



Cumberland Valley Rails-to-Trails Council

Race, Run, Ride & Ramble 5k Run

April 19, 2009

Age Group Finish

Race, Run, Ride & Ramble 5k Run

Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female 19 & under Total: 5										
1	5		25:25	Josslyn Howard	55	13	19 & under	Shippensburg	PA	8:11
2	28		36:54	Miranda Hollaway	53	14	19 & under	Chambersburg	PA	11:53
3	37		46:51	Elisabeth Sheppard	48	11	19 & under	Chambersburg	PA	15:05
4	39		54:52	Mackenzie Yorlets	168	11	19 & under	Carlisle	PA	17:40
5	42		58:06	Kristina Everetts	128	19	19 & under	Shippensburg	PA	18:42
Female 20 - 29 Total: 7										
1	10		29:01	Jen Dzezinski	144	25	20 - 29	Newville	PA	9:20
2	16		32:45	Liz Clough	142	29	20 - 29	Shippensburg	PA	10:32
3	20		34:43	April Weaver	38	26	20 - 29	Shippensburg	PA	11:10
4	21		35:04	Kristi Smith	37	28	20 - 29	Mechanicsburg	PA	11:17
5	22		35:05	Jamie Kasarda	156	29	20 - 29	Shippensburg	PA	11:18
6	32		40:23	Melissa Haycock	167	21	20 - 29	Shippensburg	PA	12:60
7	33		41:55	Rachel Bear	170	20	20 - 29	Carlisle	PA	13:30
Female 30 - 39 Total: 17										
1	7		27:14	Jennifer Williamson	63	33	30 - 39	Shippensburg	PA	8:46
2	8		27:42	Lisa Price	153	32	30 - 39	Chambersburg	PA	8:55
3	11		29:06	Krissy Kitchen	67	33	30 - 39	Newville	PA	9:22
4	13		31:01	Melissa Helfrick	162	33	30 - 39	Shippensburg	PA	9:59
5	14		32:33	Christa Michelle Lohr	151	34	30 - 39	Shippensburg	PA	10:29
6	15		32:45	Becky Shetron	171	38	30 - 39	Newville	PA	10:32
7	17		32:56	Nicki E Glunt	150	37	30 - 39	Shippensburg	PA	10:36
8	18		33:15	Kara Alana Laskowski	42	35	30 - 39	Newburg	PA	10:42
9	19		34:41	Alison Dagnes	186	39	30 - 39	Chamberbusg	PA	11:10
10	24		35:24	Lisa Eileen Kalist	133	37	30 - 39	Chambersburg	PA	11:24
11	26		36:05	Christine Kathryn Senecal	43	38	30 - 39	Shippensburg	PA	11:37
12	34		43:35	Lia College	99	32	30 - 39	Newville	PA	14:02
13	35		43:35	Amy Boyer	125	32	30 - 39	Shippensburg	PA	14:02
14	36		44:28	Amy Bertram	60	31	30 - 39	Fayetteville	PA	14:19
15	38		54:51	Rhonda Gladfelter	30	37	30 - 39	Shippensburg	PA	17:39
16	43		59:08	Shelia Gettle	188	36	30 - 39	Shippensburg	PA	19:02
17	44		59:09	Debbie Keller	192	39	30 - 39	Carlisle	PA	19:02



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Female 40 - 49			Total: 7							
1	9	3	27:57	Jennifer Ney	165	41	40 - 49	Lemoyne	PA	8:60
2	12	4	30:07	Anne Ellis	179	42	40 - 49	Carlisle	PA	9:42
3	25	6	35:51	Diane Holdway	54	45	40 - 49	Chambersburg	PA	11:32
4	27	7	36:14	Michelle Jones	36	46	40 - 49	Chambersburg	PA	11:40
5	29	8	37:08	Rhonda B Summey	112	47	40 - 49	New Cumberland	PA	11:57
6	30	9	37:10	Kelly Harmon	189	42	40 - 49	Fayetteville	PA	11:58
7	41	12	57:47	Everetts Katherine	41	42	40 - 49	Shippensburg	PA	18:36
Female 50 - 59			Total: 3							
1	23	5	35:15	Linda L Pennington	79	50	50 - 59	Enola	PA	11:21
2	31	10	37:25	Kathy Eddinger	199	52	50 - 59	Shippensburg	PA	12:03
3	40	11	57:41	Deb Yorlets	164	51	50 - 59	Carlisle	PA	18:34



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Male 19 & under Total: 5										
1	4		23:05	Ryan Palmer	149	18	19 & under	Shippensburg	PA	7:26
2	10		24:44	Colin Harfast	64	13	19 & under	Shippensburg	PA	7:58
3	13		29:16	Carson Helfrick	161	7	19 & under	Shippensburg	PA	9:25
4	15		31:46	Mitch Keim	185	14	19 & under	Newburg	PA	10:13
5	21		45:34	Kyle Yorlets	166	13	19 & under	Carlisle	PA	14:40
Male 20 - 29 Total: 2										
1	12		28:03	Lee Knoll	124	28	20 - 29	Harrisburg	PA	9:02
2	19		41:56	Todd College	101	28	20 - 29	Newville	PA	13:30
Male 30 - 39 Total: 3										
1	7		23:38	Matt Elgin	46	37	30 - 39	Chambersburg	PA	7:36
2	9		24:17	Dirk Helfrick	154	39	30 - 39	Greencastle	PA	7:49
3	17		32:55	Mike Clough	143	36	30 - 39	Shippensburg	PA	10:36
Male 40 - 49 Total: 5										
1	11	4	25:03	Mike Dzezinski	147	42	40 - 49	Newville	PA	8:04
2	16	6	32:33	Steve Keim	184	42	40 - 49	Newburg	PA	10:29
3	18	7	37:10	Robin A Summey	111	47	40 - 49	New Cumberland	PA	11:58
4	20	8	45:34	Jeff Bertram	62	40	40 - 49	Fayetteville	PA	14:40
5	23	10	58:07	Mark Golec	187	43	40 - 49	Carlisle	PA	18:42
Male 50 - 59 Total: 3										
1	8	3	24:01	John Hubert	66	53	50 - 59	Shippensburg	PA	7:44
2	14	5	29:26	Dean Burkholder	155	53	50 - 59	Shippensburg	PA	9:28
3	22	9	48:29	Ron McMullen	31	56	50 - 59	Newburg	PA	15:36