



PA National Guard & US Army War College

Run to Rise SAAPM 5k

April 06, 2025

Age Group Finish

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overcast clouds
light breeze

Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female 18 & under			Total: 1							
1	25		48:15	Macie Watkins	2871	10	18 & under	Pine Grove	PA	15:32
Female 19 - 29			Total: 5							
1	7		29:49	Jade-Lynn Geedy	2866	26	19 - 29	Harrisburg	PA	9:36
2	8		30:29	Gillian Barrie	2852	25	19 - 29	Lebanon	PA	9:49
3	9		31:58	Emily Guistwite	2868	26	19 - 29	Milroy	PA	10:17
4	17		37:25	Gabrielle Lee	2031	26	19 - 29	Chambersburg	PA	12:03
5	26		50:16	Isabelle Latsch	2878	24	19 - 29	Carlisle	PA	16:11
Female 30 - 39			Total: 7							
1	3		24:08	Kristin Milford	2886	38	30 - 39	Harrisburg	PA	7:46
2	5		27:43	Siera Beard	2166	31	30 - 39			8:55
3	6		27:49	Katie Kohlenburg	2877	32	30 - 39	Harrisburg	PA	8:57
4	12		34:13	Shante Sherrill	2897	38	30 - 39	Philadelphia	PA	11:01
5	18		37:48	Sylvia Beiler	2853	30	30 - 39	Lebanon	PA	12:10
6	19		37:48	Angela Lee	2879	35	30 - 39	Lebanon	PA	12:10
7	23		40:20	Lou Hoffman	2874	38	30 - 39	Fayetteville	PA	12:59
Female 40 - 49			Total: 9							
1	4		25:03	Natasha Yearsley	2909	40	40 - 49	Carlisle	PA	8:04
2	10		32:25	Andrea Stonebraker	2901	47	40 - 49	Harrisburg	PA	10:26
3	11		32:27	Amber Quimby	2893	40	40 - 49	Julian	PA	10:27
4	13		35:22	Tiffany Heath	2872	40	40 - 49	Chambersburg	PA	11:23
5	14		35:33	Karin Bettilyon	2856	49	40 - 49	Ashburn	VA	11:27
6	15		36:03	Amy Snyder	2899	42	40 - 49	Harrisburg	PA	11:36
7	20		38:01	Erin Rosenberry	2896	40	40 - 49	Shippensburg	PA	12:14
8	21		38:26	Nancy Strueber	2902	46	40 - 49	Chambersburg	PA	12:22
9	24		41:03	Sunshine Zentichko	2910	40	40 - 49	Marysville	PA	13:13
Female 50 & over			Total: 4							
1	2		23:39	Kelly Dworak	2864	62	50 & over	Carlisle	PA	7:37
2	16		36:04	Tonya Resto	2895	56	50 & over	Camp Hill	PA	11:37
3	22		38:26	Denise Keim	2876	58	50 & over	Tower City	PA	12:22



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Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Female		50 & over		Total: 4						
	4	27	55:33	Hollis Woodard	2908	59	50 & over	Dover	PA	17:53

Age Group	Over All	Mas ter	Time	Name	Race Number	Age On Race Day	Age Group	City	State	Pace / Mile
Male		19 - 29		Total: 1						
1	7		27:27	Liam Bishop	2857	26	19 - 29	Mechanicsburg	PA	8:50

Male		30 - 39		Total: 1						
1	3		25:11	John Cramer	2860	38	30 - 39	Dillsburg	PA	8:06

Male		40 - 49		Total: 7						
1	5		26:09	Neil Wolfe	2907	46	40 - 49	Lebanon	PA	8:25
2	6		26:29	David Melendez Piñero	2885	42	40 - 49	Dauphin	PA	8:31
3	8		27:33	Carl Burrows	2858	41	40 - 49	North Bend	PA	8:52
4	13		30:50	Joshua Quimby	2894	41	40 - 49	Julian	PA	9:55
5	14		31:54	Andrew Spurgeon	2900	42	40 - 49	Carlisle	PA	10:16
6	15		32:03	Jasen Warren	2905	47	40 - 49	Lancaster	PA	10:19
7	19		51:38	Keith O'Connor	2888	45	40 - 49	Fayetteville	PA	16:37

Male		50 & over		Total: 10						
1	2		24:25	Erik Leeds	2880	51	50 & over	Palmyra	PA	7:52
2	4		25:19	John Wenzel	2906	51	50 & over	Haymarket	VA	8:09
3	9		27:50	Michael Fenn	2865	66	50 & over	Carlisle	PA	8:58
4	10		27:58	David Dworak	2863	62	50 & over	Carlisle	PA	9:00
5	11		28:07	Shawn Phillips	2890	53	50 & over	Jonestown	PA	9:03
6	12		30:03	Jerry Guistwite	2869	60	50 & over	Hanover	PA	9:40
7	16		32:27	Bill Himchak	2873	57	50 & over	Chambersburg	PA	10:27
8	17		34:13	John Pippy	2891	54	50 & over	Coraopolis	PA	11:01
9	18		35:59	Neal Van Horn	2904	76	50 & over	Portland	OR	11:35
10	20		55:32	David Johnson	2875	53	50 & over	Dover	PA	17:52