

# Wadas, Orrson win West Pittston

By Robert Miner

For The Times Leader

WEST PITTSTON — Chris Wadas and his twin brother, Nick, took the top two spots in the 37th annual West Pittston Anthracite 4 Mile Run on Saturday.

Chris broke the tape in 21 minutes, eight seconds. Nick pulled in 29 seconds later.

"I didn't have anything in my legs," said Chris Wadas, who had hoped to finish the race in under 21 minutes.

Wadas won the River Street 3 Mile Run on May 18 in 15:36. That was his first race in six months. He had been out of action due to minor surgery.

"I felt like I was doing a tempo run," said Chris Wadas, who is the track and cross country coach at Misericordia University. "I'm trying out a new training plan — harder workouts than usual — running trails instead of on the track. I have to get used to it. I've really only been doing hard running a little over two weeks. But I'm a little bit disappointed in my performance here today."

Unlike Chris Wadas, Marina Orrson, who won top female honors with a third-place finish overall in 22:57, was happy with her performance.

"I wanted to run as well as I did in Forty Fort," said Orrson, 23, of Shavertown. "And I feel I did. I just went out hard right from the start and just tried to hold on the rest of the way. I managed to track down and pass (Nick McGuire), who had been running in third place, over the last mile."

Orrson won the Old Fort 5 Miler in Forty Fort on Memorial Day with a seventh-place overall finish in 29:01.

Orrson ran for Lake-Lehman High School and for Misericordia University, under Wadas. She qualified for NCAA Division III Nationals in the 10K Run as a senior last year. She won the Valley's Fastest Woman Series — Chase Mile on the dirt track in Kirby Park, Giants Despair Challenge (1.1-mile uphill run) and River Street Mile — in Wilkes-Barre last season.

Orrson will be in action on Saturday when she competes in the Shenandoah Coal Cracker 10K.

Deedra Porfirio, 37, finished second among the females with a 12th-place finish overall in 25:27. She won the First Female Resident to Finish award. Nico Vasquez, 16, won the First Male Resident to Finish award with a 14th place

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— Chris Wadas

Misericordia track and cross country coach

finish in 26:02.

Long-time Hazleton Area running coach Lou Gunderman, 62, of White Haven, turned in an impressive performance, winning the 60-64 age group with a sixth-place overall finish in 24:46. Gunderman was a standout runner for Bloomsburg University — as he puts it, "Back in the day!"

## 37th annual West Pittston Anthracite 4 Mile Run results

### Top 15

1. Chris Wadas, 32, Courtdale, 21:08
2. Nick Wadas, 32, Kingston, 22:37
3. Marina Orrson, 23, Shavertown, 22:57
4. Nick McGuire, 17, Mountain Top, 23:03
5. Mike McAndrew, 54, Avoca, 23:49
6. Lou Gunderman, 62, White Haven, 24:46
7. Ryan Marvin, 15, W. Wyoming, 24:57
8. Tyler Baran, 20, Beaver Creek Twp., 25:07
9. Jack Zardecki, 14, Dallas, 25:16
10. Dave McLean, 21, Pittston Twp., 25:21
11. Rob Baran, 41, Plains Twp., 25:25
12. Deedra Porfirio, 37, W. Pittston, 25:27
13. Cory Bugelholll, 17, Ottawa, Ill, 25:36
14. Nico Vasquez, 16, W. Pittston, 26:02
15. Mike Kinney, 55, Wilkes-Barre, 26:16

Male award winners: Overall: C.

Wadas. Age group winners: 14 & under:

1. Jack Zardecki, Dallas, 25:11; 2. Marc Anthony Minchello, W. Pittston, 37:02; 3. Jack Langan, W. Pittston, 48:21. 15-19: 1. Ryan Marvin, W. Wyoming, 24:57; 2. Cory Bugelholll, Ottawa, Ill, 25:36; 3. Nico Vasquez, W. Pittston, 26:02. 20-24: 1. Tyler Baran, Bear Creek Twp., 25:07; 2. David McLean, Pittston Twp., 25:21; 3. Eric Shearer, Montoursville, 28:52. 25-29: 1. Bryan Fauver, Moosic, 27:17; 2. J. Lakota, DuPont, 27:45; 3. Eli Troup, Hughestown, 36:04. 30-34: 1. David Ruggles, W. Pittston, 26:40; 2. Jason Harmon, Duryea, 29:42; 3. Mike Ibob, Dunmore, 29:50. 35-39: 1. David Krantz, Pittston, 27:38; 2. Jason McRox, Sweet Valley, 30:32; 3. Jim Kelly, Harding, 31:02. Masters division: 40-44: 1. Rich Baran, Plains Twp., 25:25; 2. Jim Colp, Plymouth, 28:06; 3. Paul Manley, Plymouth, 28:42. 45-49: 1. Ed Grivensky, Plains Twp., 27:43; 2. Don Shearer, W. Pittston, 28:05; 3. Steve Shearer, Montoursville, 33:23. 50-54: 1. Mike McAndrew, Avoca, 23:49; 2. Jeff Baran, Bear Creek Twp., 27:48; 3. Chet Shearer, Montoursville, 28:35. 55-59: 1. Mike Kinney, Wilkes-Barre, 26:16; 2. Ted Riviello, Pittston Twp., 29:47; 3. Rich Owens, Wilkes-Barre, 31:43. 60-64: 1. Lou Gunderman, White Haven, 24:46; 2. Ed Kelly, Archbald, 27:18; 3. Dave Giunta, W. Wyoming, 28:03. 65-69: 1. Len Sowinski, Scott Twp., 28:29; 2. Ron Rawls, Mountain

Top, 29:48; 3. Tom Kilcullen, Fleetville, 38:35. 70 & over: 1. Joe Naughton, a Pocono Pines, 41:22.

Special award: First Male Resident to Finish: Nico Vasquez.

### Top 3 females

1. Marina Orrson, 23, Shavertown, 22:57
2. Deedra Porfirio, 37, W. Pittston, 25:27
3. Jen Heck, 43, W. Wyoming, 28:25

Female award winners: Overall:

Orrson. Age group winners: 14 & under:

1. Rachel's Youells, Forty Fort, 35:35;
2. M. Langon, Dallas, 50:43. 15-19: 1. Madison Shearer, Dallas, 50:43. 20-24: 1. Sara Radswilka, Exeter, 29:03; 2. Michelle Golden, W. Pittston, 29:05; 3. Kate Bugelholll, Ottawa, Ill., 30:25. 25-29: 1. Rebecca Ruggles, W. Pittston, 31:13; 2. Heather McAndrew, Harding, 31:41; 3. Alyssa Aritz, Exeter, 34:45. 30-34: 1. Victoria Blazick, Trucksville, 28:40; 2. Traci Leidel, Scranton, 30:44; 3. Tracy Zalenski, Eaglewood, N.J., 31:07. 35-39: 1. Lisa Cianigi, Wyoming, 29:27; 2. Kerry Zawadski, Luzerne, Luzerne, 30:32; 3. Tami Thomas, Ashley, 31:09. Masters division: 40-44: 1. Mary Kearns, W. Pittston, 35:34; 2. Julie Burkhardt, Drums, 42:51; 3. Danielle Braluchi, Peckville, 48:19. 45-49: 1. Traci Dutko-Strungis, Mountain Top, 30:54; 2. Sandy Wallace, W. Pittston, 42:13. 50-54: 1. B. Gouzolo, Exeter, 36:27; 2. Libby Moran, Harveys Lake, 37:16; 3. Peggy Manley, Mountain Top, 37:33. 55-59: 1. Joyce Foster, Dallas, 32:39; 2. Patty Phillips, Hanover Twp., 36:32. 60-64: 1. Bev Tomasak, Edwardsville, 34:19; 2. Patrice Perugini-Hosmer, Georgia, 44:47. 65-69: none. 70 & over: none. Special award: First Resident to Finish: Deedra Porfirio. Field: 148 registered. 141 finishers. One DNF. Six no shows. Starter: Don Shearer (race director). Timing: Vince Wojnar (Wyoming Valley Striders). Results: Insta Results.

### Schedule

**Saturday, June 14:** Susquehanna River Runners Club's 2 Mile Run and Fun Walk at Murphy's Pub, Slocum Street, Swoyersville, at 9 a.m. Info: Chris Wadas, 570-592-2820.

**Sunday, June 15:** Wilkes-Barre Duathlon (run, bike, run) at Wilkes-Barre Public Square at 7 a.m. Info: YMCA, 570-208-9622 or JCC, 570-824-4646.