



Cumberland Valley Rails-to-Trails Council

Race, Run, Ride & Ramble 5k

April 27, 2014

Awards

Overall

| Place | Over All | Time | Name | Race Number | Age On Race Day | Masters | Age Group / Place | City | State | Pace / Mile |
|---------------|----------|-------|----------------------|-------------|-----------------|---------|-------------------|--------------|-------|-------------|
| Female | | | Total: 3 | | | | | | | |
| 1 | 7 | 22:02 | Dyan Mcalister | 428 | 42 | | 40 - 49 | Carlisle | PA | 7:06 |
| 2 | 15 | 24:16 | Susan Duncan | 400 | 27 | | 20 - 29 | Chambersburg | PA | 7:49 |
| 3 | 17 | 24:23 | Jennifer Morris | 439 | 39 | | 30 - 39 | Chambersburg | PA | 7:51 |
| Male | | | Total: 3 | | | | | | | |
| 1 | 1 | 17:28 | Kevin Collins | 651 | 19 | | 13 - 19 | Parkton | MD | 5:37 |
| 2 | 2 | 19:28 | Michael John Stanley | 477 | 43 | | 40 - 49 | Riverside | CA | 6:16 |
| 3 | 3 | 20:43 | Ryan Palmer | 445 | 31 | | 30 - 39 | Chambersburg | PA | 6:40 |

Masters

| Place | Over All | Time | Name | Race Number | Age On Race Day | Age Group | City | State | Pace / Mile |
|---------------|----------|-------|------------------|-------------|-----------------|-----------|----------------|-------|-------------|
| Female | | | Total: 2 | | | | | | |
| 1 | 47 | 29:44 | Patricia Berecin | 381 | 47 | 40 - 49 | Shippensburg | PA | 9:34 |
| 2 | 54 | 30:41 | Gwen Coy | 392 | 48 | 40 - 49 | Newville | PA | 9:53 |
| Male | | | Total: 2 | | | | | | |
| 1 | 5 | 21:32 | Adam Nonemaker | 693 | 42 | 40 - 49 | Newburg | PA | 6:56 |
| 2 | 8 | 22:54 | Allen Bishop | 479 | 41 | 40 - 49 | Mcconnellsburg | PA | 7:22 |

Age Adjusted Finish

| Adjusted Place | Over All | Adjusted Time | Time | Name | Race Number | Age | Masters | Age Group / Place | City | State | |
|----------------|----------|---------------|-------|----------------------|-------------|-----|---------|-------------------|--------------|-------|--|
| Female | | | | | | | | | | | |
| 1 | 7 | 20:57 | 22:02 | Dyan Mcalister | 428 | 42 | | 40 - 49 | Carlisle | PA | |
| 2 | 17 | 23:41 | 24:23 | Jennifer Morris | 439 | 39 | | 30 - 39 | Chambersburg | PA | |
| 3 | 27 | 24:01 | 26:26 | Kaitlynn Den Hoed | 395 | 12 | | 12 & under 1 | Carlisle | PA | |
| Male | | | | | | | | | | | |
| 1 | 1 | 17:05 | 17:28 | Kevin Collins | 651 | 19 | | 13 - 19 | Parkton | MD | |
| 2 | 2 | 17:59 | 19:28 | Michael John Stanley | 477 | 43 | | 40 - 49 | Riverside | CA | |
| 3 | 13 | 18:14 | 23:43 | William Sauber | 499 | 65 | 4 | 60 - 69 1 | Carlisle | PA | |

Age Graded Percent

| Adjusted Place | Name | Age Graded % | Over All | Time | Adjusted Time | Gender | Age | Race Number | City | State |
|----------------|----------------------|--------------|----------|-------|---------------|--------|-----|-------------|-----------|-------|
| 1 | Kevin Collins | 76.1 | 1 | 17:28 | 17:05 | M | 19 | 651 | Parkton | MD |
| 2 | Michael John Stanley | 72.29 | 2 | 19:28 | 17:59 | M | 43 | 477 | Riverside | CA |
| 3 | William Sauber | 71.3 | 13 | 23:43 | 18:14 | M | 65 | 499 | Carlisle | PA |



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Age Groups

| Age Group | Over All | Time | Name | Race Number | Age On Race Day | Age Group | City | State | Pace / Mile |
|------------------------------|----------|-------|---------------------|-------------|-----------------|------------|--------------|-------|-------------|
| Female 12 & under | | | | | | | | | |
| 1 | 4 | 26:26 | Kaitlynn Den Hoed | 395 | 12 | 12 & under | Carlisle | PA | 8:30 |
| 2 | 34 | 39:27 | Emily Riggio | 450 | 11 | 12 & under | Newville | PA | 12:42 |
| Male 12 & under | | | | | | | | | |
| 1 | 9 | 23:12 | Adam Murr | 666 | 11 | 12 & under | Greencastle | PA | 7:28 |
| 2 | 20 | 25:28 | Noah Mcalister | 429 | 12 | 12 & under | Carlisle | PA | 8:12 |
| Female 13 - 19 | | | | | | | | | |
| 1 | 6 | 28:30 | Madison Colyer | 390 | 14 | 13 - 19 | Newville | PA | 9:10 |
| 2 | 10 | 30:29 | Katelyn Emerick | 475 | 18 | 13 - 19 | Carlisle | PA | 9:49 |
| Male 13 - 19 | | | | | | | | | |
| 1 | 10 | 23:21 | Henry Choate | 664 | 17 | 13 - 19 | | | 7:31 |
| 2 | 11 | 23:40 | Austin Emerick | 476 | 16 | 13 - 19 | Carlisle | PA | 7:37 |
| Female 20 - 29 | | | | | | | | | |
| 1 | 8 | 29:34 | Leslie Stine | 465 | 24 | 20 - 29 | Waynesboro | PA | 9:31 |
| 2 | 11 | 30:39 | Bonni Myers | 443 | 28 | 20 - 29 | Orrstown | PA | 9:52 |
| Male 20 - 29 | | | | | | | | | |
| 1 | 15 | 24:46 | Colby Thlhelm | 822 | 21 | 20 - 29 | | | 7:58 |
| 2 | 16 | 25:17 | Frank Bryan | 384 | 29 | 20 - 29 | Waynesboro | PA | 8:08 |
| Female 30 - 39 | | | | | | | | | |
| 1 | 5 | 27:10 | Kelly Dryzal | 674 | 39 | 30 - 39 | Shippensburg | PA | 8:45 |
| 2 | 7 | 29:31 | Melissa Eppley | 402 | 31 | 30 - 39 | Carlisle | PA | 9:30 |
| Male 30 - 39 | | | | | | | | | |
| 1 | 4 | 21:07 | Harrison Hipple | 411 | 37 | 30 - 39 | Shippensburg | PA | 6:48 |
| 2 | 6 | 21:53 | Adam Eichorn | 481 | 32 | 30 - 39 | St Thomas | PA | 7:03 |
| Female 40 - 49 | | | | | | | | | |
| 1 | 21 | 33:14 | Shawn Souders | 463 | 44 | 40 - 49 | Chambersburg | PA | 10:42 |
| 2 | 23 | 34:55 | Irene Whittenberger | 472 | 43 | 40 - 49 | Carlisle | PA | 11:14 |
| Male 40 - 49 | | | | | | | | | |
| 1 | 8 | 23:06 | Doug Shields | 495 | 47 | 40 - 49 | Shippensburg | PA | 7:26 |
| 2 | 18 | 25:21 | Peter Riggio | 451 | 42 | 40 - 49 | Newville | PA | 8:10 |
| Female 50 - 59 | | | | | | | | | |
| 1 | 14 | 30:44 | Norma Holsopple | 483 | 51 | 50 - 59 | Shippensburg | PA | 9:54 |
| 2 | 17 | 30:53 | Sandra Kipp | 413 | 54 | 50 - 59 | Carlisle | PA | 9:56 |



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|---------------|----------------------|-------|----------------|-------------|-----------------|-----------|--------------|-------|-------------|
| Male | 50 - 59 | | | | | | | | |
| 1 | 37 | 29:29 | Steve Barrick | 377 | 50 | 50 - 59 | Fayetteville | PA | 9:29 |
| 2 | 40 | 30:01 | Barry Stewart | 464 | 50 | 50 - 59 | Gardners | PA | 9:40 |
| Female | 60 - 69 | | | | | | | | |
| 1 | 28 | 36:04 | Brenda Thomas | 466 | 62 | 60 - 69 | Chambersburg | PA | 11:37 |
| Male | 60 - 69 | | | | | | | | |
| 1 | 12 | 23:43 | William Sauber | 499 | 65 | 60 - 69 | Carlisle | PA | 7:38 |
| 2 | 14 | 24:23 | Ron Slozat | 461 | 67 | 60 - 69 | Shippensburg | PA | 7:51 |
| Male | 70 & over | | | | | | | | |
| 1 | 17 | 25:20 | Ron Cornelius | 391 | 71 | 70 & over | Fayetteville | PA | 8:09 |
| 2 | 45 | 33:05 | Bob Archibald | 373 | 81 | 70 & over | Fayetteville | PA | 10:39 |