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Wilkes-Barre Racing

Race and Event Promotion, Marketing and Fundraising

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XTERRA AT BIG POCONO STATE PARK DRAWS INTERSTATE STANDOUTS

The Wendy's Xterra Trail Racing Series kicked off with a bang Saturday at Big Pocono State Park in Tannersville where a field of 32 runners from as far away as Pittsburgh, Philadelphia and New Brunswick NJ tackled over 3.2 miles of rugged dirt and stone trails that traversed 200-foot cliffs, climbed over boulder-fields and past massive rocks outcrops, and ended with a spectacular view of three states from the top of Camelback Mountain.

The race was won by 42-year old George Fair from Scottsrun who easily beat Kenyan-native Bornfase Omurwa. "The course was relentless" said Fair. "Excellent challenges that required constant effort with no chance for a break. And the views were absolutely wonderful". This was the first-ever trail run for Bornfase an elite road racer sponsored by the National Running Center. "Wow, this was a new experience" said Bornfase while still breathless at the finish. "This is much harder than road running. The trails cause you to use different muscles...and I felt them strain as the race went on". Third place finisher Rich Burgunder from Pittsburgh said "this is a great course, but much harder than expected. And the

scramble up the boulders was crazy!". The first place female was Nadalie Solomon from Nuangola, who was followed by Jaclyn Shokey from Bangor PA, and Jess Dymun from Elizabethtown, PA.

"This is an awesome series to bring to Northeastern Pennsylvania" said Reg Thomas, Race Director for Wilkes Barre Racing, the promoter of the series. "Xterra is the international leader in off-road and eco-racing events. It is wonderful they recognize the NEPA's potential to attract the best athletes from the across the northeast United States". **The Pocono Series is the only Xterra Trail Run series in the New York, northern New Jersey and Northeast Pennsylvania area.**

Xterra racing is not like running on the road. Athletes have to bring their own water and food. They may have to stop and walk, climb or even crawl up steep hillsides. They generally wear rugged "trail running shoes" with stiff soles. Runners must be trained in good running techniques. They must lift their feet higher and place them much more carefully than road runners. Every course is different and weather is a large factor in making how fast an athlete can negotiate natural terrain. Just *finishing* is the goal of every competitor.

The next race in the series is at the Seven Tubs Nature Area in Bear Creek, Luzerne County. The race starts at 10:00am, Saturday May 21, 2011. Registration is \$20 on-line or \$25 at the event.

Visit www.wilkesbarrerracing.com for details and registration forms.

Wilkes Barre Racing is a 501(c)3 corporation dedicated to raising money and awareness for foster care and adoption through athletics.

Xterra Pocono Series

Race #1 Pocono State Park May 7, 2011 10:00 A.M.

NAME AGE HOMETOWN TIME

1. George Fair	42	Scott Run, Pa.	23:48
2. Bornfase Omurwa	27	Kingston, Pa.	25:07
3. Rich Burgunder	32	Pittsburgh, Pa.	27:52
4. Daniel Flynn	19	Blairstown, NJ	27:54
5. Tony Korch	51	Nanticoke, Pa.	29:05
6. Brian Thomas	41	Tunkhannock, Pa.	29:14
7. Steven Tsouloufas	36	Philadelphia, Pa.	29:23
8. Brian Barchik	34	Combra, Pa.	29:40
9. Joe Drumstra	42	Scranton, Pa.	29:56
10. Justin Baer	25	Harrisburg, Pa.	31:27
11. Nadalie Solomon	30	Nuangola, Pa.	31:29
12. Jaclyn Shokey	33	Bangor, Pa.	31:48
13. Shawn Knisely	40	Hawley, Pa.	32:07
14. Jess Dymun	36	Elizabethtown, Pa.	32:30
15. Bill Lawrence	52	Scranton, Pa.	33:08
16. Rich Pais	50	Wilkes-Barre, Pa.	33:46
17. Janine Hockman	45	Wind Gap, Pa.	34:24
18. Edward Steber	41	Shickshinny, Pa.	34:44
19. Robert Gustaw	53	Wind Gap, Pa.	35:16
20. Kelly Pulice	45	Moscow, Pa.	36:02
21. Dion Campbell	51	Henryville, Pa.	36:08
22. Tom Slavin	46	Broadheadsville, Pa.	37:37
23. Jill Hildebrand	48	Wapwallopen, Pa.	38:33
24. Todd Olsen	40	N. Brunswick, NJ	39:28
25. Carmen Campione	49	Effort, Pa.	41:05
26. Kristin Baer	49	Carlisle, Pa.	41:16
27. John Corrigan	43	Ashley, Pa.	41:54
28. Mary Beth Blackwell	28	Kingston, Pa.	43:21
29. Jennifer Palmer	40	E. Stroudsburg, Pa.	55:18

XTERRA

Pocono State Park Results

5-7-11

MEN WOMEN

OVERALL

1. George Fair
2. Borfase Omurwa
3. Rich Burgunder

1. Nadalie Solomon
2. Jaclyn Shokey
3. Jess Dymun

AGE GROUP AWARDS

Under 15

1. 1.
2. 2.
3. 3.

16--25

1. Daniel Flynn
2. Justin Baer
- 3.

- 1.
- 2.
- 3.

26--35

1. Brian Barchik
2. 2.
3. 3.

1. Mary Beth Blackwell

36-45

1. Brian Thomas
2. Steven Tsouloufas
3. Joe Drumsta

1. Janine Hockman
2. Kelly Pulice
3. Jennifer Palmer

46--55

1. Tony Korch
2. Bill Lawrence
3. Rich Pais

1. Jill Hildebrand
2. Carmen Campione
3. Kristin Baer