



# Cumberland Valley Rails-to-Trails Council

## Race, Run, Ride & Ramble 5k

April 19, 2015

### Awards



62

clear sky  
moderate breeze

### Overall

Place	Over All	Time	Name	Race Number	Age On Race Day	Masters	Age Group / Place	City	State	Pace / Mile
<b>Female</b>		<b>Total: 3</b>								
1	13	23:48	Karen Young	290	46		40 - 49			7:40
2	15	24:05	Amy Stahlman	900	47		40 - 49	Shippensburg	PA	7:45
3	23	25:19	Meghan Quinn	367	24		20 - 29	Saint Thomas	PA	8:09
<b>Male</b>		<b>Total: 3</b>								
1	1	16:48	Jeff Miller	230	47		40 - 49	Lewistown	PA	5:24
2	2	18:12	Josh Velez	220	19		13 - 19	Lewistown	PA	5:51
3	3	20:52	Bailey Renfrew	368	15		13 - 19	Shippensburg	PA	6:43

### Masters

Place	Over All	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
<b>Female</b>		<b>Total: 2</b>							
1	36	26:36	Marge Lebo	601	54	50 - 59	New Cumberland	PA	8:34
2	39	26:52	Joy Arnold	242	56	50 - 59	Newburg	PA	8:39
<b>Male</b>		<b>Total: 2</b>							
1	7	22:12	Kevin Woy	399	50	50 - 59	Chambersburg	PA	7:09
2	8	22:18	Bill Stahr	291	54	50 - 59	The Plains	VA	7:11

### Age Graded Percent

Age Grade Place	Name	Age Graded %	Over All	Time	Adjusted Time	Adjusted Place	Age	Race Number	City	State
1	Jeff Miller	86.47	1	16:48	15:02		M 47	230	Lewistown	PA
2	Ron Slozat	73.86	11	23:32	17:36		M 68	379	Shippensburg	PA
3	Josh Velez	72.97	2	18:12	17:49		M 19	220	Lewistown	PA
4	Elijah Diaz	69.64	18	24:38	18:40		M 8	319	Carlisle	PA
5	Bill Stahr	68.90	8	22:18	18:52		M 54	291	The Plains	VA
6	<b>Joy Arnold</b>	<b>68.02</b>	<b>39</b>	<b>26:52</b>	<b>21:44</b>		<b>F 56</b>	<b>242</b>	Newburg	PA
7	<b>Karen Young</b>	<b>67.76</b>	<b>13</b>	<b>23:48</b>	<b>21:49</b>		<b>F 46</b>	<b>290</b>		
8	<b>Amy Stahlman</b>	<b>67.71</b>	<b>15</b>	<b>24:05</b>	<b>21:50</b>		<b>F 47</b>	<b>900</b>	Shippensburg	PA
9	Bailey Renfrew	67.24	3	20:52	19:20		M 15	368	Shippensburg	PA
10	Kevin Woy	66.95	7	22:12	19:25		M 50	399	Chambersburg	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
<b>Female 12 &amp; under</b>									
<b>1</b>	28	33:07	Alexa Henry	343	12	12 & under	Shippensburg	PA	10:40
<b>2</b>	37	38:08	Karlyn Hazelton	339	12	12 & under	Chambersburg	PA	12:16
<b>Male 12 &amp; under</b>									
<b>1</b>	16	24:38	Elijah Diaz	319	8	12 & under	Carlisle	PA	7:56
<b>2</b>	25	25:55	Robert Greene	334	10	12 & under	Newville	PA	8:21
<b>Female 13 - 19</b>									
<b>1</b>	4	25:41	Alexa Smith	380	13	13 - 19	Shippensburg	PA	8:16
<b>2</b>	8	26:40	Paige Steffy	384	15	13 - 19	Elliottsburg	PA	8:35
<b>Male 13 - 19</b>									
<b>1</b>	4	21:09	Connor Greene	331	15	13 - 19	Newville	PA	6:48
<b>2</b>	12	23:34	Austin Emerick	323	17	13 - 19	Carlisle	PA	7:35
<b>Female 20 - 29</b>									
<b>1</b>	5	25:50	Lucy Bender	295	25	20 - 29			8:19
<b>2</b>	6	26:29	Julie Hendrickson	342	23	20 - 29	Shippensburg	PA	8:31
<b>Male 20 - 29</b>									
<b>1</b>	6	21:53	Austin Danzberger	315	27	20 - 29	Chambersburg	PA	7:03
<b>2</b>	10	23:26	Howard Smith	381	25	20 - 29	Shippensburg	PA	7:33
<b>Female 30 - 39</b>									
<b>1</b>	18	28:33	Katie Thompson	390	30	30 - 39	Waynesboro	PA	9:11
<b>2</b>	34	36:42	Kristen Rubeck	377	34	30 - 39	Lancaster	PA	11:49
<b>Male 30 - 39</b>									
<b>1</b>	5	21:27	Michael Kirkpatrick	352	33	30 - 39	Shippensburg	PA	6:54
<b>2</b>	15	24:25	Mike Hazelton	340	39	30 - 39	Chambersburg	PA	7:52
<b>Female 40 - 49</b>									
<b>1</b>	13	27:41	Madeline Brown	281	48	40 - 49	Shippensburg	PA	8:55
<b>2</b>	15	27:58	Brenda Ford	326	41	40 - 49	Greencastle	PA	9:00
<b>Male 40 - 49</b>									
<b>1</b>	9	22:33	Doug Shields	283	48	40 - 49	Shippensburg	PA	7:15
<b>2</b>	13	23:54	Mark Williams	287	45	40 - 49	Newburg	PA	7:42
<b>Female 50 - 59</b>									
<b>1</b>	11	27:08	Paula Maravich	361	51	50 - 59	Shippensburg	PA	8:44



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<b>Female</b>	<b>50 - 59</b>								
<b>2</b>	17	28:31	Colleen Woy	398	51	50 - 59	Chambersburg	PA	9:11
<b>Male</b>	<b>50 - 59</b>								
<b>1</b>	22	25:41	Randy Williams	397	57	50 - 59	Orrtanna	PA	8:16
<b>2</b>	31	27:02	Steve Barrick	302	51	50 - 59	Fayetteville	PA	8:42
<b>Female</b>	<b>60 - 69</b>								
<b>1</b>	40	40:36	Denise Lehman	353	60	60 - 69	Chambersburg	PA	13:04
<b>Male</b>	<b>60 - 69</b>								
<b>1</b>	11	23:32	Ron Slozat	379	68	60 - 69	Shippensburg	PA	7:34
<b>2</b>	26	26:03	Brian McPherson	237	64	60 - 69	Elliottsburg	PA	8:23
<b>Male</b>	<b>70 &amp; over</b>								
<b>1</b>	43	29:31	Randall Pellow	206	71	70 & over	Shippensburg	PA	9:30
<b>2</b>	65	45:15	Ted Barlow	285	82	70 & over	Chambersburg	PA	14:34