

Race Date  
August 17, 2019

ARC Step Up Erie  
Age Group Results

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Hannah Smrcka	Corry PA	5k	15	138	2	21:09.5	6:48/M	
2	Melissa Good	Linesville PA	5k	50	114	5	23:01.4	7:24/M	1:51.8
3	Renee Affinati	West Monroe NY	5k	38	101	8	24:34.4	7:54/M	3:24.8

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Ryan Hayes	Waterford PA	5k	13	117	1	20:52.3	6:43/M	
2	Mathew Serafin	Erie PA	5k	18	136	3	23:00.5	7:24/M	2:08.1
3	Samuel Gaspar	Erie PA	5k	16	113	4	23:00.9	7:24/M	2:08.6

Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Stacy Congdon	Erie PA	5k	41	161	20	28:33.8	9:11/M	7:24.3

Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Rich Shaffer	Meadville PA	5k	54	137	9	24:49.9	7:59/M	3:57.6

ARC Step Up Erie  
Age Group Results

Female 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Lydia Bauschard	Erie PA	5k	8	105	54	57:04.7	18:21/M	35:55.1
2	Katherine Potocki	Fairview PA	5k	11	128	59	1:00:21.5	19:24/M	39:11.9
3	Alex Keeler	Corry PA	5k	5	170	63	1:03:52.2	20:32/M	42:42.6

Male 14 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Connor Schwartz	Rome OH	5k	9	133	16	27:41.1	8:54/M	6:48.7
2	John Miceli	Erie PA	5k	13	309	23	29:57.0	9:38/M	9:04.6
3	Carter Schwartz	Rome OH	5k	7	132	26	31:31.6	10:08/M	10:39.3
4	Patrick Hayes	Waterford PA	5k	9	116	28	32:16.9	10:23/M	11:24.6
5	Graham Dougan	Fairview PA	5k	1	175	57	58:58.6	18:58/M	38:06.3

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Kaitlin Pander	Erie PA	5k	27	125	24	30:18.7	9:45/M	9:09.2
2	Kristin Tregaskis	Erie PA	5k	28	144	35	37:01.8	11:54/M	15:52.2
3	Alexandria Vallimont	Erie PA	5k	25	146	60	1:02:23.9	20:04/M	41:14.3

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jennifer McMonigal	Saint Marys PA	5k	32	160	15	26:19.4	8:28/M	5:09.8
2	Valerie Fuhrman	Erie PA	5k	32	112	32	33:40.6	10:50/M	12:31.0
3	Elyse Walter	Erie PA	5k	31	152	36	38:04.8	12:17/M	16:55.2
4	Kathryn Schwartz	Rome OH	5k	34	134	39	38:36.2	12:25/M	17:26.6
5	Kristen Gehrem	Erie PA	5k	34	164	46	49:29.3	15:55/M	28:19.7
6	Abbey Alward	Erie PA	5k	31	102	48	50:56.5	16:23/M	29:46.9
7	Amanda Snyder-Miller	E Springfield PA	5k	34	140	51	54:07.6	17:24/M	32:58.0
8	Amy Dudas	Fairview PA	5k	32	167	58	59:23.0	19:06/M	38:13.4

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Kyle Nowakowski	Erie PA	5k	34	157	19	28:16.5	9:06/M	7:24.2
2	Joe Schember	Erie PA	5k	33	329	41	44:30.5	14:19/M	23:38.2
3	Mark McCauslia	Albany NY	5k	33	166	42	44:31.4	14:19/M	23:39.0
4	Rachit Singh	Erie PA	5k	34	163	45	47:14.6	15:11/M	26:22.2

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Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Noreen See	Indiana PA	5k	37	169	10	25:07.5	8:05/M	3:57.9
2	Allison Hodas	Erie PA	5k	35	118	17	27:53.0	9:00/M	6:43.4
3	Katie Jones	Erie PA	5k	38	119	21	28:34.7	9:13/M	7:25.1
4	Jennie Bauschard	Erie PA	5k	37	104	53	57:01.7	18:20/M	35:52.1
5	Megan Dougan	Fairview PA	5k	35	174	56	58:57.5	18:57/M	37:48.0

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Steve Vollmer	Erie PA	5k	39	151	6	23:22.2	7:31/M	2:29.9
2	O Srinivasa	Erie PA	5k	37	162	7	24:20.5	7:50/M	3:28.2
3	Ronald Kessler	Fairview PA	5k	39	120	43	44:55.6	14:27/M	24:03.3

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Elizabeth Hayes	Waterford PA	5k	40	115	30	32:57.2	10:36/M	11:47.7
2	Heather Biggie	Erie PA	5k	41	106	31	33:37.5	10:49/M	12:27.9
3	Julie Blackman	Erie PA	5k	42	107	47	50:54.2	16:22/M	29:44.6
4	Amy Keeler	Corry PA	5k	41	171	64	1:04:32.3	20:45/M	43:22.7

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jonathan Riley	Waterford PA	5k	41	130	12	25:30.4	8:14/M	4:38.0
2	Thom Miller	Waterford PA	5k	41	124	14	26:01.5	8:24/M	5:09.2
3	Bryan Bauschard	Erie PA	5k	40	103	55	57:06.2	18:22/M	36:13.8
4	Dana Keeler	Corry PA	5k	40	172	65	1:04:34.0	20:46/M	43:41.7

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Terry Kokij	Erie PA	5k	49	168	11	25:08.9	8:05/M	4:16.5
2	Mike Kroner	Erie PA	5k	48	121	37	38:05.6	12:17/M	17:13.2

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Katherine Rei	Erie PA	5k	54	159	33	33:50.5	10:53/M	12:40.9

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Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
2	Diane Snyder	East Springfield PA	5k	52	139	52	54:19.9	17:28/M	33:10.4

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Eric Brown	Linesville PA	5k	52	108	27	31:42.2	10:12/M	10:49.9
2	James Serafin	Erie PA	5k	51	135	40	43:02.3	13:50/M	22:10.0

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Mary Whiteman	Erie PA	5k	57	153	25	30:46.7	9:54/M	9:37.1
2	Brenda Mattern	Erie PA	5k	56	122	61	1:02:28.5	20:05/M	41:18.9

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Rich Tregaskis	Erie PA	5k	55	145	18	28:09.5	9:03/M	7:17.1

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Erich Zech	Erie PA	5k	61	165	22	29:12.7	9:24/M	8:20.4

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Kathleen Brown	Euclid OH	5k	69	109	38	38:19.6	12:19/M	17:10.0
2	Roberta Spitulski	Erie PA	5k	67	143	50	50:57.5	16:23/M	29:47.9

Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Joe Schember	Erie PA	5k	68	131	29	32:17.9	10:23/M	11:25.6
2	Mike Abt	Erie PA	5k	68	173	44	45:04.3	14:30/M	24:12.0

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Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Rod Brest	Meadville PA	5k	71	155	13	25:55.0	8:20/M	5:02.7
2	Ron Bennett	Waterford PA	5k	72	158	34	33:52.3	10:54/M	13:00.0
3	Kenneth Spitulski	Erie PA	5k	72	142	49	50:57.5	16:23/M	30:05.1

Male 80 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Div</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Paul Vallimont	Erie PA	5k	82	149	62	1:02:29.6	20:06/M	41:37.3