



Cowbell 7K 0-17 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	29	Marely Morales	0:34:08	16	116	7:50
2	71	Kretina Rai	0:40:36	17	134	9:20
3	80	Elliot Odom	0:43:28	14	126	9:59
4	94	Ayusha Subba	0:45:41	16	173	10:30
5	121	Karuna Rai	0:51:25	17	135	11:49
6	159	Nunaam Subba	1:09:13	14	171	15:55
7	161	Canryn Korora	1:11:36	16	83	16:27
8	192	Kylie Farson	1:22:41	11	42	19:00
9	193	Kirsten Farson	1:22:42	14	43	19:00
10	202	Shreeya Kattel		15	78	
11	204	Kristina Lamichhane		13	88	

Cowbell 7K 0-17 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	8	Jramayne Williams	0:29:27	16	362	6:46
2	11	Dev Bhujel	0:30:35	17	11	7:01
3	24	Dipesh Chuwan	0:33:49	17	26	7:46
4	30	Tapash Bhattarai	0:34:27	17	10	7:55
5	38	Sura Bir Gurung	0:35:15	15	59	8:06
6	41	Ryan Heitzenrater	0:36:13	17	64	8:19
7	51	Sujal Subba	0:37:13	15	172	8:33
8	53	Marcus Whatley	0:37:43	16	354	8:40
9	55	Tao Non	0:38:07	16	122	8:45
10	115	Newang Sherpa	0:50:23	15	152	11:35
11	130	Major Sullivan-Ellis	0:54:29	8	340	12:31
12	162	Caden Korora	1:11:36	17	84	16:27
13	172	Nischal Dahal	1:15:04	15	33	17:15
14	209	Mission Rai		14	136	
15	219	BRODY WILLIAMS		5	360	

Cowbell 7K 18-24 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	90	Avery Ferrar	0:45:03	18	46	10:21
2	103	MORGAN MUNRO	0:47:51	23	120	11:00
3	142	Danah Hoang	1:00:06	18	67	13:49
4	143	Haley Futrell	1:00:07	19	52	13:49
5	206	A'anikah McCloud		20	107	
6	220	Maya Zvavitch		24	368	

Cowbell 7K 18-24 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	6	Lucas Futrell	0:28:42	18	408	6:35
2	34	Joshua Frampton	0:34:53	19	50	8:01
3	48	Sanjil Magar	0:37:07	18	101	8:32
4	91	Josh Ferrar	0:45:03	20	45	10:21
5	118	Elijah Gervins	0:51:08	18	54	11:45
6	165	Jake Blough	1:11:41	18	15	16:29
7	222	Jaydon Morr		21	419	

Cowbell 7K 25-29 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	17	Amelia Suglio	0:32:22	25	174	7:26
2	45	Danielle Kay	0:36:36	27	79	8:24
3	50	Vanessa Golias	0:37:13	27	56	8:33



Cowbell 7K 25-29 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
4	61	Rachel Wingate	0:38:49	26	363	8:55
5	84	Valerie Ridenour	0:43:42	27	139	10:03
6	131	ShaKeela Gary	0:54:53	28	53	12:37
7	170	Sarah Steurer	1:14:12	27	167	17:03
8	194	Lauren Brabson	1:22:49	26	18	19:02
9	198	Grace Doyle	1:32:58	28	36	21:22

Cowbell 7K 25-29 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	9	Sean Blake	0:29:28	29	14	6:46
2	19	Thomas Jones	0:33:01	29	75	7:35
3	56	Ryan Matejka	0:38:14	28	105	8:47
4	66	Sam Curfman	0:39:43	28	32	9:08
5	79	Andrew Valentine	0:43:17	29	347	9:57
6	151	Steven Marcum	1:04:09	27	103	14:45

Cowbell 7K 30-34 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	99	Karli Scaffide	0:47:19	30	148	10:52
2	100	Abigail Stopka	0:47:20	30	169	10:53
3	101	Ashley Stopka	0:47:20	33	168	10:53
4	111	Taylor Rahe	0:48:52	32	133	11:14
5	156	Abby Stephens	1:07:59	30	166	15:37
6	188	Jessica Workman	1:22:35	33	365	18:59
7	189	Ashley Claar	1:22:38	33	27	19:00
8	211	Anissa Sales		34	146	

Cowbell 7K 30-34 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	63	Rico Hinton	0:38:55	32	66	8:56
2	67	Alex Walker	0:39:53	30	350	9:10
3	73	Alex Halterman	0:41:09	33	62	9:27
4	75	Johnathan Coleman	0:41:59	32	30	9:39
5	163	Steven Knauss	1:11:40	32	409	16:28

Cowbell 7K 35-39 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	16	Christie Sullivan	0:32:08	39	175	7:23
2	28	Sarah Shimp	0:34:05	39	153	7:50
3	82	Sheri McConville	0:43:41	38	108	10:02
4	108	Shannon Morgan	0:48:37	38	117	11:10
5	109	Whitney Cecil	0:48:37	38	23	11:10
6	127	Priyanka Berry	0:53:28	37	9	12:17
7	136	Lauren Grindall	0:56:36	38	413	13:00
8	139	Elizabeth White	0:58:45	38	356	13:30
9	148	Sheneeka Rodgers	1:01:42	39	142	14:11
10	190	Jodi Benn	1:22:40	38	8	19:00
11	212	Lyndsey Scafidi		37	149	

Cowbell 7K 35-39 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	4	Gregory Habib	0:27:21	38	60	6:17
2	10	Tim Siwicki	0:30:29	35	158	7:00
3	32	Cory Langford	0:34:46	37	407	7:59



Cowbell 7K 35-39 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
4	43	Kevin Hazlett	0:36:19	36	415	8:21
5	57	Jeremy Long	0:38:15	38	99	8:47
6	74	David Jenkins	0:41:35	36	72	9:33
7	76	Alan Simmons	0:42:45	39	157	9:49
8	92	Matthew Coleman	0:45:04	39	29	10:21
9	120	Joseph Lambert	0:51:12	35	87	11:46

Cowbell 7K 40-44 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	93	Amanda Drouhard	0:45:37	41	37	10:29
2	95	Chaunta Shelton	0:46:26	42	151	10:40
3	96	Tara Springston	0:46:54	41	164	10:47
4	105	April Newman	0:48:02	41	121	11:02
5	122	Ellen Leppo	0:51:50	41	93	11:55
6	124	Aimee Boland	0:52:13	43	16	12:00
7	125	Jill Miracle	0:52:14	41	115	12:00
8	144	Patricia Stuart-Mann	1:01:01	44	170	14:01
9	150	Jennifer Odom	1:02:54	42	125	14:27
10	152	Kathryn Eastgate	1:05:24	40	40	15:02
11	157	Colleen Hruska	1:08:10	44	69	15:40
12	158	Janeen Felsoci	1:08:11	44	44	15:40
13	168	Kelly Futrell	1:12:39	44	51	16:42
14	174	Amber Good	1:15:14	42	57	17:17
15	182	Miriam Saylor	1:19:23	43	418	18:15
16	195	Samantha Mullens	1:23:20	40	118	19:09
17	205	Stephanie Leonardi		41	91	
18	216	Rachel Troutman		43	344	

Cowbell 7K 40-44 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	7	Bryan Warnick	0:29:25	43	351	6:45
2	21	Robert Blackburn	0:33:18	44	12	7:39
3	22	Adam Johnson	0:33:18	43	74	7:39
4	25	Andrew Evans	0:33:54	42	41	7:47
5	39	John Mann	0:35:28	43	102	8:09
6	47	Ryan Snell	0:37:04	40	159	8:31
7	54	Donny Rodgers	0:37:54	40	143	8:42
8	64	Nathaniel Turner	0:39:20	42	410	9:02
9	70	Russell Hofer	0:40:23	40	68	9:17
10	78	Matt Lance	0:43:04	42	89	9:54
11	123	Nathan Leppo	0:51:50	41	92	11:55
12	154	Jimmy Matweyou	1:07:35	41	106	15:32
13	169	Frank Jones	1:13:20	40	76	16:51
14	175	Ronald Good	1:15:15	41	58	17:18
15	208	Gabriel Piriz		43	129	
16	217	Benjamin White		42	355	

Cowbell 7K 45-49 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	18	Bethany Denison-Gray	0:32:38	45	414	7:30
2	52	Billie Quesenberry	0:37:25	47	131	8:36
3	60	Carrie Jacobs	0:38:48	49	70	8:55
4	86	Amy Belles	0:44:00	46	7	10:07
5	87	Marian Shoemaker	0:44:02	46	155	10:07
6	98	Jess Bailey	0:47:19	46	3	10:52
7	102	Elisha West	0:47:46	48	353	10:58



Cowbell 7K 45-49 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
8	110	Amber Roebuck	0:48:42	45	144	11:11
9	140	Erin Metcalf	0:58:50	46	113	13:31
10	155	Denise Jenkins	1:07:55	45	73	15:36
11	160	Michelle Livers-Jovanovic	1:11:07	46	97	16:21
12	171	Amy Korora	1:14:14	49	81	17:04
13	173	TAMMY STEELE	1:15:09	46	165	17:16
14	178	Jennifer Bartell	1:17:53	45	6	17:54
15	184	Angie Vrba	1:20:45	46	349	18:34
16	185	Lori Korora	1:20:46	46	80	18:34
17	197	Shannon Coker	1:29:25	48	28	20:33
18	201	Jaime Blair		45	13	
19	215	Christine Sykes		45	341	
20	218	Stacey Whited		45	357	

Cowbell 7K 45-49 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	13	Kevin Burkholder	0:31:00	48	22	7:07
2	23	Dan Ragan	0:33:22	49	132	7:40
3	31	Chad Lewis	0:34:38	47	94	7:57
4	36	Mike Palumbo	0:35:02	47	127	8:03
5	44	Shaun Metcalf	0:36:21	49	112	8:21
6	58	Curtis Ratliff	0:38:18	46	137	8:48
7	59	Mike Madej	0:38:41	48	100	8:53
8	62	Nick Korora	0:38:54	46	82	8:56
9	83	Ben Landis	0:43:41	49	90	10:02
10	89	Steven Davey	0:44:40	46	34	10:16
11	97	Brian Crosson	0:47:00	48	31	10:48
12	104	Josh Gippin	0:47:51	48	55	11:00
13	153	Charles Shinn	1:07:08	46	154	15:26
14	187	Jeremy Patton	1:20:49	45	128	18:34
15	196	Heather Hacker	1:29:24	48	61	20:33
16	213	Adam Shoemaker		47	156	

Cowbell 7K 50-54 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	35	Tina Boyes	0:34:58	50	17	8:02
2	81	Rizza Durbin	0:43:35	51	39	10:01
3	112	Elisa Hill	0:49:09	52	65	11:18
4	126	Lori Brown	0:52:45	54	20	12:07
5	132	Terasha Dunbar	0:55:10	53	38	12:41
6	133	Marquetta Williams	0:55:31	52	359	12:45
7	134	Ruth Solomon	0:56:11	50	161	12:55
8	177	Tracy Jones	1:15:20	52	77	17:19
9	181	Patricia Taylor	1:18:11	52	342	17:58
10	199	Jamie Avis		53	2	

Cowbell 7K 50-54 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	20	CHONG WON	0:33:05	51	364	7:36
2	65	Gregory Milo	0:39:36	50	114	9:06
3	77	Steven Youngkin	0:42:51	54	367	9:51
4	114	Pete Dotlich	0:50:12	52	35	11:32
5	146	Leonard Ridenour	1:01:19	53	138	14:05
6	191	Todd Brabson	1:22:41	54	19	19:00

Cowbell 7K 55-59 (female)



Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	72	Irina Lomonosov	0:41:05	57	98	9:26
2	106	Paula Genova	0:48:11	58	416	11:04
3	116	Teresa Chaney	0:50:33	58	25	11:37
4	166	Tamara Snyder	1:12:30	57	160	16:40
5	176	Cathy Savage	1:15:20	57	147	17:19
6	179	Tatia Harris	1:18:10	58	63	17:58
7	223	Tandra Knaff		55	411	

Cowbell 7K 55-59 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	42	Jeff Lewis	0:36:16	55	95	8:20
2	88	Jim Williams	0:44:22	56	361	10:12
3	203	Dave Kutcher		58	85	

Cowbell 7K 60-64 (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	27	Jacqie Sukie	0:34:03	61	406	7:49
2	46	Deb McMasters	0:36:47	60	110	8:27
3	68	Diana Munro	0:40:14	62	119	9:15
4	129	Shannon Bryant	0:54:29	60	21	12:31
5	210	Susan Robnett		63	141	
6	214	Janice Soster		64	163	

Cowbell 7K 60-64 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	15	Jim Chaney	0:31:36	60	24	7:15
2	33	Bill Robb	0:34:51	61	140	8:00
3	69	Timothy Powell	0:40:21	64	130	9:16
4	85	Todd Young	0:43:57	62	366	10:06
5	113	Jeff Ladner	0:49:24	61	86	11:21
6	141	Randy Weathers	0:59:29	63	352	13:40
7	164	Ralph FLESHER	1:11:41	63	47	16:28
8	167	Michael Sage	1:12:37	61	145	16:41
9	200	William Barrett		62	5	

Cowbell 7K 65-69 (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	40	Randy Turk	0:35:58	65	345	8:16
2	49	Vern Martin	0:37:12	68	104	8:33
3	117	Ryan McGuire	0:50:51	68	109	11:41
4	183	JEFFREY SOLOMON	1:20:32	68	162	18:31
5	221	Dennis Sharon		67	404	

Cowbell 7K 70- (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	119	Mary Fox	0:51:12	72	49	11:46
2	138	Bertha Jenkins	0:58:14	73	71	13:23

Cowbell 7K 70- (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	26	Terry Fox	0:34:02	72	48	7:49
2	107	Jim Ballard	0:48:24	74	4	11:07
3	135	Gary Estwick	0:56:14	99	405	12:55



Cowbell 7K 70- (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
4	145	GEORGE ARONHALT	1:01:17	75	1	14:05
5	147	James Valentine	1:01:25	74	346	14:07
6	186	Terry Livers	1:20:47	75	96	18:34
7	207	Patrick Noon		100	123	

Top 3 Cowbell 7K (female)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	5	Nicole Fowler	0:27:32	51	417	6:19
2	12	Jessica Wilk	0:30:59	22	358	7:07
3	14	Anne Trahey	0:31:11	33	343	7:10

Top 3 Cowbell 7K (male)

Pos	Overall	Athlete	Chip Time	Age	Bib#	Pace
1	1	Tyler Vitullo	0:25:05	33	348	5:46
2	2	Adin Merritt	0:26:28	20	111	6:05
3	3	Larry O'Neil	0:26:50	55	124	6:10