

RUN FOR THE TRAIL 7K

August 14, 2005, Race Director Tom Fetterman, Sr.

IRRC Members in bold

Overall	Division	Name	Gender	Age	Time	Pace
By Overall Finish:						
1	1	Tom Lipsie	M	38	0:23:48	0:05:28
2	2	Al Casagranda	M	41	0:24:35	0:05:39
3	3	Matt Manfred	M	24	0:25:00	0:05:45
4	1	Ed Rosporski	M	21	0:25:17	0:05:49
5	1	Shane Simmons	M	18	0:26:04	0:05:60
6	1	Tom Berzonsky	M	31	0:26:25	0:06:04
7	1	Jim Spisak	M	14	0:26:44	0:06:09
8	1	Dan Cunkelman	M	49	0:26:48	0:06:10
9	2	Ron Blake	M	45	0:27:14	0:06:16
10	2	Andrew Wylie	M	18	0:27:42	0:06:22
11	3	Steven Koches	M	17	0:28:33	0:06:34
12	4	Ben Peacock	M	17	0:28:46	0:06:37
13	5	Zach Seymour	M	17	0:29:01	0:06:40
14	1	Carly Seymour	F	15	0:29:17	0:06:44
15	1	Mike Gehosky	M	36	0:29:25	0:06:46
16	1	Mitch Radella	M	40	0:29:29	0:06:47
17	3	Ben Foy	M	47	0:29:34	0:06:48
18	2	David Hickey	M	33	0:29:47	0:06:51
19	3	Willam Estep	M	34	0:29:58	0:06:53
20	4	Philip Westlake	M	33	0:30:13	0:06:57
21	4	Keith Isenberg	M	48	0:30:33	0:07:01
22	2	Tom Fetterman, Jr.	M	41	0:30:38	0:07:03
23	2	Randy Wilson	M	37	0:30:45	0:07:04
24	6	Tim Eggert	M	18	0:30:54	0:07:06
25	3	Dan McQuiston	M	43	0:30:56	0:07:07
26	2	Luke McKelvy	M	23	0:30:59	0:07:07
27	1	Bill Winters	M	52	0:31:07	0:07:09
28	2	John Swauger	M	53	0:31:16	0:07:11
29	5	Jeff Smith	M	31	0:31:29	0:07:14
30	2	Annie Cekada	F	14	0:31:39	0:07:17
31	4	Tom Fanning	M	44	0:31:57	0:07:21
32	6	Jim Glassford	M	32	0:31:57	0:07:21
33	7	Eric Blazavich	M	32	0:32:04	0:07:22
34	7	Tim Varner	M	16	0:32:55	0:07:34
35	5	Al Cole	M	48	0:33:04	0:07:36
36	2	Steffen Sprow	M	15	0:33:08	0:07:37
37	5	Tony Bruno	M	44	0:33:10	0:07:38
38	1	Jim Ostinowski	M	58	0:33:13	0:07:38
39	3	Heidi Manfred	F	24	0:33:17	0:07:39
40	1	Heather Lazanic	F	16	0:33:57	0:07:48
41	6	Jeff Graham	M	41	0:34:06	0:07:50
42	1	Jennifer Wally Blystone	F	32	0:34:12	0:07:52
43	6	Greg Bixel	M	45	0:34:24	0:07:55
44	1	Scott Cramer	M	29	0:34:30	0:07:56
45	7	Greg Winger	M	41	0:34:36	0:07:57
46	1	Tom Dunbar	M	66	0:34:39	0:07:58
47	2	Molly Moore	F	18	0:34:38	0:07:58
48	8	Chris Peters	M	34	0:34:52	0:08:01
49	3	Ronald Addis	M	50	0:35:00	0:08:03
50	4	Bob Layton	M	51	0:35:06	0:08:04
51	1	Ginny Winters	F	49	0:35:38	0:08:12
52	7	Walter Byrne	M	48	0:36:33	0:08:24
53	1	Jan McKelvy	F	20	0:36:43	0:08:26
54	3	David Baldorin	M	38	0:36:58	0:08:30
55	5	John Heycock	M	52	0:37:17	0:08:34
56	1	Cindy Mazurak	F	43	0:37:26	0:08:36
57	2	Laurie Madison	F		0:37:37	0:08:40

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August 14, 2005, Race Director Tom Fetterman, Sr.

IRRC Members in bold

Overall	Division	Name	Gender	Age	Time	Pace
58	2	Jim Cook	M	55	0:37:50	0:08:42
59	3	Tausha Varner	F	17	0:38:03	0:08:45
60	2	Anita Sprow	F	40	0:38:05	0:08:45
61	6	John Bomboy	M	52	0:38:08	0:08:46
62	8	Wayne Manoz	M	45	0:38:23	0:08:49
63	1	Tom Swab	M	71	0:39:11	0:09:01
64	7	Bill Miller	M	51	0:39:12	0:09:01
65	4	Andrea Fletcher	F	17	0:39:21	0:09:03
66	9	Randy Short	M	46	0:39:32	0:09:05
67	3	Frank Frederick	M	56	0:39:53	0:09:10
68	5	Dana Jo Nichol	F	17	0:40:00	0:09:12
69	4	James Lafontaine	M	57	0:40:29	0:09:18
70	3	Stacey Hrin	F	34	0:40:54	0:09:24
71	9	Raymond Hrin	M	34	0:40:56	0:09:25
72	1	Christa Lezanic	F	14	0:40:58	0:09:25
73		????????????				
74	1	Paul Byrne	M	61	0:41:18	0:09:30
75	1	Aileen Bowman	F	39	0:41:30	0:09:32
76	8	Scott Bowman	M	40	0:41:36	0:09:34
77	2	Cathy Swauger	F	47	0:42:06	0:09:41
78	3	Anne Hoover	F	45	0:43:30	0:10:00
79	5	James Moore	M	59	0:43:45	0:10:04
80	2	Dave McConnell	M	61	0:43:46	0:10:04
81	3	Wendy Fetterman	F	41	0:44:56	0:10:20
82	8	Tom Knapp	M	51	0:45:40	0:10:30
83	3	Tyrell Varner	M	13	0:46:43	0:10:44
84	4	Karen Holby	F	48	0:47:34	0:10:56
85	2	John Harwick	M	72	0:47:54	0:11:01
86	9	Randy Sickles	M	43	0:49:52	0:11:28
87	1	Claire Hogan	F	52	0:51:07	0:11:45
88	9	Don Hogan	M	53	0:51:07	0:11:45
89	3	Robert Hinrichsen	M	80	0:53:28	0:12:18
90	1	Betsy Fetterman	F	66	1:02:45	0:14:26
91	4	Jed Fetterman	M	15	1:02:49	0:14:27
92	2	Pam Lezack	F	39	1:03:27	0:14:35
93	4	Rebecca Miller	F	31	1:05:38	0:15:05
94	3	Roxanne Sickles	F	36	1:05:38	0:15:05

BY AGE

Male, top three overall

1	1	Tom Lipsie	M	38	0:23:48	0:05:28
2	2	Al Casagrande	M	41	0:24:35	0:05:39
3	3	Matt Manfred	M	24	0:25:00	0:05:45

Male, ages 13-15

7	1	Jim Spisak	M	14	0:26:44	0:06:09
36	2	Steffen Sprow	M	15	0:33:08	0:07:37
83	3	Tyrell Varner	M	13	0:46:43	0:10:44
91	4	Jed Fetterman	M	15	1:02:49	0:14:27

Male, ages 16-19

5	1	Shane Simmons	M	18	0:26:04	0:05:60
10	2	Andrew Wylie	M	18	0:27:42	0:06:22
11	3	Steven Koches	M	17	0:28:33	0:06:34
12	4	Ben Peacock	M	17	0:28:46	0:06:37

RUN FOR THE TRAIL 7K

August 14, 2005, Race Director Tom Fetterman, Sr.

IRRC Members in bold

Overall	Division	Name	Gender	Age	Time	Pace
13	5	Zach Seymour	M	17	0:29:01	0:06:40
24	6	Tim Eggert	M	18	0:30:54	0:07:06
34	7	Tim Varner	M	16	0:32:55	0:07:34

Male, ages 20-24

4	1	Ed Rosporski	M	21	0:25:17	0:05:49
26	2	Luke McKelvy	M	23	0:30:59	0:07:07

Male, ages 25-29

44	1	Scott Cramer	M	29	0:34:30	0:07:56
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Male, ages 30-34

6	1	Tom Berzonsky	M	31	0:26:25	0:06:04
18	2	David Hickey	M	33	0:29:47	0:06:51
19	3	Willam Estep	M	34	0:29:58	0:06:53
20	4	Philip Westlake	M	33	0:30:13	0:06:57
29	5	Jeff Smith	M	31	0:31:29	0:07:14
32	6	Jim Glassford	M	32	0:31:57	0:07:21
33	7	Eric Blazavich	M	32	0:32:04	0:07:22
48	8	Chris Peters	M	34	0:34:52	0:08:01
71	9	Raymond Hrin	M	34	0:40:56	0:09:25

Male, ages 35-39

15	1	Mike Gehosky	M	36	0:29:25	0:06:46
23	2	Randy Wilson	M	37	0:30:45	0:07:04
54	3	David Baldorin	M	38	0:36:58	0:08:30

Male, ages 40-44

16	1	Mitch Radella	M	40	0:29:29	0:06:47
22	2	Tom Fetterman, Jr.	M	41	0:30:38	0:07:03
25	3	Dan McQuiston	M	43	0:30:56	0:07:07
31	4	Tom Fanning	M	44	0:31:57	0:07:21
37	5	Tony Bruno	M	44	0:33:10	0:07:38
41	6	Jeff Graham	M	41	0:34:06	0:07:50
45	7	Greg Winger	M	41	0:34:36	0:07:57
76	8	Scott Bowman	M	40	0:41:36	0:09:34
86	9	Randy Sickles	M	43	0:49:52	0:11:28

Male, ages 45-49

8	1	Dan Cunkelman	M	49	0:26:48	0:06:10
9	2	Ron Blake	M	45	0:27:14	0:06:16
17	3	Ben Foy	M	47	0:29:34	0:06:48
21	4	Keith Isenberg	M	48	0:30:33	0:07:01
35	5	Al Cole	M	48	0:33:04	0:07:36
43	6	Greg Bixel	M	45	0:34:24	0:07:55
52	7	Walter Byrne	M	48	0:36:33	0:08:24
62	8	Wayne Manoz	M	45	0:38:23	0:08:49
66	9	Randy Short	M	46	0:39:32	0:09:05

Male, ages 50-54

RUN FOR THE TRAIL 7K

August 14, 2005, Race Director Tom Fetterman, Sr.

IRRC Members in bold

Overall	Division	Name	Gender	Age	Time	Pace
27	1	Bill Winters	M	52	0:31:07	0:07:09
28	2	John Swauger	M	53	0:31:16	0:07:11
49	3	Ronald Addis	M	50	0:35:00	0:08:03
50	4	Bob Layton	M	51	0:35:06	0:08:04
55	5	John Heycock	M	52	0:37:17	0:08:34
61	6	John Bomboy	M	52	0:38:08	0:08:46
64	7	Bill Miller	M	51	0:39:12	0:09:01
82	8	Tom Knapp	M	51	0:45:40	0:10:30
88	9	Don Hogan	M	53	0:51:07	0:11:45

Male, ages 55-59

38	1	Jim Ostinowski	M	58	0:33:13	0:07:38
58	2	Jim Cook	M	55	0:37:50	0:08:42
67	3	Frank Frederick	M	56	0:39:53	0:09:10
69	4	James Lafontaine	M	57	0:40:29	0:09:18
79	5	James Moore	M	59	0:43:45	0:10:04

Male, ages 60-64

74	1	Paul Byrne	M	61	0:41:18	0:09:30
80	2	Dave McConnell	M	61	0:43:46	0:10:04

Male, ages 56-69

46	1	Tom Dunbar	M	66	0:34:39	0:07:58
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Male, ages 70 and up

63	1	Tom Swab	M	71	0:39:11	0:09:01
85	2	John Harwick	M	72	0:47:54	0:11:01
89	3	Robert Hinrichsen	M	80	0:53:28	0:12:18

Female, top three overall

14	1	Carly Seymour	F	15	0:29:17	0:06:44
30	2	Annie Cekada	F	14	0:31:39	0:07:17
39	3	Heidi Manfred	F	24	0:33:17	0:07:39

Female, ages 13-15

72	1	Christa Lezanic	F	14	0:40:58	0:09:25
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Female, ages 16-19

40	1	Heather Lazanic	F	16	0:33:57	0:07:48
47	2	Molly Moore	F	18	0:34:38	0:07:58
59	3	Tausha Varner	F	17	0:38:03	0:08:45
65	4	Andrea Fletcher	F	17	0:39:21	0:09:03
68	5	Dana Jo Nichol	F	17	0:40:00	0:09:12

Female, ages 20-24

53	1	Jan McKelvy	F	20	0:36:43	0:08:26
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Female, ages 30-34

42	1	Jennifer Wally Blystone	F	32	0:34:12	0:07:52
57	2	Laurie Madison	F		0:37:37	0:08:40
70	3	Stacey Hrin	F	34	0:40:54	0:09:24
93	4	Rebecca Miller	F	31	1:05:38	0:15:05

RUN FOR THE TRAIL 7K

August 14, 2005, Race Director Tom Fetterman, Sr.

IRRC Members in bold

Overall	Division	Name	Gender	Age	Time	Pace
Female, ages 35-39						
75	1	Aileen Bowman	F	39	0:41:30	0:09:32
92	2	Pam Lezack	F	39	1:03:27	0:14:35
94	3	Roxanne Sickles	F	36	1:05:38	0:15:05
Female, ages 40-44						
56	1	Cindy Mazurak	F	43	0:37:26	0:08:36
60	2	Anita Sprow	F	40	0:38:05	0:08:45
81	3	Wendy Fetterman	F	41	0:44:56	0:10:20
Female, ages 45-49						
51	1	Ginny Winters	F	49	0:35:38	0:08:12
77	2	Cathy Swauger	F	47	0:42:06	0:09:41
78	3	Anne Hoover	F	45	0:43:30	0:10:00
84	4	Karen Holby	F	48	0:47:34	0:10:56
Female, ages 50-55						
87	1	Claire Hogan	F	52	0:51:07	0:11:45
Female, ages 65-69						
90	1	Betsy Fetterman	F	66	1:02:45	0:14:26