



**X TERRA**  
**TRAIL RUN**  
**POCONO SERIES**

## 2014 XTERRA POCONO TRAIL RUN SERIES POINTS

Updated June 26, 2014

Points are awarded to the top 15 in each age group of the longest distance at each race listed below.

Must finish at least two races to be crowned an XTERRA Regional Champion.

Updated points will be posted after each race at [www.xterratrailrun.com](http://www.xterratrailrun.com).

\*Top three of four races will count toward final score.

NOTE: XTERRA racing age based on your age on December 31, 2014

Yellow Highlighted Indicates Regional Champion. (\*) indicates athlete competed in all races and lowest score was dropped.

### Female 15-19

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Philomena	Maleski	Weatherly	PA	19	100				100
Brittany	Creegan	Scranton	PA	17		100			100
Lauren	Beck	Stroudsburg	PA	19				100	100
Tara	Rogers	Lansdale	PA	19		90			90

### Female 20-24

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Betsy	Hockman	Lansdale	PA	20		90		82	172
Kathryn	Ross	Durango	CO	24		100			100
Ashlee	Ward	Trucksville	PA	22			100		100
Megan	Deakins	Mountain View	CA	24				100	100
Amanda	Bailey	Syracuse	NY	23				90	90
Megan	Rogers	Lansdale	PA	23		82			82

### Female 25-29

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Nikita	Kolbeck	Wyoming	PA	25	100	100	100	75	300*
Heather	Welsh	Washingtonville	PA	25				100	100
Sarah	Musky	Trowmansburg	NY	26				90	90
Carolyn	Gray	Philadelphia	PA	28				82	82
Elise	Kreiger	Powell	OH	28				69	69
Katie	Pontius	Columbus	OH	29				63	63

### Female 30-34

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Tabbitha	Dunn	Monroeton	PA	30	100	90			190
Heidi	Olson	Scranton	PA	30		75		100	175
Kristin	Patchell	Scranton	PA	33		100			100
Gina	Polidora	Drums	PA	32			100		100
Lisa	Granahan	Dunmore	PA	33			90		90
Rachel	Stahl	New Milford	PA	33				90	90
Lori	Risley	Olyphant	PA	34		82			82
Sarah	Block	Bear Creek	PA	33				82	82
Jennifer	King	Fort Dix	NJ	33				75	75
Kelly	Wood	Lititz	PA	30		69			69
Leanne	Hable	Phoenixville	PA	30		63			63

**Female 35-39**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Molly	Goldsmith	Nanticoke	PA	36	100	82	100	90	290*
Christal	Zermaine	Avoca	PA	35	90	75	90		255
Heather	Walters	Greenfield	PA	36		100			100
Deedra	Porfirio	West Pittston	PA	38				100	100
Kellie	Mathews	Mountain Top	PA	37		90			90

**Female 40-44**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Heidi	Hemak	Jermyn	PA	41		90	100		190
Elissa	Schoening	Cresco	PA	42	100		90		190
Michelle	Brown	Tunkhannock	PA	44		100			100
Anne	McClain	Youngwood	PA	41				100	100
Lori	Heft	Washington	NJ	44	90				90
Jesse	Fecteau	Clifton	NJ	40				90	90
Michelle	Kiec	Kutztown	PA	41	82				82
Amy	Wolf	West Pittston	PA	41		82			82
Wendy	Reshetar	Drums	PA	40				82	82
Gretchen	Bush	Plains	PA	42	75				75
Cara	Pinto	Moscow	PA	42		75			75

**Female 45-49**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Janine	Gustzan	Wind Gap	PA	48	100				100
Ruth	Watson	Anneville	PA	47		100			100
Kelly	Gibbons			47			100		100
Donna	Wagner	Hegins	PA	47				100	100

**Female 50-54**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Jill	Hildebrandt	Wapwallopen	PA	52	100		90		190
Irene	Ghezzi	Dallas	PA	53			100		100

**Female 55-59**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Kay	Kelchner	Millville	PA	56		100		90	190
Barbara	Wyworski	Towanda	PA	55			100		100
Sarah	West	Phoenix	AZ	55				100	100

**Female 65-69**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Jo	May	Houston	TX	66				100	100

**Male 15-19**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Jared	Murphy	Unionville	PA	19			100	100	200
Jace	Kreamer	Middleburg	PA	16		100			100
Seth	Nostrala	Indianola	IA	16				90	90

**Male 20-24**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Matt	Rice	Nescopek	PA	24		100			100
Ryan	Fitzsimmons	Yonkers	NY	24				100	100

**Male 25-29**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Tradelle	Ward	Hoboken	NJ	26	100	100	100	90	300*

Ryan	Wenrich	Wyoming	PA	25	69	90	90	63	249*
Brian	Gibbons	Dallas	PA	28	63	69	75	58	207*
TJ	Theis	Olyphant	PA	26		63	82	53	198
Jeff	Shanks	Athens	PA	29	82	82			164
Jesse	Rourke	Stroudsburg	PA	26	75			49	124
David	Roche	Mountain View	CA	26				100	100
Nathaniel	Diskint	Madison	NJ	25	90				90
Tyler	Welsh	Washingtonville	PA	26				82	82
Christopher	Coon	Tawanda	PA	28		75			75
Mike	Kearney	Drexel Hill	PA	26				75	75
Levi	Rupp	Philadelpha	PA	27				69	69
Jason	Murray	East Stroudsburg	PA	26	58				58

<b>Male 30-34</b>					<b>Big Pocono</b>	<b>Hickory</b>	<b>Seven Tubs</b>	<b>Earth Conservancy</b>	
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Total</u>
Sean	Davies	Hanover Twp	PA	30	90	100	82		272
Aaron	Stredny			33	100				100
Misgana	Bati	Hazleton	PA	30			100		100
Mark	Manacle	Brockport	NY	33				100	100
Jeff	Rudina	Ridgewood	NY	32		90			90
Russ	Oelshlager	Wilkes Barre	PA	32			90		90
Jeff	Pontius	Columbus	OH	30				90	90
James	Maleski	Weatherly	PA	30	82				82
Robbie	Rigley	Olyphant	PA	32		82			82
Adam	King	Fort Dix	NJ	33				82	82
Ryan	Rissmiller	Easton	PA	30	75				75
Kyle	Hable	Phoenixville	PA	30		75			75
Ryan	Groshal	Harding	PA	30			75		75
Joshua	Haden	Hazleton	PA	33	69				69
Scott	Brinkdopke	Avoca	PA	30			69		69
Scott	Cahalane	Hazleton	PA	31			63		63

<b>Male 35-39</b>					<b>Big Pocono</b>	<b>Hickory</b>	<b>Seven Tubs</b>	<b>Earth Conservancy</b>	
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Total</u>
Joseph	Dombroski	Bloomsburg	PA	39	100		100	75	275
Jason	Brierin	Philadelphia	PA	39		90		100	190
Adam	Russel	Rome	PA	36		75		82	157
Richard	Singer	Plains	PA	37		58	90		148
Gabriel	Rodriguez	Baltimore	MD	36		100			100
Erik	Sambolek	Ithaca	NY	37				90	90
Tim	Felegie	Weston	PA	36		82			82
Chris	Piekarski	Scarsdale	NY	35		69			69
Kent	Gustavson	Lewisburg	PA	36				69	69
Dave	Homa			37		63			63
Neil	Hunsinger	Mountaintop	PA	39				63	63
Keith	Garletts	Great Meadows	NJ	38		53			53

<b>Male 40-44</b>					<b>Big Pocono</b>	<b>Hickory</b>	<b>Seven Tubs</b>	<b>Earth Conservancy</b>	
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Total</u>
John	Horvath	Canadensis	PA	43	82	75	75		232
Sean	Mulloy	Dallas	PA	42	100		100		200
William	Pugh	Shamokin	PA	42		90		90	180
Erik	Campos	Kutztown	PA	43		82	69		151
Xavier	Evans	Kingston	PA	43	69		82		151
Bruce	Cox	Wilmington	DE	42		100			100
Adam	Coffman	Sciota	PA	40				100	100
Brian	Hemak	Jermyn	PA	41	90				90
Ed	Steber	Shickshinny	PA	44			90		90

Shane	Tucker	Menlo	GA	42				82	82
John	Dixon	Greentown	PA	44	75				75
Steven	Kehm	Ewa Beach	HI	41				75	75

**Male 45-49**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Keith	Austin	Sweet Valley	PA	49	100	100	100	100	300*
Jody	Dewald	Millville	PA	46		90		90	180
Michael	Haffley	Loch Haven	PA	47		75		75	150
Thomas	Miller	Charlotte	NC	48	90				90
Jeff	Pollins	Wilkes Barre	PA	44			90		90
Tom	Buchman	Conyngnam	PA	45			82		82
Jim	Marchesi	Penn Dixon	NJ	48	82				82
Jim	Pyrah	Hanover Twp	PA	48		82			82
Tom	Klich	Emmaus	PA	46				82	82
Steven	Patrick	Raleigh	NC	48	75				75
RC	Wenke	Wellington	FL	49	69				69

**Male 50-54**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Lee	Kelchner	Millville	PA	51		90		53	143
Patrick	Shield	Drums	PA	54		100			100
Jeff	Walker	Tully	NY	51				100	100
Terry	Rooney	Philadelphia	PA	54				90	90
Bob	Lazkowski	Duryea	PA	50				82	82
Jim	West	Phoenix	AZ	54				75	75
Sean	Lord	Natick	MA	52				69	69
Robert	Lindfield	Mt. Lebanon	PA	50				63	63
Stuart	Lyons	Bel Air	MD	52				58	58

**Male 55-59**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
James	Simmons	Wyoming	PA	56	82		69	69	220
Joseph	Guydish	Mountain Top	PA	56	100		100		200
Bill	Lawrence	Scranton	PA	55	90		90		180
Brian	Dunn	Monroeton	PA	55			82	75	157
Llew	Williams	Sinking Springs	PA	57		100			100
Tony	Korch			55				100	100
Michael	McAndrew	Avoca	PA	55				90	90
Don	Rothermel	Coal Twp.	PA	56				82	82
Guy	Scattow	W. Hazleton	PA	58			75		75

**Male 60-64**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Michael	Rank	Deer Lake	PA	63				100	100
Robert	Renninger	WilliamSPORT	PA	61				90	90
Jeff	Dorko	Wyomissing	PA	61				82	82
Russell	Wagner	Hegins	PA	63				75	75
Douglas	Beagle	Houston	TX	64				69	69

**Male 65-69**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
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**Male 70-74**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Hickory Race #2</u>	<u>Seven Tubs Race #3</u>	<u>Earth Conservancy Race #4</u>	<u>Total</u>
Eric	Snyder	Sugar Loaf	PA	70			100		100