	Ebensburg Turkey Trot	Ebensburg	PA	11/25/2010
Molly Brautigam	5K	0:38:19	0:12:22	Pick A Cause 5K	Ernest	PA	5/8/2010
Kylen Sawtelle	5K	0:38:33	0:12:26	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Art Zottola	5K	0:38:33	0:12:26	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010
Jen Melitski	5K	0:39:01	0:12:35	Treetop to Rooftop 5K	Poughkeepsie	NY	6/12/2010
Flo Williams	5K	0:39:01	0:12:35	Treetop to Rooftop 5K	Poughkeepsie	NY	6/12/2010
Tina Honkus	5K	0:39:11	0:12:38	10th Annual Flight 93 5K	Shanksville	PA	11/7/2010
Bob Leopold	5K	0:39:55	0:12:53	Hoodlebug 5K	Homer City	PA	7/11/2010
Mark Stern	10K	0:40:23	0:13:02	Family Services 10K	Altoona	PA	5/23/2010
Amy Swingle	5K	0:41:16	0:13:19	Hoodlebug 5K	Homer City	PA	7/11/2010
Kritina Zottola	5K	0:41:19	0:13:20	John Yelenic Memorial Day 5K	Blairsville	PA	5/31/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Stephanie Boyer	5K	0:42:36	0:13:45	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Maria Fruscello	5K	0:42:42	0:13:46	Citizens Helping Citizens' 5K	Indiana	PA	7/17/2010
Steve Boyer	5K	0:42:49	0:13:49	Punxsy Phil Fighter 5K	Punxsutawney	PA	6/5/2010
Kyle Dickert	5K	0:46:02	0:14:51	St. Bernard's 5K	Indiana	PA	4/24/2010
Rob Porter	5K	0:51:54	0:16:45	Run For Shelter 5K	Indiana	PA	9/25/2010
Mary Fletcher	5K	0:56:31	0:18:14	Run For Shelter 5K	Indiana	PA	9/25/2010
John Bomboy	3.14 Walk	0:49:07	0:15:39	Fool's Run Fun Walk	Indiana	PA	4/3/2010
Candie McQuiston	3.14 Walk	0:55:18	0:17:37	Fool's Run Fun Walk	Indiana	PA	4/3/2010
Ben Foy	3.5 Mile	0:36:09	0:10:20	Mount Summit Challenge 3.5 Mile	Mount Summit	PA	4/24/2010
Chris Geddes	4 Mile	0:22:31	0:05:38	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Tad Pajak	4 Mile	0:29:19	0:07:20	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Dan McQuiston	4 Mile	0:29:28	0:07:22	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Steve Arentz	4 Mile	0:30:05	0:07:31	Great Raleigh Road 4 Miler	Raleigh	NC	7/3/2010
Jackie Beisel	4 Mile	0:33:01	0:08:15	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Bill Winters	4 Mile	0:33:06	0:08:16	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
John Swauger	4 Mile	0:33:21	0:08:20	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Ray Beisel	4 Mile	0:34:09	0:08:32	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Jane Potter Baumer	Four Miler	0:34:15	0:08:34	Flying Feather Four Miler	Dublin	OH	11/25/2010
Erin Shaw	4 Mile	0:35:08	0:08:47	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Randy Fetterman	4 Mile	0:35:20	0:08:50	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Tom Dunbar	4 Mile	0:38:14	0:09:33	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Linda Leopold	4 Mile	0:38:19	0:09:35	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Phil Levri	4 Mile	0:39:23	0:09:51	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Tom Fetterman	4 Mile	0:40:29	0:10:07	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Bob Lott	4 Mile	0:40:30	0:10:07	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Melanie Williams	4 Mile	0:42:32	0:10:38	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010
Sherry Shank	4 Miler	0:46:39	0:11:40	Run For Hunger 4 Miler	Freeport	PA	8/21/2010
Dick Gigliotti	4 Mile	0:49:44	0:12:26	Groundhog Jog Four Miler	Punxsutawney	PA	1/31/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Matt Gaudet	7K	0:24:11	0:05:34	Run For The Trail 7K	Dilltown	PA	8/15/2010
Garrett Milner	7K	0:24:45	0:05:42	Run For The Trail 7K	Dilltown	PA	8/15/2010
Alex Woodrow	7K	0:25:05	0:05:47	Run For The Trail 7K	Dilltown	PA	8/15/2010
Al Casagrande	7K	0:26:29	0:06:06	Run For The Trail 7K	Dilltown	PA	8/15/2010
Veronica Bujdos	7K	0:26:53	0:06:12	Run For The Trail 7K	Dilltown	PA	8/15/2010
Chris Scanga	7K	0:27:27	0:06:19	Run For The Trail 7K	Dilltown	PA	8/15/2010
Brett Decker	7K	0:27:45	0:06:24	Run For The Trail 7K	Dilltown	PA	8/15/2010
Doug Ulishney	7K	0:27:59	0:06:27	Run For The Trail 7K	Dilltown	PA	8/15/2010
Dan Cunkelman	7K	0:28:01	0:06:27	Run For The Trail 7K	Dilltown	PA	8/15/2010
Mike Hodak	7K	0:28:45	0:06:37	Run For The Trail 7K	Dilltown	PA	8/15/2010
Rob Leopold	7K	0:30:47	0:07:06	Run For The Trail 7K	Dilltown	PA	8/15/2010
Jeannie Bujdos	7K	0:31:34	0:07:16	Run For The Trail 7K	Dilltown	PA	8/15/2010
Tom Fanning	7K	0:31:43	0:07:18	Run For The Trail 7K	Dilltown	PA	8/15/2010
Dave Miller	7K	0:31:47	0:07:19	Run For The Trail 7K	Dilltown	PA	8/15/2010
Bill Serafin	7K	0:32:15	0:07:26	Run For The Trail 7K	Dilltown	PA	8/15/2010
Mike Lockhart	7K	0:32:22	0:07:27	Run For The Trail 7K	Dilltown	PA	8/15/2010
Ben Foy	7K	0:32:33	0:07:30	Run For The Trail 7K	Dilltown	PA	8/15/2010
Phillip Levri	7K	0:32:58	0:07:36	Run For The Trail 7K	Dilltown	PA	8/15/2010
Scott Bowman	7K	0:33:00	0:07:36	Run For The Trail 7K	Dilltown	PA	8/15/2010
Mary Jean Bujdos	7K	0:34:05	0:07:51	Run For The Trail 7K	Dilltown	PA	8/15/2010
Rob Andelman	7K	0:34:28	0:07:56	Run For The Trail 7K	Dilltown	PA	8/15/2010
John Swauger	7K	0:35:21	0:08:09	Run For The Trail 7K	Dilltown	PA	8/15/2010
Aileen Bowman	7K	0:35:52	0:08:16	Run For The Trail 7K	Dilltown	PA	8/15/2010
Erick Lauber	7K	0:35:56	0:08:17	Run For The Trail 7K	Dilltown	PA	8/15/2010
Christine Lasser	7K	0:36:58	0:08:31	Run For The Trail 7K	Dilltown	PA	8/15/2010
Sam Cunkelman	7K	0:37:08	0:08:33	Run For The Trail 7K	Dilltown	PA	8/15/2010
David Fulton	7K	0:38:24	0:08:51	Run For The Trail 7K	Dilltown	PA	8/15/2010
Linda Leopold	7K	0:38:47	0:08:56	Run For The Trail 7K	Dilltown	PA	8/15/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Tom Fritz	7K	0:38:48	0:08:56	Run For The Trail 7K	Dilltown	PA	8/15/2010
Pat Scanlon	7K	0:38:58	0:08:59	Run For The Trail 7K	Dilltown	PA	8/15/2010
Taylor Woodrow	7K	0:39:13	0:09:02	Run For The Trail 7K	Dilltown	PA	8/15/2010
Jed Fetterman	7K	0:39:27	0:09:05	Run For The Trail 7K	Dilltown	PA	8/15/2010
Kevin Sasway	7K	0:39:31	0:09:06	Run For The Trail 7K	Dilltown	PA	8/15/2010
Kevin Sasway	7K	0:39:31	0:09:06	Run For The Trail 7K	Dilltown	PA	8/15/2010
Tom Dunbar	7K	0:40:38	0:09:22	Run For The Trail 7K	Dilltown	PA	8/15/2010
Ed Gondolf	7K	0:40:44	0:09:23	Run For The Trail 7K	Dilltown	PA	8/15/2010
Aly Pajak	7K	0:41:56	0:09:40	Run For The Trail 7K	Dilltown	PA	8/15/2010
Steve Woodrow	7K	0:42:29	0:09:47	Run For The Trail 7K	Dilltown	PA	8/15/2010
Marissa Decker	7K	0:43:13	0:09:57	Run For The Trail 7K	Dilltown	PA	8/15/2010
Bitty Miller	7K	0:43:53	0:10:07	Run For The Trail 7K	Dilltown	PA	8/15/2010
Daniel Pajak	7K	0:46:22	0:10:41	Run For The Trail 7K	Dilltown	PA	8/15/2010
Cathy Swauger	7K	0:51:48	0:11:56	Run For The Trail 7K	Dilltown	PA	8/15/2010
Donna Scanlon	7K	0:51:57	0:11:58	Run For The Trail 7K	Dilltown	PA	8/15/2010
Jennifer Wally Blystone	1.4 Mile Relay Leg	0:44:19	0:10:04	Pittsburgh Marathon Relay	Pittsburgh	PA	5/2/2010
Doug Craft	4.8 Mile	0:29:36	0:06:10	Run For Someone Special 4.8	Sykesville	PA	4/11/2010
Ben Foy	8K	0:36:35	0:07:23	8K on the Parkway	Ridgeland	MS	5/29/2010
Matt Gaudet	5 Mile	0:27:13	0:05:27	Latrobe 5 Miler	Latrobe	PA	7/2/2010
Chris Geddes	5 Mile	0:28:17	0:05:39	Frigid Five Miler	North Park	PA	1/10/2010
Eric Geddes	5 Mile	0:29:23	0:05:53	Frigid Five Miler	North Park	PA	1/10/2010
Veronica Bujdos	5 Mile	0:30:41	0:06:08	Butler Road Race 5 Miler	Butler	PA	6/26/2010
Vince Pavic	5 Mile	0:31:22	0:06:16	2010 Maple Festival 5 Miler	Meyersdale	PA	3/20/2010
Doug Ulishney	5 Mile	0:31:49	0:06:22	Latrobe 5 Miler	Latrobe	PA	7/2/2010
Mike Hodak	5 Mile	0:33:06	0:06:37	Latrobe 5 Miler	Latrobe	PA	7/2/2010
Tad Pajak	5 Mile	0:34:17	0:06:51	Latrobe 5 Miler	Latrobe	PA	7/2/2010
Tad Pajak	5 Mile	0:34:31	0:06:54	Butler Road Race 5 Miler	Butler	PA	6/26/2010
Dan McQuiston	5 Mile	0:35:28	0:07:06	Latrobe 5 Miler	Latrobe	PA	7/2/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Ben Foy	5 Mile	0:35:43	0:07:09	2010 Maple Festival 5 Miler	Meyersdale	PA	3/20/2010
Ben Foy	5 Miler	0:36:19	0:07:16	Hollidaysburg Turkey Trot	Hollidaysburg	PA	11/25/2010
Ben Foy	5 Mile	0:38:24	0:07:41	Ken Brumbaugh 5 Miler	Altoona	PA	3/21/2010
Mary Jean Bujdos	5 Mile	0:38:45	0:07:45	Butler Road Race 5 Miler	Butler	PA	6/26/2010
Kristina Taylor-Porter	5K	0:39:09	0:07:50	Jim Dunn Twilight 5 Miler	Morgantown	WV	7/9/2010
Tom Fritz	5 Mile	0:39:57	0:07:59	2010 Maple Festival 5 Miler	Meyersdale	PA	3/20/2010
Maria Fruscello	5 Mile	0:41:02	0:08:12	Just A Short Run Relay	Cooksburg	PA	3/27/2010
Sherry Shank	5 Miler	0:41:37	0:08:19	Wounded Warrior 5 Miler	North Park	PA	11/13/2010
Rick Conroy	5 Mile	0:42:21	0:08:28	Frigid Five Miler	North Park	PA	1/10/2010
James Kilpatrick	5 Mile	0:43:19	0:08:40	Latrobe 5 Miler	Latrobe	PA	7/2/2010
Christine Lasser	5 Mile	0:44:22	0:08:52	Latrobe 5 Miler	Latrobe	PA	7/2/2010
Rudy Toro	5 Mile	0:45:22	0:09:04	Race Against Racism 5 Miler	Gettysburg	PA	4/25/2010
Ed Gondolf	5 Mile	0:45:49	0:09:10	Latrobe 5 Miler	Latrobe	PA	7/2/2010
Dawn Smith-Sherwood	5 Mile	0:51:48	0:10:22	Butler Road Race 5 Miler	Butler	PA	6/26/2010
Lesie Osikowicz	5.9 Mile Relay Leg	0:55:00	0:09:19	Pittsburgh Marathon Relay	Pittsburgh	PA	5/2/2010
Laura Yevchak	5.9 Mile Relay Leg	43:30:00	7:22:22	Pittsburgh Marathon Relay	Pittsburgh	PA	5/2/2010
Matt Gaudet	10K	0:32:57	0:05:19	Great Race 10K	Pittsburgh	PA	9/26/2010
Tom Lipsie	10K	0:34:39	0:05:35	Fool's Run 10K	Indiana	PA	4/3/2010
Matt Pajak	10K	0:35:56	0:05:48	Fool's Run 10K	Indiana	PA	4/3/2010
Tom Lipsie	10K	0:36:23	0:05:52	Shanksville 10K	Shanksville	PA	3/8/2010
Al Casagranda	10K	0:36:40	0:05:55	Fool's Run 10K	Indiana	PA	4/3/2010
Alex Woodrow	10K	0:37:07	0:05:59	Fool's Run 10K	Indiana	PA	4/3/2010
Garrett Milner	10K	0:37:27	0:06:02	Fool's Run 10K	Indiana	PA	4/3/2010
Matt Gaudet	10K	0:37:53	0:06:07	Fool's Run 10K	Indiana	PA	4/3/2010
Doug Craft	10K	0:38:11	0:06:10	Fool's Run 10K	Indiana	PA	4/3/2010
Veronica Bujdos	10K	0:38:31	0:06:13	YMCA Kittanning 10K	Kittanning	PA	11/13/2010
Veronica Bujdos	10K	0:40:18	0:06:30	Fool's Run 10K	Indiana	PA	4/3/2010
Doug Ulishney	10K	0:40:19	0:06:30	Cooper's Rock 10k	Cooper's Rock	WV	3/28/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Doug Ulishney	10K	0:40:27	0:06:31	Fool's Run 10K	Indiana	PA	4/3/2010
Doug Ulishney	10K	0:40:30	0:06:32	Tri Town 10K	Dawson	PA	6/7/2010
Ryan Spiardi	10K	0:40:37	0:06:33	Mahoning Shuffle 10K	Punxsutawney	PA	10/9/2010
Vince Pavic	10K	0:41:04	0:06:37	Fool's Run 10K	Indiana	PA	4/3/2010
Tad Pajak	10K	0:41:49	0:06:45	Wings of Hope 10K	Johnstown	PA	4/24/2010
Jean-Yves Boulard	10K	0:41:53	0:06:45	Fool's Run 10K	Indiana	PA	4/3/2010
Jeannie Bujdos	10K	0:41:53	0:06:45	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
David Foy	10K	0:42:11	0:06:48	15th Annual MCVET 10K	Baltimore	MD	5/30/2010
Rob Andelman	10K	0:42:24	0:06:50	Great Race 10K	Pittsburgh	PA	9/26/2010
Tad Pajak	10K	0:42:38	0:06:53	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
Vince Pavic	10K	0:42:41	0:06:53	Daily American 10K	Somerset	PA	6/12/2010
Mike Hodak	10K	0:42:42	0:06:53	Fool's Run 10K	Indiana	PA	4/3/2010
Mike Lockhart	10K	0:42:42	0:06:53	Great Race 10K	Pittsburgh	PA	9/26/2010
Chris Scanga	10K	0:42:45	0:06:54	Fool's Run 10K	Indiana	PA	4/3/2010
Dan Cunkelman	10K	0:42:54	0:06:55	Fool's Run 10K	Indiana	PA	4/3/2010
Tad Pajak	10K	0:43:39	0:07:02	Johnstown Marathon 10K	Johnstown	PA	10/3/2010
Vince Pavic	10K	0:43:44	0:07:03	Shanksville 10K	Shanksville	PA	3/8/2010
Dan McQuiston	10K	0:44:11	0:07:08	Fool's Run 10K	Indiana	PA	4/3/2010
Martin Kessler	10K	0:44:16	0:07:08	Fool's Run 10K	Indiana	PA	4/3/2010
Tad Pajak	10K	0:44:50	0:07:14	Shanksville 10K	Shanksville	PA	3/8/2010
Tommy Fetterman	10K	0:45:36	0:07:21	Shanksville 10K	Shanksville	PA	3/8/2010
Tad Pajak	10K	0:45:37	0:07:21	Fool's Run 10K	Indiana	PA	4/3/2010
Tom Fanning	10K	0:45:43	0:07:22	Fool's Run 10K	Indiana	PA	4/3/2010
Ben Foy	10K	0:46:14	0:07:27	Hollidaysburg YMCA 10K	Hollidaysburg	PA	10/2/2010
Ben Foy	10K	0:46:16	0:07:28	Cooper's Rock 10K	Bruceton Mills	WV	3/28/2010
Bill Winters	10K	0:46:21	0:07:29	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
Ben Foy	10K	0:46:34	0:07:31	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
Jeff Smith	10K	0:46:45	0:07:32	Fool's Run 10K	Indiana	PA	4/3/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Ben Foy	10K	0:46:45	0:07:32	2010 Love Inc Fall Foilage 10K	Shawnee Park	PA	10/9/2010
Scott Bowman	10K	0:46:55	0:07:34	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
Ben Foy	10K	0:47:41	0:07:41	Fool's Run 10K	Indiana	PA	4/3/2010
Ben Foy	10K	0:47:49	0:07:43	Shanksville 10K	Shanksville	PA	3/8/2010
Jonathan Yuhas	10K	0:47:51	0:07:43	Johnstown Marathon 10K	Johnstown	PA	10/3/2010
Mary Jean Bujdos	10K	0:48:03	0:07:45	Fool's Run 10K	Indiana	PA	4/3/2010
Bill Serafin	10K	0:48:12	0:07:46	Fool's Run 10K	Indiana	PA	4/3/2010
Mary Jean Bujdos	10K	0:48:14	0:07:47	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
Aileen Bowman	10K	0:48:29	0:07:49	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
John Swauger	10K	0:48:58	0:07:54	Great Race 10K	Pittsburgh	PA	9/26/2010
Dave Miller	10K	0:49:07	0:07:55	Fool's Run 10K	Indiana	PA	4/3/2010
Bill Winters	10K	0:49:43	0:08:01	Shanksville 10K	Shanksville	PA	3/8/2010
Rob Andelman	10K	0:49:49	0:08:02	Fool's Run 10K	Indiana	PA	4/3/2010
Jackie Beisel	10K	0:50:37	0:08:10	Fool's Run 10K	Indiana	PA	4/3/2010
Scott Bowman	10K	0:50:38	0:08:10	Fool's Run 10K	Indiana	PA	4/3/2010
John Goss	10K	0:50:39	0:08:10	Fool's Run 10K	Indiana	PA	4/3/2010
Bernie Coppolo	10K	0:50:51	0:08:12	Fool's Run 10K	Indiana	PA	4/3/2010
Scott Bowman	10K	0:50:51	0:08:12	Kimball 10K Challenge	Ebensburg	PA	6/26/2010
Sherry Shank	10K	0:52:06	0:08:24	Great Race 10K	Pittsburgh	PA	9/26/2010
Tom Fritz	10K	0:52:27	0:08:28	Race Along The Lake 10K	Hollsopple	PA	5/22/2010
Aileen Bowman	10K	0:52:38	0:08:29	Obadiah Cole Prostate Race 10K	Pittsburgh	PA	6/20/2010
Rudy Toro	10K	0:52:59	0:08:33	Great Race 10K	Pittsburgh	PA	9/26/2010
Mary Lee Page	10K	0:53:01	0:08:33	Fool's Run 10K	Indiana	PA	4/3/2010
Tabitha Yagel	10K	0:53:14	0:08:35	Great Race 10K	Pittsburgh	PA	9/26/2010
Gary Honkus	10K	0:53:24	0:08:37	Wings of Hope 10K	Johnstown	PA	4/24/2010
Aileen Bowman	10K	0:53:28	0:08:37	Fool's Run 10K	Indiana	PA	4/3/2010
Maria Fruscello	10K	0:54:04	0:08:43	Fool's Run 10K	Indiana	PA	4/3/2010
Beth Wygonik	10K	0:54:11	0:08:44	Fool's Run 10K	Indiana	PA	4/3/2010



# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Jeff Page	10K	0:54:25	0:08:47	Fool's Run 10K	Indiana	PA	4/3/2010
Tom Fritz	10K	0:54:25	0:08:47	Apple Blossum Festival 10K	Winchester	VA	5/2/2010
John Swauger	10K	0:54:42	0:08:49	Fool's Run 10K	Indiana	PA	4/3/2010
Aaron Wygonik	10K	0:54:58	0:08:52	Fool's Run 10K	Indiana	PA	4/3/2010
Maria Fruscello	10K	0:55:17	0:08:55	Zooma 10K	Annapolis	MD	6/6/2010
Jeremy Yagle	10K	0:55:21	0:08:56	Great Race 10K	Pittsburgh	PA	9/26/2010
Emily Earley	10K	0:55:27	0:08:57	Great Race 10K	Pittsburgh	PA	9/26/2010
Tom Dunbar	10K	0:55:50	0:09:00	Fool's Run 10K	Indiana	PA	4/3/2010
Phil Levri	10K	0:55:59	0:09:02	Fool's Run 10K	Indiana	PA	4/3/2010
Leslie Osikowicz	10K	0:56:04	0:09:03	Great Race 10K	Pittsburgh	PA	9/26/2010
Pat Scanlon	10K	0:56:11	0:09:04	Fool's Run 10K	Indiana	PA	4/3/2010
Linda Leopold	10K	0:56:21	0:09:05	Fool's Run 10K	Indiana	PA	4/3/2010
James Kilpatrick	10K	0:56:38	0:09:08	Fool's Run 10K	Indiana	PA	4/3/2010
Janet Ryen	10K	0:56:39	0:09:08	Fool's Run 10K	Indiana	PA	4/3/2010
Rudy Toro	10K	0:56:39	0:09:08	Jaxson's Jog 10K	Allison Park	PA	5/22/2010
Christine Lasser	10K	0:56:40	0:09:08	Fool's Run 10K	Indiana	PA	4/3/2010
Bitty Miller	10K	0:56:51	0:09:10	Fool's Run 10K	Indiana	PA	4/3/2010
Ray Beisel	10K	0:56:59	0:09:11	Fool's Run 10K	Indiana	PA	4/3/2010
Ed Gondolf	10K	0:57:11	0:09:13	YMCA Kittaning 10K	Kittanning	PA	11/13/2010
Bob Rout	10K	0:57:32	0:09:17	Great Race 10K	Pittsburgh	PA	9/26/2010
Charles Frank	10K	0:57:40	0:09:18	Fool's Run 10K	Indiana	PA	4/3/2010
Tom Simmons	10K	0:57:49	0:09:20	Fool's Run 10K	Indiana	PA	4/3/2010
Darlene Hudak	10K	0:58:01	0:09:21	Ellwood City Ledger 10K	Ellwood City	PA	7/3/2010
Jed Fetterman	10K	0:58:03	0:09:22	Shanksville 10K	Shanksville	PA	3/8/2010
Aly Pajak	10K	0:58:07	0:09:22	Fool's Run 10K	Indiana	PA	4/3/2010
Sherry Shank	10K	0:58:07	0:09:22	Fool's Run 10K	Indiana	PA	4/3/2010
Bob Lott	10K	0:58:15	0:09:24	Fool's Run 10K	Indiana	PA	4/3/2010
Gary Honkus	10K	0:59:09	0:09:32	Shanksville 10K	Shanksville	PA	3/8/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Megan White	10K	0:59:12	0:09:33	Fool's Run 10K	Indiana	PA	4/3/2010
Curtis Mertz	10K	0:59:36	0:09:37	Fool's Run 10K	Indiana	PA	4/3/2010
Pat Scanlon	10K	0:59:50	0:09:39	Shanksville 10K	Shanksville	PA	3/8/2010
Donna Scanlon	10K	0:59:52	0:09:39	Shanksville 10K	Shanksville	PA	3/8/2010
Melissa Park	10K	1:00:41	0:09:47	Fool's Run 10K	Indiana	PA	4/3/2010
Tracy McKeel	10K	1:01:01	0:09:50	Great Race 10K	Pittsburgh	PA	9/26/2010
Darcy Taiani	10K	1:01:06	0:09:51	Great Race 10K	Pittsburgh	PA	9/26/2010
Rudy Toro	10K	1:02:31	0:10:05	Fool's Run 10K	Indiana	PA	4/3/2010
Kevin Sasway	10K	1:03:56	0:10:19	Fool's Run 10K	Indiana	PA	4/3/2010
Jodie Shank	10K	1:04:11	0:10:21	Fool's Run 10K	Indiana	PA	4/3/2010
Tom Fetterman	10K	1:04:22	0:10:23	Shanksville 10K	Shanksville	PA	3/8/2010
Mark Anderson	10K	1:05:06	0:10:30	Fool's Run 10K	Indiana	PA	4/3/2010
Melisa Boyer	10K	1:08:03	0:10:59	Tow Path Marathon 10K	Penninsula	OH	10/10/2010
Cathy Swauger	10K	1:08:52	0:11:06	Great Race 10K	Pittsburgh	PA	9/26/2010
Melissa Boyer	10K	1:09:08	0:11:09	Fool's Run 10K	Indiana	PA	4/3/2010
Dawn Smith-Sherwood	10K	1:09:55	0:11:17	Scottsdale Fall Festival 10K	Scottsdale	PA	9/18/2010
Melissa Boyer	10K	1:09:56	0:11:17	YMCA Kittanning 10K	Kittanning	PA	11/13/2010
Mark Stern	7.1 Miler	1:11:36	0:10:05	Geisinger Humdinger 7.1 Miler	Danville	PA	3/6/2010
Mel Stern	7.1 Miler	1:43:08	0:14:32	Geisinger Humdinger 7.1 Miler	Danville	PA	3/6/2010
Cory Fulmer	7.2 Mile Relay Leg	0:45:00	0:06:15	Pittsburgh Marathon Relay	Pittsburgh	PA	5/2/2010
Mindy Wygonik	8.1 Mile	1:28:23	0:10:55	Just A Short Run 8.1	North Park	PA	3/27/2010
Ryan Bender	15K	0:48:00	0:05:10	Lungstrong 15K	Cornelius	NC	10/16/2010
Doug Ulishney	15K	1:02:34	0:06:44	Get Together 15K	Belle Vernon	PA	1/23/2010
Matt Gaudet	15K	1:12:12	0:07:46	Deer Fly 15K	Penn Run	PA	7/25/2010
Matthew Stern	15K	1:13:37	0:07:55	Mudfest 15K Trail Run	Reading	PA	4/2/2010
Mark Stern	15K	1:15:43	0:08:08	Mudfest 15K Trail Run	Reading	PA	4/2/2010
Ben Foy	15K	1:16:57	0:08:16	Get Together 15K	Belle Vernon	PA	1/23/2010
Selena Stern	15K	1:23:39	0:09:00	Mudfest 15K Trail Run	Reading	PA	4/2/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Bill Stroup	15K	1:25:41	0:09:13	Green River Trail 15K			9/18/2010
Darlene Hudak	15K	1:26:11	0:09:16	Green River Trail 15K			9/18/2010
Gary Honkus	15K	1:31:05	0:09:48	10th Annual Flight 93 15K	Shanksville	PA	11/7/2010
Jeannie Bujdos	15K	1:34:06	0:10:07	Deer Fly 15K	Penn Run	PA	7/25/2010
Mary Jean Bujdos	15K	1:37:18	0:10:28	Deer Fly 15K	Penn Run	PA	7/25/2010
Phillip Levri	15K	1:42:13	0:10:59	Deer Fly 15K	Penn Run	PA	7/25/2010
John Goss	15K	1:42:51	0:11:04	Deer Fly 15K	Penn Run	PA	7/25/2010
John Goss	15K	1:44:36	0:11:15	Stripmine Nine 15K	Mt. Carmel	PA	6/13/2010
Mel Stern	15K	1:49:38	0:11:47	Mudfest 15K Trail Run	Reading	PA	4/2/2010
Sherry Shank	15K	1:53:18	0:12:11	Deer Fly 15K	Penn Run	PA	7/25/2010
Bob Lott	15K	2:00:53	0:13:00	Stripmine Nine 15K	Mt. Carmel	PA	6/13/2010
Bob Lott	15K	2:15:17	0:14:33	Deer Fly 15K	Penn Run	PA	7/25/2010
Darlene Hudak	15K	2:16:06	0:14:38	Deer Fly 15K	Penn Run	PA	7/25/2010
Bill Stroup	15K	2:18:05	0:14:51	Deer Fly 15K	Penn Run	PA	7/25/2010
Jim Anderson	15K	2:19:14	0:14:58	Deer Fly 15K	Penn Run	PA	7/25/2010
James Bowers, Jr.	15K	4:17:13	0:27:39	Deer Fly 15K	Penn Run	PA	7/25/2010
Matt Stern	10 Miler	1:01:21	0:06:08	Army 10 Miler	Washington	DC	10/24/2010
Herb Cratty	10 Mile	1:05:48	0:06:35	Spring Thaw	North Park	PA	2/27/2010
Mike Hodak	10 Mile	1:07:25	0:06:44	Chilly Cheeks Challenge 10 Miler	Hermitage	PA	1/23/2010
Vince Pavic	10 Mile	1:12:37	0:07:16	Soldier Field 10 Miler	Chicago	IL	5/29/2010
Jean-Yves Boulard	10 Mile	1:15:38	0:07:34	Spring Thaw	North Park	PA	2/27/2010
Scott Bowman	10 Mile	1:22:43	0:08:16	Chilly Cheeks Challenge 10 Miler	Hermitage	PA	1/23/2010
Aileen Bowman	10 Mile	1:25:47	0:08:35	Chilly Cheeks Challenge 10 Miler	Hermitage	PA	1/23/2010
Rick Conroy	10 Mile	1:27:53	0:08:47	Spring Thaw	North Park	PA	2/27/2010
William Stroup	10 Mile	1:28:40	0:08:52	Yough River Trail 10 Miler	Connellsville	PA	4/10/2010
Sherry Shank	10 Miler	1:29:36	0:08:58	Army 10 Miler	Washington	DC	10/24/2010
Darlene Hudak	10 Mile	1:30:34	0:09:03	Yough River Trail 10 Miler	Connellsville	PA	4/10/2010
Maria Fruscello	10 Mile	1:32:59	0:09:18	Spring Thaw	North Park	PA	2/27/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Mel Stern	10 Miler	1:36:54	0:09:41	Army 10 Miler	Washington	DC	10/24/2010
Mark Stern	10 Miler	1:36:54	0:09:41	Army 10 Miler	Washington	DC	10/24/2010
Curtis Mertz	10 Miler	1:37:40	0:09:46	Army 10 Miler	Washington	DC	10/24/2010
Becky Pavic	10 Mile	1:39:05	0:09:55	Soldier Field 10 Miler	Chicago	IL	5/29/2010
Tom Fritz	10.6	1:47:24	0:10:08	Treaster Kettle 10.6 Miler	Boalsburg	PA	6/6/2010
Ryan Bender	Half Marathon	1:09:49	0:05:20	Charlotte Fest Half Marathon	Charlotte	NC	4/10/2010
Chris Geddes	Half Marathon	1:11:59	0:05:30	Atlantic City Half Marathon	Atlantic City	NJ	10/17/2010
Chris Geddes	Half Marathon	1:13:12	0:05:35	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Chris Geddes	Half Marathon	1:13:48	0:05:38	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Tom Lipsie	Half Marathon	1:14:10	0:05:40	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Tom Lipsie	Half Marathon	1:14:38	0:05:42	IKEA Half Marathon	Robinson Twp	PA	9/11/2010
Matt Pajak	Half Marathon	1:18:36	0:06:00	Johnstown Half Marathon	Johnstown	PA	10/3/2010
Chris Geddis	Half Marathon	1:18:38	0:06:00	Nittany Valley Half Marathon	State College	PA	12/12/2010
Al Casagrande	Half Marathon	1:19:21	0:06:03	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
Jess Pentz Graff	Half Marathon	1:19:36	0:06:05	R & R Chicago Half Marathon	Chicago	IL	8/1/2010
Doug Craft	Half Marathon	1:22:23	0:06:17	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
Veronica Bujdos	Half Marathon	1:25:48	0:06:33	Atlanta Half Marathon	Atlanta	GA	11/25/2010
Cory Fulmer	Half Marathon	1:26:00	0:06:34	R & R Va. Beach Half Marathon	Virginia Beach	VA	9/5/2010
Dan Cunkelman	Half Marathon	1:27:22	0:06:40	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/9/2010
Doug Ulishney	Half Marathon	1:28:51	0:06:47	Mountain Maryland RRCA Half		MD	4/18/2010
Mike Hodak	Half Marathon	1:29:08	0:06:48	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Scanga, Chris	Half Marathon	1:30:06	0:06:53	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Mark Stern	Half Marathon	1:30:11	0:06:53	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Mike Hodak	Half Marathon	1:30:34	0:06:55	Nittany Valley Half Marathon	State College	PA	12/12/2010
Ryan Spiardi	Half Marathon	1:31:39	0:07:00	Akron Half Marathon	Akron	OH	9/25/2010
Candi Lockard	Half Marathon	1:35:19	0:07:17	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Jeannie Bujdos	Half Marathon	1:35:55	0:07:19	Atlanta Half Marathon	Atlanta	GA	11/25/2010
Dan McQuiston	Half Marathon	1:36:48	0:07:23	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Will Swingle	Half Marathon	1:38:14	0:07:30	Johnstown Half Marathon	Johnstown	PA	10/3/2010
Robert Leopold	Half Marathon	1:38:35	0:07:32	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Tom Fanning	Half Marathon	1:39:00	0:07:33	Johnstown Half Marathon	Johnstown	PA	10/3/2010
Mary Jean Bujdos	Half Marathon	1:39:08	0:07:34	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Will Swingle	Half Marathon	1:39:09	0:07:34	Niagara Half Marathon	Niagara Falls	NY	10/24/2010
Dan McQuiston	Half Marathon	1:40:45	0:07:41	Nittany Valley Half Marathon	State College	PA	12/12/2010
Laura Yevchak	Half Marathon	1:41:45	0:07:46	R & R Va. Beach Half Marathon	Virginia Beach	VA	9/5/2010
Mary Jean Bujdos	Half Marathon	1:42:34	0:07:50	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
Bill Winters	Half Marathon	1:43:09	0:07:52	Nittany Valley Half Marathon	State College	PA	12/12/2010
Will Swingle	Half Marathon	1:43:11	0:07:53	Just A Short Run Half Marathon	North Park	PA	3/27/2010
Will Swingle	Half Marathon	1:43:39	0:07:55	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
John Swauger	Half Marathon	1:46:39	0:08:08	Johnstown Half Marathon	Johnstown	PA	10/3/2010
Mike Lockhart	Half Marathon	1:46:55	0:08:10	Farmer's Inn Half Marathon	Sigel	PA	10/31/2010
John Swauger	Half Marathon	1:47:29	0:08:12	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
Bill Winters	Half Marathon	1:47:49	0:08:14	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
Rick Conroy	Half Marathon	1:48:13	0:08:16	Race A Palooza Half Marathon	Lower Burrell	PA	5/22/2010
John Swauger	Half Marathon	1:48:49	0:08:18	R & R Va. Beach Half Marathon	Virginia Beach	VA	9/5/2010
Mary Jean Bujdos	Half Marathon	1:49:08	0:08:20	Atlanta Half Marathon	Atlanta	GA	11/25/2010
John Chernega	Half Marathon	1:49:11	0:08:20	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Tad Pajak	Half Marathon	1:50:00	0:08:24	VI Allianz Game	Budapest	Hungary	7/18/2010
Rob Andelman	Half Marathon	1:50:00	0:08:24	Drake Well Half Marathon	Titusville	PA	8/20/2010
Bill Winters	Half Marathon	1:50:11	0:08:25	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Erik Lauber	Half Marathon	1:50:30	0:08:26	Bachman Valley Half Marathon	Bachman Valley	MD	9/26/2010
Tom Fritz	Half Marathon	1:50:46	0:08:27	Johnstown Half Marathon	Johnstown	PA	10/3/2010
Mary Jean Bujdos	Half Marathon	1:50:47	0:08:27	Nittany Valley Half Marathon	State College	PA	12/12/2010
William Stroup	Half Marathon	1:50:58	0:08:28	Decker's Creek Half Marathon	Decker's Creek	PA	6/5/2010
Tom Fetterman	Half Marathon	1:52:07	0:08:34	Johnstown Half Marathon	Johnstown	PA	10/3/2010
Scott Bowman	Half Marathon	1:52:10	0:08:34	2010 Yough River Trail Half Marathon	Connellsville	PA	4/10/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Scott Bowman	Half Marathon	1:53:27	0:08:40	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/9/2010
Scott Bowman	Half Marathon	1:54:14	0:08:43	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
Art Zottola	Half Marathon	1:54:19	0:08:44	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Art Zottola	Half Marathon	1:54:20	0:08:44	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
D.J. Miller	Half Marathon	1:54:35	0:08:45	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Aileen Bowman	Half Marathon	1:54:35	0:08:45	Nittany Valley Half Marathon	State College	PA	12/12/2010
Aileen Bowman	Half Marathon	1:54:40	0:08:45	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Kristina Taylor-Porter	Half Marathon	1:55:18	0:08:48	Big Sur Half Marathon	Big Sur	CA	11/14/2010
Ginny Winters	Half Marathon	1:56:34	0:08:54	Johnstown Half Marathon	Johnstown	PA	10/3/2010
Janet Ryan	Half Marathon	1:57:12	0:08:57	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/9/2010
John Swauger	Half Marathon	1:57:23	0:08:58	Buffalo Half Marathon	Buffalo	NY	5/30/2010
Beth Wygonik	Half Marathon	1:57:43	0:08:59	Just A Short Run Half Marathon	North Park	PA	3/27/2010
Jed Fetterman	Half Marathon	1:57:49	0:09:00	Farmer's Inn Half Marathon	Sigel	PA	10/31/2010
Christine Lasser	Half Marathon	1:57:58	0:09:00	Nittany Valley Half Marathon	State College	PA	12/12/2010
Pat Scanlon	Half Marathon	1:59:44	0:09:08	Akron Half Marathon	Akron	OH	9/25/2010
Ginny Winters	Half Marathon	2:00:46	0:09:13	Nittany Valley Half Marathon	State College	PA	12/12/2010
John Swauger	Half Marathon	2:00:46	0:09:13	Nittany Valley Half Marathon	State College	PA	12/12/2010
Scott Bowman	Half Marathon	2:00:47	0:09:13	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Jonathan Yuhas	Half Marathon	2:00:59	0:09:14	R & R Va. Beach Half Marathon	Virginia Beach	VA	9/5/2010
Tom Fetterman	Half Marathon	2:01:27	0:09:16	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Pat Scanlon	Half Marathon	2:01:37	0:09:17	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Aileen Bowman	Half Marathon	2:03:59	0:09:28	Zooma Half Marathon	Annapolis	MD	6/6/2010
Mel Stern	Half Marathon	2:05:26	0:09:35	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Mel Stern	Half Marathon	2:05:34	0:09:35	Buffalo Half Marathon	Buffalo	NY	5/30/2010
Donna Scanlon	Half Marathon	2:06:19	0:09:39	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Darlene Hudak	Half Marathon	2:09:11	0:09:52	Decker's Creek Half Marathon	Decker's Creek	PA	6/5/2010
Rudy Toro	Half Marathon	2:11:24	0:10:02	R & R Va. Beach Half Marathon	Virginia Beach	VA	9/5/2010
Denise Zahorchak	Half Marathon	2:11:34	0:10:03	Disney Princess Half Marathon	Orlando	FL	3/7/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Sherry Shank	Half Marathon	2:13:18	0:10:11	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Steve Hogan	Half Marathon	2:13:54	0:10:13	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Philip Leopold	Half Marathon	2:15:07	0:10:19	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Donnie Zahorchak	Half Marathon	2:15:16	0:10:20	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Linda Leopold	Half Marathon	2:16:08	0:10:24	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Danette Hebenenthal	Half Marathon	2:16:17	0:10:24	Race A Palooza Half Marathon	Lower Burrell	PA	5/22/2010
Megan White	Half Marathon	2:16:38	0:10:26	Hollidaysburg YMCA Half Marathon	Hollidaysburg	PA	10/2/2010
Bonnie Myer	Half Marathon	2:17:25	0:10:29	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Denise Zahorchak	Half Marathon	2:17:43	0:10:31	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Megan White	Half Marathon	2:18:46	0:10:36	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Aly Pajak	Half Marathon	2:19:08	0:10:37	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Chris Fadden	Half Marathon	2:22:05	0:10:51	Austin Half Marathon	Austin	TX	2/14/2010
Larry Nellis	Half Marathon	2:23:39	0:10:58	Cook Forest Half Marathon	Cooksburg	PA	3/27/2010
Brook Brautigam	Half Marathon	2:26:21	0:11:10	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Dawn Smith-Sherwood	Half Marathon	2:34:35	0:11:48	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/9/2010
Bethany Pajak	Half Marathon	2:36:39	0:11:57	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Cathy Swauger	Half Marathon	2:38:59	0:12:08	R & R Va. Beach Half Marathon	Virginia Beach	VA	9/5/2010
Megan White	Half Marathon	2:39:09	0:12:09	Nittany Valley Half Marathon	State College	PA	12/12/2010
Mark Stern	Half Marathon	2:42:24	0:12:24	Buffalo Half Marathon	Buffalo	NY	5/30/2010
Melissa Boyer	Half Marathon	2:43:10	0:12:27	Bigfoot Half Marathon	Kittanning	PA	4/17/2010
Don Hogan	Half Marathon	2:43:32	0:12:29	Pittsburgh Half Marathon	Pittsburgh	PA	5/2/2010
Lecinda Yevchak	Half Marathon	2:45:49	0:12:39	Glass City Half Marathon	Toledo	OH	4/25/2010
Lecinda Yevchak	Half Marathon	2:50:47	0:13:02	R & R Va. Beach Half Marathon	Virginia Beach	VA	9/5/2010
Melinda Knapp	Half Marathon	2:56:51	0:13:30	Glass City Half Marathon	Toledo	OH	4/25/2010
Tommy Fetterman	14.3	2:02:00	0:08:32	Upchuck Classic	Beaverdale	PA	7/3/2010
Laura Yevchak	14.3	2:04:00	0:08:40	Upchuck Classic	Beaverdale	PA	7/3/2010
Bill Serafin	14.3	2:07:00	0:08:53	Upchuck Classic	Beaverdale	PA	7/3/2010
Bill Winters	14.3	2:10:00	0:09:05	Upchuck Classic	Beaverdale	PA	7/3/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Donna Scanlon	14.3	2:45:00	0:11:32	Upchuck Classic	Beaverdale	PA	7/3/2010
Tom Fetterman	14.3	2:45:00	0:11:32	Upchuck Classic	Beaverdale	PA	7/3/2010
Herb Cratty	15 Mile	1:39:42	0:06:39	Spring Thaw	North Park	PA	2/27/2010
Jean-Yves Boulard	15 Mile	1:53:59	0:07:36	Spring Thaw	North Park	PA	2/27/2010
Rick Conroy	15 Mile	2:15:05	0:09:00	Spring Thaw	North Park	PA	2/27/2010
Jess Pentz Graf	25K	1:34:12	0:06:05	Fifth Third Bank 25K-USAT Championship	Grand Rapids	MI	5/8/2010
Chris Sharbaugh	25K	2:17:06	0:08:51	Deer Fly 25K	Penn Run	PA	7/25/2010
Chris Scanga	25K	2:39:25	0:10:17	Deer Fly 25K	Penn Run	PA	7/25/2010
Kory Hubbard	25K	2:40:25	0:10:21	Deer Fly 25K	Penn Run	PA	7/25/2010
Candice Lockard	25K	2:40:32	0:10:21	Deer Fly 25K	Penn Run	PA	7/25/2010
Bill Serafin	25K	2:54:24	0:11:15	Deer Fly 25K	Penn Run	PA	7/25/2010
Tommy Fetterman	25K	3:19:21	0:12:52	Deer Fly 25K	Penn Run	PA	7/25/2010
Christine Felgar	25K	3:32:25	0:13:42	Deer Fly 25K	Penn Run	PA	7/25/2010
Matthew Stern	16.8	2:51:48	0:10:14	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Ken Sharbaugh	16.8	3:07:02	0:11:08	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Rob Higbee	16.8	3:09:55	0:11:18	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Mark Stern	16.8	3:20:11	0:11:55	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Chris Meanor	16.8	3:49:04	0:13:38	Hyner View Trail Challenge	Renovo	PA	4/17/2010
John Goss	16.8	4:14:30	0:15:09	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Mel Stern	16.8	4:25:26	0:15:48	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Bob Lott	16.8	5:19:02	0:18:59	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Curtis Mertz	16.8	5:47:22	0:20:41	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Sherry Shank	16.8	5:47:22	0:20:41	Hyner View Trail Challenge	Renovo	PA	4/17/2010
Rick Conroy	30K	2:45:29	0:08:54	Just A Short Run 30K	North Park	PA	3/27/2010
Rob Andelman	30K	2:45:59	0:08:55	Just A Short Run 30K	North Park	PA	3/27/2010
Kory Hubbard	30K	3:50:25	0:12:23	Rothrock Trail 30K	Rothrock	PA	6/5/2010
Herb Cratty	20 Mile	2:15:28	0:06:46	Spring Thaw	North Park	PA	2/27/2010
Jean-Yves Boulard	20 Mile	2:32:54	0:07:39	Spring Thaw	North Park	PA	2/27/2010



# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Rick Conroy	20 Mile	3:07:27	0:09:22	Spring Thaw	North Park	PA	2/27/2010
Rob Higbee	25 Miler	4:59:29	0:11:59	Megatransect 25 Mile Race			10/2/2010
Ryan Bender	Marathon	2:25:10	0:05:32	Philadelphia Marathon	Philadelphia	PA	11/21/2010
Tom Lipsie	Marathon	2:35:51	0:05:57	Steamtown Marathon	Scranton	PA	10/10/2010
Tom Lipsie	Marathon	2:40:58	0:06:09	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Tom Lipsie	Marathon	2:46:45	0:06:22	God's Country Marathon	Coudersport	PA	6/5/2010
Jess Pentz Graf	Marathon	2:49:37	0:06:28	Traverse City Marathon	Traverse City	MI	5/30/2010
Matt Pajak	Marathon	2:50:43	0:06:31	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Tom Lipsie	Marathon	2:51:49	0:06:33	Niagara on the Lake Marathon	Ontario	Canada	6/19/2010
Cory Fulmer	Marathon	3:01:26	0:06:55	Glass City Marathon	Toledo	OH	4/25/2010
Herb Cratty	Marathon	3:09:39	0:07:14	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Jean-Yves Boulard	Marathon	3:10:14	0:07:16	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Mike Hodak	Marathon	3:12:02	0:07:20	Akron Marathon	Akron	OH	9/25/2010
Michael Hodak	Marathon	3:18:14	0:07:34	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Vince Pavic	Marathon	3:30:08	0:08:01	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Terry Minegishi	Marathon	3:34:37	0:08:11	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Ryan Spiardi	Marathon	3:37:45	0:08:19	God's Country Marathon	Coudersport	PA	6/5/2010
Candi Lockard	Marathon	3:42:10	0:08:29	Boston Marathon	Boston	MA	4/19/2010
Chika Kanai	Marathon	3:42:48	0:08:30	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Dan McQuiston	Marathon	3:44:29	0:08:34	Tow Path Marathon	Penninsula	OH	10/10/2010
Dave Miller	Marathon	3:46:33	0:08:39	Marshall Marathon	Huntingdon	WV	11/7/2010
Candi Lockard	Marathon	3:47:18	0:08:41	Omaha Marathon	Omaha	NE	9/25/2010
Dave Miller	Marathon	3:48:02	0:08:42	Johnstown Marathon	Johnstown	PA	10/3/2010
Laura Yevchak	Marathon	3:48:43	0:08:44	Glass City Marathon	Toledo	OH	4/25/2010
Dan McQuiston	Marathon	3:50:45	0:08:48	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Rob Andelman	Marathon	3:50:46	0:08:48	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Bill Winters	Marathon	3:51:29	0:08:50	Atlantic City Marathon	Atlantic City	NJ	10/17/2010
Bernie Coppolo	Marathon	3:51:43	0:08:51	Richmond Marathon	Richmond	VA	11/13/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Tom Fetterman	Marathon	3:56:10	0:09:01	Marshall Marathon	Huntingdon	WV	11/7/2010
Bill Winters	Marathon	3:57:13	0:09:03	Johnstown Marathon	Johnstown	PA	10/3/2010
Catherine Hogan	Marathon	3:57:20	0:09:04	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Will Swingle	Marathon	3:57:41	0:09:04	Pocono Marathon Run For The Red	Pocono	PA	5/16/2010
Will Swingle	Marathon	3:58:44	0:09:07	North Central Trail Marathon	Sparks	MD	11/27/2010
Tommy Fetterman	Marathon	3:58:55	0:09:07	Johnstown Marathon	Johnstown	PA	10/3/2010
Aileen Bowman	Marathon	3:59:52	0:09:09	Akron Marathon	Akron	OH	9/25/2010
Rob Andelman	Marathon	4:00:00	0:09:10	Wineglass Marathon	Corning	NY	10/3/2010
Laura Yevchak	Marathon	4:00:35	0:09:11	Johnstown Marathon	Johnstown	PA	10/3/2010
Cory Fulmer	Marathon	4:00:35	0:09:11	Johnstown Marathon	Johnstown	PA	10/3/2010
Tommy Fetterman	Marathon	4:03:42	0:09:18	Pocono Marathon Run For The Red	Pocono	PA	5/16/2010
Dave Miller	Marathon	4:04:03	0:09:19	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Mary Jean Bujdos	Marathon	4:05:54	0:09:23	Johnstown Marathon	Johnstown	PA	10/3/2010
Mary Jean Bujdos	Marathon	4:06:24	0:09:24	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Chris Sharbaugh	Marathon	4:07:48	0:09:27	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Scott Bowman	Marathon	4:12:02	0:09:37	Akron Marathon	Akron	OH	9/25/2010
Dannelle Foy	Marathon	4:14:18	0:09:42	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Tom Fetterman	Marathon	4:19:02	0:09:53	Mangrove Marthon	Cape Coral	FL	12/12/2010
Jeff Smith	Marathon	4:22:45	0:10:02	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Tom Fetterman	Marathon	4:24:28	0:10:06	Erie Marathon	Erie	PA	9/12/2010
Tom Fetterman	Marathon	4:24:43	0:10:06	God's Country Marathon	Coudersport	PA	6/5/2010
Dan McQuiston	Marathon	4:26:00	0:10:09	1/2 Sauer 1/2 Kraut Marathon	Wyomissing	PA	6/12/2010
Aileen Bowman	Marathon	4:26:12	0:10:10	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Scott Bowman	Marathon	4:28:10	0:10:14	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
James Kilpatrick	Marathon	4:30:58	0:10:21	Johnstown Marathon	Johnstown	PA	10/3/2010
Maria Fruscello	Marathon	4:37:00	0:10:34	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
John Swauger	Marathon	4:39:08	0:10:39	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
James Bowers, Jr.	Marathon	4:40:41	0:10:43	Johnstown Marathon	Johnstown	PA	10/3/2010

# IRRC MEMBER RACE RESULTS 2010

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Rick Conroy	Marathon	4:42:01	0:10:46	Rivers Town Marathon	Danville	PA	5/1/2010
Donna Zukas	Marathon	4:46:51	0:10:57	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Greg Mitchell	Marathon	4:47:02	0:10:57	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Tom Fetterman	Marathon	4:47:25	0:10:58	Niagara on the Lake Marathon	Ontario	Canada	6/19/2010
Donna Scanlon	Marathon	4:48:14	0:11:00	Akron Marathon	Akron	OH	9/25/2010
Chuck Setler	Marathon	4:49:27	0:11:03	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Chuck Setler	Marathon	4:51:20	0:11:07	Tow Path Marathon	Penninsula	OH	10/10/2010
James Kilpatrick	Marathon	4:58:11	0:11:23	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Lori Gradwell	Marathon	5:10:08	0:11:50	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Tracy McKeel	Marathon	5:10:08	0:11:50	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Darcy Taiani	Marathon	5:20:35	0:12:14	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Jeremy Yagle	Marathon	5:20:35	0:12:14	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Joe Bujdos	Marathon	5:41:40	0:13:02	Pittsburgh Marathon	Pittsburgh	PA	5/2/2010
Bill Serafin	28 Miler	5:51:00	0:12:32	Susquehana Super Hile 28 Miler			
Bil Winters	50K	4:43:05	0:09:08	Mason Dixon Madness Ultra	Morgantown	WV	12/11/2010
Tommy Fetterman	50K	7:35:00	0:14:41	Laurel Highlands Ultra 50K		PA	6/12/2010
Bill Serafin	50K	7:42:00	0:14:54	Laurel Highlands Ultra 50K		PA	6/12/2010
Tommy Fetterman	Six Hour	5:35:00	0:09:26	Rhode Island Six Hour Ultra	Warwick	RI	11/14/2010
Ken Sharbaugh	50 Miler	9:48:00	0:11:46	Tussey Mountain 50 Miler			10/16/2010
Rob Higbee	77.5 Mile	20:48:58	0:16:07	Laurel Highlands Ultra 77.5 Mile		PA	6/12/2010
David Foy	8K	0:32:46		Challenge 8K	Goucher	PA	8/1/2010
Aileen Bowman	Tri-Bike	0:35:18		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Ben Foy	Triathlon	1:03:48		Connellsville Triathlon	Connellsville	PA	7/3/2010
Keith Hilliard	Triathlon	1:14:12		Happy Valley Sprint Triathlon	State College	PA	7/3/2010
David Foy	Triathlon	1:14:19		Canoe Creek Triathlon	Hollidaysburg	PA	8/7/2010
Ben Foy	Triathlon	1:16:02		Faith In Action Caregivers Tri	Wheeling	WV	7/10/2010
Ben Foy	Triathlon	1:21:31		Canoe Creek Triathlon	Hollidaysburg	PA	8/7/2010
Donnie Zahorchak	Triathlon	1:30:30		Pittsburgh Sprint Triathlon	Pittsburgh	PA	8/10/2010

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
David Foy	Triathlon	1:33:26		Johnstown YMCA Triathlon	Johnstown	PA	7/24/2010
Ben Foy	Triathlon	1:36:22		Building Bodeez Tri	Derry	PA	7/11/2010
Ben Foy	Triathlon	1:37:36		Johnstown YMCA Triathlon	Johnstown	PA	7/24/2010
Tom Fritz	Triathlon	1:46:20		Canoe Creek Triathlon	Hollidaysburg	PA	8/7/2010
James Kilpatrick	Triathlon	2:01:36		Building Bodeez Tri	Derry	PA	7/11/2010
Tom Fritz	Triathlon	2:01:55		Johnstown YMCA Triathlon	Johnstown	PA	7/24/2010
Keith Hilliard	Triathlon	2:24:00		Xterra Applalchia Tri	Penn Run	PA	8/1/2010
Denise Zahorchak	Triathlon	3:11:30		Pittsburgh International Triathlon	Pittsburgh	PA	8/10/2010
Garrett Milner	Tri Relay-Run	0:17:28		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Mel Stern	Tri-Swim	0:22:51		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Aaron Wygonik	Tri-Swim	0:25:09		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Ray Wygonik	Tri-Bike	0:35:01		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Mary Jean Bujdos	Tri-Bike	0:35:41		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Ben Foy	Triathlon	0:42:08		PTARC TRI	Harrison City	PA	6/15/2010
Ben Foy	Triathlon	0:48:43		Mon Valley Indoor Triathlon	Belle Vernon	PA	2/28/2010
David Foy	Tri	0:58:10		Sprint, Splash & Spin Tri	Morgantown	WV	8/28/2010
Ben Foy	Triathlon	1:02:48		Rocky Gap Triathlon	Rocky Gap	MD	6/5/2010
Ben Foy	Tri	1:04:08		Sprint, Splash & Spin Tri	Morgantown	WV	8/28/2010
Keith Hilliard	Triathlon	1:11:28		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Mark Henck	Triathlon	1:12:07		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
David Foy	Tri	1:14:38		Hammer Man Tri	Baltimore	MD	9/25/2010
Ben Foy	Triathlon	1:15:09		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Ben Foy	Triathlon	1:17:34		2010 Uniontown Tri	Uniontown	PA	6/27/2010
Jonathan Yuhas	Triathlon	1:18:49		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Jeannie Bujdos	Triathlon	1:20:00		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Scott Bowman	Triathlon	1:23:19		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Tom Bianco	Triathlon	1:26:48		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Ben Foy	Tri	1:27:03		Hammer Man Tri	Baltimore	MD	9/25/2010

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Chris Geddis	Mile	0:04:40	0:04:40	S.R. Open Indoor Track Meet	Slippery Rock	PA	2/12/2010
John Swauger	Mile	0:06:39	0:06:39	Gateway Track Miles	Monroeville	PA	6/3/2010
Meghann Wygonik	Triathlon	1:31:07		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
David Foy	Tri	1:32:23		Barracuda Sprint Triathlon	Hazelton	PA	8/15/2010
Denise Zahorchak	Triathlon	1:37:36		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Phil Levri (team)	Triathlon	1:39:31		Jackie Kallal Triathlon	Penn Run	PA	6/12/2010
Tom Fritz	Tri	1:50:24		Chambersburg Tri	Chambersburg	PA	9/25/2010
David Foy	Tri	2:25:32		Savageman 30 Tri	Deep Creek	MD	9/18/2010
Ben Foy	Tri	2:48:12		Crooked Creek Tri			9/18/2010
Tom Simmons	Tri	2:59:56		Nation's Triathlon	Washington	DC	9/12/2010
Bill Serafin	200 Mile Relay	2:52:04		Bourbon Chase 200 Mile Relay	Lexington	KY	10/22/2010
Chris Geddis	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Sam Cunkelman	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Will Swingle	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Chris Sharbaugh	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Scott Bowman	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Tom Fanning	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Dan McQuiston	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Chuck Frank	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Ed Gondolf	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Janet Stewart	5K	?:?:?:?		9-11 Run For Kids 5K	Ernest	PA	9/11/2010
Bill Bracken		TBA		Pittsburgh Marathon Relay	Pittsburgh	PA	5/2/2010
Bill Winters	50K Relay			Punxsy 50K Relay	Punxsutawney	PA	9/11/2010
Tad Pajak	50K Relay			Punxsy 50K Relay	Punxsutawney	PA	9/11/2010