



Cowbell 7K

Pos	Athlete	Chip Time	Gender	Age	Bib#	Pace
1	Tyler Vitullo	0:25:05	M	33	348	5:46
2	Adin Merritt	0:26:28	M	20	111	6:05
3	Larry O'Neil	0:26:50	M	55	124	6:10
4	Gregory Habib	0:27:21	M	38	60	6:17
5	Nicole Fowler	0:27:32	F	51	417	6:19
6	Lucas Futrell	0:28:42	M	18	408	6:35
7	Bryan Warrick	0:29:25	M	43	351	6:45
8	Jramayne Williams	0:29:27	M	16	362	6:46
9	Sean Blake	0:29:28	M	29	14	6:46
10	Tim Siwicki	0:30:29	M	35	158	7:00
11	Dev Bhujel	0:30:35	M	17	11	7:01
12	Jessica Milk	0:30:59	F	22	358	7:07
13	Kevin Burkholder	0:31:00	M	48	22	7:07
14	Anne Trahey	0:31:11	F	33	343	7:10
15	Jim Chaney	0:31:36	M	60	24	7:15
16	Christie Sullivan	0:32:08	F	39	175	7:23
17	Amelia Suglio	0:32:22	F	25	174	7:26
18	Bethany Denison-Gray	0:32:38	F	45	414	7:30
19	Thomas Jones	0:33:01	M	29	75	7:35
20	CHONG WON	0:33:05	M	51	364	7:36
21	Robert Blackburn	0:33:18	M	44	12	7:39
22	Adam Johnson	0:33:18	M	43	74	7:39
23	Dan Ragan	0:33:22	M	49	132	7:40
24	Dipesh Chuwan	0:33:49	M	17	26	7:46
25	Andrew Evans	0:33:54	M	42	41	7:47
26	Terry Fox	0:34:02	M	72	48	7:49
27	Jacqie Sukie	0:34:03	F	61	406	7:49
28	Sarah Shimp	0:34:05	F	39	153	7:50
29	Marely Morales	0:34:08	F	16	116	7:50
30	Tapash Bhattarai	0:34:27	M	17	10	7:55
31	Chad Lewis	0:34:38	M	47	94	7:57
32	Cory Langford	0:34:46	M	37	407	7:59
33	Bill Robb	0:34:51	M	61	140	8:00
34	Joshua Frampton	0:34:53	M	19	50	8:01
35	Tina Boyes	0:34:58	F	50	17	8:02
36	Mike Palumbo	0:35:02	M	47	127	8:03
37	Jayden Morr	0:35:04	F		419	8:03
38	Sura Bir Gurung	0:35:15	M	15	59	8:06
39	John Mann	0:35:28	M	43	102	8:09
40	Randy Turk	0:35:58	M	65	345	8:16
41	Ryan Heitzennater	0:36:13	M	17	64	8:19
42	Jeff Lewis	0:36:16	M	55	95	8:20
43	Kevin Hazlett	0:36:19	M	36	415	8:21
44	Shawn Metcalf	0:36:21	M	49	112	8:21
45	Danielle Kay	0:36:36	F	27	79	8:24
46	Deb McMasters	0:36:47	F	60	110	8:27
47	Ryan Snell	0:37:04	M	40	159	8:31
48	Sanjil Magar	0:37:07	M	18	101	8:32
49	Vern Martin	0:37:12	M	68	104	8:33
50	Vanessa Golias	0:37:13	F	27	56	8:33
51	Sujal Subba	0:37:13	M	15	172	8:33
52	Billie Quesenberry	0:37:25	F	47	131	8:36
53	Marcus Whatley	0:37:43	M	16	354	8:40
54	Donny Rodgers	0:37:54	M	40	143	8:42
55	Tao Non	0:38:07	M	16	122	8:45
56	Ryan Matejka	0:38:14	M	28	105	8:47
57	Jeremy Long	0:38:15	M	38	99	8:47



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58	Curtis Ratliff	0:38:18	M	46	137	8:48
59	Mike Madej	0:38:41	M	48	100	8:53
60	Carrie Jacobs	0:38:48	F	49	70	8:55
61	Rachel Wingate	0:38:49	F	26	363	8:55
62	Nick Korora	0:38:54	M	46	82	8:56
63	Rico Hinton	0:38:55	M	32	66	8:56
64	Nathaniel Turner	0:39:20	M	42	410	9:02
65	Gregory Milo	0:39:36	M	50	114	9:06
66	Sam Curfman	0:39:43	M	28	32	9:08
67	Alex Walker	0:39:53	M	30	350	9:10
68	Diana Munro	0:40:14	F	62	119	9:15
69	Timothy Powell	0:40:21	M	64	130	9:16
70	Russell Hofer	0:40:23	M	40	68	9:17
71	Kretina Rai	0:40:36	F	17	134	9:20
72	Irina Lomonosov	0:41:05	F	57	98	9:26
73	Alex Halterman	0:41:09	M	33	62	9:27
74	David Jenkins	0:41:35	M	36	72	9:33
75	Johnathan Coleman	0:41:59	M	32	30	9:39
76	Alan Simmons	0:42:45	M	39	157	9:49
77	Steven Youngkin	0:42:51	M	54	367	9:51
78	Matt Lance	0:43:04	M	42	89	9:54
79	Andrew Valentine	0:43:17	M	29	347	9:57
80	Elliot Odom	0:43:28	F	14	126	9:59
81	Rizza Durbin	0:43:35	F	51	39	10:01
82	Sheri McConville	0:43:41	F	38	108	10:02
83	Ben Landis	0:43:41	M	49	90	10:02
84	Valerie Ridenour	0:43:42	F	27	139	10:03
85	Todd Young	0:43:57	M	62	366	10:06
86	Amy Belles	0:44:00	F	46	7	10:07
87	Marian Shoemaker	0:44:02	F	46	155	10:07
88	Jim Williams	0:44:22	M	56	361	10:12
89	Steven Davey	0:44:40	M	46	34	10:16
90	Avery Ferrar	0:45:03	F	18	46	10:21
91	Josh Ferrar	0:45:03	M	20	45	10:21
92	Matthew Coleman	0:45:04	M	39	29	10:21
93	Amanda Drouhard	0:45:37	F	41	37	10:29
94	Ayusha Subba	0:45:41	F	16	173	10:30
95	Chaunta Shelton	0:46:26	F	42	151	10:40
96	Tara Springston	0:46:54	F	41	164	10:47
97	Brian Crosson	0:47:00	M	48	31	10:48
98	Jess Bailey	0:47:19	F	46	3	10:52
99	Karli Scaffide	0:47:19	F	30	148	10:52
100	Abigail Stopka	0:47:20	F	30	169	10:53
101	Ashley Stopka	0:47:20	F	33	168	10:53
102	Elisha West	0:47:46	F	48	353	10:58
103	MORGAN MUNRO	0:47:51	F	23	120	11:00
104	Josh Gippin	0:47:51	M	48	55	11:00
105	April Newman	0:48:02	F	41	121	11:02
106	Paula Genova	0:48:11	F	58	416	11:04
107	Jim Ballard	0:48:24	M	74	4	11:07
108	Shannon Morgan	0:48:37	F	38	117	11:10
109	Whitney Cecil	0:48:37	F	38	23	11:10
110	Amber Roebuck	0:48:42	F	45	144	11:11
111	Taylor Rahe	0:48:52	F	32	133	11:14
112	Elisa Hill	0:49:09	F	52	65	11:18
113	Jeff Ladner	0:49:24	M	61	86	11:21
114	Pete Dotlich	0:50:12	M	52	35	11:32
115	Newang Sherpa	0:50:23	M	15	152	11:35



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116	Teresa Chaney	0:50:33	F	58	25	11:37
117	Ryan McGuire	0:50:51	M	68	109	11:41
118	Elijah Gervins	0:51:08	M	18	54	11:45
119	Mary Fox	0:51:12	F	72	49	11:46
120	Joseph Lambert	0:51:12	M	35	87	11:46
121	Karuna Rai	0:51:25	F	17	135	11:49
122	Ellen Leppo	0:51:50	F	41	93	11:55
123	Nathan Leppo	0:51:50	M	41	92	11:55
124	Aimee Boland	0:52:13	F	43	16	12:00
125	Jill Miracle	0:52:14	F	41	115	12:00
126	Lori Brown	0:52:45	F	54	20	12:07
127	Priyanka Berry	0:53:28	F	37	9	12:17
128	Lisa Martin	0:54:21	F		421	12:29
129	Shannon Bryant	0:54:29	F	60	21	12:31
130	Major Sullivan-Ellis	0:54:29	M	8	340	12:31
131	ShaKeela Gary	0:54:53	F	28	53	12:37
132	Teresha Dunbar	0:55:10	F	53	38	12:41
133	Marquetta Williams	0:55:31	F	52	359	12:45
134	Ruth Solomon	0:56:11	F	50	161	12:55
135	Gary Estwick	0:56:14	M	99	405	12:55
136	Lauren Grindall	0:56:36	F	38	413	13:00
137	Aaron Piekarlic	0:56:47	M		426	13:03
138	Bertha Jenkins	0:58:14	F	73	71	13:23
139	Elizabeth White	0:58:45	F	38	356	13:30
140	Erin Metcalf	0:58:50	F	46	113	13:31
141	Randy Weathers	0:59:29	M	63	352	13:40
142	Danah Hoang	1:00:06	F	18	67	13:49
143	Haley Futrell	1:00:07	F	19	52	13:49
144	Patricia Stuart-Mann	1:01:01	F	44	170	14:01
145	GEORGE ARONHALT	1:01:17	M	75	1	14:05
146	Leonard Ridenour	1:01:19	M	53	138	14:05
147	James Valentine	1:01:25	M	74	346	14:07
148	Sheneeka Rodgers	1:01:42	F	39	142	14:11
149	Miriam Saylor	1:02:04	F		418	14:16
150	Jennifer Odom	1:02:54	F	42	125	14:27
151	Steven Marcum	1:04:09	M	27	103	14:45
152	Kathryn Eastgate	1:05:24	F	40	40	15:02
153	Charles Shinn	1:07:08	M	46	154	15:26
154	Jimmy Matweyou	1:07:35	M	41	106	15:32
155	Denise Jenkins	1:07:55	F	45	73	15:36
156	Abby Stephens	1:07:59	F	30	166	15:37
157	Colleen Hruska	1:08:10	F	44	69	15:40
158	Janeen Felsoci	1:08:11	F	44	44	15:40
159	Nunaam Subba	1:09:13	F	14	171	15:55
160	Michelle Livers-Jovanovic	1:11:07	F	46	97	16:21
161	Canryn Korora	1:11:36	F	16	83	16:27
162	Caden Korora	1:11:36	M	17	84	16:27
163	Steven Knauss	1:11:40	M	32	409	16:28
164	Ralph FLESHER	1:11:41	M	63	47	16:28
165	Jake Blough	1:11:41	M	18	15	16:29
166	Tamara Snyder	1:12:30	F	57	160	16:40
167	Michael Sage	1:12:37	M	61	145	16:41
168	Kelly Futrell	1:12:39	F	44	51	16:42
169	Frank Jones	1:13:20	M	40	76	16:51
170	Sarah Steurer	1:14:12	F	27	167	17:03
171	Amy Korora	1:14:14	F	49	81	17:04
172	Nischal Dahal	1:15:04	M	15	33	17:15
173	TAMMY STEELE	1:15:09	F	46	165	17:16



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174	Amber Good	1:15:14	F	42	57	17:17
175	Ronald Good	1:15:15	M	41	58	17:18
176	Cathy Savage	1:15:20	F	57	147	17:19
177	Tracy Jones	1:15:20	F	52	77	17:19
178	Jennifer Bartell	1:17:53	F	45	6	17:54
179	Tatia Harris	1:18:10	F	58	63	17:58
180	Angela Neely	1:18:10	F		420	17:58
181	Patricia Taylor	1:18:11	F	52	342	17:58
182	Miriam Saylor	1:19:23	F	43	418	18:15
183	JEFFREY SOLOMON	1:20:32	M	68	162	18:31
184	Angie Vrba	1:20:45	F	46	349	18:34
185	Lori Korora	1:20:46	F	46	80	18:34
186	Terry Livers	1:20:47	M	75	96	18:34
187	Jeremy Patton	1:20:49	M	45	128	18:34
188	Jessica Workman	1:22:35	F	33	365	18:59
189	Ashley Claar	1:22:38	F	33	27	19:00
190	Jodi Benn	1:22:40	F	38	8	19:00
191	Todd Brabson	1:22:41	M	54	19	19:00
192	Kylie Farson	1:22:41	F	11	42	19:00
193	Kirsten Farson	1:22:42	F	14	43	19:00
194	Lauren Brabson	1:22:49	F	26	18	19:02
195	Samantha Mullens	1:23:20	F	40	118	19:09
196	Heather Hacker	1:29:24	M	48	61	20:33
197	Shannon Coker	1:29:25	F	48	28	20:33
198	Grace Doyle	1:32:58	F	28	36	21:22
199	Shreeya Kattel	1:34:34	F	15	78	21:44
200	Kristina Lamichaney	1:34:44	F	13	88	21:46
201	A'anikah McCloud	1:40:28	F	20	107	23:05
202	Anissa Sales	1:40:29	F	34	146	23:06
203	Jamie Avis		F	53	2	
204	William Barrett		M	62	5	
205	Jaime Blair		F	45	13	
206	Dave Kutcher		M	58	85	
207	Stephanie Leonardi		F	41	91	
208	Patrick Noon		M	100	123	
209	Gabriel Piriz		M	43	129	
210	Mission Rai		M	14	136	
211	Susan Robnettu		F	63	141	
212	Lyndsey Scafidi		F	37	149	
213	Adam Shoemaker		M	47	156	
214	Janice Soster		F	64	163	
215	Christine Sykes		F	45	341	
216	Rachel Troutman		F	43	344	
217	Benjamin White		M	42	355	
218	Stacey Whited		F	45	357	
219	BRODY WILLIAMS		M	5	360	
220	Maya Zvavitch		F	24	368	
221	Dennis Sharon		M	67	404	
222	Jaydon Morr		M	21	419	
223	Tandra Knaff		F	55	411	
224	Anne Mills		F		430	
225	Natashia Metz		F		431	
226	Ellen Lucca		F		433	
227	Enrista Augustonovich		F		432	