

Quiet Valley Living Historical Farm

Quiet Valley Rooster Run 5k



few clouds
calm

July 16, 2016

Overall Finish

5K Race Total: 120

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	Age Grade
1	332	M	1	17:53	Matt Bodon	16		13 - 19	Stroudsburg	PA	5:45	77.23
2	387	M	2	18:25	Teddy Mostellar	17		13 - 19 1	Stroudsburg	PA	5:56	73.93
3	408	M	3	19:21	Scott Wood	21		20 - 29 1	Florence	NJ	6:14	67.47
4	427	M	4	19:39	Luke Valdevit	16		13 - 19 2	Effort	PA	6:19	70.27
5	415	M	5	21:18	Nate Younker	16		13 - 19 3	Stroudsburg	PA	6:51	64.84
6	412	F	1	21:29	Michelle Joyce	17		13 - 19	Stroudsburg	PA	6:55	70.34
7	422	F	2	21:31	Amy Conboy	14		13 - 19 1	Stroudsburg	PA	6:56	73.00
8	437	F	3	23:09	Kathleen Finlayson	42	1	40 - 49	Saylorsburg	PA	7:27	67.15
9	435	M	6	23:16	Daniel Sclafani	23		20 - 29 2	Effort	PA	7:29	55.87
10	53	F	4	23:24	Taylor Garrett	15		13 - 19 2	Saylorsburg	PA	7:32	66.19
11	407	F	5	23:26	Samantha Wood	17		13 - 19 3	Florence	NJ	7:33	64.46
12	179	M	7	23:31	Jeff Silvernale	50	1	50 - 59	Stroudsburg	PA	7:34	63.21
13	414	F	6	24:15	Angelo Mesce	17		13 - 19 4	Kunkletown	PA	7:48	62.29
14	425	M	8	24:28	Des Conboy	48	2	40 - 49 1	Stroudsburg	PA	7:53	59.82
15	420	M	9	24:33	Adam Jetty	16		13 - 19 4	Effort	PA	7:54	56.24
16	346	M	10	24:43	Cody Coman	13		13 - 19 5	Kunkletown	PA	7:57	59.18
17	442	M	11	24:53	Jack Arnold	17		13 - 19 6	Allentown	PA	8:01	54.74
18	421	F	7	25:15	Finola Conboy	48	2	40 - 49 1	Stroudsburg	PA	8:08	65.32
19	92	M	12	25:17	Jason Lee	15		13 - 19 7	Stroudsburg	PA	8:08	55.52
20	355	F	8	25:18	Kalin Duke	15		13 - 19 5	Stroudsburg	PA	8:09	61.21
21	438	F	9	25:25	Lauren Bruckstein	17		13 - 19 6	Stroudsburg	PA	8:11	59.45
22	419	F	10	25:30	Krista Warfle	15		13 - 19 7	Wind Gap	PA	8:12	60.71
23	423	F	11	25:45	Ciara Conboy	13		13 - 19 8	Stroudsburg	PA	8:17	61.98
24	434	M	13	25:51	Dakota Carfello	18		13 - 19 8	Pequannock	NJ	8:19	52.03
25	393	M	14	26:08	Andrew Sokolowski	12		12 & under 1	Bushkill	PA	8:25	57.35
26	358	M	15	26:19	David Durham	51	3	50 - 59 1	East Stroudsburg	PA	8:28	56.98
27	340	M	16	26:24	Forrest J Cavalier	48	4	40 - 49 2	Saylorsburg	PA	8:30	55.44
28	424	F	12	26:49	Clodagh Conboy	9		12 & under 1	Stroudsburg	PA	8:38	65.36
29	394	F	13	26:51	Amy Stahlman	48	3	40 - 49 2	Shippensburg	PA	8:39	61.43
30	178	M	17	26:57	Carter Brown	11		12 & under 2			8:40	57.23
31	395	M	18	27:11	Jamin Street	19		13 - 19 9	Easton	PA	8:45	48.87
32	432	M	19	27:13	Bill Vitulli	55	5	50 - 59 2	East Stroudsburg	PA	8:46	56.93
33	371	M	20	27:41	Eric Kuntz	42	6	40 - 49 3	Kresgeville	PA	8:55	50.45

Quiet Valley Living Historical Farm

Quiet Valley Rooster Run 5k

July 16, 2016

Overall Finish

 **81**

few clouds
calm

5K Race Total: 120

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	Age Grade
34	416	M	21	28:07	Russell Best	39		30 - 39 1	East Bangor	PA	9:03	48.57
35	411	M	22	28:16	Rich Alborn	32		30 - 39 2	Saylorsburg	PA	9:06	46.37
36	73	M	23	28:16	Connor Laity	13		13 - 19 10			9:06	51.72
37	345	M	24	28:56	Charles Coman	35		30 - 39 3	Kunkletown	PA	9:19	45.91
38	365	M	25	29:35	Joseph Goodyear	16		13 - 19 11	Easton	PA	9:31	46.68
39	381	M	26	29:44	Jeremy Miller	38		30 - 39 4	Stroudsburg	PA	9:34	45.59
40	356	F	14	29:54	Karin Duke	46	4	40 - 49 3	Stroudsburg	PA	9:37	53.92
41	439	M	27	30:01	Keane Arnold	45	7	40 - 49 4	Allentown	PA	9:40	47.62
42	328	M	28	30:01	John Adonizio	47	8	40 - 49 5	Clarks Summit	PA	9:40	48.36
43	337	M	29	30:20	Dion Campbell	56	9	50 - 59 3	Henryville	PA	9:46	51.52
44	333	M	30	30:50	Nicholas Bodon	13		13 - 19 12	Stroudsburg	PA	9:55	47.42
45	401	M	31	31:04	Dalton Wilson	12		12 & under 3	Brodheadsville	PA	9:60	48.24
46	440	F	15	31:10	Libby Nordmark	13		13 - 19 9	Stroudsburg	PA	10:02	51.21
47	176	F	16	31:42	Taryn Silvernale	13		13 - 19 10	Stroudsburg	PA	10:12	50.34
48	392	F	17	32:09	Bonnie Scott	61	5	60 - 69 1	Allentown	PA	10:21	60.92
49	389	M	32	32:15	Kevin Neiley	49	10	40 - 49 6	Macungie	PA	10:23	45.72
50	417	F	18	32:20	Michelle Sclafani	25		20 - 29 1	Raleigh	NC	10:24	45.72
51	372	F	19	32:32	Jenny Kuntz	37		30 - 39 1	Kresgeville	PA	10:28	46.29
52	357	M	33	32:42	Stephen Duke	46	11	40 - 49 7	Stroudsburg	PA	10:32	44.04
53	441	M	34	32:49	Vaughn Arnold	66	12	60 - 69 1	Allentown	PA	10:34	52.00
54	338	M	35	32:54	Ambrose Cavalier	13		13 - 19 13	Saylorsburg	PA	10:35	44.44
55	344	M	36	33:20	Ryan Cicchelli	27		20 - 29 3	Saylorsburg	PA	10:44	39.00
56	406	M	37	33:33	Zachery Wilson	12		12 & under 4	Brodheadsville	PA	10:48	44.67
57	367	F	20	33:36	Melissa Haertsch	49	6	40 - 49 4	Springville	PA	10:49	49.69
58	377	M	38	34:03	Bob Marshall	53	13	50 - 59 4	Danielsville	PA	10:58	44.75
59	362	M	39	34:08	Lawrence J Giles Jr	53	14	50 - 59 5	Tobyhanna	PA	10:59	44.62
60	88	F	21	34:14	Tara Coman	34		30 - 39 2	Kunkletown	PA	11:01	43.50
61	329	F	22	34:23	Sarah Benjamin	34		30 - 39 3	Easton	PA	11:04	43.31
62	413	F	23	34:28	Lucianne Mesce	14		13 - 19 11	Kunkletown	PA	11:06	45.56
63	350	F	24	34:39	Eliza Comly	47	7	40 - 49 5	Springville	PA	11:09	47.06
64	402	M	40	35:06	Dillon Wilson	12		12 & under 5	Brodheadsville	PA	11:18	42.72
65	348	F	25	35:28	Amelia Comly	14		13 - 19 12	Springville	PA	11:25	44.26
66	175	M	41	35:42	Tim Shaw	29		20 - 29 4	Kunkletown	PA	11:29	36.45

Quiet Valley Living Historical Farm

Quiet Valley Rooster Run 5k

July 16, 2016

Overall Finish



81

few clouds
calm

5K Race Total: 120

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	Age Grade
67	391	F	26	35:54	Linda Paugh	63	8	60 - 69 2	Stroudsburg	PA	11:33	56.21
68	418	F	27	36:30	Carol Warfle	49	9	40 - 49 6	Wind Gap	PA	11:45	45.75
69	349	F	28	36:32	Anna Comly	13		13 - 19 13	Springville	PA	11:46	43.67
70	354	F	29	37:08	Jenna Duke	10		12 & under 2	Stroudsburg	PA	11:57	45.91
71	353	F	30	37:08	Amanda Duke	13		13 - 19 14	Stroudsburg	PA	11:57	42.97
72	386	F	31	37:29	Darleen Mostellar	55	10	50 - 59 1	Stroudsburg	PA	12:04	48.10
73	352	M	42	37:53	Peter Comly	49	15	40 - 49 8	Springville	PA	12:12	38.92
74	341	F	32	38:58	Marcellina Cavalier	10		12 & under 3	Saylorsburg	PA	12:33	43.74
75	177	F	33	39:19	Rosemary Brown	45	11	40 - 49 7			12:39	40.59
76	343	F	34	39:59	Alicia Cicchelli	26		20 - 29 2	Saylorsburg	PA	12:52	36.97
77	376	F	35	40:54	Pamela Little	57	12	50 - 59 2	Stroudsburg	PA	13:10	45.28
78	403	M	43	40:57	Joshua Wilson	12		12 & under 6	Brodheadsville	PA	13:11	36.60
79	78	F	36	40:58	Gianna Santana	14		13 - 19 15			13:11	38.32
80	404	F	37	41:01	Madison Wilson	12		12 & under 4	Brodheadsville	PA	13:12	39.65
81	326	F	38	41:35	Rannah Abdollahi	10		12 & under 5	Huntingdon Valley	PA	13:23	40.99
82	327	M	44	41:38	Touraj Abdollahi	39		30 - 39 5	Huntingdon Valley	PA	13:24	32.80
83	325	F	39	41:49	Leah Abdollahi	39		30 - 39 4	Huntingdon Valley	PA	13:28	36.41
84	405	F	40	42:06	Rebecca Wilson	51	13	50 - 59 3	Brodheadsville	PA	13:33	40.67
85	334	F	41	42:22	Sheri Bone	61	14	60 - 69 3	Bushkill	PA	13:38	46.25
86	339	M	45	42:56	Augustin Cavalier	17		13 - 19 14	Saylorsburg	PA	13:49	31.71
87	373	F	42	43:03	Allison Levitt	11		12 & under 6	Stroudsburg	PA	13:51	38.62
88	374	M	46	43:13	Kenneth Levitt	51	16	50 - 59 6	Stroudsburg	PA	13:55	34.68
89	369	M	47	43:18	Matt Henzler	27		20 - 29 5	Macungie	PA	13:56	30.02
90	409	M	48	43:21	Andrew Wright	28		20 - 29 6	Red Lion	PA	13:57	30.00
91	410	F	43	43:22	Rebecca Wright	26		20 - 29 3	Red Lion	PA	13:58	34.09
92	384	M	49	43:25	Logan Morabito	9		12 & under 7	East Stroudsburg	PA	13:58	37.97
93	366	F	44	43:47	Sarah Goodyear	10		12 & under 7	Easton	PA	14:06	38.94
94	180	F	45	43:49	Alexis Warfle	9		12 & under 8			14:06	40.01
95	330	F	46	43:50	Sarah Bennett	10		12 & under 9	Easton	PA	14:07	38.89
96	81	F	47	43:51	Sue Henry	57	15	50 - 59 4	Stroudsburg	PA	14:07	42.24
97	398	F	48	44:12	Lynn Vander Schans	34		30 - 39 5	Kunkletown	PA	14:14	33.70
98	397	M	50	44:12	Brandon Vander Schans	8		12 & under 8	Kunkletown	PA	14:14	38.83
99	368	M	51	45:12	Johnanthan Townsend	56	17	50 - 59 7	East Stroudsburg	PA	14:33	34.56

Quiet Valley Living Historical Farm

Quiet Valley Rooster Run 5k

July 16, 2016

Overall Finish

 **81**

few clouds
calm

5K Race Total: 120

Over All	Race Number	Gender	Place	Time	Name	Age	Masters	Age Group / Place	City	State	Pace / Mile	Age Grade
100	347	F	49	45:49	Trinity Coman	8		12 & under 10	Kunkletown	PA	14:45	39.49
101	390	F	50	45:49	Lori Parr	46	16	40 - 49 8	Nazareth	PA	14:45	35.18
102	331	F	51	45:50	Dawn Blaum	47	17	40 - 49 9	Stroudsburg	PA	14:45	35.57
103	430	M	52	46:14	Mark Lichty	67	18	60 - 69 2	East Stroudsburg	PA	14:53	37.25
104	359	F	52	46:39	Brenda Early	48	18	40 - 49 10	Macungie	PA	15:01	35.35
105	360	F	53	47:16	Linda Feiertag	51	19	50 - 59 5	Emmaus	PA	15:13	36.22
106	385	M	53	48:36	Michael Morabito	43	19	40 - 49 9	East Stroudsburg	PA	15:39	28.95
107	383	F	54	48:36	Deana Morabito	43	20	40 - 49 11	East Stroudsburg	PA	15:39	32.23
108	342	F	55	51:32	Nina Cavalier	49	21	40 - 49 12	Saylorsburg	PA	16:35	32.40
109	396	F	56	53:03	Michelle Townsend	45	22	40 - 49 13	East Stroudsburg	PA	17:05	30.08
110	428	F	57	56:53	Dawn Cangialosi	30		30 - 39 6	Rockaway	NJ	18:19	26.00
111	429	F	58	56:53	Heather Cangialosi	33		30 - 39 7	Rockaway	NJ	18:19	26.11
112	375	F	59	57:22	Nicole Liles	27		20 - 29 4	East Stroudsburg	PA	18:28	25.77
113	364	F	60	58:27	Heather Goodyear	44	23	40 - 49 14	Easton	PA	18:49	27.04
114	363	F	61	58:27	Hannah Goodyear	4		12 & under 11	Easton	PA	18:49	
115	431	F	62	58:27	Wendy Lichty	64	24	60 - 69 4	East Stroudsburg	PA	18:49	35.03
116	378	F	63	58:28	Elisabeth Marshall	34		30 - 39 8	Stroudsburg	PA	18:49	25.47
117	379	F	64	1:03:48	Louise Marshall	53	25	50 - 59 6	Danielsville	PA	20:32	27.52
118	370	F	65	1:03:55	Jane King	56	26	50 - 59 7	Swiftwater	PA	20:34	28.59
119	400	M	54	1:04:27	Zan Wicks	73	20	70 & over 1	East Stroudsburg	PA	20:45	28.70
120	77	F	66	1:12:18	Alice Fariole	53	27	50 - 59 8			23:16	24.29