



Cumberland Valley Rails-to-Trails Council

Fall Down on the Trail 5k

September 24, 2016

Overall Finish



overcast clouds
moderate breeze

Fall 5k Total: 63

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	Age Grade	
1	99	M	1	19:54	Joshua Glick	28		20 - 29	Philadelphia	PA	6:24	65.38	
2	139	F	1	19:58	Sarah Schubert	28		20 - 29	Charlottesville	VA	6:26	74.04	
3	102	M	2	20:01	Adam Goldstein	33		30 - 39	Hudson	NH	6:27	65.71	
4	147	M	3	20:01	Fan Zhou	28		20 - 29	Boston	MA	6:27	65.00	
5	133	M	4	20:01	Jeff Rixe	29		20 - 29	1	Boston	MA	6:27	65.05
6	130	M	5	20:30	Michael Natale	51	1	50 - 59		York	PA	6:36	73.10
7	156	M	6	20:44	Jason Wickard	37		30 - 39	1	Newville	PA	6:40	64.95
8	136	M	7	20:50	Mark Sainato	45	2	40 - 49		Gettysburg	PA	6:42	68.60
9	131	M	8	21:01	Seth Onolaja	16		13 - 19	1	Joppa	MD	6:46	65.71
10	95	M	9	21:08	Peter Eyvazzadeh	28		20 - 29	2	Philadelphia	PA	6:48	61.56
11	107	M	10	21:08	Jeremy Hawk	32		30 - 39	2	Chambersburg	PA	6:48	62.00
12	92	M	11	22:21	Rodrigo Diaz	51	3	50 - 59	1	Carlisle	PA	7:12	67.07
13	91	M	12	22:25	Elijah Diaz	10		12 & under	1	Carlisle	PA	7:13	71.04
14	144	F	2	22:28	Jane Wieler	27		20 - 29		Philadelphia	PA	7:14	65.80
15	134	F	3	22:49	Gabriella Sainato	10		12 & under		Gettysburg	PA	7:21	74.73
16	123	M	13	22:54	Michael McSherry	53	4	50 - 59	2	Shippensburg	PA	7:22	66.55
17	88	M	14	23:12	Joshua Burkhardt	28		20 - 29	3	Kettering	OH	7:28	56.07
18	90	F	4	23:12	Jennifer Desrosier	28		20 - 29	1	Boston	MA	7:28	63.72
19	129	M	15	23:18	Ryan Moore	37		30 - 39	3	Black River	NY	7:30	57.78
20	103	F	5	23:18	Nikki Goldstein	32		30 - 39	1	Hudson	NH	7:30	63.63
21	122	F	6	23:19	Guers Lindsay	28		20 - 29	2	Washington	DC	7:30	63.40
22	117	F	7	23:19	Ashley Lawler	29		20 - 29	3	Salt Lake City	UT	7:30	63.40
23	109	M	16	23:37	Mike Hepner	32		30 - 39	4	Chambersburg	PA	7:36	55.52
24	93	F	8	23:40	Jennifer Erickson	28		20 - 29	4	Hillsborough	NC	7:37	62.46
25	141	M	17	23:45	Ron Slozat	70	5	70 & over	1	Shippensburg	PA	7:39	74.86
26	149	F	9	24:15	Brett Brough	26		20 - 29	5	Newville	PA	7:48	60.96
27	132	F	10	24:16	Erica Paisley	13		13 - 19	1	Carlisle	PA	7:49	65.75
28	125	M	18	24:18	Anish Mehta	28		20 - 29	4	Cambridge	MA	7:49	53.53
29	94	M	19	24:24	Shawn Erickson	28		20 - 29	5	Hillsborough	NC	7:51	53.32
30	148	F	11	25:15	Bradlee Rickabaugh	29		20 - 29	6	Newville	PA	8:08	58.55
31	114	M	20	25:45	Chad Kireta	39		30 - 39	5	Chambersburg	PA	8:17	53.06
32	119	M	21	26:09	Joshua Lehman	9		12 & under	2	Chambersburg	PA	8:25	63.06
33	110	M	22	26:10	Preston Hershorn	28		20 - 29	6	New York	NY	8:25	49.71



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34	138	F	12	26:19	Cheryl Sanguinetti	36		30 - 39 2	Charleston	SC	8:28	57.01
35	105	F	13	26:23	Kathryn Griffith	43	1	40 - 49	Carlisle	PA	8:30	59.37
36	98	F	14	26:27	Angelique Gardner	41	2	40 - 49	Carlisle	PA	8:31	58.32
37	151	M	23	26:38	Jim Becker	74	6	70 & over 2	Greencastle	PA	8:34	70.52
38	116	F	15	26:42	Mary Koontz	44	3	40 - 49 1	Finksburg	MD	8:36	59.21
39	112	M	24	26:48	Bruce Kessler	71	7	70 & over 3	Chambersburg	PA	8:38	67.13
40	155	M	25	26:52	Ethan Cunningham	13		13 - 19 2	Carlisle	PA	8:39	54.43
41	108	F	16	26:52	Kristina Helmers	28		20 - 29 7	Philadelphia	PA	8:39	55.02
42	135	F	17	27:51	Helen Sainato	44	4	40 - 49 2	Gettysburg	PA	8:58	56.75
43	150	M	26	27:54	Addison Brough	11		12 & under 3	Newville	PA	8:59	59.61
44	100	F	18	28:06	Julia Glick	25		20 - 29 8	Manassas	VA	9:03	52.61
45	118	M	27	28:22	Brian Lehman	45	8	40 - 49 1	Chambersburg	PA	9:08	50.39
46	152	F	19	28:50	Melissa Moore	30		30 - 39 3	Black River	NY	9:17	51.30
47	96	M	28	29:12	Travis Forte	28		20 - 29 7	Miami	FL	9:24	44.55
48	104	M	29	29:32	Avi Gordon	28		20 - 29 8	New York	NY	9:30	44.04
49	126	M	30	30:06	Eric Mena	47	9	40 - 49 2	Mechanicsburg	PA	9:41	48.24
50	143	F	20	30:06	Mabel Van Scyoc	33		30 - 39 4	Shippensburg	PA	9:41	49.36
51	157	M	31	30:12	Gary Marr	66	10	60 - 69 1	Camp Hill	PA	9:43	56.52
52	106	F	21	31:15	Elise Hatfield	30		30 - 39 5	Tallahassee	FL	10:04	47.33
53	89	F	22	31:20	Sandra Chilcote	60	5	60 - 69 1	Mechanicsburg	PA	10:05	61.64
54	153	F	23	31:37	Diane Morgan	68	6	60 - 69 2	Mont Alto	PA	10:11	68.92
55	121	F	24	33:15	Laura Lent	50	7	50 - 59 1	Carlisle	PA	10:42	50.83
56	97	M	32	33:56	James Franklin	38		30 - 39 6	Newville	PA	10:55	39.96
57	120	M	33	34:19	Mason Lehman	6		12 & under 4	Chambersburg	PA	11:03	54.93
58	140	F	25	34:32	Katherine Shulman	28		20 - 29 9	Philadelphia	PA	11:07	42.81
59	142	F	26	34:39	Julia Stern	30		30 - 39 6	Cambridge	MA	11:09	42.69
60	101	M	34	35:09	Mark Glick	58	11	50 - 59 3	Hummelstown	PA	11:19	45.19
61	127	M	35	35:48	Hans Meurer	57	12	50 - 59 4	Hanover	MD	11:31	44.02
62	128	M	36	37:21	Goldstein Michael	66	13	60 - 69 2	Wayne	NJ	12:01	45.69
63	113	F	27	42:37	Merrilynn Kessler	73	8	70 & over 1	Chambersburg	PA	13:43	55.61