### Race Date September 25, 2016

# Stride & Stomp Age Group Results

#### 5k Race

### Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
1	Shanda Wyatt		43	61	4	21:51.5	7:03/M	
2	Kimberly Chapman	North East PA	38	105	6	24:01.1	7:45/M	2:09.6
3	Evelyn Clark	Cranesville PA	8	107	7	24:08.1	7:47/M	2:16.6

### Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
1	Orlo Austin		42	62	1	19:10.6	6:11/M	
2	Adam Shrout	Union City PA	36	137	2	20:04.7	6:28/M	0:54.1
3	Ed Gordon	North East PA	38	114	3	21:16.1	6:52/M	2:05.4

#### 5k Race

Male 12 and Under							
Place Name 1 * James Clark	<u>City</u> Cranesville PA	<b>Age</b> 7	<b>Bib No</b> 108	Overall 5	<u>Time</u> 22:34.6	<u>Pace</u> 7:17/M	Time Back
Female 25 to 29							
Place Name	City	Age	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
1 * Holly Murphy	Albion PA	28	127	13	26:15.6	8:28/M	
2 * Lucy Vallesio	Erie PA	27	140	17	28:43.5	9:16/M	2:27.9
3 * Maria Mucci	Erie PA	27	126	31	42:05.0	13:35/M	15:49.3
Female 30 to 34							
Place Name  1 * Heather McCumber	City			Overall	<u>Time</u>	Pace	Time Back
	Matariand DA	33	58	18	28:47.5	9:17/M	0.54
2 * Maggie Peters 3 * Heather Corbin	Waterford PA	33 33	130 110	20 27	31:39.0 34:10.7	10:13/M 11:01/M	2:51. <sup>4</sup> 5:23. <sup>2</sup>
	Youngsville PA				J4.10.7	11.01/IVI	0.20.2
Female 35 to 39							
Place Name	City	Age	Bib No	Overall	Time	Pace	Time Back
1 * Emily Aspden		38	57	8	24:55.6	8:02/M	
Male 35 to 39							
<u>Place</u> <u>Name</u>	City			Overall	<u>Time</u>	Pace	Time Back
1 * James Aspden		38	56	12	25:45.7	8:18/M	
Female 40 to 44							
Place Name	City	Age		Overall	Time	Pace	Time Back
1 * Anonymous Runner	Erie PA	44	135	9	25:30.1	8:14/M	
2 * Kathy Yaple	Union City PA	43	144	16	28:28.2	9:11/M	2:58.0
3 * Tracy Langer	Erie PA	43	119	24	32:47.2	10:35/M	7:17.1
4 Michelle MacKanos	Erie PA	40	123	26	33:18.2	10:45/M	7:48.
5 Maura Robinson	Homestead PA	40	132	30	40:57.0	13:13/M	15:26.9

#### 5k Race

1	Female 45 to 49							
2 * Renee Martin	Place Name	<u>City</u>	<u>Age</u>	Bib No	Overall	Time	<u>Pace</u>	Time Back
Size	1 * Kristin Kramer	Girard PA	46	117	15	27:13.3	8:47/M	
Female 50 to 54	2 * Renee Martin	Erie PA	45	124	23	32:46.8	10:34/M	5:33.4
Female 50 to 54	3 * Kim Blankenship	Erie PA	45	103	25	32:47.7	10:35/M	5:34.3
Place   Name   City   Age   Bib No   Overall   Time   Pace   Time   Bib No   December   Time   Pace   Time   Pac	4 Kara Lafrankie	Canal Winchester OH	45	118	29	40:53.9	13:11/M	13:40.5
1 * LeAnn Parmenter	Female 50 to 54							
Male 50 to 54           Place 1 * Mark Sampson         City Jamestown NY         Age Bib No Diverall State	Place Name	City	Age	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
Place 1         Name Mark Sampson         City Jamestown NY         Age Bib No 50 136 14 26:23.9         Time Bis 31/M         Pace Bis 31/M         Time Bis 31/M         Time Bis 31/M         Pace Bis 31/M	1 * LeAnn Parmenter		50	60	11	25:42.0	8:17/M	
Time   Pace	Male 50 to 54							
Female 55 to 59	Place Name	City	<u>Age</u>	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
Place 1         Name 1         City Wattsburg PA         Age 55 139 32         Bib No Overall 43:11.8         Time Pace 13:56/M         Time Bid Pace 13:56/M           Male 55 to 59           Place Name 1 * Terry Lawrence         City Wattsburg PA         Age 8ib No 0verall 10 25:34.2         Time Pace 8:15/M         Time Bid Pace 11 10 25:34.2         Results No Normal Pace 11:20/M         Time Bid Pace 11:20/M	1 * Mark Sampson	Jamestown NY	50	136	14	26:23.9	8:31/M	
1 * Kathi Staaf         Wattsburg PA         55         139         32         43:11.8         13:56/M           Male 55 to 59           Place Name         City         Age Bib No Overall         Time Pace Time Bill Smith         Time Bill Smith         Page Bib No Overall         Time Page Time Bill Smith         Time Bill Smith         61         55         139         32         43:11.8         13:56/M           Page Bib No Overall         Time Bill Smith         Fage Bib No Overall         Time Bill Smith         61         59         19         28:57.9         9:20/M         2:5           Place         Name         City         Age Bib No Overall         Time Bill Smith         Page Bill Smith         2:5         21         31:55.5         10:18/M         2:5	Female 55 to 59							
Male 55 to 59         Place 1 * Terry Lawrence       Name Wattsburg PA       City 56 121 10 25:34.2 8:15/M       Place 10 10 25:34.2 8:15/	Place Name	City	Age	Bib No	Overall	Time	Pace	Time Back
Place 1         Name Terry Lawrence         City Wattsburg PA         Age 56 121 10 25:34.2         Bib No Overall 10 25:34.2         Time Bit 10 25:34.2         Time Bit 10 25:34.2         Time Bit 10 25:34.2         Time Pace Time Bit 10 25:34.2         Time Pace Time Bit 10 25:34.2         Time Pace Time Bit 10 25:34.2         Time Bit 11:20/M         Pace Time Bit 11:20/M         Pace Time Bit 11:20/M         Pace Time Bit 11:20/	1 * Kathi Staaf	Wattsburg PA	55	139	32	43:11.8	13:56/M	
1 * Terry Lawrence       Wattsburg PA       56       121       10       25:34.2       8:15/M         Female 60 to 64         Place Name Corry PA       Corry PA       61       141       28       35:07.9       11:20/M         Male 60 to 64         Place Name City Age Bib No Overall Time Pace Time Bill Smith 61       59       19       28:57.9       9:20/M         2 * Joe Russell       63       55       21       31:55.5       10:18/M       2:5	Male 55 to 59							
Female 60 to 64           Place 1 * Monica Warner         City Corry PA         Age 61 141 28 35:07.9 11:20/M         Time Pace 11:20/M         Time Bace 12:20/M           Male 60 to 64         City Age 8ib No 0verall 1 * Bill Smith 61 59 19 28:57.9 9:20/M 2 * Joe Russell 63 55 21 31:55.5 10:18/M         Time Bace 12:50.5 21 31:55.5 10:18/M         Time Bace 2:50.50.5 21 21:55.5 21 21:55.5 21	Place Name	City	Age	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
Place         Name         City         Age         Bib No         Overall         Time         Pace         Time Bit           1 * Monica Warner         Corry PA         61 141 28 35:07.9 11:20/M    Male 60 to 64            Place         Name         City         Age         Bib No         Overall         Time         Pace         Time Bit           1 * Bill Smith         61 59 19 28:57.9 9:20/M         9:20/M         2 * Joe Russell         63 55 21 31:55.5 10:18/M         2:5	1 * Terry Lawrence	Wattsburg PA	56	121	10	25:34.2	8:15/M	
1 * Monica Warner         Corry PA         61 141 28 35:07.9 11:20/M           Male 60 to 64         Mane         City         Age Bib No Overall 59 19 28:57.9 9:20/M         Time Pace 71 39:20/M         Time Bill Smith 61 59 19 28:57.9 9:20/M         2 * Joe Russell         63 55 21 31:55.5 10:18/M         2:5	Female 60 to 64							
Male 60 to 64         Place       Name       City       Age       Bib No       Overall       Time       Pace       Time Bit         1 * Bill Smith       61       59       19       28:57.9       9:20/M         2 * Joe Russell       63       55       21       31:55.5       10:18/M       2:5		_	_			<u>Time</u>	<u>Pace</u>	Time Back
Place         Name         City         Age         Bib No         Overall         Time         Pace         Time Bit           1 * Bill Smith         61         59         19         28:57.9         9:20/M           2 * Joe Russell         63         55         21         31:55.5         10:18/M         2:5	1 * Monica Warner	Corry PA	61	141	28	35:07.9	11:20/M	
1 * Bill Smith     61     59     19     28:57.9     9:20/M       2 * Joe Russell     63     55     21     31:55.5     10:18/M     2:5	Male 60 to 64							
2 * Joe Russell 63 55 21 31:55.5 10:18/M 2:5		<u>City</u>						Time Back
								2.57
3 * Peter M. Winkler Franklin PA 63 143 22 32:13.2 10:24/M 3:1		Franklin DA						2:57.6 3:15.2

Race Date
September 25, 2016

# Stride & Stomp Age Group Results

#### 5k Race

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
1 *	Michael Abt	Erie PA	65	101	33	48:49.5	15:45/M	

#### 5k Walk

### Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
1	Emiy Clark	Cranesville PA	10	106	3	37:13.4	12:00/M	
2	Jennifer Winkler	Franklin PA	58	142	5	48:24.8	15:37/M	11:11.3
3	Tricia Retchloff	Meadville PA	36	131	6	57:03.0	18:24/M	19:49.5

### Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	Bib No	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	Time Back
1	John Clark	Cranesville PA	44	109	1	30:30.8	9:50/M	
2	Rodney Daum	Tionesta PA	58	113	2	32:36.1	10:31/M	2:05.3
3	Mark Kitts	Erie PA	61	116	4	47:20.6	15:16/M	16:49.8

#### 5k Walk

Female 40 to 44							
Place Name 1 * Marlo MacHalinski	<u>City</u> Erie PA	<u>Age</u> 43	<b>Bib No</b> 122	Overall 7	<u>Time</u> 58:40.4	<u>Pace</u> 18:55/M	Time Back
Female 55 to 59							
Place Name  1 * Kimberly McCracken	<u>City</u> Erie PA	<b>Age</b> 55	<b>Bib No</b> 125	Overall 8	<u>Time</u> 58:43.3	<u>Pace</u> 18:56/M	Time Back
Female 65 to 69							
Place Name	City	Age	Bib No	Overall	Time	Pace	Time Back
1 * Patti Myers	Erie PA	66	129	9	59:50.2	19:18/M	
2 * Lucinda Rodgers	North East PA	66	134	10	59:51.1	19:18/M	0:00.8
Male 65 to 69							
Place Name	City	Age	Rih No	Overall	Time	Pace	Time Back