



Cumberland Valley Rails-to-Trails Council

Fall Down on the Trail 5k

September 24, 2016

Age Adjusted



overcast clouds
moderate breeze

Age Adjusted Finish

Adjusted Over Place	All	Adjusted Time	Time	Name	Race Number	Age	Masters	Age Group / Place	City	State	
Female											
1	15	19:47	22:49	Gabriella Sainato	134	10		12 & under	Gettysburg	PA	
2	2	19:58	19:58	Sarah Schubert	139	28		20 - 29	Charlottesville	VA	
3	54	21:27	31:37	Diane Morgan	153	68	6	60 - 69	2	Mont Alto	PA
4	14	22:28	22:28	Jane Wieler	144	27		20 - 29		Philadelphia	PA
5	27	22:29	24:16	Erica Paisley	132	13		13 - 19	1	Carlisle	PA
6	18	23:12	23:12	Jennifer Desrosier	90	28		20 - 29	1	Boston	MA
7	20	23:14	23:18	Nikki Goldstein	103	32		30 - 39	1	Hudson	NH
8	21	23:19	23:19	Guers Lindsay	122	28		20 - 29	2	Washington	DC
9	22	23:19	23:19	Ashley Lawler	117	29		20 - 29	3	Salt Lake City	UT
10	24	23:40	23:40	Jennifer Erickson	93	28		20 - 29	4	Hillsborough	NC
11	53	23:59	31:20	Sandra Chilcote	89	60	5	60 - 69	1	Mechanicsburg	PA
12	26	24:15	24:15	Brett Brough	149	26		20 - 29	5	Newville	PA
13	35	24:54	26:23	Kathryn Griffith	105	43	1	40 - 49		Carlisle	PA
14	38	24:58	26:42	Mary Koontz	116	44	3	40 - 49	1	Finksburg	MD
15	30	25:15	25:15	Bradlee Rickabaugh	148	29		20 - 29	6	Newville	PA
16	36	25:21	26:27	Angelique Gardner	98	41	2	40 - 49		Carlisle	PA
17	34	25:56	26:19	Cheryl Sanguinetti	138	36		30 - 39	2	Charleston	SC
18	42	26:03	27:51	Helen Sainato	135	44	4	40 - 49	2	Gettysburg	PA
19	63	26:35	42:37	Merrilynn Kessler	113	73	8	70 & over	1	Chambersburg	PA
20	41	26:52	26:52	Kristina Helmers	108	28		20 - 29	7	Philadelphia	PA
21	44	28:06	28:06	Julia Glick	100	25		20 - 29	8	Manassas	VA
22	46	28:49	28:50	Melissa Moore	152	30		30 - 39	3	Black River	NY
23	55	29:05	33:15	Laura Lent	121	50	7	50 - 59	1	Carlisle	PA
24	50	29:57	30:06	Mabel Van Scyoc	143	33		30 - 39	4	Shippensburg	PA
25	52	31:14	31:15	Elise Hatfield	106	30		30 - 39	5	Tallahassee	FL
26	58	34:32	34:32	Katherine Shulman	140	28		20 - 29	9	Philadelphia	PA
27	59	34:38	34:39	Julia Stern	142	30		30 - 39	6	Cambridge	MA
Male											
1	25	17:22	23:45	Ron Slozat	141	70	5	70 & over	1	Shippensburg	PA
2	6	17:47	20:30	Michael Natale	130	51	1	50 - 59		York	PA
3	13	18:18	22:25	Elijah Diaz	91	10		12 & under	1	Carlisle	PA
4	37	18:26	26:38	Jim Becker	151	74	6	70 & over	2	Greencastle	PA
5	8	18:57	20:50	Mark Sainato	136	45	2	40 - 49		Gettysburg	PA
6	39	19:22	26:48	Bruce Kessler	112	71	7	70 & over	3	Chambersburg	PA
7	12	19:23	22:21	Rodrigo Diaz	92	51	3	50 - 59	1	Carlisle	PA



Cumberland Valley Rails-to-Trails Council

Fall Down on the Trail 5k

September 24, 2016

Age Adjusted

65
 overcast clouds
 moderate breeze

Male											
8	16	19:32	22:54	Michael McSherry	123	53	4	50 - 59	2	Shippensburg	PA
9	3	19:47	20:01	Adam Goldstein	102	33		30 - 39		Hudson	NH
10	9	19:47	21:01	Seth Onolaja	131	16		13 - 19	1	Joppa	MD
11	1	19:53	19:54	Joshua Glick	99	28		20 - 29		Philadelphia	PA
12	5	19:59	20:01	Jeff Rixe	133	29		20 - 29	1	Boston	MA
13	4	20:00	20:01	Fan Zhou	147	28		20 - 29		Boston	MA
14	7	20:01	20:44	Jason Wickard	156	37		30 - 39	1	Newville	PA
15	32	20:37	26:09	Joshua Lehman	119	9		12 & under	2	Chambersburg	PA
16	11	20:58	21:08	Jeremy Hawk	107	32		30 - 39	2	Chambersburg	PA
17	10	21:07	21:08	Peter Eyvazzadeh	95	28		20 - 29	2	Philadelphia	PA
18	19	22:30	23:18	Ryan Moore	129	37		30 - 39	3	Black River	NY
19	51	23:00	30:12	Gary Marr	157	66	10	60 - 69	1	Camp Hill	PA
20	17	23:11	23:12	Joshua Burkhardt	88	28		20 - 29	3	Kettering	OH
21	23	23:25	23:37	Mike Hepner	109	32		30 - 39	4	Chambersburg	PA
22	57	23:40	34:19	Mason Lehman	120	6		12 & under	4	Chambersburg	PA
23	40	23:53	26:52	Ethan Cunningham	155	13		13 - 19	2	Carlisle	PA
24	28	24:17	24:18	Anish Mehta	125	28		20 - 29	4	Cambridge	MA
25	29	24:23	24:24	Shawn Erickson	94	28		20 - 29	5	Hillsborough	NC
26	31	24:30	25:45	Chad Kireta	114	39		30 - 39	5	Chambersburg	PA
27	43	24:48	27:54	Addison Brough	150	11		12 & under	3	Newville	PA
28	45	25:48	28:22	Brian Lehman	118	45	8	40 - 49	1	Chambersburg	PA
29	33	26:09	26:10	Preston Hershorn	110	28		20 - 29	6	New York	NY
30	49	26:57	30:06	Eric Mena	126	47	9	40 - 49	2	Mechanicsburg	PA
31	62	28:27	37:21	Goldstein Michael	128	66	13	60 - 69	2	Wayne	NJ
32	60	28:46	35:09	Mark Glick	101	58	11	50 - 59	3	Hummelstown	PA
33	47	29:11	29:12	Travis Forte	96	28		20 - 29	7	Miami	FL
34	48	29:31	29:32	Avi Gordon	104	28		20 - 29	8	New York	NY
35	61	29:32	35:48	Hans Meurer	127	57	12	50 - 59	4	Hanover	MD
36	56	32:32	33:56	James Franklin	97	38		30 - 39	6	Newville	PA