

RUN FOR THE TRAIL 7K, Dilltown, PA

August 9, 2006, Race Director: Tom Fetterman

**Bold indicates IRRC members.**

Overall	Division	Name	Gender	Age	Time	Pace
1	1	<b>Tom Lipsie</b>	<b>M</b>	<b>39</b>	<b>0:23:28</b>	<b>0:05:24</b>
2	2	Jim Spisak	M	15	0:23:38	0:05:27
3	3	<b>Ed Rosporski</b>	<b>M</b>	<b>22</b>	<b>0:24:08</b>	<b>0:05:34</b>
4	1	<b>Al Casagrande</b>	<b>M</b>	<b>42</b>	<b>0:24:19</b>	<b>0:05:36</b>
5	1	<b>Matt Pajak</b>	<b>M</b>	<b>21</b>	<b>0:24:51</b>	<b>0:05:44</b>
6	1	<b>Doug Craft</b>	<b>M</b>	<b>45</b>	<b>0:25:02</b>	<b>0:05:46</b>
7	1	Josh Meny	M	19	0:25:05	0:05:47
8	2	<b>Cory Fulmer</b>	<b>M</b>	<b>23</b>	<b>0:25:28</b>	<b>0:05:52</b>
9	2	<b>Andrew Wiley</b>	<b>M</b>	<b>19</b>	<b>0:25:50</b>	<b>0:05:57</b>
10	3	Andrew Brown	M	16	0:25:55	0:05:58
11	3	Aaron Conway	M	22	0:26:03	0:06:00
12	4	Shane Simmons	M	19	0:26:05	0:06:01
13	1	<b>Tom Berzonsky</b>	<b>M</b>	<b>32</b>	<b>0:26:14</b>	<b>0:06:03</b>
14	1	Corey Sheehan	M	15	0:26:42	0:06:09
15	2	Rick Sherry	M	45	0:26:45	0:06:10
16	1	<b>Dan Cunkelman</b>	<b>M</b>	<b>50</b>	<b>0:26:47</b>	<b>0:06:10</b>
17	2	Brett Decker	M	40	0:26:56	0:06:12
18	5	Ben Dickinson	M	17	0:27:01	0:06:14
19	3	David Ratkus	M	40	0:27:27	0:06:19
20	2	Phil Steinberg	M	14	0:27:52	0:06:25
21	7	<b>Steffen Sprow</b>	<b>M</b>	<b>16</b>	<b>0:28:31</b>	<b>0:06:34</b>
22	8	Ben Kinley	M	16	0:28:33	0:06:35
23	1	Jeff Dick	M	38	0:28:38	0:06:36
24	2	Randy Wilson	M	39	0:28:50	0:06:39
25	3	Garrett Milner	M	15	0:28:53	0:06:39
26	3	<b>Tad Pajak</b>	<b>M</b>	<b>48</b>	<b>0:28:55</b>	<b>0:06:40</b>
27	4	Andy Luksik	M	15	0:29:01	0:06:41
28	1	Annie Cekado	F	15	0:29:20	0:06:46
29	3	Paul Listewki	M	43	0:29:40	0:06:50
30	1	<b>Tom Fetterman, Sr.</b>	<b>M</b>	<b>64</b>	<b>0:29:41</b>	<b>0:06:50</b>
31	4	Jim Glassford	M	49	0:29:42	0:06:51
32	2	Tom McGuire	M	52	0:29:58	0:06:54
33	2	<b>Eric Blazavich</b>	<b>M</b>	<b>33</b>	<b>0:30:07</b>	<b>0:06:56</b>
34	9	Tim Varner	M	17	0:30:12	0:06:58
35	1	<b>Bill Serafin</b>	<b>M</b>	<b>57</b>	<b>0:30:21</b>	<b>0:06:60</b>
36	5	Tom Fanning	M	45	0:30:28	0:07:01
37	4	<b>Dan McQuiston</b>	<b>M</b>	<b>44</b>	<b>0:30:29</b>	<b>0:07:01</b>
38	5	Zach Carpinello	M	15	0:30:33	0:07:02
39	3	<b>John Swauger</b>	<b>M</b>	<b>54</b>	<b>0:30:37</b>	<b>0:07:03</b>
40	2	Kristen Krempasky	F	26	0:30:41	0:07:04
41	6	Charles Heberling	M	15	0:30:54	0:07:07
42	6	Mickey Wyman	M	48	0:30:58	0:07:08
43	3	Mike Pickering	M	36	0:31:05	0:07:10
44	10	Eric Goodrich	M	19	0:31:05	0:07:10
45	3	Morgan Eckenrod	F	14	0:31:06	0:07:10

RUN FOR THE TRAIL 7K, Dilltown, PA

August 9, 2006, Race Director: Tom Fetterman

**Bold indicates IRRC members.**

Overall	Division	Name	Gender	Age	Time	Pace
46	7	Ben Foy	M	48	0:31:11	0:07:11
47	4	Ben Mitchell	M	23	0:31:18	0:07:13
48	1	Jennifer Knuth	F	26	0:31:32	0:07:16
<b>49</b>	<b>1</b>	<b>Laura Yevchak</b>	<b>F</b>	<b>20</b>	<b>0:31:42</b>	<b>0:07:18</b>
50	1	Steve Putt	M	29	0:31:55	0:07:21
51	1	Sara Hand	F	17	0:31:55	0:07:21
52	1	Jill Spisak	F	13	0:32:17	0:07:26
<b>53</b>	<b>5</b>	<b>Tom Fetterman, Jr.</b>	<b>M</b>	<b>42</b>	<b>0:32:29</b>	<b>0:07:29</b>
54	1	Jane Spisak	F	45	0:32:41	0:07:32
<b>55</b>	<b>1</b>	<b>Ines Gibson</b>	<b>F</b>	<b>38</b>	<b>0:32:50</b>	<b>0:07:34</b>
<b>56</b>	<b>6</b>	<b>Scott Bowman</b>	<b>M</b>	<b>41</b>	<b>0:33:23</b>	<b>0:07:42</b>
<b>57</b>	<b>2</b>	<b>Sharon Holsinger</b>	<b>F</b>	<b>45</b>	<b>0:33:33</b>	<b>0:07:44</b>
58	8	Bryan Everhart	M	45	0:33:59	0:07:50
<b>59</b>	<b>1</b>	<b>Tom Dunbar</b>	<b>M</b>	<b>67</b>	<b>0:34:06</b>	<b>0:07:51</b>
60	5	Matt Appleton	M	20	0:34:50	0:08:02
61	2	Kelley Killinger	F	15	0:34:54	0:08:02
62	3	Ali Maruca	F	15	0:35:03	0:08:05
63	2	Mayra Markovich	F	17	0:35:04	0:08:05
64	4	Kaitlyn Brown	F	15	0:35:23	0:08:09
65	3	Tausira Varner	F	18	0:35:23	0:08:09
66	9	Mike Riggerbach	M	45	0:35:23	0:08:09 *
<b>67</b>	<b>4</b>	<b>Julie Ostinowsky</b>	<b>F</b>	<b>18</b>	<b>0:35:23</b>	<b>0:08:09 *</b>
68	5	Alissa Larento	F	18	0:35:23	0:08:09 *
69	2	Jim Ostinowsky	M	59	0:35:23	0:08:09 *
70	11	Jerod Elias	M	17	0:35:23	0:08:09 *
<b>71</b>	<b>3</b>	<b>Denise Carpinello</b>	<b>F</b>	<b>49</b>	<b>0:35:23</b>	<b>0:08:09 *</b>
<b>72</b>	<b>1</b>	<b>Anita Sprow</b>	<b>F</b>	<b>41</b>	<b>0:35:23</b>	<b>0:08:09 *</b>
73	7	James Heberling	M	15	0:35:23	0:08:09 *
<b>74</b>	<b>3</b>	<b>Charles Frank</b>	<b>M</b>	<b>57</b>	<b>0:36:51</b>	<b>0:08:29</b>
75	4	Leo Moses	M	55	0:36:52	0:08:30
76	2	Christy Huber	F	42	0:36:53	0:08:30
<b>77</b>	<b>4</b>	<b>John Bomboy</b>	<b>M</b>	<b>53</b>	<b>0:36:57</b>	<b>0:08:31</b>
78	10	John Berezansky	M	48	0:38:26	0:08:51
<b>79</b>	<b>5</b>	<b>James Lafontaine</b>	<b>M</b>	<b>58</b>	<b>0:38:43</b>	<b>0:08:55</b>
80	7	Greg Mitchell	M	44	0:38:45	0:08:56
81	5	Brittany Tusing	F	14	0:38:52	0:08:57
82	4	James Gettys	M	38	0:39:16	0:09:03
83	11	Randy Short	M	47	0:39:19	0:09:04
<b>84</b>	<b>3</b>	<b>Aileen Bowman</b>	<b>F</b>	<b>40</b>	<b>0:39:24</b>	<b>0:09:05</b>
<b>85</b>	<b>1</b>	<b>Jennifer Wally Blystone</b>	<b>F</b>	<b>33</b>	<b>0:39:57</b>	<b>0:09:12</b>
86	2	James Moore	M	60	0:40:32	0:09:20
<b>87</b>	<b>4</b>	<b>Anne Hoover</b>	<b>F</b>	<b>46</b>	<b>0:40:55</b>	<b>0:09:26</b>
88	3	Paul Byrne	M	62	0:41:17	0:09:31
<b>89</b>	<b>1</b>	<b>Terry Orvosh</b>	<b>F</b>	<b>53</b>	<b>0:42:15</b>	<b>0:09:44</b>
90	8	Orion Sherry	M	15	0:44:12	0:10:11

## RUN FOR THE TRAIL 7K, Dilltown, PA

August 9, 2006, Race Director: Tom Fetterman

**Bold indicates IRRC members.**

Overall	Division	Name	Gender	Age	Time	Pace
<b>91</b>	<b>5</b>	<b>Donna Scanlon</b>	<b>F</b>	<b>48</b>	<b>0:44:21</b>	<b>0:10:13</b>
<b>92</b>	<b>4</b>	<b>Wendy Fetterman</b>	<b>F</b>	<b>42</b>	<b>0:44:44</b>	<b>0:10:18</b>
93	9	Tyrell Varner	M	14	0:45:04	0:10:23
94	5	Beth Ann Fanning	F	43	0:48:18	0:11:08
95	3	Diane Bell	F	34	0:48:33	0:11:11
96	2	Melanie Wilden	F	31	0:48:33	0:11:11
97	1	Marissa Decker	F	12	0:49:36	0:11:26
98	1	Kevin Decker	M	9	0:54:06	0:12:28
99	2	Jeannie Brosky	F	51	0:57:54	0:13:20
100	2	Jen Pickering	F	28	1:03:05	0:14:32
101	4	Jerry Pickering	M	64	1:03:06	0:14:32
102	3	Chris Zuzack	F	54	1:03:49	0:14:42
103	1	Sylvia Buffington	F	63	1:07:04	0:15:27
104	1	Bonnie Adair	F	57	1:07:05	0:15:27

\* For runners finishing 66-73, there was a timing malfunction. The paper on the timing device jammed and the official timer lists a time of 33:35+ for these runners.

### AGE GROUPS

#### Top Three Males

<b>1</b>	<b>1</b>	<b>Tom Lipsie</b>	<b>M</b>	<b>39</b>	<b>0:23:28</b>	<b>0:05:24</b>
2	2	Jim Spisak	M	15	0:23:38	0:05:27
<b>3</b>	<b>3</b>	<b>Ed Rosporski</b>	<b>M</b>	<b>22</b>	<b>0:24:08</b>	<b>0:05:34</b>

#### Top Three Females

28	1	Annie Cekado	F	15	0:29:20	0:06:46
40	2	Kristen Krempasky	F	26	0:30:41	0:07:04
45	3	Morgan Eckenrod	F	14	0:31:06	0:07:10

#### Males, ages 12 and under

98	1	Kevin Decker	M	9	0:54:06	0:12:28
----	---	--------------	---	---	---------	---------

# RUN FOR THE TRAIL 7K, Dilltown, PA

August 9, 2006, Race Director: Tom Fetterman

**Bold indicates IRRC members.**

Overall	Division	Name	Gender	Age	Time	Pace
<b>Males, ages 13-15</b>						
14	1	Corey Sheehan	M	15	0:26:42	0:06:09
20	2	Phil Steinberg	M	14	0:27:52	0:06:25
25	3	Garrett Milner	M	15	0:28:53	0:06:39
27	4	Andy Luksik	M	15	0:29:01	0:06:41
38	5	Zach Carpinello	M	15	0:30:33	0:07:02
41	6	Charles Heberling	M	15	0:30:54	0:07:07
73	7	James Heberling	M	15	0:35:23	0:08:09 *
90	8	Orion Sherry	M	15	0:44:12	0:10:11
93	9	Tyrell Varner	M	14	0:45:04	0:10:23
<b>Males, ages 16-19</b>						
7	1	Josh Meny	M	19	0:25:05	0:05:47
<b>9</b>	<b>2</b>	<b>Andrew Wiley</b>	<b>M</b>	<b>19</b>	<b>0:25:50</b>	<b>0:05:57</b>
10	3	Andrew Brown	M	16	0:25:55	0:05:58
12	4	Shane Simmons	M	19	0:26:05	0:06:01
18	5	Ben Dickinson	M	17	0:27:01	0:06:14
<b>21</b>	<b>6</b>	<b>Steffen Sprow</b>	<b>M</b>	<b>16</b>	<b>0:28:31</b>	<b>0:06:34</b>
22	7	Ben Kinley	M	16	0:28:33	0:06:35
34	8	Tim Varner	M	17	0:30:12	0:06:58
44	9	Eric Goodrich	M	19	0:31:05	0:07:10
70	10	Jerod Elias	M	17	0:35:23	0:08:09 *
<b>Males, ages 20-24</b>						
<b>5</b>	<b>1</b>	<b>Matt Pajak</b>	<b>M</b>	<b>21</b>	<b>0:24:51</b>	<b>0:05:44</b>
<b>8</b>	<b>2</b>	<b>Cory Fulmer</b>	<b>M</b>	<b>23</b>	<b>0:25:28</b>	<b>0:05:52</b>
11	3	Aaron Conway	M	22	0:26:03	0:06:00
47	4	Ben Mitchell	M	23	0:31:18	0:07:13
60	5	Matt Appleton	M	20	0:34:50	0:08:02
<b>Males, ages 25-29</b>						
50	1	Steve Putt	M	29	0:31:55	0:07:21
<b>Males, ages 30-34</b>						
<b>13</b>	<b>1</b>	<b>Tom Berzonsky</b>	<b>M</b>	<b>32</b>	<b>0:26:14</b>	<b>0:06:03</b>
<b>33</b>	<b>2</b>	<b>Eric Blazavich</b>	<b>M</b>	<b>33</b>	<b>0:30:07</b>	<b>0:06:56</b>

# RUN FOR THE TRAIL 7K, Dilltown, PA

August 9, 2006, Race Director: Tom Fetterman

**Bold indicates IRRC members.**

Overall	Division	Name	Gender	Age	Time	Pace
<b>Males, ages 35-39</b>						
23	1	Jeff Dick	M	38	0:28:38	0:06:36
24	2	Randy Wilson	M	39	0:28:50	0:06:39
43	3	Mike Pickering	M	36	0:31:05	0:07:10
82	4	James Gettys	M	38	0:39:16	0:09:03
<b>Males, ages 40-44</b>						
<b>4</b>	<b>1</b>	<b>Al Casagrande</b>	<b>M</b>	<b>42</b>	<b>0:24:19</b>	<b>0:05:36</b>
17	2	Brett Decker	M	40	0:26:56	0:06:12
19	3	David Ratkus	M	40	0:27:27	0:06:19
29	4	Paul Listewki	M	43	0:29:40	0:06:50
<b>37</b>	<b>5</b>	<b>Dan McQuiston</b>	<b>M</b>	<b>44</b>	<b>0:30:29</b>	<b>0:07:01</b>
<b>53</b>	<b>6</b>	<b>Tom Fetterman, Jr.</b>	<b>M</b>	<b>42</b>	<b>0:32:29</b>	<b>0:07:29</b>
<b>56</b>	<b>7</b>	<b>Scott Bowman</b>	<b>M</b>	<b>41</b>	<b>0:33:23</b>	<b>0:07:42</b>
80	8	Greg Mitchell	M	44	0:38:45	0:08:56
<b>Males, ages 45-49</b>						
<b>6</b>	<b>1</b>	<b>Doug Craft</b>	<b>M</b>	<b>45</b>	<b>0:25:02</b>	<b>0:05:46</b>
15	2	Rick Sherry	M	45	0:26:45	0:06:10
<b>26</b>	<b>3</b>	<b>Tad Pajak</b>	<b>M</b>	<b>48</b>	<b>0:28:55</b>	<b>0:06:40</b>
31	4	Jim Glassford	M	49	0:29:42	0:06:51
36	5	Tom Fanning	M	45	0:30:28	0:07:01
42	6	Mickey Wyman	M	48	0:30:58	0:07:08
46	7	Ben Foy	M	48	0:31:11	0:07:11
58	8	Bryan Everhart	M	45	0:33:59	0:07:50
66	9	Mike Rigenbach	M	45	0:35:23	0:08:09 *
78	10	John Berezansky	M	48	0:38:26	0:08:51
83	11	Randy Short	M	47	0:39:19	0:09:04
<b>Males, ages 50-54</b>						
<b>16</b>	<b>1</b>	<b>Dan Cunkelman</b>	<b>M</b>	<b>50</b>	<b>0:26:47</b>	<b>0:06:10</b>
32	2	Tom McGuire	M	52	0:29:58	0:06:54
<b>39</b>	<b>3</b>	<b>John Swauger</b>	<b>M</b>	<b>54</b>	<b>0:30:37</b>	<b>0:07:03</b>
<b>77</b>	<b>4</b>	<b>John Bomboy</b>	<b>M</b>	<b>53</b>	<b>0:36:57</b>	<b>0:08:31</b>

RUN FOR THE TRAIL 7K, Dilltown, PA

August 9, 2006, Race Director: Tom Fetterman

**Bold indicates IRRC members.**

Overall	Division	Name	Gender	Age	Time	Pace
<b>Males, ages 55-59</b>						
<b>35</b>	<b>1</b>	<b>Bill Serafin</b>	<b>M</b>	<b>57</b>	<b>0:30:21</b>	<b>0:06:60</b>
69	2	Jim Ostinowsky	M	59	0:35:23	0:08:09 *
<b>74</b>	<b>3</b>	<b>Charles Frank</b>	<b>M</b>	<b>57</b>	<b>0:36:51</b>	<b>0:08:29</b>
75	4	Leo Moses	M	55	0:36:52	0:08:30
<b>79</b>	<b>5</b>	<b>James Lafontaine</b>	<b>M</b>	<b>58</b>	<b>0:38:43</b>	<b>0:08:55</b>
<b>Males, ages 60-64</b>						
<b>30</b>	<b>1</b>	<b>Tom Fetterman, Sr.</b>	<b>M</b>	<b>64</b>	<b>0:29:41</b>	<b>0:06:50</b>
86	2	James Moore	M	60	0:40:32	0:09:20
88	3	Paul Byrne	M	62	0:41:17	0:09:31
101	4	Jerry Pickering	M	64	1:03:06	0:14:32
<b>Males, ages 65-69</b>						
<b>59</b>	<b>1</b>	<b>Tom Dunbar</b>	<b>M</b>	<b>67</b>	<b>0:34:06</b>	<b>0:07:51</b>
<b>Females, age 12 and under</b>						
97	1	Marissa Decker	F	12	0:49:36	0:11:26
<b>Females, ages 13-15</b>						
52	1	Jill Spisak	F	13	0:32:17	0:07:26
61	2	Kelley Killinger	F	15	0:34:54	0:08:02
62	3	Ali Maruca	F	15	0:35:03	0:08:05
64	4	Kaitlyn Brown	F	15	0:35:23	0:08:09
81	5	Brittany Tusing	F	14	0:38:52	0:08:57
<b>Females, ages 16-19</b>						
51	1	Sara Hand	F	17	0:31:55	0:07:21
63	2	Mayra Markovich	F	17	0:35:04	0:08:05
65	3	Tausira Varner	F	18	0:35:23	0:08:09
<b>67</b>	<b>4</b>	<b>Julie Ostinowsky</b>	<b>F</b>	<b>18</b>	<b>0:35:23</b>	<b>0:08:09 *</b>
68	5	Alissa Lalent	F	18	0:35:23	0:08:09 *
<b>Females, ages 20-24</b>						
<b>49</b>	<b>1</b>	<b>Laura Yevchak</b>	<b>F</b>	<b>20</b>	<b>0:31:42</b>	<b>0:07:18</b>

# RUN FOR THE TRAIL 7K, Dilltown, PA

August 9, 2006, Race Director: Tom Fetterman

**Bold indicates IRRC members.**

Overall	Division	Name	Gender	Age	Time	Pace
<b>Females, ages 25-29</b>						
48	1	Jennifer Knuth	F	26	0:31:32	0:07:16
100	2	Jen Pickering	F	28	1:03:05	0:14:32
<b>Females, ages 30-34</b>						
<b>85</b>	<b>1</b>	<b>Jennifer Wally Blystone</b>	<b>F</b>	<b>33</b>	<b>0:39:57</b>	<b>0:09:12</b>
95	3	Diane Bell	F	34	0:48:33	0:11:11
96	2	Melanie Wilden	F	31	0:48:33	0:11:11
<b>Females, ages 35-39</b>						
<b>55</b>	<b>1</b>	<b>Ines Gibson</b>	<b>F</b>	<b>38</b>	<b>0:32:50</b>	<b>0:07:34</b>
<b>Females, ages 40-44</b>						
<b>72</b>	<b>1</b>	<b>Anita Sprow</b>	<b>F</b>	<b>41</b>	<b>0:35:23</b>	<b>0:08:09 *</b>
76	2	Christy Huber	F	42	0:36:53	0:08:30
<b>84</b>	<b>3</b>	<b>Aileen Bowman</b>	<b>F</b>	<b>40</b>	<b>0:39:24</b>	<b>0:09:05</b>
<b>92</b>	<b>4</b>	<b>Wendy Fetterman</b>	<b>F</b>	<b>42</b>	<b>0:44:44</b>	<b>0:10:18</b>
94	5	Beth Ann Fanning	F	43	0:48:18	0:11:08
<b>Females, ages 45-49</b>						
54	1	Jane Spisak	F	45	0:32:41	0:07:32
<b>57</b>	<b>2</b>	<b>Sharon Holsinger</b>	<b>F</b>	<b>45</b>	<b>0:33:33</b>	<b>0:07:44</b>
71	3	Denise Carpinello	F	49	0:35:23	<b>0:08:09 *</b>
<b>87</b>	<b>4</b>	<b>Anne Hoover</b>	<b>F</b>	<b>46</b>	<b>0:40:55</b>	<b>0:09:26</b>
<b>91</b>	<b>5</b>	<b>Donna Scanlon</b>	<b>F</b>	<b>48</b>	<b>0:44:21</b>	<b>0:10:13</b>
<b>Females, ages 50-54</b>						
<b>89</b>	<b>1</b>	<b>Terry Orvosh</b>	<b>F</b>	<b>53</b>	<b>0:42:15</b>	<b>0:09:44</b>
99	2	Jeannie Brosky	F	51	0:57:54	0:13:20
102	3	Chris Zuzack	F	54	1:03:49	0:14:42
<b>Females, ages 55-59</b>						
104	1	Bonnie Adair	F	57	1:07:05	<b>0:15:27</b>
<b>Females, ages 60-64</b>						
103	1	Sylvia Buffington	F	63	1:07:04	0:15:27