Race Name: MetroCast Giving Back 5K

Race Directors: Chrissy Carey and Doug Alter

Timing by: Doug Alter

Race Name: MetroCast Giving Back 5K

Race Date: Saturday, April 21, 2012

Berwick, Pa.





2012 MetroCast Giving Back 5K - Race Results - OVERALL

<u>Place</u>	<u>Name</u>	<u>Age</u>	Age Group Place	<u>Time</u>
1	Mike Lisnock	39	First Place Male Overall	17:42
2	Shane Martz	29	Second Place Male Overall	19:02
3	Wade Joline	17	Third Place Male Overall	19:08
4	Jacob Readler	28	First Place Male 25-29	19:56
5	William Martz	26	Second Place Male 25-29	20:10
6	Bob Welby	59	First Place Male 55-59	20:11
7	Kelly Maze	25	First Place Female Overall	20:47
8	Marcus Joline	14	First Place Male 12-14	21:10
9	Scott Sick	53	First Place Male 50-54	21:14
10	Herb Kline	52	Second Place Male 50-54	21:22
11	Philip Keifer	30	First Place Male 30-34	22:00
12	C.J. Whitmire	15	First Place Male 15-19	22:04
13	David Daku	62	First Place Male 60-64	22:10
14	Kerry Zawadski	36	Second Place Female Overall	22:19
15	Rob Golder	45	First Place Male 45-49	22:21
16	Timothy Peters	26	Third Place Male 25-29	22:28
17	Ann Sick	53	Third Place Female Overall	22:33
18	John Zawadski	40	First Place Male 40-44	22:34
19	EJ Moore	53	Third Place Male 50-54	22:54
20	Scott Hook	39	First Place Male 35-39	23:08
21	Don Murray	54		23:22
22	Roland Gensel	62	Second Place Male 60-64	23:30
23	Christian Tloczynski	19	Second Place Male 15-19	23:48

24	Dick Rishe	63	Third Place Male 60-64	24:18
25	Ramon Colon	46	Second Place Male 45-49	24:28
26	Angela Hagenbuch	37	First Place Female 35-39	24:39
27	Janelle Surkin	42	First Place Female 40-44	24:42
28	Rich Wilczyoski	46	Third Place Male 45-49	24:43
29	John Yohey	46		24:53
30	Lynn Ziller	37	Second Place Female 35-39	24:55
31	Dean Wanzie	16	Third Place Male 15-19	24:56
32	Manda Mowery	41	Second Place Female 40-44	25:10
33	Tracy Golder	41	Third Place Female 40-44	25:16
34	Nicole Gallagher	25	First Place Female 25-29	25:19
35	Max Furek	65	First Place Male 65-69	25:21
36	Will Stimeling	28		25:24
37	Richelle Fessler	48	First Place Female 45-49	25:30
38	Jim Bruder	39	Second Place Male 35-39	25:31
39	Melanie Golomb	31	First Place Female 30-34	25:38
40	Len Simpson	63		25:41
42	Ed Steber	42	Second Place Male 40-44	26:00
41	Bill Osborne	51		26:00
43	Sunni Snyder	31	Second Place Female 30-34	26:12
44	Nathan Fisher	32	Second Place Male 30-34	26:12
45	Scott Canouse	61		26:27
46	Jeff Haedrich	51		26:30
47	Ingrid Haedrich	47	Second Place Female 45-49	26:33
48	Stephen Sheer	33	Third Place Male 30-34	26:42
49	Ralph Pollock	52		26:53
50	Brook Welsh	31	Third Place Female 30-34	27:18
51	Pam Dalberto	40		27:27
52	Darla McMichael	53	First Place Female 50-54	27:43
53	Susie Brown	30		27:48
54	Nancy Lee Harmon	53	Second Place Female 50-54	28:29
55	Jonathan Morgan	10	First Place Male Under 12	28:34
56	John Zukauskas	58	Second Place Male 55-59	28:34
57	Amanda Steinberger	25	Second Place Female 25-29	28:37
58	Andrea Tloczynski	48	Third Place Female 45-49	28:56
59	Rachel Stout	18	First Place Female 15-19	28:59
60	Fred Takas	60		29:05
61	Griffin Keller	10	Second Place Male Under 12	29:20
62	Candice Beddiges	30		29:35
63	Kathy Keller	44		29:37
64	Daren Cragle	33		30:00
65	Amanda Strouse	24	First Place Female 20-24	30:06
66	Lee Samsel	61		30:07
67	Mattie Rebuck	29	Third Place Female 25-29	30:34
68	Roger Crake	59	Third Place Male 55-59	30:37
70	John Jaffin	41	Third Place Male 40-44	30:58

69 Leslie Alter					
Ryan Pearson	69	Leslie Alter	26		30:58
73 Bryan Carlin					
74 William Trivelpiece 24 First Place Male 20-24 31-45 75 Frank McDonald 70 First Place Male 70+ 32:53 76 Mayne Fetterman 47 32:55 77 Nick Wiest 31 32:55 78 Krissy Metz 33 Third Place Female 35:39 33:36 80 Jo Wall 28 34:28 34:28 80 Jo Wall 28 34:28 34:32 81 Alyssa Biegley 24 Second Place Female 20:24 34:57 82 Mary Handzun 56 First Place Female 55:59 35:46 83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60:64 38:51 87 Brenda Gensemer 65 First Place Male Under 12 38:52 89 Brenda Gensemer 65 First Place Male Under 12		•			
75 Frank McDonald 70 First Place Male 70+ 32:54 76 Wayne Fetterman 47 32:54 77 Nick Wiest 31 32:55 78 Krissy Metz 38 Third Place Female 35-39 33:36 79 Gretchen Mijaljovic 33 34:28 34:28 80 Jo Wall 28 34:32 34:57 81 Alyssa Biegley 24 Second Place Female 20:24 34:57 82 Mary Handzun 56 First Place Female 55:59 35:46 83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60:64 38:51 87 Brenda Gensemer 65 First Place Female 65:69 38:52 88 Tommy Carey 9 Third Place Male Under 12 39:09 89 Brenna Yaple 9 First Place Female 50:69	73	•	55		31:37
76 Wayne Fetterman 47 32:54 77 Nick Wiest 31 32:55 78 Krissy Metz 38 Third Place Female 35:39 33:36 79 Gretchen Mijajlovic 33 34:28 80 Jo Wall 28 34:32 81 Alyssa Biegley 24 Second Place Female 20:24 34:57 82 Mary Handzun 56 First Place Female 55:59 35:46 83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60:64 38:51 87 Brenda Gensemer 56 First Place Female 65:69 38:52 88 Tommy Carey 9 Third Place Male Under 12 38:51 89 Brenna Yaple 9 First Place Female 65:69 38:52 80 Bronna Yaple 45 39:09 91 Rebecca Luthi	74	William Trivelpiece	24	First Place Male 20-24	31:45
77 Nick Wiest 31 32:55 78 Krissy Metz 38 Third Place Female 35-39 33:36 79 Gretchen Mijajlovic 33 34:28 80 Jo Wall 28 34:32 81 Alyssa Biegley 24 Second Place Female 20-24 34:57 82 Mary Handzun 56 First Place Female 55-59 35:46 83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Garla Scala 60 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female 66-69 38:52 88 Tommy Carey 9 Third Place Male Under 12 38:57 89 Brenna Yaple 9 First Place Female Under 12 39:08 90 David Yaple 45 39:09 91 Rebecca Luthi 48 39:31 93 Sharon Wilson	75	Frank McDonald	70	First Place Male 70+	32:53
78 Krissy Metz 38 Third Place Female 35-39 33:36 79 Gretchen Mijajlovic 33 34:28 80 Jo Wall 28 34:32 81 Alyssa Biegley 24 Second Place Female 20-24 34:57 82 Mary Handzun 56 First Place Female 55-59 35:46 83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female Under 12 38:52 88 Tommy Carey 9 Third Place Male Under 12 39:08 90 David Yaple 45 39:09 91 Rebecca Luthi 28 39:29 92 Pammy Luthi 48 39:29 92 Pammy Luthi <td>76</td> <td>Wayne Fetterman</td> <td>47</td> <td></td> <td>32:54</td>	76	Wayne Fetterman	47		32:54
34:28 34:28 34:32 34:32 34:32 34:32 34:32 34:32 34:32 34:32 34:32 34:32 34:32 34:32 34:32 34:37 34:38 34:32 34:37 34:32 34:37 34:37 34:37 34:57 35:46 35:4	77	Nick Wiest	31		32:55
80 Jo Wall 28 34:32 81 Alyssa Biegley 24 Second Place Female 20-24 34:57 82 Mary Handzun 56 First Place Female 55-59 35:46 83 Sandra Kirchner 36 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female 60-64 38:51 88 Tommy Carey 9 Third Place Male Under 12 38:57 89 Brenna Yaple 9 First Place Female Under 12 39:08 90 David Yaple 45 39:09 91 Rebecca Luthi 28 39:29 92 Pammy Luthi 48 39:31 93 Sharon Wilson 55 Second Place Female 55-59 39:41 46 Livsey 81 Second Place Male 12-14 43:42 96 Chris Keller 44 44:04 97 Lori Carey 45 45:48 98 Joanna Volin 28 48:30 99 Margani Robyn 31 48:31 100 Anna Antoniello 40 50:16 101 Brandon Brown 30 50:23 102 Gavin Luthi 8 8 50:31 103 Charlene Luthi 28 50:48 104 Martin 49:49 105 Lilly Martz 11 Second Place Female Under 12 51:10 107 Olga Hoster 92 52:33 108 Dawn Bogart 45 50:25 110 Cheri Kile 53 50:48 111 Jane Martin 50 54:48	78	Krissy Metz	38	Third Place Female 35-39	33:36
81 Alyssa Biegley 24 Second Place Female 20-24 34:57 82 Mary Handzun 56 First Place Female 55-59 35:46 83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female 65-69 38:52 88 Tommy Carey 9 Third Place Male Under 12 38:57 89 Brenna Yaple 9 First Place Female do-64 38:51 90 David Yaple 45 39:08 90 David Yaple 45 39:09 91 Rebecca Luthi 28 39:29 92 Pammy Luthi 48 39:31 93 Sharon Wilson 55 Second Place Female 55-59 39:41 94 Ed Livsey 81 Second Place Female 50-54 41:28 9	79	Gretchen Mijajlovic	33		34:28
82 Mary Handzun 56 First Place Female 55-59 35:46 83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female 65-69 38:52 88 Tommy Carey 9 Third Place Male Under 12 38:57 89 Brenna Yaple 9 First Place Female Under 12 39:08 90 David Yaple 45 39:09 91 Rebecca Luthi 28 39:29 92 Pammy Luthi 48 39:31 93 Sharon Wilson 55 Second Place Female 55-59 39:41 94 Ed Livsey 81 Second Place Male 70+ 41:28 95 Carson Keller 13 Second Place Male 12-14 43:42 96 Chris Keller 44 44:04 44:04	80	Jo Wall	28		34:32
83 Sandra Kirchner 36 37:12 84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female 65-69 38:52 88 Tommy Carey 9 Third Place Male Under 12 38:57 89 Brenna Yaple 9 First Place Female Under 12 39:08 90 David Yaple 45 39:09 91 Rebecca Luthi 28 39:29 92 Pammy Luthi 48 39:29 92 Pammy Luthi 48 39:31 93 Sharon Wilson 55 Second Place Female 55-59 39:41 94 Ed Livsey 81 Second Place Female 70+ 41:28 95 Carson Keller 13 Second Place Male 70+ 41:28 96 Chris Keller 44 44:04 44:04 97 Lori	81	Alyssa Biegley	24	Second Place Female 20-24	34:57
84 Lori Traugh 48 37:56 85 Joanne Katarsky 38 38:09 86 Carla Scala 60 First Place Female 60-64 38:51 87 Brenda Gensemer 65 First Place Female 65-69 38:52 88 Tommy Carey 9 Third Place Male Under 12 38:57 89 Brenna Yaple 9 First Place Female Under 12 39:08 90 David Yaple 45 39:09 91 Rebecca Luthi 28 39:29 92 Pammy Luthi 48 39:31 93 Sharon Wilson 55 Second Place Female 55-59 39:41 94 Ed Livsey 81 Second Place Male 70+ 41:28 95 Carson Keller 13 Second Place Male 12-14 43:42 95 Chris Keller 44 44:04 44:04 97 Lori Carey 45 48:19 48:19 98 Joanna Volin 28 48:30 48:31	82	Mary Handzun	56	First Place Female 55-59	35:46
85 Joanne Katarsky 38 86 Carla Scala 60 87 Brenda Gensemer 65 88 Tommy Carey 9 88 Tommy Carey 9 90 David Yaple 9 90 David Yaple 45 90 39:09 91 Rebecca Luthi 28 92 Pammy Luthi 48 93 Sharon Wilson 55 95 Second Place Female 55-59 39:41 94 Ed Livsey 81 95 Carson Keller 13 95 Carson Keller 13 96 Chris Keller 44 44 44:04 97 Lori Carey 45 45 48:19 98 Joanna Volin 28 99 Margani Robyn 31 101 Brandon Brown 30 102 Gavin Luthi 8 103 Charlene Luthi	83	Sandra Kirchner	36		37:12
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115 Norman Peters 80 Third Place Male 70+ 54:48		<u> </u>			
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114 Ho Ngoc 27 54:48				Third Place Male 70+	
	114	Ho Ngoc	27		54:48

116	Roberta Carlin	54		54:49
117	Randy Peters	51		56:26
118	Merissa Wark	10	Third Place Female Under 12	56:27
119	Theresa Wark	53		59:06
120	April Kishbaugher-Lefler	46		59:23
121	Wendy Alter	52		59:24
122	Carole Whitenight	46		59:39
123	Stacy Zanoline	27		59:50
124	Pete Carros	24	Second Place Male 20-24	59:51
125	Tammy Dietterick	53		59:52
126	Tom Carey	52		59:55
127	Victoria Warg	13	First Place Female 12-14	59:59
128	Lori Warg	48		60:03
129	Deborah Hosier	59	Third Place Female 55-59	60:05

2012 MetroCast Giving Back 5K - Race Results - BY PLACE

Top 3 Males Overall

Mike Lisnock	First Place Male Overall	17:42
Shane Martz	Second Place Male Overall	19:02
Wade Joline	Third Place Male Overall	19:08

Top 3 Females Overall

Kelly Maze	First Place Female Overall	20:47
Kerry Zawadski	Second Place Female Overall	22:19
Ann Sick	Third Place Female Overall	22:33

Under 12 Male

Jonathan Morgan	First Place Male Under 12	28:34
Griffin Keller	Second Place Male Under 12	29:20
Tommy Carey	Third Place Male Under 12	38:57

Under 12 Female

Brenna Yaple	First Place Female Under 12	39:08
Lilly Martz	Second Place Female Under 12	51:10
Merissa Wark	Third Place Female Under 12	56:27

12-14 Male

Marcus Joline	First Place Male 12-14	21:10
Carson Keller	Second Place Male 12-14	43:42

12-14 Female

Victoria Warg First Place Female 12-14 59:59
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15-19 Male

C.J. Whitmire	First Place Male 15-10	22:04
C.J. Whitmire	First Place Male 15-19	22:04

Christian Tloczynski	Second Place Male 15-19	23:48
Dean Wanzie	Third Place Male 15-19	24:56
Deall Wallzle	Tilliu Place Male 15-19	24.50
15-19 Female		
Rachel Stout	First Place Female 15-19	28:59
20-24 Male		
William Trivelpiece	First Place Male 20-24	31:45
Pete Carros	Second Place Male 20-24	59:51
20-24 Female		
Amanda Strouse	First Place Female 20-24	30:06
Alyssa Biegley	Second Place Female 20-24	34:57
25-29 Male		
Jacob Readler	First Place Male 25-29	19:56
William Martz	Second Place Male 25-29	20:10
Timothy Peters	Third Place Male 25-29	22:28
25-29 Female		
Nicole Gallagher	First Place Female 25-29	25:19
Amanda Steinberger	Second Place Female 25-29	28:37
Mattie Rebuck	Third Place Female 25-29	30:34
30-34 Male		
Philip Keifer	First Place Male 30-34	22:00
Nathan Fisher	Second Place Male 30-34	26:12
Stephen Sheer	Third Place Male 30-34	26:42
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30-34 Female		
Melanie Golomb	First Place Female 30-34	25:38
Sunni Snyder	Second Place Female 30-34	26:12
Brook Welsh	Third Place Female 30-34	27:18
35-39 Male		
Scott Hook	First Place Male 35-39	23:08
Jim Bruder	Second Place Male 35-39	25:31
Tri Nguyen	Third Place Male 35-39	54:34
in Buyen	Time ridge Water 33 33	37.37
35-39 Female		
Angela Hagenbuch	First Place Female 35-39	24:39
Lynn Ziller	Second Place Female 35-39	24:55
Krissy Metz	Third Place Female 35-39	33:36
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40-44 Male	First Diego Maria 40 44	22-24
John Zawadski	First Place Male 40-44	22:34

Ed Steber	Second Place Male 40-44	26:00
John Jaffin	Third Place Male 40-44	30:58
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40-44 Female		
Janelle Surkin	First Place Female 40-44	24:42
Manda Mowery	Second Place Female 40-44	25:10
Tracy Golder	Third Place Female 40-44	25:16
45-49 Male		
Rob Golder	First Place Male 45-49	22:21
Ramon Colon	Second Place Male 45-49	24:28
Rich Wilczyoski	Third Place Male 45-49	24:43
45-49 Female		
Richelle Fessler	First Place Female 45-49	25:30
Ingrid Haedrich	Second Place Female 45-49	26:33
Andrea Tloczynski	Third Place Female 45-49	28:56
50-54 Male		
Scott Sick	First Place Male 50-54	21:14
Herb Kline	Second Place Male 50-54	21:22
EJ Moore	Third Place Male 50-54	22:54
50-54 Female	First Diago Formula FO FA	27.42
Darla McMichael	First Place Female 50-54	27:43
Nancy Lee Harmon	Second Place Female 50-54 Third Place Female 50-54	28:29 51:09
Lisa Berkey	Third Place Female 50-54	51:09
55-59 Male		
Bob Welby	First Place Male 55-59	20:11
John Zukauskas	Second Place Male 55-59	28:34
Roger Crake	Third Place Male 55-59	30:37
Noger Crake	Time Flace Wate 33 33	30.37
55-59 Female		
Mary Handzun	First Place Female 55-59	35:46
Sharon Wilson	Second Place Female 55-59	39:41
Deborah Hosier	Third Place Female 55-59	60:05
60-64 Male		
David Daku	First Place Male 60-64	22:10
Roland Gensel	Second Place Male 60-64	23:30
Dick Rishe	Third Place Male 60-64	24:18
60-64 Female		
Carla Scala	First Place Female 60-64	38:51

65-69 Male

05-05 Ividie			
Max Furek	First Place Male 65-69	25:21	
65-69 Female			
Brenda Gensemer	First Place Female 65-69	38:52	
70+ Male			
Frank McDonald	First Place Male 70+	32:53	
Ed Livsey	Second Place Male 70+	41:28	
Norman Peters	Third Place Male 70+	54:48	