



Cumberland Valley Rails-to-Trails Council

Fall Down on the Trail 5k

September 24, 2016

Awards



overcast clouds
moderate breeze

Overall

Place	Over All	Time	Name	Race Number	Age On Race Day	Masters	Age Group / Place	City	State	Pace / Mile
Female			Total: 3							
1	2	19:58	Sarah Schubert	139	28		20 - 29	Charlottesville	VA	6:26
2	14	22:28	Jane Wieler	144	27		20 - 29	Philadelphia	PA	7:14
3	15	22:49	Gabriella Sainato	134	10		12 & under	Gettysburg	PA	7:21
Male			Total: 3							
1	1	19:54	Joshua Glick	99	28		20 - 29	Philadelphia	PA	6:24
2	3	20:01	Adam Goldstein	102	33		30 - 39	Hudson	NH	6:27
3	4	20:01	Fan Zhou	147	28		20 - 29	Boston	MA	6:27

Masters

Place	Over All	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female			Total: 2						
1	35	26:23	Kathryn Griffith	105	43	40 - 49	Carlisle	PA	8:30
2	36	26:27	Angelique Gardner	98	41	40 - 49	Carlisle	PA	8:31
Male			Total: 2						
1	6	20:30	Michael Natale	130	51	50 - 59	York	PA	6:36
2	8	20:50	Mark Sainato	136	45	40 - 49	Gettysburg	PA	6:42

Age Graded Percent

Age Grade Place	Name	Age Graded %	Over All	Time	Adjusted Time	Place	Age	Race Number	City	State
1	Ron Slozat	74.86	25	23:45	17:22		M 70	141	Shippensburg	PA
2	Gabriella Sainato	74.73	15	22:49	19:47		F 10	134	Gettysburg	PA
3	Sarah Schubert	74.04	2	19:58	19:58		F 28	139	Charlottesville	VA
4	Michael Natale	73.10	6	20:30	17:47		M 51	130	York	PA
5	Elijah Diaz	71.04	13	22:25	18:18		M 10	91	Carlisle	PA
6	Jim Becker	70.52	37	26:38	18:26		M 74	151	Greencastle	PA
7	Diane Morgan	68.92	54	31:37	21:27		F 68	153	Mont Alto	PA
8	Mark Sainato	68.60	8	20:50	18:57		M 45	136	Gettysburg	PA
9	Bruce Kessler	67.13	39	26:48	19:22		M 71	112	Chambersburg	PA
10	Rodrigo Diaz	67.07	12	22:21	19:23		M 51	92	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
Male 12 & under									
1	12	22:25	Elijah Diaz	91	10	12 & under	Carlisle	PA	7:13
2	21	26:09	Joshua Lehman	119	9	12 & under	Chambersburg	PA	8:25
Female 13 - 19									
1	10	24:16	Erica Paisley	132	13	13 - 19	Carlisle	PA	7:49
Male 13 - 19									
1	8	21:01	Seth Onolaja	131	16	13 - 19	Joppa	MD	6:46
2	25	26:52	Ethan Cunningham	155	13	13 - 19	Carlisle	PA	8:39
Female 20 - 29									
1	4	23:12	Jennifer Desrosier	90	28	20 - 29	Boston	MA	7:28
2	6	23:19	Guers Lindsay	122	28	20 - 29	Washington	DC	7:30
Male 20 - 29									
1	4	20:01	Jeff Rixe	133	29	20 - 29	Boston	MA	6:27
2	9	21:08	Peter Eyvazzadeh	95	28	20 - 29	Philadelphia	PA	6:48
Female 30 - 39									
1	5	23:18	Nikki Goldstein	103	32	30 - 39	Hudson	NH	7:30
2	12	26:19	Cheryl Sanguinetti	138	36	30 - 39	Charleston	SC	8:28
Male 30 - 39									
1	6	20:44	Jason Wickard	156	37	30 - 39	Newville	PA	6:40
2	10	21:08	Jeremy Hawk	107	32	30 - 39	Chambersburg	PA	6:48
Female 40 - 49									
1	15	26:42	Mary Koontz	116	44	40 - 49	Finksburg	MD	8:36
2	17	27:51	Helen Sainato	135	44	40 - 49	Gettysburg	PA	8:58
Male 40 - 49									
1	27	28:22	Brian Lehman	118	45	40 - 49	Chambersburg	PA	9:08
2	30	30:06	Eric Mena	126	47	40 - 49	Mechanicsburg	PA	9:41
Female 50 - 59									
1	24	33:15	Laura Lent	121	50	50 - 59	Carlisle	PA	10:42
Male 50 - 59									
1	11	22:21	Rodrigo Diaz	92	51	50 - 59	Carlisle	PA	7:12
2	13	22:54	Michael McSherry	123	53	50 - 59	Shippensburg	PA	7:22



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Age Group	Over All	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female 60 - 69									
1	22	31:20	Sandra Chilcote	89	60	60 - 69	Mechanicsburg	PA	10:05
2	23	31:37	Diane Morgan	153	68	60 - 69	Mont Alto	PA	10:11
Male 60 - 69									
1	31	30:12	Gary Marr	157	66	60 - 69	Camp Hill	PA	9:43
2	36	37:21	Goldstein Michael	128	66	60 - 69	Wayne	NJ	12:01
Female 70 & over									
1	27	42:37	Merrilynn Kessler	113	73	70 & over	Chambersburg	PA	13:43
Male 70 & over									
1	17	23:45	Ron Slozat	141	70	70 & over	Shippensburg	PA	7:39
2	23	26:38	Jim Becker	151	74	70 & over	Greencastle	PA	8:34