



Cumberland Valley Rails-to-Trails Council

Fall Down on the Trail 5k

September 24, 2016

Masters Finish



overcast clouds
moderate breeze

Fall 5k Total: 21

Place	Race Number	Over All	Time	Name	Age On Race Day	Age Group	City	State	Pace / Mile
Female				Total: 8					
1	105	35	26:23	Kathryn Griffith	43	40 - 49	Carlisle	PA	8:30
2	98	36	26:27	Angelique Gardner	41	40 - 49	Carlisle	PA	8:31
3	116	38	26:42	Mary Koontz	44	40 - 49	Finksburg	MD	8:36
4	135	42	27:51	Helen Sainato	44	40 - 49	Gettysburg	PA	8:58
5	89	53	31:20	Sandra Chilcote	60	60 - 69	Mechanicsburg	PA	10:05
6	153	54	31:37	Diane Morgan	68	60 - 69	Mont Alto	PA	10:11
7	121	55	33:15	Laura Lent	50	50 - 59	Carlisle	PA	10:42
8	113	63	42:37	Merrilynn Kessler	73	70 & over	Chambersburg	PA	13:43
Male				Total: 13					
1	130	6	20:30	Michael Natale	51	50 - 59	York	PA	6:36
2	136	8	20:50	Mark Sainato	45	40 - 49	Gettysburg	PA	6:42
3	92	12	22:21	Rodrigo Diaz	51	50 - 59	Carlisle	PA	7:12
4	123	16	22:54	Michael McSherry	53	50 - 59	Shippensburg	PA	7:22
5	141	25	23:45	Ron Slozat	70	70 & over	Shippensburg	PA	7:39
6	151	37	26:38	Jim Becker	74	70 & over	Greencastle	PA	8:34
7	112	39	26:48	Bruce Kessler	71	70 & over	Chambersburg	PA	8:38
8	118	45	28:22	Brian Lehman	45	40 - 49	Chambersburg	PA	9:08
9	126	49	30:06	Eric Mena	47	40 - 49	Mechanicsburg	PA	9:41
10	157	51	30:12	Gary Marr	66	60 - 69	Camp Hill	PA	9:43
11	101	60	35:09	Mark Glick	58	50 - 59	Hummelstown	PA	11:19
12	127	61	35:48	Hans Meurer	57	50 - 59	Hanover	MD	11:31
13	128	62	37:21	Goldstein Michael	66	60 - 69	Wayne	NJ	12:01