

Admiral Stark 5K Run/Walk & Frank J. Valvano 10K Run

July 30, 2016 ~ Lake Carey, Pennsylvania

5K Run Results

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|---------------------------|-----------------------------|-------------------------------|
| 1. Dan Toye 17:59 | 21. Megan Kobbe 26:22 | 41. Matt Yoda 30:04 |
| 2. Lee Toussaint 18:37 | 22. Brian Guida 26:34 | 42. Sarah Lane 30:35 |
| 3. John Novack 18:49 | 23. Nathan Snyder 26:36 | 43. Jon Pomrinke 31:03 |
| 4. Paul Shaffer 20:53 | 24. Brandy Bevan 26:43 | 44. Brunee Coolbaugh 31:55 |
| 5. Luke Coolbaugh 21:15 | 25. Timmy Jennings 26:59 | 45. Erin Grasso 34:37 |
| 6. Eric DeLange 21:26 | 26. Melissa Ransom 27:10 | 46. Jack Grasso 34:39 |
| 7. Roger Kidd 21:59 | 27. Erica Vandenberg 27:12 | 47. Ana Jerome 36:06 |
| 8. Jaxson Montross 22:05 | 28. Callum Jerome 27:13 | 48. Betsy Jerome 36:06 |
| 9. Thomas Lee 22:13 | 29. Stanley Azaravich 27:18 | 49. Aidem Mecca 38:26 |
| 10. Kaleen Lavin 22:53 | 30. Jeff Jerome 27:21 | 50. Claire Shoemaker 38:26 |
| 11. Randy White 23:04 | 31. Gracie Franko 27:28 | 51. Miles Shoemaker 38:27 |
| 12. Chris Guida 23:30 | 32. John Voda 27:31 | 52. Jared Shoemaker 38:29 |
| 13. Mary Ellen Grap 23:37 | 33. Jeremy Williams 27:42 | 53. Kevin Baumes 39:05 |
| 14. Colin Franko 24:06 | 34. Tom Lee 27:44 | 54. Debra Stark 39:49 |
| 15. Kari Lavin 24:11 | 35. Len Simpson 27:51 | 55. Lee Shoemaker 40:18 |
| 16. Rich Novack 24:17 | 36. Pam Greenley 27:55 | 56. Jack Shoemaker 40:41 |
| 17. Misty Psolka 24:23 | 37. Rick Keogh 28:23 | 57. Louise Brennan 42:25 |
| 18. Roger Savage 24:32 | 38. Addie Dickinson 28:37 | 58. Elizabeth Ratchford 43:32 |
| 19. Carleen Lavin 24:35 | 39. Mark Work 28:50 | 59. Sam Coolbaugh 44:26 |
| 20. John Berholtz 24:59 | 40. Sarah Berholtz 28:59 | 60. Keith Coolbaugh 44:46 |

5K Walk Results

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|----------------------------|----------------------------------|-----------------------------|
| 1. Dave Talcott 25:08 | 8. Bob Brier 46:22 | 16. Marilyn Kamus 50:27 |
| 2. Bill Sickles 42:44 | 9. Emmitt Caruso 46:38 | 17. Jason Platts 52:56 |
| 3. Elizabeth Kolesar 43:11 | 10. Damien Smith 47:40 | 18. Kathy Wesneski 1:03.43 |
| 4. Nancy Marshall 44:10 | 11. Lindsey Williams 47:43 | 19. Nicole Wesneski 1:05.38 |
| 5. Lisa Burleson 45:32 | 12. Patsy Gesford 48:04 | 20. Pamela Valvano 1:05.43 |
| 6. Debbie Rhinard 45:37 | 13. Gail Sickles 49:26 | 21. Harry Ware 1:07.17 |
| 7. Anne Brier 46:22 | 14. Mary Joyce Stefanowicz 49:36 | 22. Mike Wesneski 1:10.18 |
| | 15. Teena Thatcher 49:55 | |

10 K Run Results

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|--------------------------|-----------------------------|-----------------------------|
| 1. Rob Ahrens 34:50 | 11. John Zawadski 49:12 | 21. Dave McSherry 55:39 |
| 2. Isaac Barbolish 40:16 | 12. Kurt Stang 49:40 | 22. Kira Pomrinke 57:05 |
| 3. Matt Andrews 41:43 | 13. Kerry Zawadski 50:26 | 23. Stacey Weidler 58:59 |
| 4. Robert Domiano 42:41 | 14. Richelle Fissler 50:37 | 24. Remington Sweeney 59:19 |
| 5. Don Lavin 53:48 | 15. Jamie Accardi 50:39 | 25. Debbie Reeves 59:29 |
| 6. Doug Alter 45:31 | 16. J.P. Grasso 51:27 | 26. Tom Owen 1:00.39 |
| 7. Julia Cusatis 46:19 | 17. Rachael Laboranti 52:14 | 27. Lisa Himka 1:03.16 |
| 8. Ed Lipski 46:56 | 18. Leanna Bell 52:52 | 28. Erin Bryant 1:03.22 |
| 9. Eric Atkinson 47:45 | 19. Kevin Nelson 53:48 | 29. Sandy Shaffer 1:11.11 |
| 10. Scott Harding 48:44 | 20. Braiden Jerome 55:17 | 30. Rick Hueholt 1:11.26 |

Age Group Results

5K Walk

Male

First Overall ~ Dave Talcott

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|-----------------|-----------------|-----------------|
| 14 and under | 30 to 39 | 40 to 49 |
| 1. Emmit Caruso | 1. Jason Platts | 1. Damian Smith |
| 50 to 59 | 60 and over | |
| 1. Bob Brier | 1. Bill Sickles | |

Female

First Overall ~ Elizabeth Kolesar

- | | | |
|-------------------|--------------------|-------------------|
| 15 to 19 | 30 to 39 | 40 to 49 |
| 1. Nicole Wenski | 1. Linsey Williams | 1. Kathy Wesneski |
| 50 to 59 | 60 and over | |
| 1. Nancy Marshall | 1. Debbie Rhinard | |

5K Run

Male

First Overall ~ Dan Toye

14 and under	15 to 19	20 to 29	30 to 39
1. Luke Coolbaugh 2. Jaxson Montross 3. Thomas Lee	1. Colin Franko 2. John Berholtz	1. John Novack 2. Nathan Snyder 3. Timmy Jennings	1. Eric DeLange 2. Chris Guida 3. Jeremy Williams
40 to 49	50 to 59	60 and over	
1. Paul Shaffer 2. Roger Kidd 3. Randy White	1. Lee Toussaint 2. Roger Savage 3. Jeff Jerome	1. Rich Novack 2. Len Simpson	

Female

First Overall ~ Kaleen Lavin

14 and under	15 to 19	20 to 29	30 to 39
1. Ana Jerome 2. Claire Shoemaker	1. Gracie Franko	1. Mary Ellen Grap 2. Kari Lavan 3. Sarah Berholtz	1. Brandy Bevan 2. Melissa Ransom 3. Erica Vandenberg
40 to 49	50 to 59	60 and over	
1. Misty Psolka 2. Megan Kobbe 3. Brunee Coolbaugh	1. Carleen Lavin 2. Pam Greenley 3. Elizabeth Ratchford	1. Louise Brennan	

10K Run

Male

First Overall ~ Rob Ahrens

14 and under	20 to 29	30 to 39
1. Braiden Jerome	1. Isaac Barbolish 2. Eric Atkinson	1. Robert Domiano 2. Scott Harding 3. J. P. Grasso

- 40 to 49
1. Matt Andrews
 2. John Zaydoski
 3. Kurt Stang

- 50 to 59
1. Don Lavin
 2. Doug Alter

- 60 and over
1. Ed Lipski
 2. Dave McSherry
 3. Rick Hueholt

Female

First Overall ~ Julia Cusatis

- 14 and under
1. Kira Pomrinke

- 20 to 29
1. Jamie Accordi
 2. Leanna Bell

- 30 to 39
1. Rachel Laboranti
 2. Remington Sweeney
 3. Lisa Himka

- 40 to 49
1. Kerry Zawadski
 2. Stacey Weidler

- 50 to 59
1. Richelle Fessler
 2. Debbie Reeves
 3. Sandy Shaffer