

IRRC MEMBER RACE RESULTS 2004

NAME	DISTANCE	TIME	PACE	EVENT	DATE
John Swauger	1 Mile	0:06:29	0:06:29	Gateway Track Miles, Monroeville	6/10/2004
Ronnie Budjos	1 Mile	0:08:03	0:08:03	Clarksburg 10K, Clarksburg, PA	6/12/2004
Lucy Budjos	1 Mile	0:08:08	0:08:08	Clarksburg 10K, Clarksburg, PA	6/12/2004
John Harwick	1 Mile	0:08:52	0:08:52	Gateway Track Miles, Monroeville	6/10/2004
Shaelyn Waltmemire	1 Mile	0:10:36	0:10:36	Clarksburg 10K, Clarksburg, PA	6/12/2004
Mike Hodak	2 Mile	0:12:41	0:06:20	Hollidaysburg 2 Mile	11/27/2004
Betsy Fetterman	2 Mile	0:26:01	0:13:00	Windber 2 Miler	7/3/2004
Carl Isenberg	3 Mile	0:18:22	0:06:07	Pleasant Valley 3 Mile XC	6/6/2004
Bill Winters	3 Mile	0:20:30	0:06:50	Pleasant Valley 3 Mile XC	6/6/2004
John Swauger	3 Mile	0:24:36	0:08:12	Pleasant Valley 3 Mile XC	6/6/2004
Ryan Bender	5K	0:15:34	0:05:01	Hoodlebug 5K	7/11/2004
Matt Pajak	5K	0:16:07	0:05:12	Turkey Trot, Latrobe	11/25/2004
Cory Spidell	5K	0:16:16	0:05:15	Groundhog Festival 5K	7/7/2004
Cory Spidell	5K	0:16:26	0:05:18	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Cory Spidell	5K	0:16:29	0:05:19	Hoodlebug 5K	7/11/2004
Tom Lipsie	5K	0:16:37	0:05:22	Hoodlebug 5K	7/11/2004
Matt Pajak	5K	0:16:38	0:05:22	Citizens Helping Citizen's	7/17/2004
Ed Rosporski	5K	0:16:41	0:05:23	Citizens Helping Citizen's	7/17/2004
Matt Pajak	5K	0:16:45	0:05:24	Ford City Heritage Days	7/3/2004
Tom Lipsie	5K	0:16:53	0:05:27	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Tom Lipsie	5K	0:16:54	0:05:27	Shannock Valley 5K	7/24/2004
Al Casagranda	5K	0:16:57	0:05:28	Jeep Davis 5K	5/8/2004
Ed Rosporski	5K	0:17:00	0:05:29	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Tom Lipsie	5K	0:17:04	0:05:30	Run For Mental Health, Torrance	5/15/2004
Ed Rosporski	5K	0:17:12	0:05:33	Hoodlebug 5K	7/11/2004
Carl Isenberg	5K	0:17:15	0:05:34	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Mark Stern	5K	0:17:17	0:05:35	IKEA 5K	9/11/2004
Al Casagranda	5K	0:17:20	0:05:35	Bill Heideman XC 5K	8/12/2004
Mark Stern	5K	0:17:37	0:05:41	Great Race 5K	9/26/2004
Mark Stern	5K	0:17:37	0:05:41	Susquehana Pacers, Lock Haven	10/16/2004
Carl Isenberg	5K	0:17:44	0:05:43	Citizens Helping Citizen's	7/17/2004
Ed Rosporski	5K	0:17:49	0:05:45	Greensburg Turkey Trot	11/25/2004
Mark Stern	5K	0:17:59	0:05:48	Run For Your Life 5K	10/30/2004
Mark Stern	5K	0:18:02	0:05:49	Shanksville 5K	3/14/2004
Jim Hamilton	5K	0:18:06	0:05:50	Race For The Cure, Schenley	5/9/2004
Mark Stern	5K	0:18:11	0:05:52	Ford City Heritage Days	7/3/2004
Josh Stumpf	5K	0:18:16	0:05:54	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Mark Stern	5K	0:18:25	0:05:56	A Rabbit Run Through It, Latrobe	4/3/2004
Mark Stern	5K	0:18:26	0:05:57	Hoodlebug 5K	7/11/2004
Mark Stern	5K	0:18:30	0:05:58	Frosty Five, Youngwood	2/29/2004

Mark Stern	5K	0:18:30	0:05:58	Run For Your Heart, Williamsport	9/18/2004
Mark Stern	5K	0:18:38	0:06:01	Spring 5K, Lock Haven	4/17/2004
Mark Stern	5K	0:18:45	0:06:03	Citizens Helping Citizen's	7/17/2004
Dan Cunkelman	5K	0:18:48	0:06:04	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Mike Hodak	5K	0:18:56	0:06:06	Knights of Columbus 5K, Somerset	3/20/2004
Mike Hodak	5K	0:19:12	0:06:12	Shanksville 5K	3/14/2004
Jill Knesh	5K	0:19:18	0:06:14	Race For The Cure, Schenley	5/9/2004
Mark Stern	5K	0:19:20	0:06:14	Johnstown Christian, Davidsville	5/8/2004
Jeff Graham	5K	0:19:21	0:06:15	Pleasant Hills 5K	10/30/2004
Mike Hodak	5K	0:19:31	0:06:18	A Rabbit Run Through It, Latrobe	4/3/2004
Mike Hodak	5K	0:19:38	0:06:20	Julie King Memorial, Erie	5/9/2004
Mike Hodak	5K	0:19:41	0:06:21	Run For Your Lungs, Altoona	9/12/2004
Bill Winters	5K	0:19:47	0:06:23	Turkey Trot, Latrobe	11/25/2004
Mike Hodak	5K	0:19:49	0:06:24	Riverside High, Elwood City	4/10/2004
Tom Fetterman, Sr.	5K	0:19:56	0:06:26	Groundhog Festival 5K	7/7/2004
Mike Hodak	5K	0:19:59	0:06:27	Hero's 5K, Williamsburg	10/16/2004
Tom Fetterman, Sr.	5K	0:19:59	0:06:27	Hoodlebug 5K	7/11/2004
Mark Stern	5K	0:20:01	0:06:27	Reliance 5K, Altoona, PA	6/6/2004
Mike Hodak	5K	0:20:01	0:06:27	Tyrone YMCA 5K	6/12/2004
Mike Hodak	5K	0:20:02	0:06:28	Bigfoot 5K Kittanning	4/24/2004
Jeff Graham	5K	0:20:07	0:06:29	Turkey Trot, Latrobe	11/25/2004
Mike Hodak	5K	0:20:11	0:06:31	Hall's 5K, Hollidaysburg	10/23/2004
Mike Hodak	5K	0:20:13	0:06:31	Anchor Glass 5K, Connelssville	5/20/2004
Bill Winters	5K	0:20:16	0:06:32	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Mike Hodak	5K	0:20:16	0:06:32	Fall Classic 5K, Kittanning	11/13/2004
Thad Pajak	5K	0:20:16	0:06:32	Turkey Trot, Latrobe	11/25/2004
Mike Hodak	5K	0:20:17	0:06:33	Rotary 5K, Lock Haven	6/26/2004
Tom Fetterman, Sr.	5K	0:20:22	0:06:34	Run For Mental Health, Torrance	5/15/2004
Mike Hodak	5K	0:20:25	0:06:35	Pizza Joe's 5K, New Castle	9/19/2004
Rachel Umbel	5K	0:20:26	0:06:35	Hoodlebug 5K	7/11/2004
Mike Hodak	5K	0:20:29	0:06:36	Daysrping 5K, Elwood City	6/19/2004
Mike Hodak	5K	0:20:29	0:06:36	Run For Better Health, Belle Vernon	10/10/2004
Mike Hodak	5K	0:20:30	0:06:37	Sunset Sprint, Grove City	4/21/2004
Mike Hodak	5K	0:20:30	0:06:37	Run For Mental Health, Torrance	5/15/2004
Thad Pajak	5K	0:20:30	0:06:37	AIHF 5K, Atlanta, GA	5/12/2004
Mike Hodak	5K	0:20:32	0:06:37	Cook Forest 5K	4/4/2004
Bill Winters	5K	0:20:33	0:06:38	6th Annual Fight For Life, Apollo	11/20/2004
Mike Hodak	5K	0:20:34	0:06:38	Fall Back 5K, Uniontown	10/31/2004
Tom Fetterman, Sr.	5K	0:20:34	0:06:38	Shannock Valley 5K	7/24/2004
Marissa Umbel	5K	0:20:35	0:06:38	Hoodlebug 5K	7/11/2004
Mike Hodak	5K	0:20:35	0:06:38	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Dan McQuiston	5K	0:20:38	0:06:39	Hoodlebug 5K	7/11/2004
Mike Hodak	5K	0:20:39	0:06:40	Shannock Valley 5K	7/24/2004

Mike Hodak	5K	0:20:40	0:06:40	Clarion YMCA Autumn Leaf	9/25/2004
Mike Hodak	5K	0:20:43	0:06:41	Bison Stampede, Bedford	3/6/2004
Mike Hodak	5K	0:20:44	0:06:41	Pride in the Valley, New Florence	5/1/2004
Mike Hodak	5K	0:20:45	0:06:42	Family Services, Altoona	5/23/2004
Mike Hodak	5K	0:20:45	0:06:42	New Alexandria Lions 5K	9/4/2004
Mike Hodak	5K	0:20:46	0:06:42	Bud Murphy Memorial. Connelsville, PA	6/10/2004
Mike Hodak	5K	0:20:49	0:06:43	Citizens Helping Citizen's	7/17/2004
Tom Fetterman, Sr.	5K	0:20:50	0:06:43	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Mike Hodak	5K	0:20:52	0:06:44	Rube's 5K, Prospect, PA	7/31/2004
Mike Hodak	5K	0:20:53	0:06:44	Hoodlebug 5K	7/11/2004
Thad Pajak	5K	0:20:55	0:06:45	Citizens Helping Citizen's	7/17/2004
Mike Hodak	5K	0:20:56	0:06:45	Healthstyles 5K, Windber	8/28/2004
Tom Fetterman, Jr.	5K	0:21:03	0:06:47	Hoodlebug 5K	7/11/2004
Joe Bujdos	5K	0:21:10	0:06:50	Hoodlebug 5K	7/11/2004
Al Cole	5K	0:21:11	0:06:50	Hoodlebug 5K	7/11/2004
Tom Fetterman, Jr.	5K	0:21:17	0:06:52	Family Services, Altoona	5/23/2004
Jeff Graham	5K	0:21:20	0:06:53	Run For Mental Health, Torrance	5/15/2004
Joe Bujdos	5K	0:21:23	0:06:54	Citizens Helping Citizen's	7/17/2004
Joe Bujdos	5K	0:21:27	0:06:55	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Joe Bujdos	5K	0:21:29	0:06:56	Ford City Heritage Days	7/3/2004
Rachel Umbel	5K	0:21:30	0:06:56	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Jeff Graham	5K	0:21:37	0:06:58	Shannock Valley 5K	7/24/2004
Al Cole	5K	0:21:40	0:06:59	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Al Cole	5K	0:21:41	0:07:00	Ford City Heritage Days	7/3/2004
Joe Bujdos	5K	0:21:45	0:07:01	Shannock Valley 5K	7/24/2004
Greg Hartnett	5K	0:21:47	0:07:02	New Alexandria Lions 5K	9/4/2004
John Swauger	5K	0:21:50	0:07:03	Turkey Trot, Latrobe	11/25/2004
Jeff Smith	5K	0:21:51	0:07:03	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Al Cole	5K	0:21:52	0:07:03	Run For Mental Health, Torrance	5/15/2004
John Swauger	5K	0:21:52	0:07:03	Frosty Five, Youngwood	2/29/2004
Mary Jean Budjos	5K	0:22:09	0:07:09	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Joe Bujdos	5K	0:22:11	0:07:09	East Allegheney 5K	6/27/2004
Mary Jean Budjos	5K	0:22:11	0:07:09	Hoodlebug 5K	7/11/2004
John Swauger	5K	0:22:12	0:07:10	6th Annual Fight For Life, Apollo	11/20/2004
Tony Bruno	5K	0:22:13	0:07:10	6th Annual Fight For Life, Apollo	11/20/2004
Mary Jean Budjos	5K	0:22:16	0:07:11	Ford City Heritage Days	7/3/2004
Al Cole	5K	0:22:22	0:07:13	6th Annual Fight For Life, Apollo	11/20/2004
Bernie Coppolo	5K	0:22:22	0:07:13	Joseph Yatzkanic 5K, Marion Center	8/4/2004
John Swauger	5K	0:22:29	0:07:15	Hoodlebug 5K	7/11/2004
Scott Bowman	5K	0:22:29	0:07:15	Citizens Helping Citizen's	7/17/2004
Mary Jean Budjos	5K	0:22:30	0:07:15	Citizens Helping Citizen's	7/17/2004
Scott Bowman	5K	0:22:36	0:07:17	Hoodlebug 5K	7/11/2004
Bill Winters	5K	0:22:41	0:07:19	Groundhog Festival 5K	7/7/2004

Eric Blazavich	5K	0:22:43	0:07:20	Joseph Yatzkanic 5K, Marion Center	8/4/2004
John Swauger	5K	0:22:43	0:07:20	Groundhog Festival 5K	7/7/2004
John Swauger	5K	0:22:45	0:07:20	Stonewall Jackson 5K, Manassas, VA	8/28/2004
Mary Jean Budjos	5K	0:22:49	0:07:22	Run For Mental Health, Torrance	5/15/2004
Scott Bowman	5K	0:23:00	0:07:25	Shannock Valley 5K	7/24/2004
Mary Jean Budjos	5K	0:23:03	0:07:26	East Allegheny 5K	6/27/2004
Scott Bowman	5K	0:23:03	0:07:26	Frosty Five, Youngwood	2/29/2004
Jennifer Wally Blystone	5K	0:23:04	0:07:26	6th Annual Fight For Life, Apollo	11/20/2004
Jim Cook	5K	0:23:09	0:07:28	Hoodlebug 5K	7/11/2004
John Swauger	5K	0:23:18	0:07:31	Bigfoot 5K Kittanning	4/24/2004
John Swauger	5K	0:23:21	0:07:32	Fall Frolic 5K, Johnstown	10/23/2004
Scott Bowman	5K	0:23:23	0:07:33	Salem Township, Crabtree	10/16/2004
Sharon Holsinger	5K	0:23:27	0:07:34	6th Annual Fight For Life, Apollo	11/20/2004
Lori Graham	5K	0:23:28	0:07:34	Fall Frolic 5K, Johnstown	10/23/2004
Scott Bowman	5K	0:23:30	0:07:35	3rd Annual Freedom 5K	7/5/2004
John Swauger	5K	0:23:42	0:07:39	Family Services, Altoona	5/23/2004
Scott Bowman	5K	0:23:45	0:07:40	Run For Mental Health, Torrance	5/15/2004
Jennifer Wally Blystone	5K	0:23:53	0:07:42	Citizens Helping Citizen's	7/17/2004
Pat Scanlon	5K	0:23:58	0:07:44	Groundhog Festival 5K	7/7/2004
Travis Cole	5K	0:23:58	0:07:44	6th Annual Fight For Life, Apollo	11/20/2004
Lori Graham	5K	0:24:00	0:07:45	Run For Mental Health, Torrance	5/15/2004
Lori Graham	5K	0:24:07	0:07:47	Hoodlebug 5K	7/11/2004
Diana Margoniu-Lutz	5K	0:24:08	0:07:47	Roebing's Run 5K,	8/14/2004
Frank Frederick	5K	0:24:09	0:07:47	Citizens Helping Citizen's	7/17/2004
Scott Bowman	5K	0:24:10	0:07:48	6th Annual Fight For Life, Apollo	11/20/2004
Chrissy Jack	5K	0:24:26	0:07:53	Ford City Heritage Days	7/3/2004
Kelly McCombie	5K	0:24:31	0:07:55	Hoodlebug 5K	7/11/2004
Chrissy Jack	5K	0:24:34	0:07:55	Citizens Helping Citizen's	7/17/2004
Jennifer Wally Blystone	5K	0:24:36	0:07:56	Hoodlebug 5K	7/11/2004
Pat Scanlon	5K	0:24:36	0:07:56	Shanksville 5K	3/14/2004
Tom Fetterman, Sr.	5K	0:24:38	0:07:57	Turkey Trot, Latrobe	11/25/2004
Lori Graham	5K	0:24:42	0:07:58	Race For The Cure, Schenley	5/9/2004
Ginny Winters	5K	0:24:44	0:07:59	Groundhog Festival 5K	7/7/2004
John Swauger	5K	0:24:45	0:07:59	Race For The Cure, Schenley	5/9/2004
Kelly McCombie	5K	0:24:48	0:08:00	Groundhog Festival 5K	7/7/2004
Scott Bowman	5K	0:24:48	0:08:00	Greensburg Turkey Trot	11/25/2004
Ed Gondolf	5K	0:24:50	0:08:01	Hoodlebug 5K	7/11/2004
Donna Scanlon	5K	0:24:57	0:08:03	Fall Classic 5K, Kittanning	11/13/2004
Nina Santus	5K	0:25:03	0:08:05	Citizens Helping Citizen's	7/17/2004
Chrissy Jack	5K	0:25:04	0:08:05	Fall Classic 5K, Kittanning	11/13/2004
Travis Cole	5K	0:25:06	0:08:06	Run For Mental Health, Torrance	5/15/2004
Frank Frederick	5K	0:25:07	0:08:06	Hoodlebug 5K	7/11/2004
Ginny Winters	5K	0:25:25	0:08:12	Joseph Yatzkanic 5K, Marion Center	8/4/2004

Kelly McCombie	5K	0:25:29	0:08:13	Citizens Helping Citizen's	7/17/2004
Mel Stern	5K	0:25:30	0:08:14	Run For Your Life 5K	10/30/2004
Ed Gondolf	5K	0:25:31	0:08:14	Groundhog Festival 5K	7/7/2004
Anita Sprow	5K	0:25:33	0:08:15	Groundhog Festival 5K	7/7/2004
Chrissy Jack	5K	0:25:35	0:08:15	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Chrissy Jack	5K	0:25:37	0:08:16	6th Annual Fight For Life, Apollo	11/20/2004
Ed Gondolf	5K	0:25:41	0:08:17	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Travis Cole	5K	0:25:43	0:08:18	Turkey Trot, Latrobe	11/25/2004
Al Cole	5K	0:25:44	0:08:18	Turkey Trot, Latrobe	11/25/2004
Mel Stern	5K	0:25:44	0:08:18	Turkey Trot, Latrobe	11/25/2004
Donna Scanlon	5K	0:25:45	0:08:18	Shannock Valley 5K	7/24/2004
Ed Gondolf	5K	0:25:50	0:08:20	Ford City Heritage Days	7/3/2004
Mel Stern	5K	0:25:54	0:08:21	Run For Your Heart, Williamsport	9/18/2004
Nina Santus	5K	0:25:55	0:08:22	Hoodlebug 5K	7/11/2004
Ed Gondolf	5K	0:26:05	0:08:25	Shannock Valley 5K	7/24/2004
Donna Scanlon	5K	0:26:06	0:08:25	Citizens Helping Citizen's	7/17/2004
Ed Gondolf	5K	0:26:11	0:08:27	Run For Mental Health, Torrance	5/15/2004
Chrissy Jack	5K	0:26:15	0:08:28	Hoodlebug 5K	7/11/2004
Donna Scanlon	5K	0:26:20	0:08:30	Groundhog Festival 5K	7/7/2004
Donna Scanlon	5K	0:26:20	0:08:30	Hoodlebug 5K	7/11/2004
Donna Scanlon	5K	0:26:26	0:08:32	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Pat Scanlon	5K	0:26:29	0:08:33	Joseph Yatzkanic 5K, Marion Center	8/4/2004
John Goss	5K	0:26:30	0:08:33	Hoodlebug 5K	7/11/2004
Anne Peters	5K	0:26:48	0:08:39	Frosty Five, Youngwood	2/29/2004
Justine Scanlon	5K	0:27:06	0:08:45	Shannock Valley 5K	7/24/2004
Mel Stern	5K	0:27:23	0:08:50	A Rabbit Run Through It, Latrobe	4/3/2004
Donna Scanlon	5K	0:27:26	0:08:51	Family Services, Altoona	5/23/2004
Pat Scanlon	5K	0:27:26	0:08:51	Family Services, Altoona	5/23/2004
John Harwick	5K	0:27:33	0:08:53	Labor Day Classic, Washington, PA	9/6/2004
Julie Jack	5K	0:27:41	0:08:56	Bigfoot 5K Kittanning	4/24/2004
Donna Latimer	5K	0:27:49	0:08:58	Greensburg Turkey Trot	11/25/2004
Mel Stern	5K	0:27:50	0:08:59	Frosty Five, Youngwood	2/29/2004
John Goss	5K	0:27:55	0:09:00	Ford City Heritage Days	7/3/2004
Justine Scanlon	5K	0:27:55	0:09:00	Hoodlebug 5K	7/11/2004
Joelyne Laurinatis	5K	0:27:58	0:09:01	6th Annual Fight For Life, Apollo	11/20/2004
Donna Zukas	5K	0:28:03	0:09:03	Ford City Heritage Days	7/3/2004
John Harwick	5K	0:28:09	0:09:05	Great Race 5K	9/26/2004
Joelyne Laurinatis	5K	0:28:11	0:09:05	Run For Mental Health, Torrance	5/15/2004
Donna Zukas	5K	0:28:23	0:09:09	Country Roads 5K, Apollo	7/17/2004
Donna Zukas	5K	0:28:30	0:09:12	6th Annual Fight For Life, Apollo	11/20/2004
Donna Zukas	5K	0:28:36	0:09:14	Hoodlebug 5K	7/11/2004
John Harwick	5K	0:28:36	0:09:14	Father's Day 5K, Pittsburgh	6/20/2004
Barb McCombie	5K	0:29:03	0:09:22	Hoodlebug 5K	7/11/2004

John McCombie	5K	0:29:10	0:09:25	Hoodlebug 5K	7/11/2004
Noreen See	5K	0:29:17	0:09:27	Groundhog Festival 5K	7/7/2004
Wendy Fetterman	5K	0:29:17	0:09:27	Rockwood 5K	9/4/2004
Donna Zukas	5K	0:29:22	0:09:28	Saxonburg Festival	9/11/2004
John Harwick	5K	0:29:25	0:09:29	Frosty Five, Youngwood	2/29/2004
Mel Stern	5K	0:29:32	0:09:32	Spring 5K, Lock Haven	4/17/2004
Cathy Swauger	5K	0:29:36	0:09:33	Rockwood 5K	9/4/2004
Noreen See	5K	0:29:57	0:09:40	Citizens Helping Citizen's	7/17/2004
John Harwick	5K	0:29:58	0:09:40	Groundhog Festival 5K	7/7/2004
Donna Zukas	5K	0:30:10	0:09:44	Brentwood Firecracker 5K	7/4/2004
Donna Zukas	5K	0:30:11	0:09:44	Greensburg Turkey Trot	11/25/2004
Cathy Swauger	5K	0:30:12	0:09:45	Citizens Helping Citizen's	7/17/2004
Cathy Swauger	5K	0:30:20	0:09:47	Stonewall Jackson 5K, Manassas, VA	8/28/2004
Donna Zukas	5K	0:30:20	0:09:47	Race For Moon & Stars	4/17/2004
John Harwick	5K	0:30:22	0:09:48	Joseph Yatzkanic 5K, Marion Center	8/4/2004
John Harwick	5K	0:30:28	0:09:50	Regent Square 5K, Frick Park	8/28/2004
Jed Fetterman	5K	0:30:40	0:09:54	Shanksville 5K	3/14/2004
John Harwick	5K	0:30:50	0:09:57	Hoodlebug 5K	7/11/2004
Wendy Fetterman	5K	0:30:55	0:09:58	Shanksville 5K	3/14/2004
Donna Latimer	5K	0:31:00	0:10:00	A Rabbit Run Through It, Latrobe	4/3/2004
Joelyne Laurinatis	5K	0:31:04	0:10:01	Greensburg Turkey Trot	11/25/2004
Julie Jack	5K	0:31:20	0:10:06	Groundhog Festival 5K	7/7/2004
Wendy Fetterman	5K	0:31:26	0:10:08	Bigfoot 5K Kittanning	4/24/2004
Mel Stern	5K	0:31:30	0:10:10	Ford City Heritage Days	7/3/2004
Julie Jack	5K	0:31:41	0:10:13	Ford City Heritage Days	7/3/2004
Mel Stern	5K	0:31:48	0:10:15	Reliance 5K, Altoona, PA	6/6/2004
Jed Fetterman	5K	0:32:00	0:10:19	Run With The Herds, Casper, WY	6/6/2004
Wendy Fetterman	5K	0:32:06	0:10:21	Hoodlebug 5K	7/11/2004
Mel Stern	5K	0:32:11	0:10:23	Johnstown Christian, Davidsville	5/8/2004
John Harwick	5K	0:33:12	0:10:43	Red Devil Romp XC	
Julie Jack	5K	0:33:29	0:10:48	Citizens Helping Citizen's	7/17/2004
Julie Jack	5K	0:33:52	0:10:55	6th Annual Fight For Life, Apollo	11/20/2004
Julie Jack	5K	0:34:30	0:11:08	Hoodlebug 5K	7/11/2004
Jeannie Budjos	5K	0:35:41	0:11:31	East Allegheny 5K	6/27/2004
Lucy Budjos	5K	0:35:55	0:11:35	Shannock Valley 5K	7/24/2004
Ronnie Budjos	5K	0:36:10	0:11:40	East Allegheny 5K	6/27/2004
Julie Jack	5K	0:36:18	0:11:43	Joseph Yatzkanic 5K, Marion Center	8/4/2004
Jed Fetterman	5K	0:36:30	0:11:46	Hoodlebug 5K	7/11/2004
Lucy Budjos	5K	0:36:31	0:11:47	East Allegheny 5K	6/27/2004
Ronnie Budjos	5K	0:36:56	0:11:55	Shannock Valley 5K	7/24/2004
Jeannie Budjos	5K	0:36:57	0:11:55	Shannock Valley 5K	7/24/2004
Jeannie Budjos	5K	0:37:35	0:12:07	Ford City Heritage Days	7/3/2004
Jeannie Budjos	5K	0:37:43	0:12:10	Run For Mental Health, Torrance	5/15/2004

Ronnie Budjos	5K	0:37:52	0:12:13	Ford City Heritage Days	7/3/2004
Ronnie Budjos	5K	0:38:11	0:12:19	Run For Mental Health, Torrance	5/15/2004
Lucy Budjos	5K	0:38:57	0:12:34	Ford City Heritage Days	7/3/2004
Wayne Snare	5K	0:40:00	0:12:54	Citizens Helping Citizen's	7/17/2004
Lucy Budjos	5K	0:40:10	0:12:57	Run For Mental Health, Torrance	5/15/2004
Betsy Fetterman	5K	0:41:17	0:13:19	Groundhog Festival 5K	7/7/2004
Betsy Fetterman	5K	0:41:22	0:13:21	Shannock Valley 5K	7/24/2004
Betsy Fetterman	5K	0:42:22	0:13:40	Run With The Herds, Casper, WY	6/6/2004
Betsy Fetterman	5K	0:43:21	0:13:59	Duke City Marathon 5K	10/24/2004
Pam Lezark	5K	0:46:40	0:15:03	Hoodlebug 5K	7/11/2004
Betsy Fetterman	5K	0:55:41	0:17:58	Mississippi Marathon	1/11/2004
John Goss	5K		0:00:00	Groundhog Festival 5K	7/7/2004
John Harwick	6K	0:39:15	0:12:16	Gold Medal Camp 6K, Calif., PA	7/25/2004
Cory Spidell	4 Mile	0:21:55	0:06:45	Groundhog Jog, Punxsutawney	2/1/2004
Tom Lipsie	4 Mile	0:23:59	0:07:23	Groundhog Jog, Punxsutawney	2/1/2004
Mark Stern	4 Mile	0:26:19	0:08:06	Groundhog Jog, Punxsutawney	2/1/2004
Bill Winters	4 Mile	0:27:21	0:08:25	Groundhog Jog, Punxsutawney	2/1/2004
Dan McQuiston	4 Mile	0:30:03	0:09:15	Groundhog Jog, Punxsutawney	2/1/2004
Bob Crawford	4 Mile	0:31:20	0:09:38	Groundhog Jog, Punxsutawney	2/1/2004
Al Cole	4 Mile	0:32:13	0:09:55	Groundhog Jog, Punxsutawney	2/1/2004
Mel Stern	4 Mile	0:37:44	0:11:37	Groundhog Jog, Punxsutawney	2/1/2004
John Swauger	4 Mile	0:39:14	0:12:04	Groundhog Jog, Punxsutawney	2/1/2004
John Harwick	4 Mile	0:43:33	0:13:24	Groundhog Jog, Punxsutawney	2/1/2004
Claire Hogan	4 Mile	0:46:09	0:14:12	Groundhog Jog, Punxsutawney	2/1/2004
Dick Gigliotti	4 Mile	0:58:05	0:17:52	Grove City	1/24/2004
Barry Demagone	4 Mile	1:00:10	0:18:31	Grove City	1/24/2004
Mel Stern	4 Mile	1:00:12	0:18:31	Grove City	1/24/2004
Speed Pulliam	4 Mile	1:00:13	0:18:32	Grove City	1/24/2004
Mindy Sawtelle	4.25	0:20:37	0:06:19	IUP Alumini XC Race	8/29/2004
Tom Lipsie	5 Mile	0:28:50	0:08:39	Windber 5 Miler	7/3/2004
Ed Rosporski	5 Mile	0:29:05	0:08:43	Rolling Rock 5 Miler, Latrobe	7/2/2004
Mark Stern	5 Mile	0:30:17	0:09:05	Rolling Rock 5 Miler, Latrobe	7/2/2004
Tom Berzonsky	5 Mile	0:31:00	0:09:18	Windber 5 Miler	7/3/2004
Mark Stern	5 Mile	0:32:37	0:09:47	Frostbite 5, Grove City	2/21/2004
Tom Fetterman, Sr.	5 Mile	0:34:11	0:10:15	Windber 5 Miler	7/3/2004
Tom Fetterman, Sr.	5 Mile	0:34:16	0:10:16	Frostbite 5, Grove City	2/21/2004
Bill Winters	5 Mile	0:34:41	0:10:24	Frostbite 5, Grove City	2/21/2004
Bob Crawford	5 Mile	0:34:51	0:10:27	Butler Road Race	6/26/2004
Al Cole	5 Mile	0:36:39	0:10:59	Butler Road Race	6/26/2004
John Swauger	5 Mile	0:37:48	0:11:20	Rolling Rock 5 Miler, Latrobe	7/2/2004
John Swauger	5 Mile	0:38:34	0:11:34	Frostbite 5, Grove City	2/21/2004
Tom Fetterman, Sr.	5 Mile	0:38:36	0:11:34	Grove City	1/24/2004
Scott Bowman	5 Mile	0:39:30	0:11:50	Rolling Rock 5 Miler, Latrobe	7/2/2004

Diana Margoniu-Lutz	5 Mile	0:39:31	0:11:51	Butler Road Race	6/26/2004
Bob Crawford	5 Mile	0:39:53	0:11:57	Frostbite 5, Grove City	2/21/2004
Jim Cook	5 Mile	0:40:20	0:12:05	Windber 5 Miler	7/3/2004
Bill Winters	5 Mile	0:41:21	0:12:24	Grove City	1/24/2004
Mark Stern	5 Mile	0:41:21	0:12:24	Grove City	1/24/2004
Ed Gondolf	5 Mile	0:43:03	0:12:54	Rolling Rock 5 Miler, Latrobe	7/2/2004
Bob Crawford	5 Mile	0:43:34	0:13:04	Grove City	1/24/2004
Donna Scanlon	5 Mile	0:45:18	0:13:35	Frostbite 5, Grove City	2/21/2004
Mel Stern	5 Mile	0:46:45	0:14:01	Frostbite 5, Grove City	2/21/2004
Nancy Demagone	5 Mile	0:47:33	0:14:15	Windber 5 Miler	7/3/2004
Mel Stern	5 Mile	0:49:30	0:14:50	Grove City	1/24/2004
John Swauger	5 Mile	0:49:31	0:14:51	Grove City	1/24/2004
Tom Lipsie	7K	0:23:47	0:05:29	Run For The Trail 7K, Dilltown	8/8/2004
Ed Rosporiski	7K	0:25:10	0:05:48	Run For The Trail 7K, Dilltown	8/8/2004
Mindy Sawtelle	7K	0:25:42	0:05:55	Run For The Trail 7K, Dilltown	8/8/2004
Mark Stern	7K	0:26:22	0:06:05	Run For The Trail 7K, Dilltown	8/8/2004
Dan Cunkelman	7K	0:26:59	0:06:13	Run For The Trail 7K, Dilltown	8/8/2004
Jim Hamilton	7K	0:27:21	0:06:18	Run For The Trail 7K, Dilltown	8/8/2004
Jill Knesh	7K	0:28:20	0:06:32	Run For The Trail 7K, Dilltown	8/8/2004
Bill Winters	7K	0:28:39	0:06:36	Run For The Trail 7K, Dilltown	8/8/2004
Ron Blake	7K	0:29:49	0:06:52	Run For The Trail 7K, Dilltown	8/8/2004
Dan McQuiston	7K	0:29:59	0:06:55	Run For The Trail 7K, Dilltown	8/8/2004
Jeff Graham	7K	0:29:59	0:06:55	Run For The Trail 7K, Dilltown	8/8/2004
Bill Serafin	7K	0:30:57	0:07:08	Run For The Trail 7K, Dilltown	8/8/2004
Al Cole	7K	0:31:12	0:07:11	Run For The Trail 7K, Dilltown	8/8/2004
John Swauger	7K	0:31:34	0:07:16	Run For The Trail 7K, Dilltown	8/8/2004
Scott Bowman	7K	0:32:55	0:07:35	Run For The Trail 7K, Dilltown	8/8/2004
Eric Blazavich	7K	0:32:56	0:07:35	Run For The Trail 7K, Dilltown	8/8/2004
Selena Stern	7K	0:32:57	0:07:36	Run For The Trail 7K, Dilltown	8/8/2004
Tony Bruno	7K	0:33:33	0:07:44	Run For The Trail 7K, Dilltown	8/8/2004
Jim Cook	7K	0:34:39	0:07:59	Run For The Trail 7K, Dilltown	8/8/2004
Ginny Winters	7K	0:35:27	0:08:10	Run For The Trail 7K, Dilltown	8/8/2004
Ed Gondolf	7K	0:36:24	0:08:23	Run For The Trail 7K, Dilltown	8/8/2004
Pat Scanlon	7K	0:36:38	0:08:26	Run For The Trail 7K, Dilltown	8/8/2004
Bernadette Serafin	7K	0:36:45	0:08:28	Run For The Trail 7K, Dilltown	8/8/2004
Donna Scanlon	7K	0:36:45	0:08:28	Run For The Trail 7K, Dilltown	8/8/2004
Kelly McCombie	7K	0:37:23	0:08:37	Run For The Trail 7K, Dilltown	8/8/2004
Justine Scanlon	7K	0:37:38	0:08:40	Run For The Trail 7K, Dilltown	8/8/2004
Jim Lafontaine	7K	0:38:44	0:08:55	Run For The Trail 7K, Dilltown	8/8/2004
Cathy Swauger	7K	0:44:07	0:10:10	Run For The Trail 7K, Dilltown	8/8/2004
John Harwick	7K	0:44:59	0:10:22	Run For The Trail 7K, Dilltown	8/8/2004
Betsy Fetterman	7K	0:59:14	0:13:39	Run For The Trail 7K, Dilltown	8/8/2004
Pam Lezark	7K	1:03:40	0:14:40	Run For The Trail 7K, Dilltown	8/8/2004

Aileen Bowman	7K	1:06:41	0:15:22	Run For The Trail 7K, Dilltown	8/8/2004
Bill Knesh	7K	1:15:03	0:17:18	Run For The Trail 7K, Dilltown	8/8/2004
Pat Knesh	7K	1:16:22	0:17:36	Run For The Trail 7K, Dilltown	8/8/2004
Tom Berzonsky	4.75	0:28:49	0:06:04	IUP Alumini XC Race	8/29/2004
Mark Stern	8K	0:29:12	0:05:53	Selinsgrove 8K River Run	9/25/2004
Mel Stern	8K	0:40:38	0:08:12	Selinsgrove 8K River Run	9/25/2004
Al Casagranda	5 Mile	0:28:12	0:05:38	Rolling Rock 5 Miler, Latrobe	7/2/2004
Al Casagranda	10K	0:35:03	0:05:39	Fool's Run	3/6/2004
Tom Lipsie	10K	0:35:41	0:05:45	Shanksville 10K	3/14/2004
Tom Lipsie	10K	0:36:38	0:05:55	Family Services, Altoona	5/23/2004
Tom Berzonsky	10K	0:36:42	0:05:55	Clarksburg 10K, Clarksburg, PA	6/12/2004
Dan Cunkelman	10K	0:38:27	0:06:12	Clarksburg 10K, Clarksburg, PA	6/12/2004
Mark Stern	10K	0:38:27	0:06:12	Susquehana Pacers, Lock Haven	9/4/2004
Mark Stern	10K	0:38:47	0:06:15	Tyrone YMCA 10K	6/12/2004
Mark Stern	10K	0:39:38	0:06:24	Run For The Cookies, Berwick	2/28/2004
Mark Stern	10K	0:39:57	0:06:27	Fool's Run	3/6/2004
Jeff Graham	10K	0:40:46	0:06:35	NK 10K, New Kensington	10/16/2004
Bill Winters	10K	0:41:18	0:06:40	Fall Classic 10K, Kittanning	11/13/2004
Jeff Graham	10K	0:41:26	0:06:41	Fall Classic 10K, Kittanning	11/13/2004
Dan McQuiston	10K	0:42:04	0:06:47	Clarksburg 10K, Clarksburg, PA	6/12/2004
Bill Winters	10K	0:42:40	0:06:53	Shanksville 10K	3/14/2004
Jeff Graham	10K	0:42:42	0:06:53	Fall Frolic 10K, Johnstown	10/23/2004
Tom Fetterman, Sr.	10K	0:42:44	0:06:54	Family Services, Altoona	5/23/2004
Dan Hurlburt	10K	0:43:29	0:07:01	Fool's Run	3/6/2004
Bob Crawford	10K	0:43:44	0:07:03	Great Race 10K	9/26/2004
John Swauger	10K	0:43:51	0:07:04	Clarksburg 10K, Clarksburg, PA	6/12/2004
Al Cole	10K	0:43:53	0:07:05	Clarksburg 10K, Clarksburg, PA	6/12/2004
Dan McQuiston	10K	0:44:20	0:07:09	Fool's Run	3/6/2004
Bert Ross	10K	0:44:36	0:07:12	Fool's Run	3/6/2004
Bill Serafin	10K	0:44:40	0:07:12	Fool's Run	3/6/2004
Mary Jean Budjos	10K	0:44:50	0:07:14	Clarksburg 10K, Clarksburg, PA	6/12/2004
Joe Bujdos	10K	0:44:51	0:07:14	Clarksburg 10K, Clarksburg, PA	6/12/2004
Al Cole	10K	0:44:52	0:07:14	Great Race 10K	9/26/2004
Bill Winters	10K	0:45:07	0:07:17	Fall Frolic 10K, Johnstown	10/23/2004
John Swauger	10K	0:45:15	0:07:18	Great Race 10K	9/26/2004
Jeff Graham	10K	0:45:19	0:07:19	Fool's Run	3/6/2004
Dan McQuiston	10K	0:45:59	0:07:25	Shanksville 10K	3/14/2004
Joe Bujdos	10K	0:46:10	0:07:27	Fall Classic 10K, Kittanning	11/13/2004
Mary Jean Budjos	10K	0:46:14	0:07:27	Fall Classic 10K, Kittanning	11/13/2004
Tom Fetterman, Jr.	10K	0:46:14	0:07:27	Shanksville 10K	3/14/2004
Travis Cole	10K	0:47:11	0:07:37	Great Race 10K	9/26/2004
Joe Bujdos	10K	0:47:20	0:07:38	Fool's Run	3/6/2004
Diana Margoni-Lutz	10K	0:47:32	0:07:40	Fall Classic 10K, Kittanning	11/13/2004

John Swauger	10K	0:47:37	0:07:41	Fool's Run	3/6/2004
Scott Bowman	10K	0:47:37	0:07:41	Clarksburg 10K, Clarksburg, PA	6/12/2004
Chrissy Jack	10K	0:47:50	0:07:43	Clarksburg 10K, Clarksburg, PA	6/12/2004
Mary Jean Budjos	10K	0:48:03	0:07:45	Fool's Run	3/6/2004
Scott Bowman	10K	0:48:12	0:07:46	Summer Sunrise 10K, Kittanning	6/5/2004
John Chernega	10K	0:48:14	0:07:47	Fool's Run	3/6/2004
Jim Cook	10K	0:48:15	0:07:47	Clarksburg 10K, Clarksburg, PA	6/12/2004
Sharon Holsinger	10K	0:48:21	0:07:48	Fall Classic 10K, Kittanning	11/13/2004
Jennifer Wally Blystone	10K	0:48:23	0:07:48	Fall Classic 10K, Kittanning	11/13/2004
Lori Graham	10K	0:48:40	0:07:51	NK 10K, New Kensington	10/16/2004
Tom Dunbar	10K	0:48:40	0:07:51	Clarksburg 10K, Clarksburg, PA	6/12/2004
John Swauger	10K	0:49:25	0:07:58	Shanksville 10K	3/14/2004
Jennifer Wally Blystone	10K	0:49:30	0:07:59	Great Race 10K	9/26/2004
Nina Santus	10K	0:49:30	0:07:59	Great Race 10K	9/26/2004
Sharon Holsinger	10K	0:50:39	0:08:10	Fool's Run	3/6/2004
Charles Frank	10K	0:50:49	0:08:12	Fool's Run	3/6/2004
Jennifer Wally Blystone	10K	0:50:52	0:08:12	Fool's Run	3/6/2004
Diana Margoniu-Lutz	10K	0:50:53	0:08:12	Monroeville Classic, Monroeville	6/6/2004
Donna Scanlon	10K	0:51:27	0:08:18	Clarksburg 10K, Clarksburg, PA	6/12/2004
Pat Scanlon	10K	0:51:27	0:08:18	Clarksburg 10K, Clarksburg, PA	6/12/2004
Scott Bowman	10K	0:51:47	0:08:21	Fool's Run	3/6/2004
Jim Cook	10K	0:51:58	0:08:23	Fool's Run	3/6/2004
Ginny Winters	10K	0:53:10	0:08:35	Mississippi Marathon	1/11/2004
Ed Gondolf	10K	0:54:28	0:08:47	Fool's Run	3/6/2004
Bill Hill	10K	0:55:16	0:08:55	Fool's Run	3/6/2004
Diana Margoniu-Lutz	10K	0:55:30	0:08:57	Stoneridge 10K, Stoneridge, PA	5/31/2004
Travis Cole	10K	0:56:26	0:09:06	Fool's Run	3/6/2004
Mel Stern	10K	0:56:45	0:09:09	Run For The Cookies, Berwick	2/28/2004
Nina Santus	10K	0:56:47	0:09:10	Fool's Run	3/6/2004
Pat Scanlon	10K	0:57:00	0:09:12	Fool's Run	3/6/2004
Donna Scanlon	10K	0:57:01	0:09:12	Fool's Run	3/6/2004
Noreen See	10K	0:59:16	0:09:34	Fool's Run	3/6/2004
Tom Fetterman, Sr.	10K	0:59:28	0:09:35	Shanksville 10K	3/14/2004
Jim Lafontaine	10K	1:00:12	0:09:43	Fool's Run	3/6/2004
Al Cole	10K	1:01:38	0:09:56	Fool's Run	3/6/2004
Mel Stern	10K	1:01:43	0:09:57	Shanksville 10K	3/14/2004
Wendy Fetterman	10K	1:02:17	0:10:03	Johnstown Marathon 10K	10/4/2004
Nancy Demagone	10K	1:02:43	0:10:07	Family Services, Altoona	5/23/2004
Sunnie Buchanan	10K	1:05:14	0:10:31	Fool's Run	3/6/2004
Tom Smuro	10K	1:09:51	0:11:16	Fool's Run	3/6/2004
Julie Jack	10K	1:13:14	0:11:49	Clarksburg 10K, Clarksburg, PA	6/12/2004
Betsy Fetterman	10K	1:32:00	0:14:50	Walker/North Country 10K, MN	9/25/2004
Al Casagranda	15 K	0:54:43	0:05:53	Shamrock 15K, Cuyahoga Falls	3/7/2004

Mark Stern	15 K	1:16:58	0:08:17	Mudfest, Mt. Penn	4/11/2004
Mark Stern	10 Mile	1:09:11	0:06:55	Grove City	1/24/2004
Bill Winters	10 Mile	1:13:44	0:07:22	Grove City	1/24/2004
Tom Fetterman, Sr.	10 Mile	1:15:32	0:07:33	Grove City	1/24/2004
Bill Winters	10 Mile	1:18:11	0:07:49	Spring Thaw, 10-15-20	3/6/2004
Tom Fetterman, Sr.	10 Mile	1:18:11	0:07:49	Spring Thaw, 10-15-20	3/6/2004
Tom Fetterman, Jr.	10 Mile	1:18:12	0:07:49	Spring Thaw, 10-15-20	3/6/2004
Bert Ross	10 Mile	1:19:29	0:07:57	Grove City	1/24/2004
Bob Crawford	10 Mile	1:21:29	0:08:09	Grove City	1/24/2004
Bob Crawford	10 Mile	1:21:45	0:08:11	Spring Thaw, 10-15-20	3/6/2004
John Swauger	10 Mile	1:25:00	0:08:30	Grove City	1/24/2004
Jennifer Wally Blystone	10 Mile	1:25:37	0:08:34	Spring Thaw, 10-15-20	3/6/2004
Sharon Holsinger	10 Mile	1:25:38	0:08:34	Spring Thaw, 10-15-20	3/6/2004
Tom Dunbar	10 Mile	1:25:50	0:08:35	Grove City	1/24/2004
Bill Winters	20 K	1:29:37	0:07:14	Bigfoot 20K Kittanning	4/24/2004
Jeff Graham	20 K	1:30:55	0:07:20	Bigfoot 20K Kittanning	4/24/2004
Tom Fetterman, Jr.	20 K	1:32:50	0:07:29	Bigfoot 20K Kittanning	4/24/2004
Al Cole	20 K	1:35:01	0:07:40	Bigfoot 20K Kittanning	4/24/2004
Mary Jean Budjos	20 K	1:41:56	0:08:13	Bigfoot 20K Kittanning	4/24/2004
Joe Bujdos	20 K	1:42:42	0:08:17	Bigfoot 20K Kittanning	4/24/2004
Ed Gondolf	20 K	1:57:11	0:09:27	Bigfoot 20K Kittanning	4/24/2004
Jim Lafontaine	20 K	2:02:15	0:09:52	Bigfoot 20K Kittanning	4/24/2004
Tom Lipsie	Half Marathon	1:21:36	0:06:14	Rockwood Half Marathon	9/4/2004
Ron Blake	Half Marathon	1:25:11	0:06:30	Nittnany Valley Half, St. College	12/5/2004
Ed Rosporski	Half Marathon	1:25:31	0:06:32	Nittnany Valley Half, St. College	12/5/2004
Jill Knesh	Half Marathon	1:26:37	0:06:37	Cook Forest Half	4/4/2004
Mark Stern	Half Marathon	1:27:27	0:06:41	Presque Isle Half, Erie	7/18/2004
Mark Stern	Half Marathon	1:27:50	0:06:42	Nittnany Valley Half, St. College	12/5/2004
Bill Winters	Half Marathon	1:34:11	0:07:11	Nittnany Valley Half, St. College	12/5/2004
Tom Fetterman, Sr.	Half Marathon	1:36:52	0:07:24	Rockwood Half Marathon	9/4/2004
Jeff Graham	Half Marathon	1:37:57	0:07:29	Nittnany Valley Half, St. College	12/5/2004
Ron Blake	Half Marathon	1:38:49	0:07:33	Rockwood Half Marathon	9/4/2004
Tom Fetterman, Sr.	Half Marathon	1:38:54	0:07:33	Nittnany Valley Half, St. College	12/5/2004
Bill Winters	Half Marathon	1:39:34	0:07:36	Rockwood Half Marathon	9/4/2004
Tom Fetterman, Jr.	Half Marathon	1:41:32	0:07:45	Rockwood Half Marathon	9/4/2004
Bert Ross	Half Marathon	1:42:17	0:07:48	Colonial Half, Williamsburg	2/21/2004
Bill Serafin	Half Marathon	1:42:31	0:07:50	Cook Forest Half	4/4/2004
Dan McQuiston	Half Marathon	1:43:32	0:07:54	Nittnany Valley Half, St. College	12/5/2004
Bob Crawford	Half Marathon	1:45:26	0:08:03	Cook Forest Half	4/4/2004
Joe Bujdos	Half Marathon	1:45:30	0:08:03	IKEA Half Marathon	9/11/2004
Mary Jean Budjos	Half Marathon	1:45:52	0:08:05	IKEA Half Marathon	9/11/2004
John Swauger	Half Marathon	1:46:15	0:08:07	Rockwood Half Marathon	9/4/2004
Dan Hurlburt	Half Marathon	1:46:33	0:08:08	Nittnany Valley Half, St. College	12/5/2004

Dan McQuiston	Half Marathon	1:47:27	0:08:12	Cook Forest Half	4/4/2004
Jennifer Wally Blystone	Half Marathon	1:49:35	0:08:22	IKEA Half Marathon	9/11/2004
Sharon Holsinger	Half Marathon	1:49:35	0:08:22	IKEA Half Marathon	9/11/2004
Chrissy Jack	Half Marathon	1:50:36	0:08:27	Cook Forest Half	4/4/2004
Selena Stern	Half Marathon	1:52:08	0:08:34	Presque Isle Half, Erie	7/18/2004
John Swauger	Half Marathon	1:52:12	0:08:34	Nittnany Valley Half, St. College	12/5/2004
Nina Santus	Half Marathon	1:53:08	0:08:38	IKEA Half Marathon	9/11/2004
Jennifer Wally Blystone	Half Marathon	1:54:37	0:08:45	Nittnany Valley Half, St. College	12/5/2004
Sharon Holsinger	Half Marathon	1:54:37	0:08:45	Nittnany Valley Half, St. College	12/5/2004
Selena Stern	Half Marathon	1:54:51	0:08:46	Nittnany Valley Half, St. College	12/5/2004
Heather Hurlburt	Half Marathon	1:55:18	0:08:48	Nittnany Valley Half, St. College	12/5/2004
Nina Santus	Half Marathon	1:58:51	0:09:04	Nittnany Valley Half, St. College	12/5/2004
John Chernega	Half Marathon	1:58:57	0:09:05	Nittnany Valley Half, St. College	12/5/2004
Sue Smith	Half Marathon	1:59:53	0:09:09	P.F. Chang's Rock&Roll Half	1/11/2004
Mel Stern	Half Marathon	2:00:54	0:09:14	IKEA Half Marathon	9/11/2004
Mel Stern	Half Marathon	2:03:00	0:09:23	Nittnany Valley Half, St. College	12/5/2004
Donna Scanlon	Half Marathon	2:08:34	0:09:49	Rockwood Half Marathon	9/4/2004
Pat Scanlon	Half Marathon	2:08:35	0:09:49	Rockwood Half Marathon	9/4/2004
Mel Stern	Half Marathon	2:08:36	0:09:49	Lake Tahoe Half, Calif	10/9/2004
Scott Bowman	Half Marathon	2:15:31	0:10:21	Cook Forest Half	4/4/2004
Tom Fetterman, Jr.	15 Mile	2:00:31	0:08:02	Spring Thaw, 10-15-20	3/6/2004
Bill Winters	15 Mile	2:00:33	0:08:02	Spring Thaw, 10-15-20	3/6/2004
Tom Fetterman, Sr.	15 Mile	2:00:33	0:08:02	Spring Thaw, 10-15-20	3/6/2004
Bob Crawford	15 Mile	2:07:17	0:08:29	Spring Thaw, 10-15-20	3/6/2004
Sharon Holsinger	15 Mile	2:10:06	0:08:40	Spring Thaw, 10-15-20	3/6/2004
Mel Stern	25K	2:21:31	0:09:08	Phila. Marathon Warmup 25K	10/24/2004
Bill Winters	20 mile	2:39:50	0:07:59	Spring Thaw, 10-15-20	3/6/2004
Tom Fetterman, Sr.	20 Mile	2:39:50	0:07:59	Spring Thaw, 10-15-20	3/6/2004
Tom Lipsie	Marathon	2:49:33	0:06:28	God's Country, Coudersport	6/5/2004
Tom Lipsie	Marathon	2:50:16	0:06:30	Cleveland	4/25/2004
Tom Lipsie	Marathon	2:56:04	0:06:43	Marine Corps Marathon	10/31/2004
Jim Hamilton	Marathon	3:01:37	0:06:56	Philadelphia Marathon	11/21/2004
Jill Knesh	Marathon	3:04:17	0:07:02	Cleveland	4/25/2004
Jill Knesh	Marathon	3:04:51	0:07:03	God's Country, Coudersport	6/5/2004
Mark Stern	Marathon	3:06:34	0:07:07	Philadelphia Marathon	11/21/2004
Jim Hamilton	Marathon	3:12:39	0:07:21	Cleveland	4/25/2004
Joe Chichester	Marathon	3:14:49	0:07:26	Harrisburg Marathon	11/14/2004
Tom Fetterman, Sr.	Marathon	3:24:05	0:07:47	Oklahoma City	4/25/2004
Bernie Coppolo	Marathon	3:24:10	0:07:48	Columbus Marathon	10/17/2004
Betsy Kealey	Marathon	3:24:49	0:07:49	Steamboat Marathon, Scanton, PA	10/10/2004
Bernie Coppolo	Marathon	3:24:56	0:07:49	Baltimore Marathon	3/7/2004
Robert Buell	Marathon	3:25:21	0:07:50	God's Country, Coudersport	6/5/2004
Tom Fetterman, Sr.	Marathon	3:25:30	0:07:51	Mississippi Marathon	1/11/2004

Tom Fetterman, Sr.	Marathon	3:27:44	0:07:56	Run With The Herds, Casper, WY	6/6/2004
Tom Fetterman, Sr.	Marathon	3:29:41	0:08:00	Nifty Fifty Marathon, Coventry, RI	11/14/2004
Bill Winters	Marathon	3:32:51	0:08:07	Mississippi Marathon	1/11/2004
Betsy Kealey	Marathon	3:34:10	0:08:10	Boston Marathon	4/19/2004
Tom Fetterman, Sr.	Marathon	3:38:44	0:08:21	Walker/North Country Marathon, MN	9/25/2004
Bob Crawford	Marathon	3:38:47	0:08:21	Erie Marathon	9/12/2004
Betsy Kealey	Marathon	3:39:09	0:08:22	Disney World	1/11/2004
Tom Fetterman, Sr.	Marathon	3:39:51	0:08:23	Duke City Marathon	10/24/2004
Tom Fetterman, Jr.	Marathon	3:39:55	0:08:24	Nifty Fifty Marathon, Coventry, RI	11/14/2004
Dan McQuiston	Marathon	3:45:21	0:08:36	Cleveland	4/25/2004
Mark Stern	Marathon	3:49:40	0:08:46	Lake Tahoe Maratho, Calif.	10/9/2004
John Chernega	Marathon	3:55:19	0:08:59	Philadelphia Marathon	11/21/2004
Diana Margoniu-Lutz	Marathon	3:55:44	0:09:00	Cleveland	4/25/2004
Sharon Holsinger	Marathon	4:01:44	0:09:14	Buffalo Marathon	5/30/2004
Jennifer Wally Blystone	Marathon	4:01:44	0:09:14	Buffalo Marathon	5/30/2004
John Chernega	Marathon	4:13:10	0:09:40	Marine Corps Marathon	10/31/2004
Al Cole	Marathon	4:27:00	0:10:11	Air Force Marathon	9/18/2004
Mary Jean Budjos	Marathon	4:40:56	0:10:43	Atlanta Marathon	11/25/2004
Joe Bujdos	Marathon	4:52:46	0:11:10	Atlanta Marathon	11/25/2004
Donna Zukas	Marathon	4:55:36	0:11:17	Disney World	1/11/2004
Mary Ann Hazer	Marathon	4:58:42	0:11:24	Boston Marathon	4/19/2004
Joe Bujdos	Marathon	5:11:00	0:11:52	Washington's Birthday Marathon	2/22/2004
Mary Jean Budjos	Marathon	5:11:00	0:11:52	Washington's Birthday Marathon	2/22/2004
Ed Rosporski	50K	4:27:56	0:08:39	Groundhog 50K	9/11/2004
Diana Margoniu-Lutz	50K	7:31:34	0:14:34	Groundhog 50K	9/11/2004
Scott Bowman	Triathlon	1:39:00		Yellow Creek Triathlon	6/19/2004
Jennifer Wally Blystone	Triathlon	1:44:00		Yellow Creek Triathlon	6/19/2004
Nina Santus	Triathlon	1:51:00		Yellow Creek Triathlon	6/19/2004
Selena Stern	Duathlon	1:53:17		Shanksville	5/15/2004
Mark Stern	Duathlon	1:53:18		Shanksville	5/15/2004
Al Casagranda	Adventure Race	3:21:10		Tappan Lake, OH	6/13/2004