

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Art Zottola	100 Meters	0:00:15	0:04:02	IUP All Comers Track Meet	Indiana	PA	7/9/2009
Kylan Sawtelle	100 Meters	0:00:25	0:06:43	IUP All Comers Track Meet	Indiana	PA	6/18/2009
Scott Sawtelle	100 Meters	0:00:25	0:06:43	IUP All Comers Track Meet	Indiana	PA	6/18/2009
Kylan Sawtelle	200 Meters	0:00:55	0:07:24	IUP All Comers Track Meet	Indiana	PA	6/11/2009
Mindy Sawtelle	400 Meters	0:01:09	0:04:38	IUP All Comers Track Meet	Indiana	PA	6/18/2009
Tom Lipsie	400 Meters	0:01:09	0:04:38	IUP All Comers Track Meet	Indiana	PA	6/18/2009
Tom Lipsie	800 Meters	0:02:18	0:04:38	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Tom Lipsie	800 Meters	0:02:19	0:04:40	IUP All Comers Track Meet	Indiana	PA	7/9/2009
Cory Fulmer	800 Meters	0:02:20	0:04:42	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Mindy Sawtelle	800 Meters	0:02:32	0:05:06	IUP All Comers Track Meet	Indiana	PA	7/9/2009
Tad Pajak	800 Meters	0:02:40	0:05:23	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Tad Pajak	800 Meters	0:02:44	0:05:31	IUP All Comers Track Meet	Indiana	PA	6/11/2009
Art Zottola	800 Meters	0:02:47	0:05:37	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Art Zottola	800 Meters	0:02:53	0:05:49	IUP All Comers Track Meet	Indiana	PA	7/9/2009
John Swauger	800 Meters	0:02:56	0:05:55	IUP All Comers Track Meet	Indiana	PA	6/25/2009
John Swauger	800 Meters	0:02:59	0:06:01	IUP All Comers Track Meet	Indiana	PA	6/11/2009
Tom Lipsie	1600 Meters	0:04:54	0:04:56	IUP All Comers Track Meet	Indiana	PA	7/9/2009
Mindy Sawtelle	1600 Meters	0:05:29	0:05:31	IUP All Comers Track Meet	Indiana	PA	7/9/2009
Jeannie Bujdos	1600	0:05:52	0:05:54	Slippery Rock Indoor Invitational	Slippery Rock	PA	1/23/2009
Veronica Bujdos	1600	0:05:57	0:05:59	Slippery Rock Indoor Invitational	Slippery Rock	PA	1/23/2009
Tom Lipsie	Mile	0:05:01	0:05:01	IUP All Comers Track Meet	Indiana	PA	6/18/2009
Cory Fulmer	Mile	0:05:19	0:05:19	IUP All Comers Track Meet	Indiana	PA	7/2/2009
Mindy Sawtelle	Mile	0:05:26	0:05:26	IUP All Comers Track Meet	Indiana	PA	6/18/2009
Laura Yevchak	Mile	0:06:18	0:06:18	IUP All Comers Track Meet	Indiana	PA	7/2/2009
Art Zottola	Mile	0:06:32	0:06:32	IUP All Comers Track Meet	Indiana	PA	6/18/2009
John Swauger	Mile	0:06:33	0:06:33	IUP All Comers Track Meet	Indiana	PA	7/2/2009
John Swauger	Mile	0:06:39	0:06:39	IUP Community Meet of Miles	Indiana	PA	10/24/2009
John Swauger	Mile	0:06:41	0:06:41	IUP All Comers Track Meet	Indiana	PA	6/4/2009
John Swauger	Mile	0:06:41	0:06:41	IUP All Comers Track Meet	Indiana	PA	6/18/2009
Jeannie Bujdos	3000	0:11:20	0:06:05	Tri-State Indoor Track Meet	Pittsburgh	PA	1/15/2009
Jeannie Bujdos	3200	0:12:16	0:06:10	Slippery Rock Indoor Invitational	Slippery Rock	PA	1/23/2009

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Veronica Bujdos	3200	0:12:17	0:06:11	Slippery Rock Indoor Invitational	Slippery Rock	PA	1/23/2009
Dan Honkus	2 Mile	0:16:51	0:08:26	Great Santa Two Mile Run	Johnstown	PA	11/20/2009
Becky Pavic	2 Mile	0:17:20	0:08:40	Great Santa Two Mile Run	Johnstown	PA	11/20/2009
Gary Honkus	4K	0:22:00	0:08:52	Firecracker 4K	State College	PA	7/4/2009
Tina Honkus	4K	0:25:01	0:10:05	Firecracker 4K	State College	PA	7/4/2009
Ryan Bender	5K	0:15:41	0:05:04	Yiasou Greek Fest 5K	Charlotte	NC	8/29/2009
Tom Lipsie	5K	0:15:59	0:05:09	Hoodlebug 5K	Homer City	PA	7/12/2009
Tom Lipsie	5K	0:16:14	0:05:14	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Tom Lipsie	5K	0:16:15	0:05:15	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Tom Lipsie	5K	0:16:23	0:05:17	Groundhog 5K	Punxsutawney	PA	7/1/2009
Matt Gaudet	5K	0:16:32	0:05:20	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Alex Woodrow	5K	0:16:33	0:05:20	Hoodlebug 5K	Homer City	PA	7/12/2009
Chris Geddis	5K	0:16:41	0:05:23	Benefit 5K For St. Judes	Punxsutawney	PA	10/24/2009
Alex Woodrow	5K	0:16:45	0:05:24	Heritage Conference XC	Marion Center	PA	10/22/2009
Tom Lipsie	5K	0:16:46	0:05:25	Shannock Valley 5K	Rural Valley	PA	7/18/2009
Matt Pajak	5K	0:16:48	0:05:25	Hagerstown 5K	Hagerstown	MD	11/26/2009
Tom Lipsie	5K	0:16:55	0:05:27	Tuesday In The Park 5K	Pottstown	PA	8/25/2009
Alex Woodrow	5K	0:16:56	0:05:28	PIAA State XC Championship	Hershey	PA	11/7/2009
Tom Lipsie	5K	0:16:58	0:05:28	Bethlehem Project 5K	Greensburg	PA	9/7/2009
Al Casagranda	5K	0:16:59	0:05:29	Strawberry Days 5K	Grove City	PA	6/10/2009
Garrett Milner	5K	0:16:59	0:05:29	Hoodlebug 5K	Homer City	PA	7/12/2009
Chris Geddes	5K	0:17:00	0:05:29	Greensburg Turkey Trot	Greensburg	PA	11/26/2009
Alex Woodrow	5K	0:17:00	0:05:29	District 6 XC Championship	Reedsville	PA	10/31/2009
Eric Geddes	5K	0:17:02	0:05:30	Harmony Silvester 5K	Harmony	PA	12/31/2009
Chris Geddis	5K	0:17:02	0:05:30	Harmony Silvester 5K	Harmony	PA	12/31/2009
Alex Woodrow	5K	0:17:04	0:05:30	Groundhog 5K	Punxsutawney	PA	7/1/2009
Al Casagranda	5K	0:17:04	0:05:30	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Herb Cratty	5K	0:17:05	0:05:31	Emlenton Laurel Manor 5K	Emlenton	PA	10/25/2009
Tom Lipsie	5000 Meters	0:17:08	0:05:32	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Al Casagranda	5K	0:17:09	0:05:32	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Cory Fulmer	5K	0:17:12	0:05:33	Toledo Marathon 5K	Toledo	OH	4/26/2009
Tom Lipsie	5K	0:17:14	0:05:34	West Shamokin 5K	Numine	PA	4/11/2009
Herb Cratty	5K	0:17:15	0:05:34	Niles 5K	Niles	OH	3/22/2009

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Al Casagranda	5K	0:17:16	0:05:34	Groundhog 5K	Punxsutawney	PA	7/1/2009
Al Casagranda	5K	0:17:17	0:05:35	Quality of Life Cup 5K	Sarver	PA	6/13/2009
Al Casagranda	5K	0:17:21	0:05:36	Steelers/Gatorade 5K	Pittsburgh	PA	8/30/2009
Al Casagranda	5K	0:17:22	0:05:36	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Matt Pajak	5K	0:17:24	0:05:37	St. Vincent Alumini XC Race	Latrobe	PA	8/29/2009
Doug Craft	5K	0:17:26	0:05:37	1st Annual Punxsy Phil Fighters 5K	Punxsutawney	PA	5/30/2009
Alex Woodrow	5K	0:17:37	0:05:41	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Herb Cratty	5K	0:17:41	0:05:42	Fredonia 5K	Fredonia	PA	8/5/2009
Chris Geddes	5K	0:17:43	0:05:43	Fight for Your Life 5K	Apollo	PA	11/21/2009
Herb Cratty	5K	0:17:48	0:05:45	Strawberry Days 5K	Grove City	PA	6/10/2009
Mindy Sawtelle	5K	0:17:49	0:05:45	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Herb Cratty	5K	0:17:49	0:05:45	Reznor 5K Run	Reznor	PA	8/15/2009
Alex Woodrow	5K	0:17:49	0:05:45	Indiana County Cross Country Meet	Indiana	PA	10/15/2009
Doug Ulishney	5K	0:17:55	0:05:47	Monesson 5K	Monesson	PA	5/16/2009
Veronica Bujdos	5K	0:17:56	0:05:47	Hoodlebug 5K	Homer City	PA	7/12/2009
Herb Cratty	5K	0:17:57	0:05:47	Fall Classic 5K	Kittanning	PA	11/21/2009
Herb Cratty	5K	0:17:59	0:05:48	Sharpsville 5K	Sharpsville	PA	6/24/2009
Doug Ulishney	5K	0:18:10	0:05:52	Fire & Ice Festival 5K	Somerset	PA	1/17/2009
Doug Ulishney	5K	0:18:13	0:05:53	Yough River 5K	Connellsville	PA	4/11/2009
Doug Craft	5K	0:18:13	0:05:53	Groundhog 5K	Punxsutawney	PA	7/1/2009
Jess (Penz) Graf	5K	0:18:13	0:05:53	Grant Frontier Festival 5K		MI	8/22/2009
Garrett Milner	5K	0:18:18	0:05:54	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Vince Pavic	5K	0:18:19	0:05:55	Hollidaysburg Twilight 5K	Hollidaysburg	PA	12/31/2009
Doug Ulishney	5K	0:18:20	0:05:55	Knights of Columbus 5K	Somerset	PA	3/14/2009
Doug Ulishney	5K	0:18:20	0:05:55	Frosty 5K	Youngwood	PA	5/22/2009
Cory Fulmer	5000 Meters	0:18:21	0:05:55	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Mindy Sawtelle	5K	0:18:21	0:05:55	Groundhog 5K	Punxsutawney	PA	7/1/2009
Doug Craft	5K	0:18:26	0:05:57	Fall Classic 5K	Kittanning	PA	11/21/2009
Veronica Bujdos	5K	0:18:27	0:05:57	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Doug Craft	5K	0:18:29	0:05:58	West Shamokin 5K	Numine	PA	4/11/2009
Herb Cratty	5K	0:18:30	0:05:58	Quality of Life Cup 5K	Chicora	PA	7/11/2009
Doug Ulishney	5K	0:18:34	0:05:59	Boston Beanery 5K	Uniontown	PA	3/15/2009
Doug Craft	5K	0:18:34	0:05:59	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Doug Ulishney	5K	0:18:34	0:05:59	2009 Flight 93 5K	Shanksville	PA	11/8/2009
Doug Ulishney	5K	0:18:36	0:06:00	Frgid 5K	Greensburg	PA	1/3/2009
Doug Ulishney	5K	0:18:37	0:06:00	A Rabbit Runs Through It	Latrobe	PA	4/18/2009
Doug Ulishney	5K	0:18:38	0:06:01	Hoodlebug 5K	Homer City	PA	7/12/2009
Doug Ulishney	5K	0:18:38	0:06:01	Tri Town Dawson 5K	Dawson	PA	6/6/2009
Tom Berzonsky	5K	0:18:42	0:06:02	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Tom Berzonsky	5K	0:18:46	0:06:03	Beat The Heat 5K	Murrysville	PA	8/22/2009
Doug Ulishney	5K	0:18:46	0:06:03	Red Cross Vampire 5K			10/24/2009
Mark Stern	5K	0:18:48	0:06:04	Hoodlebug 5K	Homer City	PA	7/12/2009
Doug Ulishney	5K	0:18:49	0:06:04	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Mindy Sawtelle	5000 Meters	0:18:50	0:06:05	IUP All Comers Track Meet	Indiana	PA	7/9/2009
Doug Ulishney	5K	0:18:51	0:06:05	Kevin gatons Memorial 5K	Greensburg	PA	5/25/2009
Vince Pavic	5K	0:18:51	0:06:05	Red Cross Vampire 5K			10/24/2009
Ryan Spiardi	5K	0:18:52	0:06:05	Steelers/Gatorade 5K	Pittsburgh	PA	8/30/2009
Veronica Bujdos	5K	0:18:53	0:06:05	Roebing's Run 5K	Saxonburg	PA	8/8/2009
Mark Stern	5K	0:18:55	0:06:06	1st Annual Punxsy Phil Fighters 5K	Punxsutawney	PA	5/30/2009
Doug Ulishney	5K	0:18:55	0:06:06	Daily American 5K	Somerset	PA	6/13/2009
Jess (Penz) Graf	5K	0:18:57	0:06:07	Running Bear 5K	Glenn Arbor	MI	7/29/2009
Ryan Spiardi	5K	0:18:58	0:06:07	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Mark Stern	5K	0:19:02	0:06:08	Fire & Ice Festival 5K	Somerset	PA	1/17/2009
Doug Ulishney	5K	0:19:03	0:06:09	Phil Foley 5K	Connellsville	PA	8/15/2009
Veronica Bujdos	5K	0:19:04	0:06:09	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Vince Pavic	5K	0:19:05	0:06:09	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Jess (Penz) Graf	5K	0:19:07	0:06:10	Newago State Park 5K	Newago	MI	8/9/2009
Doug Ulishney	5K	0:19:08	0:06:10	Pumpkin Fest	Confluence	PA	10/4/2009
Veronica Bujdos	5K	0:19:10	0:06:11	Tour De Park 5K	Idlewild Park	PA	5/25/2009
Doug Ulishney	5K	0:19:11	0:06:11	Health Styles 5K	Windber	PA	9/5/2009
Doug Ulishney	5K	0:19:11	0:06:11	Windber Lifestyles 5K	Windber	PA	9/5/2009
Doug Ulishney	5K	0:19:12	0:06:12	John Woodruff 5K	Connellsville	PA	7/8/2009
Doug Ulishney	5K	0:19:13	0:06:12	Freedom 5K	Greensburg	PA	7/4/2009
Doug Ulishney	5K	0:19:14	0:06:12	Francis "Bud" Murphy 5K	Connellsville	PA	6/11/2009
Mark Stern	5K	0:19:15	0:06:13	Heritage Days 5K	Cresson	PA	5/17/2009
Mindy Sawtelle	5K	0:19:16	0:06:13	Latrobe Turkey Trot	Latrobe	PA	11/26/2009

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NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Doug Ulishney	5K	0:19:17	0:06:13	Pechin's Red Dress	Dunbar	PA	9/26/2009
Doug Ulishney	5K	0:19:18	0:06:14	3rd Annual Hug-A-Friend 5K	Somerset	PA	7/19/2009
Doug Ulishney	5K	0:19:19	0:06:14	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Mark Stern	5K	0:19:27	0:06:16	Groundhog 5K	Punxsutawney	PA	7/1/2009
Vince Pavic	5K	0:19:30	0:06:17	2nd Annual Wings of Hope 5K	Johnstown	PA	4/25/2009
Veronica Bujdos	5K	0:19:30	0:06:17	WPIAL AAA XC Meet	Cooper's Lake	PA	10/29/2009
Mark Stern	5K	0:19:35	0:06:19	Family Services 5K	Altoona	PA	5/31/2009
Tad Pajak	5K	0:19:36	0:06:19	Hoodlebug 5K	Homer City	PA	7/12/2009
Doug Ulishney	5K	0:19:41	0:06:21	Falcon 5K	Connellsville	PA	11/14/2009
Doug Ulishney	5K	0:19:46	0:06:23	Johnstown Christian School 5K	Johnstown	PA	5/9/2009
Vince Pavic	5K	0:19:46	0:06:23	Portage Summerfest 5K	Portage	PA	8/8/2009
Tad Pajak	5K	0:19:48	0:06:23	Clymer Days 5K	Clymer	PA	9/26/2009
Mark Stern	5K	0:19:49	0:06:24	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Mindy Sawtelle	5K	0:19:52	0:06:25	Heritage Hustle 5K	Slickville	PA	9/19/2009
Tad Pajak	5K	0:19:52	0:06:25	Hagerstown 5K	Hagerstown	MD	11/26/2009
Jeannie Bujdos	5K	0:19:52	0:06:25	WPIAL AAA XC Meet	Cooper's Lake	PA	10/29/2009
Vince Pavic	5K	0:19:54	0:06:25	Hoodlebug 5K	Homer City	PA	7/12/2009
Doug Ulishney	5K	0:19:55	0:06:25	Christmas Charity 5K	Somerset	PA	12/5/2009
Doug Ulishney	5K	0:19:56	0:06:26	Red Ribbon 5K	Fayette	PA	10/31/2009
Veronica Bujdos	5K	0:20:02	0:06:28	PIAA State XC Championship	Hershey	PA	11/7/2009
Jeff Graham	5K	0:20:05	0:06:29	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Mike Hodak	5K	0:20:06	0:06:29	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Tad Pajak	5000 Meters	0:20:08	0:06:30	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Tad Pajak	5K	0:20:15	0:06:32	Groundhog 5K	Punxsutawney	PA	7/1/2009
Tad Pajak	5K	0:20:15	0:06:32	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Jeff Graham	5K	0:20:18	0:06:33	Diamond Days 5K	Blairsville	PA	8/22/2009
Doug Ulishney	5K	0:20:22	0:06:34	Rockwood Rotary 5K	Rockwood	PA	7/11/2009
Dan McQuiston	5K	0:20:24	0:06:35	Hoodlebug 5K	Homer City	PA	7/12/2009
Tad Pajak	5K	0:20:26	0:06:35	Brookline Breeze	Pittsburgh	PA	8/8/2009
Veronica Bujdos	5K	0:20:30	0:06:37	Indiana County Cross Country Meet	Indiana	PA	10/15/2009
Doug Ulishney	5K	0:20:31	0:06:37	Laurel Mountain 5K	Laurel Hill State	PA	8/23/2009
Kory Hubbard	5K	0:20:38	0:06:39	The Human Race 5K	Meadville	PA	5/25/2009
Vince Pavic	5K	0:20:38	0:06:39	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009

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Jeff Graham	5K	0:20:44	0:06:41	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Tom Fanning	5K	0:20:47	0:06:42	Hoodlebug 5K	Homer City	PA	7/12/2009
Vince Pavic	5K	0:20:48	0:06:43	Somerset Cross Country 5K	Somerset	PA	8/15/2009
Tom Fanning	5K	0:20:48	0:06:43	Clymer Days 5K	Clymer	PA	9/26/2009
Tad Pajak	5K	0:20:51	0:06:44	Quality of Life Cup 5K	Worthington	PA	9/12/2009
Jeannie Bujdos	5K	0:20:52	0:06:44	PIAA State XC Championship	Hershey	PA	11/7/2009
Laura Yevchak	5K	0:20:53	0:06:44	Hoodlebug 5K	Homer City	PA	7/12/2009
T. J. Berzansky	5K	0:20:53	0:06:44	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Dan McQuiston	5K	0:20:55	0:06:45	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Tad Pajak	5K	0:20:58	0:06:46	Fire & Ice Festival 5K	Somerset	PA	1/17/2009
Dan McQuiston	5K	0:20:58	0:06:46	Groundhog 5K	Punxsutawney	PA	7/1/2009
Jeff Graham	5K	0:20:58	0:06:46	Bethlehem Project 5K	Greensburg	PA	9/7/2009
T. J. Berezansky	5K	0:21:02	0:06:47	Clymer Days 5K	Clymer	PA	9/26/2009
Chris Meanor	5K	0:21:10	0:06:50	Cal De Sac 5K	Glen Allen	VA	7/12/2009
Ben Foy	5K	0:21:10	0:06:50	John Yelenic	Blairsville	PA	5/25/2009
Jeff Graham	5K	0:21:21	0:06:53	Hoodlebug 5K	Homer City	PA	7/12/2009
Tad Pajak	5K	0:21:21	0:06:53	St. Vincent Alumini XC Race	Latrobe	PA	8/29/2009
Dave Miller	5K	0:21:24	0:06:54	Hoodlebug 5K	Homer City	PA	7/12/2009
Dan McQuiston	5K	0:21:26	0:06:55	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Jeannie Bujdos	5K	0:21:27	0:06:55	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Jeff Graham	5K	0:21:29	0:06:56	Groundhog 5K	Punxsutawney	PA	7/1/2009
Ben Foy	5K	0:21:33	0:06:57	ATS	San Diego	PA	5/17/2009
Donna Scanlon	5K	0:21:34	0:06:57	Ambulance Chaser 5K	Akron	OH	4/25/2009
John Swauger	5K	0:21:36	0:06:58	Hoodlebug 5K	Homer City	PA	7/12/2009
Candi Lockard	5K	0:21:38	0:06:59	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Ben Foy	5K	0:21:38	0:06:59	Red Cross Vampire	Richland	PA	10/24/2009
Ben Foy	5K	0:21:40	0:06:59	YRT	Connellsville	PA	4/11/2009
Jeannie Bujdos	5K	0:21:41	0:07:00	Indiana County Cross Country Meet	Indiana	PA	10/15/2009
Vince Pavic	5K	0:21:44	0:07:01	PA. Highlands Sprint to Success 5K			
Laura Yevchak	5K	0:21:46	0:07:01	Toledo Marathon 5K	Toledo	OH	4/26/2009
Dave Miller	5K	0:21:46	0:07:01	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Ben Foy	5K	0:21:48	0:07:02	Knights of Columbus	Somerset	PA	3/14/2009
Tad Pajak	5K	0:21:49	0:07:02	Pride In The Valley 5K	New Florence	PA	5/9/2009

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Scott Bowman	5K	0:21:49	0:07:02	Hoodlebug 5K	Homer City	PA	7/12/2009
Tom Fanning	5K	0:21:49	0:07:02	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Tom Fetterman, Jr.	5K	0:21:51	0:07:03	Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Laura Yevchak	5K	0:21:51	0:07:03	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Cory Fulmer	5K	0:21:51	0:07:03	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Ben Foy	5K	0:21:59	0:07:05	Peoria Veteran's Day 5K	Phoenix	PA	11/7/2009
Ben Foy	5K	0:22:00	0:07:06	Fire & Ice	Somerset	PA	1/17/2009
Laura Yevchak	5000 Meters	0:22:04	0:07:07	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Ben Foy	5K	0:22:04	0:07:07	AHA Freedom 5K	Greensburg	PA	7/4/2009
Jackie Beisel	5K	0:22:05	0:07:07	Heritage Conference XC	Marion Center	PA	10/22/2009
Mary Jean Bujdos	5K	0:22:06	0:07:08	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Jeff Smith	5K	0:22:08	0:07:08	Clymer Days 5K	Clymer	PA	9/26/2009
Robert Leopold	5K	0:22:10	0:07:09	Hoodlebug 5K	Homer City	PA	7/12/2009
Scott Bowman	5K	0:22:12	0:07:10	Groundhog 5K	Punxsutawney	PA	7/1/2009
Jackie Beisel	5K	0:22:12	0:07:10	District 6 XC Championship	Reedsville	PA	10/31/2009
Ben Foy	5K	0:22:13	0:07:10	PHCC	Windber	PA	3/28/2009
Bill Winters	5K	0:22:14	0:07:10	St. Bernard's School 5K	Indiana	PA	4/25/2009
Chris Sharbaugh	5K	0:22:14	0:07:10	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Ben Foy	5K	0:22:14	0:07:10	Phil Foley	Connellsville	PA	8/15/2009
Scott Bowman	5K	0:22:19	0:07:12	Diamond Days 5K	Blairsville	PA	8/22/2009
Jeannie Bujdos	5K	0:22:22	0:07:13	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Scott Bowman	5K	0:22:22	0:07:13	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
John Swauger	5K	0:22:24	0:07:14	Groundhog 5K	Punxsutawney	PA	7/1/2009
Mary Jean Bujdos	5K	0:22:25	0:07:14	Hoodlebug 5K	Homer City	PA	7/12/2009
Ben Foy	5K	0:22:25	0:07:14	ACCP 5K	San Diego	PA	11/3/2009
Tom Bianco	5K	0:22:28	0:07:15	St. Bernard's School 5K	Indiana	PA	4/25/2009
Mary Jean Bujdos	5K	0:22:31	0:07:16	Elderton 5K	Elderton	PA	10/2/2009
Jeff Graham	5K	0:22:35	0:07:17	Pride In The Valley 5K	New Florence	PA	5/9/2009
John Swauger	5K	0:22:36	0:07:17	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Marty Kessler	5K	0:22:37	0:07:18	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Ben Foy	5K	0:22:39	0:07:18	Christmas Charity 5K	Somerset	PA	12/5/2009
Art Zottola	5K	0:22:43	0:07:20	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Ben Foy	5K	0:22:43	0:07:20	Boston Beanery	Uniontown	PA	3/15/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mary Jean Bujdos	5K	0:22:44	0:07:20	Tour De Park 5K	Idlewild Park	PA	5/25/2009
Mary Jean Bujdos	5K	0:22:44	0:07:20	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Jackie Beisel	5K	0:22:47	0:07:21	Indiana County Cross Country Meet	Indiana	PA	10/15/2009
Bill Winters	5K	0:22:48	0:07:21	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Jake Beisel	5K	0:22:50	0:07:22	Heritage Conference XC	Marion Center	PA	10/22/2009
Ben Foy	5K	0:22:50	0:07:22	Fight for Your Life 5K	Apollo	PA	11/21/2009
Art Zottola	5K	0:22:52	0:07:23	Genesis 5K	Pittsburgh	PA	4/25/2009
Scott Bowman	5K	0:22:53	0:07:23	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
John Swauger	5000 Meters	0:22:53	0:07:23	IUP All Comers Track Meet	Indiana	PA	6/25/2009
Rob Andelman	5K	0:22:53	0:07:23	Quality of Life Cup 5K	Mercer	PA	8/1/2009
Ben Foy	5K	0:22:53	0:07:23	Kiski Cougar Classic	Saltsburg	PA	10/17/2009
John Goss	5K	0:22:54	0:07:23	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Ben Foy	5K	0:22:55	0:07:24	Pumpkin Fest	Confluence	PA	10/4/2009
Mary Jean Bujdos	5K	0:22:56	0:07:24	Roebing's Run 5K	Saxonburg	PA	8/8/2009
Ben Foy	5K	0:22:56	0:07:24	Rockwood 5K Fall	Rockwood	PA	8/29/2009
Rob Andelman	5K	0:22:57	0:07:24	Clymer Days 5K	Clymer	PA	9/26/2009
John Swauger	5K	0:22:58	0:07:25	Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Ben Foy	5K	0:22:58	0:07:25	Falcon 5K	Connellsville	PA	11/14/2009
Ben Foy	5K	0:22:59	0:07:25	A Frigid 5K	Greensburg	PA	1/3/2009
Ben Foy	5K	0:23:00	0:07:25	HealthStyles 5K	Windber	PA	9/5/2009
Ben Foy	5K	0:23:02	0:07:26	Greensburg Turkey Trot	Greensburg	PA	11/26/2009
Jed Fetterman	5K	0:23:04	0:07:26	Shanksville 5K	Shanksville	PA	3/8/2009
Mark Griffen	5K	0:23:08	0:07:28	1st Annual Punxsy Phil Fighters 5K	Punxsutawney	PA	5/30/2009
Scott Bowman	5K	0:23:10	0:07:28	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Scott Bowman	5K	0:23:11	0:07:29	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Ben Foy	5K	0:23:11	0:07:29	Sequanota	Jennerstown	PA	4/18/2009
Ben Foy	5K	0:23:12	0:07:29	FCDAC 5K	Uniontown	PA	10/31/2009
Jeff Graham	5K	0:23:15	0:07:30	West Shamokin 5K	Numine	PA	4/11/2009
John Swauger	5K	0:23:16	0:07:30	St. Bernard's School 5K	Indiana	PA	4/25/2009
Mary Lee Page	5K	0:23:18	0:07:31	Pride In The Valley 5K	New Florence	PA	5/9/2009
Rob Andelman	5K	0:23:21	0:07:32	Hoodlebug 5K	Homer City	PA	7/12/2009
Bill Winters	5K	0:23:22	0:07:32	Pride In The Valley 5K	New Florence	PA	5/9/2009
Mary Jean Bujdos	5K	0:23:24	0:07:33	St. Bernard's School 5K	Indiana	PA	4/25/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Art Zottola	5K	0:23:27	0:07:34	St. Margaret Foundation Fitness 5K	Pittsburgh	PA	5/17/2009
John Swauger	5K	0:23:28	0:07:34	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Dan Cunkelman	5K	0:23:29	0:07:35	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Ben Foy	5K	0:23:31	0:07:35	Pechin's Red Dress	Dunbar	PA	9/26/2009
Rob Andelman	5K	0:23:32	0:07:35	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Maria Fruscello	5K	0:23:34	0:07:36	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
John Swauger	5K	0:23:36	0:07:37	Sullivan County Forestburgh 5K	Forestburgh	NY	8/22/2009
Tracey Page	5K	0:23:37	0:07:37	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Art Zottola	5K	0:23:39	0:07:38	Groundhog 5K	Punxsutawney	PA	7/1/2009
Maria Fruscello	5K	0:23:40	0:07:38	Diamond Days 5K	Blairsville	PA	8/22/2009
Taylor Woodrow	5K	0:23:41	0:07:38	Heritage Conference XC	Marion Center	PA	10/22/2009
Joe Bujdos	5K	0:23:45	0:07:40	Hoodlebug 5K	Homer City	PA	7/12/2009
Mary Jean Bujdos	5K	0:23:46	0:07:40	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Ben Foy	5K	0:23:46	0:07:40	Compete for the Cure	Mt Pleasant	PA	9/7/2009
Scott Bowman	5K	0:23:48	0:07:41	Frosty Five 4K	Youngwood	PA	2/22/2009
Bob Lott	5K	0:23:50	0:07:41	1st Annual Punxsy Phil Fighters 5K	Punxsutawney	PA	5/30/2009
Tracey Page	5K	0:23:50	0:07:41	Hoodlebug 5K	Homer City	PA	7/12/2009
Jake Beisel	5K	0:23:51	0:07:42	Indiana County Cross Country Meet	Indiana	PA	10/15/2009
Mary Lee Page	5K	0:23:52	0:07:42	St. Bernard's School 5K	Indiana	PA	4/25/2009
Art Zottola	5000 Meters	0:23:52	0:07:42	IUP All Comers Track Meet	Indiana	PA	6/11/2009
Mindy Sawtelle	5000 Meters	0:23:52	0:07:42	IUP All Comers Track Meet	Indiana	PA	6/11/2009
Rob Andelman	5K	0:23:56	0:07:43	St. Bernard's School 5K	Indiana	PA	4/25/2009
Bob Lott	5K	0:24:02	0:07:45	Benefit 5K For St. Judes	Punxsutawney	PA	10/24/2009
Tom Bianco	5K	0:24:04	0:07:46	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Tom Fritz	5K	0:24:04	0:07:46	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Bill Winters	5K	0:24:08	0:07:47	Fight for Your Life 5K	Apollo	PA	11/21/2009
Taylor Woodrow	5K	0:24:12	0:07:48	Indiana County Cross Country Meet	Indiana	PA	10/15/2009
Art Zottola	5K	0:24:13	0:07:49	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Bob Lott	5K	0:24:18	0:07:50	Groundhog 5K	Punxsutawney	PA	7/1/2009
Lucy Bujdos	5K	0:24:20	0:07:51	Fall Classic 5K	Kittanning	PA	11/21/2009
Aileen Bowman	5K	0:24:21	0:07:51	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
John Swauger	5K	0:24:21	0:07:51	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Jason Craft	5K	0:24:23	0:07:52	Groundhog 5K	Punxsutawney	PA	7/1/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Brook Brautigam	5K	0:24:23	0:07:52	Diamond Days 5K	Blairsville	PA	8/22/2009
Randy Fetterman	5K	0:24:25	0:07:53	Roebing's Run 5K	Saxonburg	PA	8/8/2009
Bob Lott	5K	0:24:27	0:07:53	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Tom Fetterman, Sr.	5K	0:24:28	0:07:54	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Emily Cunkelman	5K	0:24:30	0:07:54	Heritage Conference XC	Marion Center	PA	10/22/2009
Jen Reaugh	5K	0:24:32	0:07:55	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Lucy Bujdos	5K	0:24:34	0:07:55	Bigfoot 5K	Kittanning	PA	4/18/2009
Aileen Bowman	5K	0:24:35	0:07:56	Diamond Days 5K	Blairsville	PA	8/22/2009
Sam Cunkelman	5K	0:24:36	0:07:56	Hoodlebug 5K	Homer City	PA	7/12/2009
Donna Scanlon	5K	0:24:37	0:07:56	1st Annual Punxsy Phil Fighters 5K	Punxsutawney	PA	5/30/2009
Lucy Bujdos	5K	0:24:39	0:07:57	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Randy Fetterman	5K	0:24:40	0:07:57	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Maria Fruscello	5K	0:24:41	0:07:58	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Maria Fruscello	5K	0:24:44	0:07:59	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Scott Bowman	5K	0:24:44	0:07:59	Metro. Comm. College 5K	Lee's Summit	MO	10/24/2009
Maria Fruscello	5K	0:24:46	0:07:59	Hoodlebug 5K	Homer City	PA	7/12/2009
Anne Daymut	5K	0:24:48	0:08:00	Shannock Valley 5K	Rural Valley	PA	7/18/2009
Lucy Bujdos	5K	0:24:50	0:08:01	Hoodlebug 5K	Homer City	PA	7/12/2009
Tom Fetterman, Sr.	5K	0:24:55	0:08:02	Fire & Ice Festival 5K	Somerset	PA	1/17/2009
Sam Cunkelman	5K	0:24:55	0:08:02	Get Healthy Y5K	Ernest	PA	9/26/2009
Jennifer Wally Blystone	5K	0:24:58	0:08:03	Hoodlebug 5K	Homer City	PA	7/12/2009
Lucy Bujdos	5K	0:25:00	0:08:04	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Tony Bruno	5K	0:25:00	0:08:04	Fight for Your Life 5K	Apollo	PA	11/21/2009
Bill Stroup	5K	0:25:00	0:08:04	Trot For Tots 5K	Oakdale	PA	12/6/2009
Jeff Page	5K	0:25:02	0:08:05	St. Bernard's School 5K	Indiana	PA	4/25/2009
Joe Bujdos	5K	0:25:03	0:08:05	Roebing's Run 5K	Saxonburg	PA	8/8/2009
Linda Leopold	5K	0:25:03	0:08:05	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
James Kilpatrick	5K	0:25:06	0:08:06	A Rabbit Runs Through It	Latrobe	PA	4/18/2009
Maria Fruscello	5K	0:25:07	0:08:06	J.R. Taylor Memorial Bridge 5K	South Park	PA	5/30/2009
Maria Fruscello	5K	0:25:10	0:08:07	Pitcarin Lions 5K	Pitcarin	PA	11/7/2009
Linda Leopold	5K	0:25:11	0:08:07	Hoodlebug 5K	Homer City	PA	7/12/2009
Aileen Bowman	5K	0:25:11	0:08:07	Fight for Your Life 5K	Apollo	PA	11/21/2009
Maria Fruscello	5K	0:25:13	0:08:08	Harvest Moon 5K	Moon Twp.	PA	10/24/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Jen Reaugh	5K	0:25:14	0:08:08	St. Bernard's School 5K	Indiana	PA	4/25/2009
Tom Fritz	5K	0:25:14	0:08:08	Disepio Institute 5K	St. Francis		10/31/2009
Rob Andelman	5K	0:25:17	0:08:09	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Holly Rougeaux	5K	0:25:24	0:08:12	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Maria Fruscello	5K	0:25:26	0:08:12	Dormont Dash 5K	Pittsburgh	PA	6/27/2009
Linda Leopold	5K	0:25:27	0:08:13	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Emily Cunkelman	5K	0:25:28	0:08:13	Indiana County Cross Country Meet	Indiana	PA	10/15/2009
Maria Fruscello	5K	0:25:29	0:08:13	Fight for Your Life 5K	Apollo	PA	11/21/2009
Aileen Bowman	5K	0:25:32	0:08:14	Hoodlebug 5K	Homer City	PA	7/12/2009
Donna Scanlon	5K	0:25:33	0:08:15	Fire & Ice Festival 5K	Somerset	PA	1/17/2009
Jennifer Reaugh	5K	0:25:40	0:08:17	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Aileen Bowman	5K	0:25:41	0:08:17	Groundhog 5K	Punxsutawney	PA	7/1/2009
Darlene Hudak	5K	0:25:41	0:08:17	Trot For Tots 5K	Oakdale	PA	12/6/2009
Steve Arentz	5K	0:25:42	0:08:17	Wake Forest Rotary 5K	Wake Forest	NC	6/20/2009
Jonathan Gearhart	5K	0:25:43	0:08:18	Hoodlebug 5K	Homer City	PA	7/12/2009
Lucy Bujdos	5K	0:25:44	0:08:18	St. Bernard's School 5K	Indiana	PA	4/25/2009
Maria Fruscello	5K	0:25:45	0:08:18	Daily American 5K	Somerset	PA	6/13/2009
Art Zottola	5K	0:25:45	0:08:18	Scottsdale Fall Festival 5K	Scottsdale	PA	9/19/2009
John Bomboy	5K	0:25:46	0:08:19	Diamond Days 5K	Blairsville	PA	8/22/2009
Chuck Frank	5K	0:25:47	0:08:19	Fight for Your Life 5K	Apollo	PA	11/21/2009
Aileen Bowman	5K	0:25:49	0:08:20	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Aileen Bowman	5K	0:25:50	0:08:20	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Bob Zukas	5K	0:25:50	0:08:20	Fight for Your Life 5K	Apollo	PA	11/21/2009
Lori Graham	5K	0:25:56	0:08:22	Hoodlebug 5K	Homer City	PA	7/12/2009
Jeril Goss	5K	0:26:02	0:08:24	Benefit 5K For St. Judes	Punxsutawney	PA	10/24/2009
Holly Rougeaux	5K	0:26:04	0:08:25	Get Healthy Y5K	Ernest	PA	9/26/2009
James Kilpatrick	5K	0:26:04	0:08:25	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Mel Stern	5K	0:26:05	0:08:25	Fire & Ice Festival 5K	Somerset	PA	1/17/2009
Donna Scanlon	5K	0:26:05	0:08:25	Pride In The Valley 5K	New Florence	PA	5/9/2009
Joey Bujdos	5K	0:26:06	0:08:25	Hoodlebug 5K	Homer City	PA	7/12/2009
Brook Brautigam	5K	0:26:06	0:08:25	Shannock Valley 5K	Rural Valley	PA	7/18/2009
Maria Fruscello	5K	0:26:07	0:08:25	Greenfield Glide 5K	Pittsburgh	PA	6/7/2009
John Goss	5K	0:26:07	0:08:25	Benefit 5K For St. Judes	Punxsutawney	PA	10/24/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Linda Leopold	5K	0:26:09	0:08:26	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
James Kilpatrick	5K	0:26:12	0:08:27	Hoodlebug 5K	Homer City	PA	7/12/2009
Maria Fruscello	5K	0:26:13	0:08:27	Brookline Breeze	Pittsburgh	PA	8/8/2009
Lori Graham	5K	0:26:15	0:08:28	Groundhog 5K	Punxsutawney	PA	7/1/2009
Linda Leopold	5K	0:26:17	0:08:29	St. Bernard's School 5K	Indiana	PA	4/25/2009
Donna Scanlon	5K	0:26:20	0:08:30	Frosty Five 5K	Youngwood	PA	2/22/2009
Chuck Frank	5K	0:26:20	0:08:30	Elderton 5K	Elderton	PA	10/2/2009
Becky Pavic	5K	0:26:20	0:08:30	Hollidaysburg Twilight 5K	Hollidaysburg	PA	12/31/2009
Curtis Mertz	5K	0:26:21	0:08:30	YMCA Fall Classic 5K	Kittanning	PA	11/21/2009
Tom Fetterman, Sr.	5K	0:26:22	0:08:30	Pride In The Valley 5K	New Florence	PA	5/9/2009
Lucy Bujdos	5K	0:26:27	0:08:32	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Donna Scanlon	5K	0:26:28	0:08:32	Shannock Valley 5K	Rural Valley	PA	7/18/2009
Chuck Setler	5K	0:26:30	0:08:33	Hoodlebug 5K	Homer City	PA	7/12/2009
Linda Leopold	5K	0:26:34	0:08:34	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Ed Gondolf	5K	0:26:35	0:08:35	Bigfoot 5K	Kittanning	PA	4/18/2009
Donna Scanlon	5K	0:26:35	0:08:35	Groundhog 5K	Punxsutawney	PA	7/1/2009
Tom Dunbar	5K	0:26:38	0:08:35	Hoodlebug 5K	Homer City	PA	7/12/2009
Linda Leopold	5K	0:26:40	0:08:36	Get Healthy Y5K	Ernest	PA	9/26/2009
Ed Hlebechuk	5K	0:26:42	0:08:37	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Ed Gondolf	5K	0:26:45	0:08:38	Hoodlebug 5K	Homer City	PA	7/12/2009
Maria Fruscello	5K	0:26:47	0:08:38	Race For The Cure	Pittsburgh	PA	5/10/2009
Holly Rougeaux	5K	0:26:48	0:08:39	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Maria Fruscello	5K	0:26:48	0:08:39	Whitehall 5K	Pittsburgh	PA	8/29/2009
B. Bomboy	5K	0:26:48	0:08:39	Clymer Days 5K	Clymer	PA	9/26/2009
Donna Scanlon	5K	0:26:49	0:08:39	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Tom Dunbar	5K	0:26:55	0:08:41	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Randy Fetterman	5K	0:26:57	0:08:42	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
James Kilpatrick	5K	0:26:57	0:08:42	Heritage Hustle 5K	Slickville	PA	9/19/2009
Maria Fruscello	5K	0:26:58	0:08:42	St. Bernard's School 5K	Indiana	PA	4/25/2009
Chuck Frank	5K	0:27:01	0:08:43	Get Healthy Y5K	Ernest	PA	9/26/2009
Ed Gondolf	5K	0:27:06	0:08:45	Groundhog 5K	Punxsutawney	PA	7/1/2009
Ed Gondolf	5K	0:27:07	0:08:45	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Chuck Frank	5K	0:27:08	0:08:45	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
John Berezansky	5K	0:27:09	0:08:45	Hoodlebug 5K	Homer City	PA	7/12/2009
Jonas Notaro	5K	0:27:10	0:08:46	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Donna Scanlon	5K	0:27:12	0:08:46	Fellowship of Christian Athletes 5K	Johnstown	PA	11/14/2009
Tom Dunbar	5K	0:27:14	0:08:47	Groundhog 5K	Punxsutawney	PA	7/1/2009
Chuck Setler	5K	0:27:16	0:08:48	Freedom 5K	Greensburg	PA	7/4/2009
John Berezansky	5K	0:27:18	0:08:48	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Sherry Shank	5K	0:27:19	0:08:49	Fall Classic 5K	Kittanning	PA	11/21/2009
Joey Bujdos	5K	0:27:24	0:08:50	Roebing's Run 5K	Saxonburg	PA	8/8/2009
Aileen Bowman	5K	0:27:24	0:08:50	Metro. Comm. College 5K	Lee's Summit	MO	10/24/2009
Julie Miller	5K	0:27:25	0:08:51	Hoodlebug 5K	Homer City	PA	7/12/2009
Anniko Sprow	5K	0:27:27	0:08:51	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Sandy Dickert	5K	0:27:32	0:08:53	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Ed Gondolf	5K	0:27:34	0:08:54	St. Bernard's School 5K	Indiana	PA	4/25/2009
Becky Pavic	5K	0:27:37	0:08:55	Daily American 5K	Somerset	PA	6/13/2009
Julien Alexandre	5K	0:27:39	0:08:55	Hoodlebug 5K	Homer City	PA	7/12/2009
Aileen Bowman	5K	0:27:40	0:08:55	Frosty Five 5K	Youngwood	PA	2/22/2009
John Bomboy	5K	0:27:44	0:08:57	Star-Trax 5K Night Run	Salem	OH	8/1/2009
Aly Pajak	5K	0:27:46	0:08:57	Hoodlebug 5K	Homer City	PA	7/12/2009
Maria Fruscello	5K	0:27:50	0:08:59	Cook Forest 5K	Cook Forest		3/28/2009
Holly Rougeaux	5K	0:27:53	0:09:00	Bigfoot 5K	Kittanning	PA	4/18/2009
Lucy Bujdos	5K	0:27:53	0:09:00	Roebing's Run 5K	Saxonburg	PA	8/8/2009
Holly Rougeaux	5K	0:27:54	0:09:00	Strawberry Days 5K	Grove City	PA	6/10/2009
Joey Bujdos	5K	0:27:56	0:09:01	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Matthew Cunkelman	5K	0:28:06	0:09:04	Hoodlebug 5K	Homer City	PA	7/12/2009
Mel Stern	5K	0:28:07	0:09:04	1st Annual Punxsy Phil Fighters 5K	Punxsutawney	PA	5/30/2009
John Berezansky	5K	0:28:10	0:09:05	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Joey Bujdos	5K	0:28:15	0:09:07	Fall Classic 5K	Kittanning	PA	11/21/2009
Bill McAtee	5K	0:28:16	0:09:07	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Ben Foy	5K	0:28:18	0:09:08	Mountain Laurel 5K	Laurel Mtn St Pk	PA	8/23/2009
Maria Fruscello	5K	0:28:23	0:09:09	Frosty Five 5K	Youngwood	PA	2/22/2009
Sandy Dickert	5K	0:28:23	0:09:09	Hoodlebug 5K	Indiana	PA	7/12/2009
Sandy Dickert	5K	0:28:23	0:09:09	Hoodlebug 5K	Homer City	PA	7/12/2009
John Berezansky	5K	0:28:23	0:09:09	Clymer Days 5K	Clymer	PA	9/26/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mel Stern	5K	0:28:29	0:09:11	Groundhog 5K	Punxsutawney	PA	7/1/2009
Melanie Williams	5K	0:28:30	0:09:12	Roebing's Run 5K	Saxonburg	PA	8/8/2009
Mel Stern	5K	0:28:32	0:09:12	Shanksville 5K	Shanksville	PA	3/8/2009
Kimbra Alexandre	5K	0:28:35	0:09:13	Hoodlebug 5K	Homer City	PA	7/12/2009
John Bomboy	5K	0:28:47	0:09:17	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Donna Zukas	5K	0:28:47	0:09:17	Fight for Your Life 5K	Apollo	PA	11/21/2009
Holly Rougeaux	5K	0:28:51	0:09:18	Hoodlebug 5K	Homer City	PA	7/12/2009
Brook Brautigam	5K	0:28:52	0:09:19	Hoodlebug 5K	Homer City	PA	7/12/2009
Joey Bujdos	5K	0:28:58	0:09:21	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Joey Bujdos	5K	0:28:58	0:09:21	Bigfoot 5K	Kittanning	PA	4/18/2009
Holly Rougeaux	5K	0:29:01	0:09:22	West Shamokin 5K	Numine	PA	4/11/2009
Mel Stern	5K	0:29:01	0:09:22	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Melanie Williams	5K	0:29:08	0:09:24	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
John Bomboy	5K	0:29:12	0:09:25	Hoodlebug 5K	Homer City	PA	7/12/2009
Ed Gondolf	5K	0:29:13	0:09:25	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Holly Rougeaux	5K	0:29:14	0:09:26	Ford City Heritage Days 5K	Ford City	PA	7/4/2009
Jen Bianco	5K	0:29:16	0:09:26	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Mindy Wygonik	5K	0:29:17	0:09:27	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Mary Miller	5K	0:29:29	0:09:31	Hoodlebug 5K	Homer City	PA	7/12/2009
Ed Gondolf	5K	0:29:35	0:09:33	Get Healthy Y5K	Ernest	PA	9/26/2009
Mary Miller	5K	0:29:46	0:09:36	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Tina Honkus	5K	0:29:56	0:09:39	Windber Lifestyles 5K	Windber	PA	9/5/2009
Mindy Sawtelle-Zottola	5K	0:29:58	0:09:40	New Year's Eve Moonlight Trail Run	Las Vegas	NV	12/31/2009
Robert Zukas	5K	0:30:00	0:09:41	Fight for Your Life 5K	Apollo	PA	11/21/2009
Aly Pajak	5K	0:30:00	0:09:41	Hagerstown 5K	Hagerstown	MD	11/26/2009
Bethany Pajak	5K	0:30:00	0:09:41	Hagerstown 5K	Hagerstown	MD	11/26/2009
Donna Zukas	5K	0:30:17	0:09:46	Greensburg Turkey Trot	Greensburg	PA	11/26/2009
Aly Pajak	5K	0:30:26	0:09:49	Pride In The Valley 5K	New Florence	PA	5/9/2009
Tina Honkus	5K	0:30:29	0:09:50	3rd Annual Hug-A-Friend 5K	Somerset	PA	7/19/2009
Tina Honkus	5K	0:30:31	0:09:51	Rockwood 5K	Rockwood	PA	8/29/2009
Tina Honkus	5K	0:30:47	0:09:56	Daily American 5K	Somerset	PA	6/13/2009
John Berezansky	5K	0:30:58	0:09:59	Pride In The Valley 5K	New Florence	PA	5/9/2009
Tina Honkus	5K	0:31:06	0:10:02	Disepio Institute 5K	St. Francis		10/31/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mary Miller	5K	0:31:13	0:10:04	Pride In The Valley 5K	New Florence	PA	5/9/2009
Tina Honkus	5K	0:31:32	0:10:10	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Melanie Williams	5K	0:31:58	0:10:19	Ind. Jr. High Athena PAC 5K	Blue Spruce Pk	PA	3/28/2009
Maria Fruscello	5K	0:33:01	0:10:39	Steelers/Gatorade 5K	Pittsburgh	PA	8/30/2009
Nick Fruscello	5K	0:33:01	0:10:39	Steelers/Gatorade 5K	Pittsburgh	PA	8/30/2009
Emily Cunkelman	5K	0:33:06	0:10:41	Hoodlebug 5K	Homer City	PA	7/12/2009
Dan Cunkelman	5K	0:33:11	0:10:42	Hoodlebug 5K	Homer City	PA	7/12/2009
Tina Honkus	5K	0:33:41	0:10:52	Christmas Charity 5K	Somerset	PA	12/5/2009
Nathan Stone	5K	0:33:46	0:10:54	Fire & Ice Festival 5K	Somerset	PA	1/17/2009
Joey Bujdos	5K	0:33:53	0:10:56	Elderton 5K	Elderton	PA	10/2/2009
Lecinda Yevchak	5K	0:34:26	0:11:06	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Art Zottola	5K	0:34:51	0:11:15	New Year's Eve Moonlight Trail Run	Las Vegas	NV	12/31/2009
Nick Fruscello	5K	0:36:57	0:11:55	Latrobe Turkey Trot	Latrobe	PA	11/26/2009
Ricci Pompossini	5K	0:37:16	0:12:01	Get Healthy Y5K	Ernest	PA	9/26/2009
Andrea Yevchak	5K	0:38:15	0:12:20	Citizens Helping Citizens' 5K	Indiana	PA	7/18/2009
Grace Rougeaux	5K	0:38:59	0:12:35	Get Healthy Y5K	Ernest	PA	9/26/2009
Nicholas Hilliard	5K	0:39:00	0:12:35	St. Bernard's School 5K	Indiana	PA	4/25/2009
Jason Rougeaux	5K	0:39:37	0:12:47	Get Healthy Y5K	Ernest	PA	9/26/2009
Mackenzie Kessler	5K	0:39:46	0:12:50	St. Bernard's School 5K	Indiana	PA	4/25/2009
Judy McAtee	5K	0:40:16	0:12:59	Kiski Cougar Classic 5K	Saltsburg	PA	10/17/2009
Ben Bianco	5K	0:40:27	0:13:03	St. Bernard's School 5K	Indiana	PA	4/25/2009
Lecinda Yevchak	5K	0:41:04	0:13:15	Hoodlebug 5K	Homer City	PA	7/12/2009
John Chernega	5K	0:41:45	0:13:28	Fight for Your Life 5K	Apollo	PA	11/21/2009
Shelly Zottola	5K	0:44:06	0:14:14	John Yellenic Memorial 5K	Blairsville	PA	5/25/2009
Tom Knapp	5K	0:44:18	0:14:17	Economy 5K	Economy	PA	5/9/2009
Leslie Dill	5K	0:44:23	0:14:19	Hoodlebug 5K	Homer City	PA	7/12/2009
Ann Lott	5K	0:47:44	0:15:24	Benefit 5K For St. Judes	Punxsutawney	PA	10/24/2009
Debbie Henry	5K	0:52:09	0:16:49	Hoodlebug 5K	Homer City	PA	7/12/2009
Isle Hilliard	5K	0:54:30	0:17:35	St. Bernard's School 5K	Indiana	PA	4/25/2009
Taylor Lecco	5K Walk	0:56:30	0:18:14	St. Bernard's School 5K Walk	Indiana	PA	4/25/2009
Grace Rougeaux	5K Walk	0:56:54	0:18:21	St. Bernard's School 5K Walk	Indiana	PA	4/25/2009
Holly Rougeaux	5K Walk	0:56:54	0:18:21	St. Bernard's School 5K Walk	Indiana	PA	4/25/2009
Bob Lott	5K	?:?:??	#VALUE!	Crossing The Equator 5K	Equator		2/7/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Tina Honkus	5K	?:?:??	#VALUE!	Rockwood Rotary 5K	Rockwood	PA	7/11/2009
Doug Ulishney	3.5 Mile	0:28:30	0:08:09	Mt. Summit Challeng 3.5 Mile	Mt. Summit	PA	4/26/2009
Mindy Sawtelle	6K	0:24:01	0:06:27	IUP Alumni XC Race	Indiana	PA	8/30/2009
Cory Fulmer	4 Miler	0:24:29	0:06:07	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Doug Craft	4 Miler	0:24:37	0:06:09	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Tad Pajak	4 Miler	0:28:33	0:07:08	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Dan McQuiston	4 Miler	0:29:39	0:07:25	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Bill Winters	4 Miler	0:31:04	0:07:46	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Tom Bianco	4 Miler	0:33:48	0:08:27	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Matt Coy	4 Miler	0:33:49	0:08:27	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Steve Arentz	4 Miler	0:33:57	0:08:29	Great Raleigh Road Race	Raleigh	NC	7/4/2009
Chris Peters	4 Miler	0:34:58	0:08:45	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Ginny Winters	4 Miler	0:34:58	0:08:45	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Doug Johnson	4 Miler	0:35:04	0:08:46	3rd Annual Herbie's Home Town Loop	Bellefonte	PA	8/15/2009
Sharon Holsinger	4 Miler	0:35:04	0:08:46	3rd Annual Herbie's Home Town Loop	Bellefonte	PA	8/15/2009
Tom Dunbar	4 Miler	0:35:15	0:08:49	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
John Swauger	4 Miler	0:35:16	0:08:49	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Rob Andelman	4 Miler	0:37:22	0:09:20	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Jen James	4 Miler	0:48:08	0:12:02	Groundhog Jog 4 Miler	Punxsutawney	PA	2/1/2009
Garrett Milner	7K	0:24:28	0:05:38	Run For The Trail 7K	Dilltown	PA	8/16/2009
Alex Woodrow	7K	0:24:59	0:05:45	Run For The Trail 7K	Dilltown	PA	8/16/2009
Veronica Bujdos	7K	0:26:41	0:06:09	Run For The Trail 7K	Dilltown	PA	8/16/2009
Doug Ulishney	7K	0:27:32	0:06:21	Run For The Trail 7K	Dilltown	PA	8/16/2009
Ken Sharbaugh	7K	0:27:43	0:06:23	Run For The Trail 7K	Dilltown	PA	8/16/2009
Mark Stern	7K	0:28:41	0:06:37	Run For The Trail 7K	Dilltown	PA	8/16/2009
Vince Pavic	7K	0:29:15	0:06:44	Run For The Trail 7K	Dilltown	PA	8/16/2009
Tom Fanning	7K	0:30:25	0:07:01	Run For The Trail 7K	Dilltown	PA	8/16/2009
Jeannie Bujdos	7K	0:31:04	0:07:09	Run For The Trail 7K	Dilltown	PA	8/16/2009
Dave Miller	7K	0:31:19	0:07:13	Run For The Trail 7K	Dilltown	PA	8/16/2009
Bill Serafin	7K	0:31:52	0:07:21	Run For The Trail 7K	Dilltown	PA	8/16/2009
Mary Jean Bujdos	7K	0:32:23	0:07:28	Run For The Trail 7K	Dilltown	PA	8/16/2009
John Swauger	7K	0:32:48	0:07:33	Run For The Trail 7K	Dilltown	PA	8/16/2009
Tom Bianco	7K	0:34:14	0:07:53	Run For The Trail 7K	Dilltown	PA	8/16/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Jed Fetterman	7K	0:35:41	0:08:13	Run For The Trail 7K	Dilltown	PA	8/16/2009
Tom Fritz	7K	0:35:42	0:08:14	Run For The Trail 7K	Dilltown	PA	8/16/2009
Scott Bowman	7K	0:37:20	0:08:36	Run For The Trail 7K	Dilltown	PA	8/16/2009
Randy Fetterman	7K	0:37:27	0:08:38	Run For The Trail 7K	Dilltown	PA	8/16/2009
Dan Cunkelman	7K	0:37:39	0:08:41	Run For The Trail 7K	Dilltown	PA	8/16/2009
Sam Cunkelman	7K	0:37:39	0:08:41	Run For The Trail 7K	Dilltown	PA	8/16/2009
Doug Johnson	7K	0:37:46	0:08:42	Run For The Trail 7K	Dilltown	PA	8/16/2009
Tom Simmons	7K	0:38:01	0:08:46	Run For The Trail 7K	Dilltown	PA	8/16/2009
Aileen Bowman	7K	0:38:15	0:08:49	Run For The Trail 7K	Dilltown	PA	8/16/2009
James Kilpatrick	7K	0:38:37	0:08:54	Run For The Trail 7K	Dilltown	PA	8/16/2009
Donna Scanlon	7K	0:38:56	0:08:58	Run For The Trail 7K	Dilltown	PA	8/16/2009
Linda Leopold	7K	0:39:11	0:09:02	Run For The Trail 7K	Dilltown	PA	8/16/2009
John Bomboy	7K	0:39:14	0:09:02	Run For The Trail 7K	Dilltown	PA	8/16/2009
Chuck Frank	7K	0:39:35	0:09:07	Run For The Trail 7K	Dilltown	PA	8/16/2009
John Berezansky	7K	0:40:29	0:09:20	Run For The Trail 7K	Dilltown	PA	8/16/2009
Sharon Holsinger	7K	0:40:43	0:09:23	Run For The Trail 7K	Dilltown	PA	8/16/2009
Mel Stern	7K	0:40:53	0:09:25	Run For The Trail 7K	Dilltown	PA	8/16/2009
Taylor Woodrow	7K	0:41:31	0:09:34	Run For The Trail 7K	Dilltown	PA	8/16/2009
Melanie Williams	7K	0:42:46	0:09:51	Run For The Trail 7K	Dilltown	PA	8/16/2009
Claire Hogan	7K	0:43:01	0:09:55	Run For The Trail 7K	Dilltown	PA	8/16/2009
Steve Woodrow	7K	0:43:29	0:10:01	Run For The Trail 7K	Dilltown	PA	8/16/2009
Mindy Wygonik	7K	0:48:35	0:11:12	Run For The Trail 7K	Dilltown	PA	8/16/2009
Ben Foy	5	0:12:04	0:02:25	Maple Festival	Meyersdale	PA	3/21/09
Al Casagranda	5 Miler	0:28:14	0:05:39	Butler 5 Miler	Butler	PA	6/27/2009
Doug Ulishney	5 Miler	0:29:42	0:05:56	Maple Race 5 Mile	Meyersdale	PA	3/21/2009
Veronica Bujdos	5 Miler	0:31:02	0:06:12	Butler 5 Miler	Butler	PA	6/27/2009
Tom Berzonsky	5 Miler	0:31:10	0:06:14	Butler 5 Miler	Butler	PA	6/27/2009
Doug Ulishney	5 Miler	0:31:35	0:06:19	Latrobe 5 Miler	Latrobe	PA	7/3/2009
Mike Hodak	5 Miler	0:33:01	0:06:36	Hollidaysburg YMCA Turkey Trot	Hollidaysburg	PA	11/28/2009
Dan McQuiston	5 Miler	0:34:43	0:06:57	Latrobe 5 Miler	Latrobe	PA	7/3/2009
Mary Jean Bujdos	5 Miler	0:36:40	0:07:20	Butler 5 Miler	Butler	PA	6/27/2009
Scott Bowman	5 Miler	0:37:38	0:07:32	Latrobe 5 Miler	Latrobe	PA	7/3/2009
John Swauger	5 Miler	0:38:47	0:07:45	Latrobe 5 Miler	Latrobe	PA	7/3/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Erin mitchell	5 Miler	0:40:57	0:08:11	Latrobe 5 Miler	Latrobe	PA	7/3/2009
Rick Conroy	5 Miler	0:41:53	0:08:23	Frigid Five Miler	North Park	PA	1/11/2009
Maria Fruscello	5 Miler	0:42:09	0:08:26	Latrobe 5 Miler	Latrobe	PA	7/3/2009
Aileen Bowman	5 Miler	0:43:03	0:08:37	Latrobe 5 Miler	Latrobe	PA	7/3/2009
Greg Mitchell	5 Miler	0:43:08	0:08:38	Latrobe 5 Miler	Latrobe	PA	7/3/2009
Christine Lasser	5 Miler	0:44:33	0:08:55	Latrobe 5 Miler	Latrobe	PA	7/3/2009
James Kilpatrick	5 Miler	0:45:26	0:09:05	Latrobe 5 Miler	Latrobe	PA	7/3/2009
Ben Foy	10K	0:21:18	0:03:26	Tri-towns	Dawson	PA	6/6/2009
Ben Foy	10K	0:22:19	0:03:36	AAFLC	Keystone SP	PA	5/30/2009
Ben Foy	10K	0:22:56	0:03:42	Fall Foliage Classic	Schellsburg	PA	10/10/2009
Ben Foy	5K	0:23:54	0:03:51	Fool's Run	Indiana	PA	4/4/2009
Matt Gaudet	10K	0:34:22	0:05:33	Johnstown marathon 10K	Johnstown	PA	10/4/2009
Al Casagrande	10K	0:36:11	0:05:50	Fool's Run 10	Indiana	PA	4/4/2009
Cory Fulmer	10K	0:36:35	0:05:54	Fool's Run 10	Indiana	PA	4/4/2009
Mindy Sawtelle	10K	0:36:39	0:05:55	Genesis 10K	Pittsburgh	PA	4/25/2009
Jessica Pentz Graf	10K	0:36:42	0:05:55	Detroit Turkey Trot 10K	Detroit	MI	11/26/2009
Herb Cratty	10K	0:36:54	0:05:57	Cooper's Rock 10K	Cooper's Rock	WV	3/29/2009
Veronica Bujdos	10K	0:37:08	0:05:59	Fall Classic 10K	Kittanning	PA	11/21/2009
Alex Woodrow	10K	0:37:12	0:06:00	Fool's Run 10	Indiana	PA	4/4/2009
Tom Lipsie	10K	0:37:13	0:06:00	Shanksville 10K	Shanksville	PA	3/8/2009
Mindy Sawtelle	10K	0:37:44	0:06:05	Susquehanna Classic 10K	Curwensville	PA	7/18/2009
Mindy Sawtelle	10K	0:37:47	0:06:06	Burgh's 10K	Cecil	PA	4/26/2009
Garrett Milner	10K	0:38:34	0:06:13	Fool's Run 10	Indiana	PA	4/4/2009
Doug Ulishney	10K	0:38:38	0:06:14	Fool's Run 10	Indiana	PA	4/4/2009
Doug Ulishney	10K	0:38:48	0:06:15	America For Lost Children 10K	Derry	PA	5/30/2009
Garrett Milner	10K	0:38:57	0:06:17	Shanksville 10K	Shanksville	PA	3/8/2009
Doug Ulishney	10K	0:39:39	0:06:24	Shanksville 10K	Shanksville	PA	3/8/2009
Doug Ulishney	10K	0:40:45	0:06:34	Bedford Fall Foilage 10K	Bedford	PA	10/10/2009
Mark Stern	10K	0:41:21	0:06:40	Fool's Run 10	Indiana	PA	4/4/2009
Mindy Sawtelle	10K	0:41:21	0:06:40	Scottsdale Fall Festival 10K	Scottsdale	PA	9/19/2009
Veronica Bujdos	10K	0:41:29	0:06:41	Fool's Run 10	Indiana	PA	4/4/2009
Mike Hodak	10K	0:42:10	0:06:48	Fall Classic 10K	Kittanning	PA	11/21/2009
Jeff Graham	10K	0:42:17	0:06:49	Fall Classic 10K	Kittanning	PA	11/21/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mark Stern	10K	0:42:28	0:06:51	Shanksville 10K	Shanksville	PA	3/8/2009
Chris Meanor	10K	0:42:32	0:06:52	Ukrops Monument Avenue 10K	Richmond	VA	3/29/2009
Tad Pajak	10K	0:43:26	0:07:00	Lost Dutchman Marathon 10K	Apache Junction	AZ	2/15/2009
Jeff Graham	10K	0:43:53	0:07:05	America For Lost Children 10K	Derry	PA	5/30/2009
Vince Pavic	10K	0:44:11	0:07:08	Daily American 10K	Somerset	PA	6/13/2009
Dan McQuiston	10K	0:44:28	0:07:10	Fool's Run 10	Indiana	PA	4/4/2009
Mary Jean Bujdos	10K	0:44:55	0:07:15	Fall Classic 10K	Kittanning	PA	11/21/2009
Tad Pajak	10K	0:45:04	0:07:16	Shanksville 10K	Shanksville	PA	3/8/2009
Laura Yevchak	10K	0:45:20	0:07:19	Daily American 10K	Somerset	PA	6/13/2009
Kory Hubbard	10K	0:45:31	0:07:20	Fool's Run 10	Indiana	PA	4/4/2009
Tom Fetterman, Jr.	10K	0:45:38	0:07:22	Fool's Run 10	Indiana	PA	4/4/2009
Laura Yevchak	10K	0:45:59	0:07:25	Fool's Run 10	Indiana	PA	4/4/2009
Jeff Graham	10K	0:46:15	0:07:28	Fool's Run 10	Indiana	PA	4/4/2009
Chris Sharbaugh	10K	0:46:30	0:07:30	Fool's Run 10	Indiana	PA	4/4/2009
Ben Foy	10K	0:46:56	0:07:34	Bedford Fall Foilage 10K	Bedford	PA	10/10/2009
Art Zottola	10K	0:47:36	0:07:41	Susquehanna Classic 10K	Curwensville	PA	7/18/2009
Bill Winters	10K	0:47:38	0:07:41	Shanksville 10K	Shanksville	PA	3/8/2009
Scott Bowman	10K	0:47:52	0:07:43	Clarion united Way 10K	Clarion	PA	9/26/2009
Ben Foy	10K	0:48:17	0:07:47	Shanksville	Shanksville	PA	3/8/2009
Scott Bowman	10K	0:48:28	0:07:49	America For Lost Children 10K	Derry	PA	5/30/2009
Tom Fetterman, Jr.	10K	0:48:29	0:07:49	Shanksville 10K	Shanksville	PA	3/8/2009
Maria Fruscello	10K	0:48:43	0:07:51	Trot For Tots 10K	Oakdale	PA	12/6/2009
Steve Arentz	10K	0:49:00	0:07:54	Ford's Colony 10K	Raleigh	NC	9/12/2009
John Swauger	10K	0:49:30	0:07:59	Family Services 10K	Altoona	PA	5/31/2009
Jonathan Yuhas	10K	0:49:31	0:07:59	Pittsburgh Great Race	Pittsburgh	PA	9/27/2009
Tom Bianco	10K	0:49:47	0:08:02	Fool's Run 10	Indiana	PA	4/4/2009
Jonathan Yuhas	10K	0:49:52	0:08:03	Johnstown Marathon 10K	Johnstown	PA	10/4/2009
Jeff Graham	10K	0:49:55	0:08:03	Delmont Re-Run 10K	Delmont	PA	4/25/2009
Tom Fritz	10K	0:50:33	0:08:09	Johnstown marathon 10K	Johnstown	PA	10/4/2009
Aileen Bowman	10K	0:50:55	0:08:13	Clarion united Way 10K	Clarion	PA	9/26/2009
Maria Fruscello	10K	0:51:07	0:08:15	Great Race 10K	Pittsburgh	PA	9/27/2009
Mary Jean Bujdos	10K	0:51:15	0:08:16	Fool's Run 10	Indiana	PA	4/4/2009
Scott Bowman	10K	0:52:23	0:08:27	Fool's Run 10	Indiana	PA	4/4/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Rob Andelman	10K	0:52:59	0:08:33	Fool's Run 10	Indiana	PA	4/4/2009
Jeril Goss	10K	0:53:27	0:08:37	Mahoning Shuffle 10K	Punxsutawney	PA	10/10/2009
John Goss	10K	0:53:29	0:08:38	Mahoning Shuffle 10K	Punxsutawney	PA	10/10/2009
Adrienne Goss	10K	0:53:31	0:08:38	Arts Festival 10K	State College	PA	7/12/2009
Maria Fruscello	10K	0:53:51	0:08:41	Obediah Cole 10K	Pittsburgh	PA	6/21/2009
Jennifer Reaugh	10K	0:53:53	0:08:41	Fool's Run 10	Indiana	PA	4/4/2009
Christine Schirato	10K	0:54:20	0:08:46	Daily American 10K	Somerset	PA	6/13/2009
Jennifer Wally Blystone	10K	0:54:36	0:08:48	Fool's Run 10	Indiana	PA	4/4/2009
Donna Scanlon	10K	0:54:43	0:08:50	Fool's Run 10	Indiana	PA	4/4/2009
Linda Leopold	10K	0:54:51	0:08:51	Fool's Run 10	Indiana	PA	4/4/2009
John Chernega	10K	0:54:52	0:08:51	Fool's Run 10	Indiana	PA	4/4/2009
Lori Graham	10K	0:54:56	0:08:52	America For Lost Children 10K	Derry	PA	5/30/2009
Aileen Bowman	10K	0:55:32	0:08:57	Fool's Run 10	Indiana	PA	4/4/2009
Jeril Goss	10K	0:55:34	0:08:58	Arts Festival 10K	State College	PA	7/12/2009
John Goss	10K	0:55:34	0:08:58	Arts Festival 10K	State College	PA	7/12/2009
Tom Dunbar	10K	0:55:40	0:08:59	Fool's Run 10	Indiana	PA	4/4/2009
Aileen Bowman	10K	0:56:03	0:09:02	America For Lost Children 10K	Derry	PA	5/30/2009
Joe Bujdos	10K	0:56:11	0:09:04	Fool's Run 10	Indiana	PA	4/4/2009
Holly Rougeaux	10K	0:56:14	0:09:04	Mahoning Shuffle 10K	Punxsutawney	PA	10/10/2009
Chuck Frank	10K	0:57:07	0:09:13	Fool's Run 10	Indiana	PA	4/4/2009
James Kilpatrick	10K	0:57:55	0:09:20	Fool's Run 10	Indiana	PA	4/4/2009
Tracy McKeel	10K	0:59:30	0:09:36	Great Race 10K	Pittsburgh	PA	9/27/2009
Holly Rougeaux	10K	1:00:05	0:09:41	Fool's Run 10	Indiana	PA	4/4/2009
Curtis Mertz	10K	1:00:06	0:09:42	Fool's Run 10	Indiana	PA	4/4/2009
Tom Fetterman, Sr.	10K	1:00:11	0:09:42	Shanksville 10K	Shanksville	PA	3/8/2009
Gary Honkus	10K	1:00:14	0:09:43	Shanksville 10K	Shanksville	PA	3/8/2009
Sherry Shank	10K	1:00:17	0:09:43	Fool's Run 10	Indiana	PA	4/4/2009
Mel Stern	10K	1:01:13	0:09:52	Fool's Run 10	Indiana	PA	4/4/2009
Bill Bracken	10K	1:02:06	0:10:01	Fool's Run 10	Indiana	PA	4/4/2009
Mindy Wygonik	10K	1:05:00	0:10:29	Fool's Run 10	Indiana	PA	4/4/2009
Darcy Taiani	10K	1:05:07	0:10:30	Great Race 10K	Pittsburgh	PA	9/27/2009
Lecinda Yevchak	10K	1:08:56	0:11:07	Daily American 10K	Somerset	PA	6/13/2009
Tina Honkus	10K	1:10:51	0:11:26	Shanksville 10K	Shanksville	PA	3/8/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Ben Foy	10K	0:41:00	7:51:08	Salem Lutheran	Delmont	PA	4/25/2009
Cory Fulmer	15K	0:57:24	0:06:10	Altoona 15K	Altoona	PA	7/4/2009
Vince Pavic	15K	1:07:00	0:07:12	Altoona 15K	Altoona	PA	7/4/2009
Laura Yevchak	15K	1:09:10	0:07:26	Altoona 15K	Altoona	PA	7/4/2009
Bill Stroup	15K	1:13:14	0:07:52	Green River Trail Heroes 15K	Millsboro	PA	9/19/2009
Doug Ulishney	15K	1:13:50	0:07:56	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Bill Zimmerman	15K	1:14:52	0:08:03	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Darlene Hudak	15K	1:16:00	0:08:10	Green River Trail Heroes 15K	Millsboro	PA	9/19/2009
Mark Stern	15K	1:17:56	0:08:23	Mt. Penn Mudfest	Reading	PA	4/11/2009
Mark Stern	15K	1:21:17	0:08:44	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Selena Stern-Proctor	15K	1:24:47	0:09:07	Mt. Penn Mudfest	Reading	PA	4/11/2009
Steve Wilson	15K	1:28:08	0:09:29	2009 Flight 93 15K	Shanksville	PA	11/8/2009
Dan Cunkelman	15K	1:31:42	0:09:52	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Chris Sharbaugh	15K	1:34:11	0:10:08	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Gary Honkus	15K	1:38:47	0:10:37	2009 Flight 93 15K	Shanksville	PA	11/8/2009
Ben Foy	15K	1:40:53	0:10:51	Run with the Deer Flies	Penn Run	PA	7/25/2009
Tom Fritz	15K	1:42:39	0:11:02	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
John Goss	15K	1:48:23	0:11:39	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Jennifer Wally Blystone	15K	1:48:29	0:11:40	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Tina Honkus	15K	1:48:43	0:11:41	2009 Flight 93 15K	Shanksville	PA	11/8/2009
Darlene Hudak	15K	1:52:04	0:12:03	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Bill Stroup	15K	1:52:06	0:12:03	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Doug Johnson	15K	1:57:23	0:12:37	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Randy Fetterman	15K	1:57:42	0:12:39	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Mel Stern	15K	1:57:59	0:12:41	Mt. Penn Mudfest	Reading	PA	4/11/2009
Bob Lott	15K	2:06:45	0:13:38	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Melanie Williams	15K	2:07:58	0:13:46	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Holly Rougeaux	15K	2:08:38	0:13:50	Run With The Deer Flies 15K	Penn Run	PA	7/25/2009
Mindy Sawtelle	10 Mile	1:03:47	0:06:23	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Mark Stern	10 Mile	1:07:06	0:06:43	Army Ten Miler	Washington	DC	10/4/2009
Cory Fulmer	10 Mile	1:07:50	0:06:47	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Jean-Yves Boulard	10 Mile	1:09:40	0:06:58	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Tom Fanning	10 Mile	1:15:41	0:07:34	Yough River 10 Miler	Connellsville	PA	4/11/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Laura Yevchak	10 Mile	1:20:33	0:08:03	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Rick Conroy	10 Mile	1:22:25	0:08:14	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Scott Bowman	10 Mile	1:25:47	0:08:35	Yough River 10 Miler	Connellsville	PA	4/11/2009
Tracey Page	10 Mile	1:27:25	0:08:44	Yough River 10 Miler	Connellsville	PA	4/11/2009
Jennifer Reaugh	10 Mile	1:33:24	0:09:20	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Mel Stern	10 Mile	1:38:43	0:09:52	Army Ten Miler	Washington	DC	10/4/2009
Art Zottola	10 Mile	1:41:34	0:10:09	Spring Thaw 10-15-20	North Park	PA	2/28/2009
James Kilpatrick	10 Mile	1:45:20	0:10:32	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Ben Foy	Triathlon	0:57:45	0:04:43	Community Tri	Martinsburg	PA	5/23/2009
Al Casagrande	20K	1:16:29	0:06:10	Ogden 20K	Wheeling	WV	5/23/2009
Rick Conroy	20K	1:47:01	0:08:38	Ogden 20K	Wheeling	WV	5/23/2009
Donna Scanlon	Half Marathon	1:05:21	0:04:59	Nittany Valley Half Marathon	State College	PA	12/6/2009
Chris Geddis	Half Marathon	1:11:41	0:05:28	Buffalo Creek Half Marathon	Freeport	PA	10/17/2009
Matt Pajak	Half Marathon	1:16:16	0:05:49	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Al Casagrande	Half Marathon	1:17:00	0:05:53	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Tom Lipsie	Half Marathon	1:17:30	0:05:55	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Cory Fulmer	Half Marathon	1:19:42	0:06:05	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
Doug Craft	Half Marathon	1:19:44	0:06:05	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Doug Craft	Half Marathon	1:20:04	0:06:07	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Mindy Sawtelle	Half Marathon	1:20:16	0:06:08	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Jess Pentz Graff	Half Marathon	1:21:24	0:06:13	Grand Rapids Half Marathon	Grand Rapids	MI	10/18/2009
Cory Fulmer	Half Marathon	1:21:55	0:06:15	Virginia Beach Half Marathon	Virginia Beach	VA	9/6/2009
Cory Fulmer	Half Marathon	1:22:18	0:06:17	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Mindy Sawtelle	Half Marathon	1:22:24	0:06:17	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Veronica Bujdos	Half Marathon	1:27:05	0:06:39	Nittany Valley Half Marathon	State College	PA	12/6/2009
Mark Stern	Half Marathon	1:30:48	0:06:56	Buffalo Half Marathon	Buffalo	NY	5/24/2009
Doug Ulishney	Half Marathon	1:32:11	0:07:02	Rockwood Half Marathon	Rockwood	PA	8/29/2009
Mark Stern	Half Marathon	1:32:33	0:07:04	Virginia Beach Half Marathon	Virginia Beach	VA	9/6/2009
Mark Stern	Half Marathon	1:33:36	0:07:09	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Tad Pajak	Half Marathon	1:35:50	0:07:19	Hollidaysburg Half Marathon	Hollidaysburg	PA	10/10/2009
Jeff Graham	Half Marathon	1:36:38	0:07:23	Johnstown Half Marathon	Johnstown	PA	10/4/2009
Mike Hodak	Half Marathon	1:37:49	0:07:28	Mahoning Shuffle Half Marathon	Punxsutawney	PA	10/10/2009
Jeff Graham	Half Marathon	1:38:10	0:07:30	IKEA Half Marathon	Pittsburgh	PA	9/12/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Dan McQuiston	Half Marathon	1:38:29	0:07:31	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Vince Pavic	Half Marathon	1:38:51	0:07:33	Rockwood Half Marathon	Rockwood	PA	8/29/2009
Mary Jean Bujdos	Half Marathon	1:38:55	0:07:33	Buffalo Creek Half Marathon	Freeport	PA	10/17/2009
Dan McQuiston	Half Marathon	1:40:42	0:07:41	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Laura Yevchak	Half Marathon	1:41:26	0:07:45	Virginia Beach Half Marathon	Virginia Beach	VA	9/6/2009
Tom Fetterman, Jr.	Half Marathon	1:41:34	0:07:45	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Jeff Graham	Half Marathon	1:41:50	0:07:46	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Bill Geddis	Half Marathon	1:41:59	0:07:47	Buffalo Creek Half Marathon	Freeport	PA	10/17/2009
Bill Serafin	Half Marathon	1:42:55	0:07:51	Baltimore Half Marathon	Baltimore	MD	10/10/2009
Tad Pajak	Half Marathon	1:43:40	0:07:55	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
John Swauger	Half Marathon	1:44:07	0:07:57	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Bill Serafin	Half Marathon	1:44:22	0:07:58	Myrtle Beach Half Marathon	Myrtle Beach	SC	2/14/2009
Catherine Hogan	Half Marathon	1:45:16	0:08:02	Spirit of Pittsburgh Half Marathon	Pittsburgh	PA	11/1/2009
Steve Arentz	Half Marathon	1:45:30	0:08:03	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
Mary Jean Bujdos	Half Marathon	1:46:19	0:08:07	Nittany Valley Half Marathon	State College	PA	12/6/2009
Mary Jean Bujdos	Half Marathon	1:46:49	0:08:09	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Rob Leopold	Half Marathon	1:47:15	0:08:11	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
John Swauger	Half Marathon	1:47:34	0:08:13	Buffalo Half Marathon	Buffalo	NY	5/24/2009
Tom Fanning	Half Marathon	1:48:23	0:08:16	Nittany Valley Half Marathon	State College	PA	12/6/2009
John Swauger	Half Marathon	1:48:28	0:08:17	Johnstown Half Marathon	Johnstown	PA	10/4/2009
Bill Serafin	Half Marathon	1:48:58	0:08:19	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Rob Andelman	Half Marathon	1:49:21	0:08:21	Drake Well Half Marathon	Titusville	PA	8/9/2009
John Swauger	Half Marathon	1:49:29	0:08:21	Spirit of Pittsburgh Half Marathon	Pittsburgh	PA	11/1/2009
Rick Conroy	Half Marathon	1:49:34	0:08:22	Parkersburg Half Marathon	Parkersburg	WV	8/22/2009
Dave Miller	Half Marathon	1:50:01	0:08:24	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
John Swauger	Half Marathon	1:51:55	0:08:33	Virginia Beach Half Marathon	Virginia Beach	VA	9/6/2009
Mary Lee Page	Half Marathon	1:52:38	0:08:36	Rockwood Half Marathon	Rockwood	PA	7/11/2009
John Chernega	Half Marathon	1:53:16	0:08:39	Buffalo Creek Half Marathon	Freeport	PA	10/17/2009
Scott Bowman	Half Marathon	1:53:47	0:08:41	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Rob Leopold	Half Marathon	1:54:14	0:08:43	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Jonathan Yuhas	Half Marathon	1:54:17	0:08:43	Spirit of Pittsburgh Half Marathon	Pittsburgh	PA	11/1/2009
Donna Scanlon	Half Marathon	1:55:30	0:08:49	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Bethany Serafin	Half Marathon	1:55:53	0:08:51	Myrtle Beach Half Marathon	Myrtle Beach	SC	2/14/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Art Zottola	Half Marathon	1:56:21	0:08:53	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Donna Scanlon	Half Marathon	1:57:13	0:08:57	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
John Swauger	Half Marathon	1:57:13	0:08:57	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Maria Fruscello	Half Marathon	1:58:48	0:09:04	IKEA Half Marathon	Pittsburgh	PA	9/12/2009
Lori Graham	Half Marathon	1:59:11	0:09:06	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Darlene Hudak	Half Marathon	1:59:23	0:09:07	Rockwood Half Marathon	Rockwood	PA	8/29/2009
Tom Dunbar	Half Marathon	1:59:42	0:09:08	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Aileen Bowman	Half Marathon	1:59:43	0:09:08	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Aileen Bowman	Half Marathon	2:00:13	0:09:11	Nittany Valley Half Marathon	State College	PA	12/6/2009
Kory Hubbard	Half Marathon	2:00:14	0:09:11	North Face Endurance Trail Half	Washington	DC	9/19/2009
Mike Hodak	Half Marathon	2:00:14	0:09:11	Nittany Valley Half Marathon	State College	PA	12/6/2009
Chris Lasser	Half Marathon	2:00:38	0:09:13	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Art Zottola	Half Marathon	2:00:54	0:09:14	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Tom Fetterman, Sr.	Half Marathon	2:01:23	0:09:16	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Vince Pavic	Half Marathon	2:01:35	0:09:17	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
Donna Scanlon	Half Marathon	2:01:51	0:09:18	Akron Half Marathon	Akron	OH	9/26/2009
Aileen Bowman	Half Marathon	2:03:11	0:09:24	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Bill Winters	Half Marathon	2:03:28	0:09:25	Nittany Valley Half Marathon	State College	PA	12/6/2009
Scott Bowman	Half Marathon	2:03:36	0:09:26	Nittany Valley Half Marathon	State College	PA	12/6/2009
John Chernega	Half Marathon	2:03:38	0:09:26	Nittany Valley Half Marathon	State College	PA	12/6/2009
Lori Graham	Half Marathon	2:03:41	0:09:26	Johnstown Half Marathon	Johnstown	PA	10/4/2009
Chris Meanor	Half Marathon	2:04:48	0:09:32	Lehigh Valley Half Marathon	Allentown	PA	5/2/2009
Ginny Winters	Half Marathon	2:06:13	0:09:38	Nittany Valley Half Marathon	State College	PA	12/6/2009
Linda Leopold	Half Marathon	2:06:35	0:09:40	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
Donna Zukas	Half Marathon	2:06:40	0:09:40	Buffalo Creek Half Marathon	Freeport	PA	10/17/2009
Aly Pajak	Half Marathon	2:07:00	0:09:42	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
Bethany Pajak	Half Marathon	2:07:04	0:09:42	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
Scott Bowman	Half Marathon	2:07:07	0:09:42	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Tom Fritz	Half Marathon	2:07:27	0:09:44	Virginia Beach Half Marathon	Virginia Beach	VA	9/6/2009
Robin Berezansky	Half Marathon	2:07:30	0:09:44	Baltimore Half Marathon	Baltimore	MD	10/10/2009
Joe Bujdos	Half Marathon	2:09:45	0:09:54	Bigfoot Half Marathon	Kittanning	PA	4/18/2009
Tom Dunbar	Half Marathon	2:09:57	0:09:55	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Linda Leopold	Half Marathon	2:10:20	0:09:57	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Rick Sinopoli	Half Marathon	2:11:39	0:10:03	Myrtle Beach Half Marathon	Myrtle Beach	SC	2/14/2009
Rob Andelman	Half Marathon	2:13:18	0:10:11	Nittany Valley Half Marathon	State College	PA	12/6/2009
Donna Zukas	Half Marathon	2:13:19	0:10:11	IKEA Half Marathon	Pittsburgh	PA	9/12/2009
Maria Fruscello	Half Marathon	2:15:03	0:10:19	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
John Berezansky	Half Marathon	2:19:01	0:10:37	Baltimore Half Marathon	Baltimore	MD	10/10/2009
Rick Sinopoli	Half Marathon	2:19:30	0:10:39	Chamber Classic Half Marathon	Wexford	PA	10/10/2009
Jeremy Yagle	Half Marathon	2:22:35	0:10:53	Spirit of Pittsburgh Half Marathon	Pittsburgh	PA	11/1/2009
Darcy Taiani	Half Marathon	2:22:36	0:10:53	Spirit of Pittsburgh Half Marathon	Pittsburgh	PA	11/1/2009
Tom Knapp	Half Marathon	2:42:03	0:12:22	Pittsburgh Half Marathon	Pittsburgh	PA	5/3/2009
Lecinda Yevchak	Half Marathon	2:51:31	0:13:06	Virginia Beach Half Marathon	Virginia Beach	VA	9/6/2009
Bob Lott	Half Marathon	?:?:??	#VALUE!	Salvador Brazil Half Marathon	Salvador	Brazil	2/12/2009
John Chernega	Half Marathon	?:?:??	#VALUE!	Cook Forest Half Marathon	Cook Forest	PA	3/28/2009
Ben Foy	Triathlon	1:16:50	0:05:41	Jackie Kallal Tri	Penn Run	PA	6/13/2009
Bill Serafin	14 Mile	2:07:00	0:09:04	Upchuck Classic	Beaverdale	PA	7/4/2009
Tom Fetterman, Jr.	14 Mile	2:09:00	0:09:13	Upchuck Classic	Beaverdale	PA	7/4/2009
Dan McQuiston	14 Mile	2:12:00	0:09:26	Upchuck Classic	Beaverdale	PA	7/4/2009
Bill Winters	14 Mile	2:27:00	0:10:30	Upchuck Classic	Beaverdale	PA	7/4/2009
Jed Fetterman	14 Mile	2:40:00	0:11:26	Upchuck Classic	Beaverdale	PA	7/4/2009
Ben Foy	Triathlon	1:22:23	0:05:43	Crooked Creek Tri	Ford City	PA	9/19/2009
Cory Fulmer	15 Mile	1:40:17	0:06:41	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Mindy Sawtelle	15 Mile	1:42:16	0:06:49	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Jean-Yves Boulard	15 Mile	1:47:19	0:07:09	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Laura Yevchak	15 Mile	2:03:10	0:08:13	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Rick Conroy	15 Mile	2:09:15	0:08:37	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Art Zottola	15 Mile	2:35:35	0:10:22	Spring Thaw 10-15-20	North Park	PA	2/28/2009
James Kilpatrick	15 Mile	2:39:18	0:10:37	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Ben Foy	Triathlon	1:14:55	0:04:56	Uniontown Tri	Uniontown	PA	6/28/2009
Matt Pajak	25K	2:02:56	0:07:56	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Cory Fulmer	25K	2:09:35	0:08:22	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Ken Sharbaugh	25K	2:15:01	0:08:43	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Aaron Seckar	25K	2:31:15	0:09:45	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Rob Higbee	25K	2:39:07	0:10:16	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Tad Pajak	25K	2:40:06	0:10:20	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Tom Fetterman, Jr.	25K	2:42:25	0:10:29	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Laura Yevchak	25K	2:43:10	0:10:32	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Bill Serafin	25K	2:45:37	0:10:41	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Kory Hubbard	25K	2:59:33	0:11:35	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Bill Winters	25K	3:03:17	0:11:49	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Rob Andelman	25K	3:09:06	0:12:12	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Jed Fetterman	25K	3:19:43	0:12:53	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Sherry Shank	25K	3:31:30	0:13:39	Run With The Deer Flies 25K	Penn Run	PA	7/25/2010
Tom Fanning	25K	3:37:38	0:14:02	Hyner View Trail Challenge	Hyner	PA	4/18/2009
Bill Serafin	25K	3:45:29	0:14:33	Hyner View Trail Challenge	Hyner	PA	4/18/2009
Chris Meanor	25K	3:49:41	0:14:49	Hyner View Trail Challenge	Hyner	PA	4/18/2009
Donna Scanlon	25K	3:55:02	0:15:10	Run With The Deer Flies 25K	Penn Run	PA	7/25/2009
Curtis Mertz	25K	4:03:06	0:15:41	Run With The Deer Flies 25K	Penn Run	PA	7/25/2010
John Goss	25K	4:33:45	0:17:40	Hyner View Trail Challenge	Hyner	PA	4/18/2009
Bob Lott	25K	4:55:26	0:19:04	Hyner View Trail Challenge	Hyner	PA	4/18/2009
Jillian Goss	25K	5:23:48	0:20:53	Hyner View Trail Challenge	Hyner	PA	4/18/2009
Jeril Goss	25K	5:30:01	0:21:17	Hyner View Trail Challenge	Hyner	PA	4/18/2009
Rick Conroy	30K	2:46:38	0:08:58	Just A Short Run	North Park	PA	3/28/2009
Ben Foy	Triathlon	1:16:42	0:04:04	Faith in Action Caregivers	Wheeling	PA	7/11/2009
Cory Fulmer	20 Mile	2:12:56	0:06:39	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Jean-Yves Boulard	20 Mile	2:27:44	0:07:23	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Laura Yevchak	20 Mile	2:46:55	0:08:21	Spring Thaw 10-15-20	North Park	PA	2/28/2009
James Kilpatrick	20 Mile	3:32:48	0:10:38	Spring Thaw 10-15-20	North Park	PA	2/28/2009
Ben Foy	Triathlon	1:38:27	0:04:03	Jtwn Tri	Johnstown	PA	7/18/2009
Rob Higbee	24.9 Miles	5:02:36	0:12:09	Bald Eagle Mountain Megatransect	Lock Haven	PA	10/3/2009
Tom Fanning	24.9 Miles	6:18:00	0:15:11	Bald Eagle Mountain Megatransect	Lock Haven	PA	10/3/2009
Art Zottola	10K	0:51:30	0:01:58	Atlantic City Marathon 10K	Atlantic City	NJ	11/15/2009
Tom Lipsie	Marathon	2:40:41	0:06:08	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Al Casagrande	Marathon	2:41:40	0:06:10	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Matt Pajak	Marathon	2:43:26	0:06:14	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Tom Lipsie	Marathon	2:43:47	0:06:15	Harrisburg Marathon	Harrisburg	PA	11/8/2009
Tom Lipsie	Marathon	2:47:53	0:06:24	God's Country Marathon	Coudersport	PA	6/6/2009
Tom Lipsie	Marathon	2:47:59	0:06:25	Johnstown Marathon	Johnstown	PA	10/4/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Mindy Sawtelle	Marathon	2:48:40	0:06:26	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Cory Fulmer	Marathon	2:54:30	0:06:40	Island Trail Marathon	Elyria	OH	11/1/2009
Doug Craft	Marathon	2:59:52	0:06:52	God's Country Marathon	Coudersport	PA	6/6/2009
Cory Fulmer	Marathon	3:03:35	0:07:00	God's Country Marathon	Coudersport	PA	6/6/2009
Mindy Sawtelle	Marathon	3:04:47	0:07:03	God's Country Marathon	Coudersport	PA	6/6/2009
Mindy Sawtelle	Marathon	3:10:10	0:07:15	Johnstown Marathon	Johnstown	PA	10/4/2009
Mindy Sawtelle	Marathon	3:13:10	0:07:22	Atlantic City Marathon	Atlantic City	NJ	11/15/2009
Jean-Yves Boulard	Marathon	3:14:30	0:07:25	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Vince Pavic	Marathon	3:17:10	0:07:32	Chicago Marathon	Chicago	IL	10/11/2009
Terry Minigishi	Marathon	3:18:20	0:07:34	Sakura Marathon		Japan	3/29/2009
Jean-Yves Boulard	Marathon	3:20:09	0:07:38	Johnstown Marathon	Johnstown	PA	10/4/2009
Terry Minigishi	Marathon	3:23:14	0:07:45	Katsuta Marathon		Japan	1/25/2009
Cory Fulmer	Marathon	3:26:59	0:07:54	Johnstown Marathon	Johnstown	PA	10/4/2009
Terry Minigishi	Marathon	3:27:50	0:07:56	Kasumi Gaura Marathon		Japan	4/19/2009
Candi Lockard	Marathon	3:37:05	0:08:17	Johnstown Marathon	Johnstown	PA	10/4/2009
Dan McQuiston	Marathon	3:37:29	0:08:18	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Dan McQuiston	Marathon	3:43:45	0:08:32	Rochester Marathon	Rochester	NY	9/12/2009
Candi Lockard	Marathon	3:45:57	0:08:37	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Tom Fetterman, Jr.	Marathon	3:47:26	0:08:41	Johnstown Marathon	Johnstown	PA	10/4/2009
T. J. Berezansky	Marathon	3:48:58	0:08:44	Baltimore Marathon	Baltimore	MD	10/10/2009
Laura Yevchak	Marathon	3:49:04	0:08:45	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Laura Yevchak	Marathon	3:50:44	0:08:48	Johnstown Marathon	Johnstown	PA	10/4/2009
Mike Hodak	Marathon	3:53:55	0:08:56	Presque Isle Marathon	Erie	PA	9/13/2009
Tad Pajak	Marathon	3:54:01	0:08:56	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Dave Miller	Marathon	3:56:23	0:09:01	Akron Marathon	Akron	OH	9/26/2009
Tom Fetterman, Sr.	Marathon	3:58:31	0:09:06	Buffalo Marathon	Buffalo	NY	5/24/2009
Bill Serafin	Marathon	3:59:36	0:09:09	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Mary Jean Bujdos	Marathon	4:00:19	0:09:10	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Rob Andelman	Marathon	4:03:36	0:09:18	Phiadelphia Marathon	Philadelphia	PA	11/22/2009
Tom Fetterman, Sr.	Marathon	4:05:26	0:09:22	Niagara-on-the-Lake Marathon	Niagara, Ont.		6/20/2009
Laura Yevchak	Marathon	4:09:36	0:09:32	Island Trail Marathon	Elyria	OH	11/1/2009
Tracey Page	Marathon	4:09:59	0:09:32	Presque Isle Marathon	Erie	PA	9/13/2009
Rick Conroy	Marathon	4:10:49	0:09:34	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
John Swauger	Marathon	4:10:51	0:09:34	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Rob Andelman	Marathon	4:14:01	0:09:42	USAF Marathon	Dayton	OH	9/19/2009
Tom Fetterman, Sr.	Marathon	4:14:54	0:09:44	Lost Dutchman Marathon	Apache Junction	AZ	2/15/2009
Art Zottola	Marathon	4:17:39	0:09:50	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Donna Scanlon	Marathon	4:17:50	0:09:50	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Laura Yevchak	Marathon	4:19:44	0:09:55	God's Country Marathon	Coudersport	PA	6/6/2009
Lori Graham	Marathon	4:20:03	0:09:56	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Rob Andelman	Marathon	4:23:01	0:10:02	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Rob Andelman	Marathon	4:23:32	0:10:04	Marine Corps. Marathon	Washington	DC	10/25/2009
Bob Lott	Marathon	4:26:00	0:10:09	Woodman Marathon	Cape Horn		2/23/2009
Jennifer Wally Blystone	Marathon	4:29:31	0:10:17	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Mary Jean Bujdos	Marathon	4:29:50	0:10:18	Washington's Birthday Marathon	Washington	DC	2/15/2009
Aileen Bowman	Marathon	4:30:00	0:10:18	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Scott Bowman	Marathon	4:30:20	0:10:19	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Scott Bowman	Marathon	4:30:31	0:10:20	Baltimore Marathon	Baltimore	MD	10/10/2009
Tom Fetterman, Sr.	Marathon	4:31:58	0:10:23	Davey Crockett Bear Chase	Conway	TX	4/12/2009
Will Swingle	Marathon	4:44:50	0:10:52	Baltimore Marathon	Baltimore	MD	10/10/2009
Lori Graham	Marathon	4:46:26	0:10:56	Harrisburg Marathon	Harrisburg	PA	11/8/2009
Aileen Bowman	Marathon	4:46:48	0:10:57	Baltimore Marathon	Baltimore	MD	10/10/2009
Donna Zukas	Marathon	4:49:30	0:11:03	Dallas White Rock Marathon	Dallas	TX	1/13/2009
Joe Bujdos	Marathon	4:52:43	0:11:10	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Donna Zukas	Marathon	4:54:11	0:11:14	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Maria Fruscello	Marathon	4:57:47	0:11:22	Baltimore Marathon	Baltimore	MD	10/10/2009
Julie Miller	Marathon	4:59:30	0:11:26	Akron Marathon	Akron	OH	9/26/2009
Jed Fetterman	Marathon	5:02:01	0:11:32	Johnstown Marathon	Johnstown	PA	10/4/2009
Kimbra Alexandre	Marathon	5:02:25	0:11:33	Harrisburg Marathon	Harrisburg	PA	11/8/2009
James Kilpatrick	Marathon	5:04:44	0:11:38	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Sherry Shank	Marathon	5:08:28	0:11:46	Marine Corps. Marathon	Washington	DC	10/25/2009
Mary Miller	Marathon	5:40:11	0:12:59	Akron Marathon	Akron	OH	9/26/2009
Curtis Mertz	Marathon	5:46:18	0:13:13	Marine Corps. Marathon	Washington	DC	10/25/2009
Tom Fanning	Marathon	5:50:20	0:13:22	Richmond Marathon	Richmond	VA	11/14/2009
Bill Bracken	Marathon	5:56:33	0:13:37	Pittsburgh Marathon	Pittsburgh	PA	5/3/2009
Jeremy Shearer	50K	4:00:58	0:07:46	JSATF 2009 50K National Championshi	Lloyd Harbor	NY	3/1/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Ken Sharbaugh	50K	4:16:00	0:08:15	Lt. J. C. Stone 50K	North Park	PA	3/21/2009
Doug Craft	50K	4:17:53	0:08:19	Groundhog Fall 50K	Punxsutawney	PA	9/12/2009
Jeremy Shearer	50K	4:23:31	0:08:30	Lt. J. C. Stone 50K	North Park	PA	3/21/2009
Tom Fetterman, Jr.	50K	5:27:00	0:10:33	Skyline Challenge 50K	Front Royal	VA	5/2/2009
Chris Meanor	50K	5:27:36	0:10:34	Groundhog Fall 50K	Punxsutawney	PA	9/12/2009
Rick Conroy	50K	7:08:23	0:13:49	Oil Creek Trail Race 50K			10/10/2009
Jeremy Shearer	50K	7:11:32	0:13:55	Laurel Highlands 50K	Ohiopyle	PA	6/13/2009
Tom Simmons	Triathlon	6:22:10	0:05:26	Amica Rhode Island Triathlon	Amica	RI	7/11/2009
Adrienne Goss	50K Relay	5:05:40		Groundhog Fall 50K Relay	Punxsutawney	PA	9/12/2009
Bob Lott	50K Relay	5:18:34		Groundhog Fall 50K Relay	Punxsutawney	PA	9/12/2009
Bill Winters	50K Relay	5:32:53		Groundhog Fall 50K Relay	Punxsutawney	PA	9/12/2009
Donna Scanlon	50K Relay	5:32:53		Groundhog Fall 50K Relay	Punxsutawney	PA	9/12/2009
Grace Rougeaux	3/4 Lap	0:00:51		Kids Klassic	Indiana	PA	10/3/2009
Dalas Waltemire	3/4 Lap	0:00:51		Kids Klassic	Indiana	PA	10/3/2009
Shaelyn Waltemire	1 Lap	0:01:05		Kids Klassic	Indiana	PA	10/3/2009
Laken Bonatch	1 Lap	0:01:10		Kids Klassic	Indiana	PA	10/3/2009
Bella Sharbaugh	1 Lap	0:01:13		Kids Klassic	Indiana	PA	10/3/2009
Connor Dickert	1 Lap	0:01:13		Kids Klassic	Indiana	PA	10/3/2009
Harley Kessler	1 Lap	0:01:16		Kids Klassic	Indiana	PA	10/3/2009
Yasmine Bonatch	1 Lap	0:01:27		Kids Klassic	Indiana	PA	10/3/2009
Joey Bujdos	3 Laps	0:03:29		Kids Klassic	Indiana	PA	10/3/2009
Mackenzie Kessler	3 Laps	0:04:14		Kids Klassic	Indiana	PA	10/3/2009
Lucy Bujdos	4 Laps	0:04:17		Kids Klassic	Indiana	PA	10/3/2009
Jonas Notaro	4 Laps	0:04:30		Kids Klassic	Indiana	PA	10/3/2009
Kyle Dickert	3 Laps	0:04:33		Kids Klassic	Indiana	PA	10/3/2009
Brandon Dickert	4 Laps	0:05:24		Kids Klassic	Indiana	PA	10/3/2009
Marissa Umbel	Swim	0:15:05		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Ryan Spiardi	Bike	0:28:41		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Jed Fetterman	Bike	0:32:35		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Anita Sprow	Bike	0:34:32		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Keith Hilliard	Triathlon	1:15:27		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Keith Hilliard	Triathlon	1:19:28		Happy Valley Sprint Triathlon	State College	PA	7/5/2009
Tom Simmons	Triathlon	1:21:28		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009

IRRC MEMBER RACE RESULTS 2009

NAME	DISTANCE	TIME	PACE	EVENT	CITY	STATE	DATE
Tom Bianco	Triathlon	1:28:29		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Scott Bowman	Triathlon	1:30:10		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Aaron Wygonik	Triathlon	1:32:01		Jackie Kallal Triathlon	Penn Run	PA	6/13/2009
Tom Simmons	Triathlon	2:24:37		Xterra Appalachia Triathlon	Penn Run	PA	8/2/2009
Jenni Melitski	Triathlon	3:40:00		Triathlon		NY	9/12/2009
Adrienne Goss		4:59:13		Rothrock Trail Challenge	Boalsburg	PA	6/7/2009
John Goss		4:59:14		Rothrock Trail Challenge	Boalsburg	PA	6/7/2009
Bob Lott		6:24:33		Rothrock Trail Challenge	Boalsburg	PA	6/7/2009
Addie Lockard	Sprint			Kids Klassic	Indiana	PA	10/3/2009
Matthew Blystone	Sprint			Kids Klassic	Indiana	PA	10/3/2009
Preston Kessler	Sprint			Kids Klassic	Indiana	PA	10/3/2009
A. J. Lockard	Sprint			Kids Klassic	Indiana	PA	10/3/2009