Cumberland Valley Rails-to-Trails Council
Fall Down on the Trail 5K
October 03, 2009
Overall Finish

2009 Fall Down on the Trail 5K **Total: 68**

Over All		Place	Time	Name	Race Number	Age	Masters	Age Group / Place		City	State	Pace / Mile
1	M	1	19:19	Scott Ott	119	48		40 - 49		Spring Grove	PA	6:13
2	M	2	19:30	Jon Fox	155	31		30 - 39		Harrisburg	PA	6:17
3	M	3	20:12	Clayton Paul Weber	171	18		13 - 19		Newville	PA	6:30
4	M	4	20:16	Scott Baldwin	133	29		20 - 29	1	Carlisle	PA	6:31
5	M	5	20:24	Jim Recard	127	48	1	40 - 49		Mont Alto	PA	6:34
6	M	6	21:09	Ashton Lawrence Forbeck	166	14		13 - 19	1	Carlisle	PA	6:48
7	M	7	21:39	Nicholas Gerard Mistishen	130	47	2	40 - 49		Harrisburg	PA	6:58
8	M	8	21:51	Ron Slozat	194	63	3	60 - 69	1	Shippensburg	PA	7:02
9	M	9	22:30	Jason Kreider	135	31		30 - 39	1	Newville	PA	7:15
10	M	10	22:45	Chris Ackley	168	30		30 - 39	2	Carlisle	PA	7:19
11	M	11	22:47	Steve Hoffman	132	43	4	40 - 49	1	Carlisle	PA	7:20
12	M	12	22:48	Steven Fulfer	141	33		30 - 39	3	Mechanicsburg	PA	7:20
13	M	13	22:48	Dennis Brandt	138	46	5	40 - 49	2	Carlisle	PA	7:20
14	M	14	22:48	Doug Shields	140	42	6	40 - 49	3	Shippensburg	PA	7:20
15	M	15	22:48	Jeff Evans	137	46	7	40 - 49	4	Palmyra	PA	7:20
16	M	16	22:48	David Helman	126	37		30 - 39	4	Chambersburg	PA	7:20
17	M	17	23:19	Mil Engle	143	60	8	60 - 69	2	Shippensburg	PA	7:30
18	F	**1**	23:54	Noelle Stewart	151	29		20 - 29		Halifax	PA	7:42
19	M	18	23:58	Mike Dzezinski	202	43	9	40 - 49	5	Newville	PA	7:43
20	F	**2**	24:10	Amy Stahlman	120	41		40 - 49		Shippensburg	PA	7:47
21	F	**3**	24:13	Jessica Kaliaowski	195	21		20 - 29		Coal Township	PA	7:48
22	M	19	24:13	Todd Feasley	205	29		20 - 29	2	Chambersburg	PA	7:48
23	F	**4**	24:16	Eliza Gross	203	24		20 - 29	1	Mechanicsburg	PA	7:49
24	M	20	24:18	Brian Lehman	125	38		30 - 39	5	Chambersburg	PA	7:49
25	M	21	24:25	Randall Arthur Pellow	129	65	10	60 - 69	3	Shippensburg	PA	7:52
26	M	22	24:28	Ken Eugene Rowe	136	44	11	40 - 49	6	Newville	PA	7:53
27	F	**5**	24:29	Michelle Baldwin	134	29		20 - 29	2	Carlisle	PA	7:53
28	F	**6**	24:34	Kristin Memmelaar	169	24		20 - 29	3	Carlisle	PA	7:54
29	M	23	25:20	Brian Zelanko	170	20		20 - 29	3	Hanover	PA	8:09
30	M	24	25:24	Peter Riggio	200	38		30 - 39	6	Newville	PA	8:11
31	F	**7**	25:26	Teresa Helene Welte	147	25		20 - 29	4	Carlisle	PA	8:11
32	F	**8**	25:32	Erin Fulfer	142	29		20 - 29	5	Mechanicsburg	PA	8:13
33	F	**9**	26:25	Abby Nebrotski	216	19		13 - 19	1	Shippensburg	PA	8:30
34	F	**10**	26:26	Kelly Ackley	167	30		30 - 39	1	Carlisle	PA	8:30

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35	F	**11**	26:36	Nicole O'brien	400	19		13 - 19	2	Shippensburg	PA	8:34
36	M	25	26:48	Troy Zang	122	34		30 - 39	7	Mechanicsburg	PA	8:38
37	F	**12**	26:57	Margaux Brandt	139	19		13 - 19	3	Carlisle	PA	8:40
38	M	26	27:15	Brian Smith	149	45	12	40 - 49	7	Shippensburg	PA	8:46
39	F	**13**	27:17	Marcie Taylor	153	40	1	40 - 49		Shippensburg	PA	8:47
40	M	27	27:20	Timothy Hershey	121	41	13	40 - 49	8	Newville	PA	8:48
41	F	**14**	27:26	Jen Dzezinski	201	25		20 - 29	6	Newville	PA	8:50
42	M	28	27:32	Chester Priest	131	57	14	50 - 59	1	Port Royal	PA	8:52
43	F	**15**	27:40	Michelle Smith	150	43	2	40 - 49		Shippensburg	PA	8:54
44	F	**16**	27:55	Cytha Grissom	148	51	3	50 - 59	1	Biglerville	PA	8:59
45	M	29	28:06	Thomas Deardorff	204	24		20 - 29	4	Chambersburg	PA	9:03
46	F	**17**	28:15	Judy Peiper	165	40	4	40 - 49	1	Carlisle	PA	9:06
47	F	**18**	28:15	Theresa Campisi	164	28		20 - 29	7	Camp Hill	PA	9:06
48	M	30	28:25	Steve Joyner	196	23		20 - 29	5	Fairfield	PA	9:09
49	F	**19**	28:26	Holly Kiefer	197	24		20 - 29	8	Fairfield	PA	9:09
50	F	**20**	28:30	Carrie Zang	123	32		30 - 39	2	Mechanicsburg	PA	9:10
51	M	31	28:35	Pradeep Jadhan	154	27		20 - 29	6	Camp Hill	PA	9:12
52	F	**21**	28:45	Karla Lowman	144	36		30 - 39	3	Chambersburg	PA	9:15
53	F	**28**	30:07	Laura Lai-minteer	162	36		30 - 39	7	Sussex	NJ	9:42
54	F	**27**	30:27	Susan Margaret Klunk	163	37		30 - 39	6	Hanover	PA	9:48
55	F	**26**	30:28	Kristen Fritz	160	23		20 - 29	11	Chambersburg	PA	9:48
56	M	33	31:27	Mike Clough	157	36		30 - 39	8	Shippensburg	PA	10:07
57	F	**25**	31:28	Elizabeth Clough	156	30		30 - 39	5	Shippensburg	PA	10:08
58	F	**24**	31:47	Melanie A Wilkinson	74	32		30 - 39	4	Shippensburg	PA	10:14
59	F	**23**	32:35	Barbie Helman	128	28		20 - 29	10	Chambersburg	PA	10:29
60	M	32	34:10	Cameron Salonen	199	11		12 & under	1	Newville	PA	10:60
61	F	**22**	34:28	Brittany Ann Modlesky	161	21		20 - 29	9	Shippensburg	PA	11:06
62	F	**29**	35:35	Stacy Crum	124	34		30 - 39	8	Dauphin	PA	11:27
63	F	**30**	35:43	Elizabeth Yarnel	159	28		20 - 29	12	Newville	PA	11:30
64	M	34	35:51	Scott Yeager	198	50	15	50 - 59	2	Carlisle	PA	11:32
65	F	**31**	36:16	Amanda Mullany	152	30		30 - 39	9	Halifax	PA	11:40
66	F	**32**	36:24	Melissa Robbins	158	39		30 - 39	10	Carlisle	PA	11:43
67	F	**33**	37:03	Tammy L Miller	145	36		30 - 39	11	Carlisle	PA	11:56

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68	F	**34**	38:38	Lia College	146	33		30 - 39	12	Newville	PA	12:26