



Cumberland Valley Rails-to-Trails Council

Race, Run, Ride & Ramble 5k Run

April 19, 2009

Overall Finish

Race, Run, Ride & Ramble 5k Total: 66

Over All	Place	Time	Name	Race Number	Age	Masters	Age Group / Place	City	State	Pace / Mile
1	M	1	21:25	Ron Slozat	132	62	60 - 69	Shippensburg	PA	6:54
2	F	1	22:14	Jill Hazelton	139	34	30 - 39	Chambersburg	PA	7:09
3	M	2	22:36	Mike Hazelton	140	33	30 - 39	Chambersburg	PA	7:16
4	M	3	23:00	Kevin Wilson	136	28	20 - 29	Newville	PA	7:24
5	F	2	23:04	Laura Caudill	148	16	19 & under	Shippensburg	PA	7:25
6	M	4	23:05	Ryan Palmer	149	18	19 & under 1	Shippensburg	PA	7:26
7	M	5	23:15	Brad Colwell	201	60	1 60 - 69	Camp Hill	PA	7:29
8	M	6	23:34	Doug Shields	159	42	2 40 - 49	Shippensburg	PA	7:35
9	M	7	23:38	Matt Elgin	46	37	30 - 39 1	Chambersburg	PA	7:36
10	M	8	24:01	John Hubert	66	53	3 50 - 59 1	Shippensburg	PA	7:44
11	M	9	24:17	Dirk Helfrick	154	39	30 - 39 2	Greencastle	PA	7:49
12	F	3	24:37	Amy Shelly	52	30	30 - 39	Fayetteville	PA	7:55
13	M	10	24:44	Colin Harfast	64	13	19 & under 2	Shippensburg	PA	7:58
14	F	4	24:53	Paula Elaine Maravich	178	45	1 40 - 49	Shippensburg	PA	8:01
15	M	11	25:03	Mike Dzezinski	147	42	4 40 - 49 1	Newville	PA	8:04
16	F	5	25:25	Josslyn Howard	55	13	19 & under 1	Shippensburg	PA	8:11
17	F	6	26:42	Marge Lebo	163	48	2 40 - 49	New Cumberland	PA	8:36
18	F	7	27:14	Jennifer Williamson	63	33	30 - 39 1	Shippensburg	PA	8:46
19	F	8	27:42	Lisa Price	153	32	30 - 39 2	Chambersburg	PA	8:55
20	F	9	27:57	Jennifer Ney	165	41	3 40 - 49 1	Lemoyne	PA	8:60
21	M	12	28:03	Lee Knoll	124	28	20 - 29 1	Harrisburg	PA	9:02
22	F	10	29:01	Jen Dzezinski	144	25	20 - 29 1	Newville	PA	9:20
23	F	11	29:06	Krissy Kitchen	67	33	30 - 39 3	Newville	PA	9:22
24	M	13	29:16	Carson Helfrick	161	7	19 & under 3	Shippensburg	PA	9:25
25	M	14	29:26	Dean Burkholder	155	53	5 50 - 59 2	Shippensburg	PA	9:28
26	F	12	30:07	Anne Ellis	179	42	4 40 - 49 2	Carlisle	PA	9:42
27	F	13	31:01	Melissa Helfrick	162	33	30 - 39 4	Shippensburg	PA	9:59
28	M	15	31:46	Mitch Keim	185	14	19 & under 4	Newburg	PA	10:13
29	M	16	32:33	Steve Keim	184	42	6 40 - 49 2	Newburg	PA	10:29
30	F	14	32:33	Christa Michelle Lohr	151	34	30 - 39 5	Shippensburg	PA	10:29
31	F	15	32:45	Becky Shetron	171	38	30 - 39 6	Newville	PA	10:32
32	F	16	32:45	Liz Clough	142	29	20 - 29 2	Shippensburg	PA	10:32
33	M	17	32:55	Mike Clough	143	36	30 - 39 3	Shippensburg	PA	10:36
34	F	17	32:56	Nicki E Glunt	150	37	30 - 39 7	Shippensburg	PA	10:36



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35	F	18	33:15	Kara Alana Laskowski	42	35	30 - 39 8	Newburg	PA	10:42
36	F	19	34:41	Alison Dagnes	186	39	30 - 39 9	Chamberburg	PA	11:10
37	F	20	34:43	April Weaver	38	26	20 - 29 3	Shippensburg	PA	11:10
38	F	21	35:04	Kristi Smith	37	28	20 - 29 4	Mechanicsburg	PA	11:17
39	F	22	35:05	Jamie Kasarda	156	29	20 - 29 5	Shippensburg	PA	11:18
40	F	23	35:15	Linda L Pennington	79	50	5 50 - 59 1	Enola	PA	11:21
41	F	24	35:24	Lisa Eileen Kalist	133	37	30 - 39 10	Chambersburg	PA	11:24
42	F	25	35:51	Diane Holdway	54	45	6 40 - 49 3	Chambersburg	PA	11:32
43	F	26	36:05	Christine Kathryn Senecal	43	38	30 - 39 11	Shippensburg	PA	11:37
44	F	27	36:14	Michelle Jones	36	46	7 40 - 49 4	Chambersburg	PA	11:40
45	F	28	36:54	Miranda Hollaway	53	14	19 & under 2	Chambersburg	PA	11:53
46	F	29	37:08	Rhonda B Summey	112	47	8 40 - 49 5	New Cumberland	PA	11:57
47	M	18	37:10	Robin A Summey	111	47	7 40 - 49 3	New Cumberland	PA	11:58
48	F	30	37:10	Kelly Harmon	189	42	9 40 - 49 6	Fayetteville	PA	11:58
50	F	32	40:23	Melissa Haycock	167	21	20 - 29 6	Shippensburg	PA	12:60
51	F	33	41:55	Rachel Bear	170	20	20 - 29 7	Carlisle	PA	13:30
52	M	19	41:56	Todd College	101	28	20 - 29 2	Newville	PA	13:30
53	F	34	43:35	Lia College	99	32	30 - 39 12	Newville	PA	14:02
54	F	35	43:35	Amy Boyer	125	32	30 - 39 13	Shippensburg	PA	14:02
55	F	36	44:28	Amy Bertram	60	31	30 - 39 14	Fayetteville	PA	14:19
56	M	20	45:34	Jeff Bertram	62	40	8 40 - 49 4	Fayetteville	PA	14:40
57	M	21	45:34	Kyle Yorlets	166	13	19 & under 5	Carlisle	PA	14:40
58	F	37	46:51	Elisabeth Sheppard	48	11	19 & under 3	Chambersburg	PA	15:05
59	M	22	48:29	Ron McMullen	31	56	9 50 - 59 3	Newburg	PA	15:36
60	F	38	54:51	Rhonda Gladfelter	30	37	30 - 39 15	Shippensburg	PA	17:39
61	F	39	54:52	Mackenzie Yorlets	168	11	19 & under 4	Carlisle	PA	17:40
62	F	40	57:41	Deb Yorlets	164	51	11 50 - 59 3	Carlisle	PA	18:34
63	F	41	57:47	Everetts Katherine	41	42	12 40 - 49 7	Shippensburg	PA	18:36
64	F	42	58:06	Kristina Everetts	128	19	19 & under 5	Shippensburg	PA	18:42
65	M	23	58:07	Mark Golec	187	43	10 40 - 49 5	Carlisle	PA	18:42
66	F	43	59:08	Shelia Gettle	188	36	30 - 39 16	Shippensburg	PA	19:02
67	F	44	59:09	Debbie Keller	192	39	30 - 39 17	Carlisle	PA	19:02