



American Diabetes Association
Fitter Feet - Thankful Hearts 5k
November 23, 2013
Masters Finish

FitterFeet Total: 25

Place	Race Number	Over All	Time	Name	Age On Race Day	Age Group	City	State	Pace / Mile
Female			Total:	15					
1	219	13	26:55	Rebecca Essis	45	40 - 49	Chambersburg	PA	8:40
2	325	14	27:01	Deb Swope	45	40 - 49	Chambersburg	PA	8:42
3	348	22	28:41	Sara Grove	51	50 - 59	Chambersburg	PA	9:14
4	330	23	28:49	Carmie George	44	40 - 49	Amberson	PA	9:17
5	323	26	29:57	Julie Showalter	42	40 - 49	Chambersburg	PA	9:38
6	307	29	31:05	Margaret Horioka	58	50 - 59	Williamsport	MD	10:00
7	318	33	35:15	Pat Phenicie-Grandel	64	60 - 69	Chambersburg	PA	11:21
8	352	37	42:31	Susan Melendez	52	50 - 59			13:41
9	342	39	43:27	Glenda Small	54	50 - 59	Chambersburg	PA	13:59
10	338	40	43:40	Janice Hackos	43	40 - 49			14:03
11	322	41	46:27	Juliette Shearer	57	50 - 59	Spring Run	PA	14:57
12	170	46	49:53	Tracy Cope	43	40 - 49	Chambersburg	PA	16:03
13	349	47	52:07	Corwell Karen	49	40 - 49			16:46
14	166	52	1:02:23	Elizabeth Caveney	71	70 & over	Chambersburg	PA	20:05
15	328	53	1:02:24	Kathy White	59	50 - 59	Chambersburg	PA	20:05
Male			Total:	10					
1	329	5	23:28	Darren Armstrong	47	40 - 49	Chambersburg	PA	7:33
2	313	6	24:11	Jonathan Miller	41	40 - 49	Chambersburg	PA	7:47
3	158	8	25:30	Mike Buhrman	40	40 - 49			8:12
4	320	9	25:42	Jeff Sarver	51	50 - 59	Chambersburg	PA	8:16
5	315	12	26:20	Doug Myers	42	40 - 49	Waynesboro	PA	8:29
6	306	24	29:28	Aaron Hopkins	44	40 - 49	Hagerstown	MD	9:29
7	311	25	29:55	Ronald Leighty	48	40 - 49	Chambersburg	PA	9:38
8	316	45	49:12	Keith Myers	51	50 - 59	Greencastle	PA	15:50
9	343	48	52:33	Jamie Helman	45	40 - 49			16:55
10	327	54	1:02:45	Charles White	62	60 - 69	Chambersburg	PA	20:12