

RACE NAME

5th Annual Seasons Change

10K Run  
Male

Overall Winner

Time

George Dunbar, Jr.

41:52

Age Group	Place	Name	Time
12-14	1	-----	-----
	2	-----	-----
	3	-----	-----
15-19	1	Nico Palermo	47:23
	2	-----	-----
	3	-----	-----
20-24	1	-----	-----
	2	-----	-----
	3	-----	-----
25-29	1	George Watson	42:41
	2	Mark Nenstiel	46:56
	3	Kevin Walsh	53:02
30-34	1	Dan Nenstiel	43:08
	2	Justin Collura	47:28
	3	-----	-----
35-39	1	James Igoe	46:41
	2	Jeff Whalen	51:27
	3	-----	-----
40-44	1	Walter Skalla	49:20
	2	Dale Williams	50:23
	3	Rich Weider	52:45
45-49	1	Joe Kichilinsky	42:22
	2	Gary Bonfante	47:40
	3	Bob Sosar	49:56
50-54	1	Bob Warnagiris	43:59
	2	Mike Palermo	47:37
	3	Gregory Goodring	50:24

55-59	1	Lenny Cooper	47:07
	2	Dave McSherry	48:14
	3	Rick Hueholt	57:51
60-64	1	Roland Gensel	43:46
	2	Max Furek	47:15
	3	James Akins	54:21
65-69	1	Willian Coolbaugh	1:01:16
	2	-----	-----
	3	-----	-----
70+	1	-----	-----
	2	-----	-----
	3	-----	-----

RACE NAME                    5th Annual Seasons Change                    10K Run Female

Overall Winner                    Time

Kelsey Osborne

44:10:00

Age Group	Place	Name	Time
14-Dec	1	-----	-----
	2	-----	-----
	3	-----	-----
15-19	1	Ariel Weidler	1:02:14
	2	-----	-----
	3	-----	-----
20-24	1	Ashley Gregory	59:48:00
	2	-----	-----
	3	-----	-----
25-29	1	Jill McClelland	55:20:00
	2	Faith Whalen	1:00:24
	3	Irene Reedy	1:00:55
30-34	1	Beth Sannie	44:28:00
	2	Charlene Aquilini	47:49:00
	3	Alexa Igoe	49:03:00

35-39	1	Kerry Potter	46:02:00
	2	Kerry Zawawski	47:47:00
	3	Ann Lagowy	1:02:07
40-44	1	Julie Platt	46:22:00
	2	Jennifer Yuengling	50:31:00
	3	Stacey Weidler	58:32:00
45-49	1	Richelle Fessler	51:57:00
	2	Allison Fitzpatrick-Dursk	58:33:00
	3	Liz Tolan	1:01:01
50-54	1	Sherry Akins	57:55:00
	2	Betty Uzupis	1:02:41
	3	-----	-----
55-59	1	Joan Kock	56:44:00
	2	Maureen McTague	1:02:56
	3	-----	-----
60-64	1	-----	-----
	2	-----	-----
	3	-----	-----
65-69	1	-----	-----
	2	-----	-----
	3	-----	-----
70+	1	-----	-----
	2	-----	-----
	3	-----	-----

RACE NAME

5th Annual Seasons Change

5K Run  
Male

Overall Winner	Time
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Mike Lisnock	17:28
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Age Group	Place	Name	Time
12-14	1	Erik Goetsch	21:49
	2	-----	-----
	3	-----	-----

15-19	1	Mike Lewis	17:31
	2	-----	-----
	3	-----	-----
20-24	1	Joey Almeida	27:19
	2	-----	-----
	3	-----	-----
25-29	1	James Trujillo	19:14
	2	Kevin Brace	22:16
	3	Damien Dolan	23:00
30-34	1	Chris Kasian	19:15
	2	Ryan Pugliese	21:46
	3	Jon-Bradley Hodgson	24:21
35-39	1	Joseph Crowne	20:26
	2	Robert Muscovitch	21:37
	3	Andrew Hollywood	22:49
40-44	1	Jack Capparell	24:12
	2	Mike Joseph	25:55
	3	Garett Glaser	27:27
45-49	1	Joe Cammisa	23:18
	2	Mike Bono	26:03
	3	-----	-----
50-54	1	Simon Kazinetz	22:30
	2	Dick Hughes	25:32
	3	Jim Perry	26:58
55-59	1	Chris Belleman	27:14
	2	-----	-----
	3	-----	-----
60-64	1	James Manzick	22:02
	2	Ron Rawls	24:53
	3	Carl Koch	34:17
65-69	1	-----	-----
	2	-----	-----
	3	-----	-----
70+	1	Joe Resetar	30:25
	2	John Gallagher	34:41

RACE NAME

5th Annual Seasons Change

5K Run  
Female

Overall Winner

Time

Natalie Soloman

21:27

Age Group	Place	Name	Time
12-14	1	Christina Capparell	22:39
	2	-----	-----
	3	-----	-----
15-19	1	Rachel Acker	29:45
	2	-----	-----
	3	-----	-----
20-24	1	Natasha Jankowsky	24:39
	2	-----	-----
	3	-----	-----
25-29	1	Missy Nenstiel	26:24
	2	Shelly Sobieray	28:37
	3	Mara Durange	29:28
30-34	1	Sarah Leskosky	23:25
	2	Willow Jurus	27:20
	3	Liz Werner	30:22
35-39	1	Pamela Brennan	23:54
	2	Gina Crowne	25:51
	3	Tricia Marshman	26:11
40-44	1	Kerry Festa	30:09
	2	Cathy Penkala	30:11
	3	Dawn Sullin	30:22
45-49	1	Peggy Manley	27:25
	2	Gail Glaser	31:47
	3	Valerie Bozek	37:20

50-54	1	Gloria Rawls	28:08
	2	Sally Pancheri	34:07
	3	Liz Fay	36:23
55-59	1	Judy Pavlick	31:08
	2	-----	-----
	3	-----	-----
60-64	1	-----	-----
	2	-----	-----
	3	-----	-----
65-69	1	-----	-----
	2	-----	-----
	3	-----	-----
70+	1	-----	-----
	2	-----	-----
	3	-----	-----

RACE NAME

5th Annual Seasons Change

5K Walk  
Male

Overall Winner      Time

Jim Pugliese      34:38

Age Group	Place	Name	Time
12-14	1	-----	-----
	2	-----	-----
	3	-----	-----
15-19	1	-----	-----
	2	-----	-----
	3	-----	-----
20-24	1	-----	-----
	2	-----	-----
	3	-----	-----

25-29	1	Nolan Sword	47:39
	2	-----	-----
	3	-----	-----
30-34	1	Douglas Womelsdorf	41:01
	2	-----	-----
	3	-----	-----
35-39	1	James Blackwell	55:20
	2	-----	-----
	3	-----	-----
40-44	1	Matthew Walter	37:36
	2	-----	-----
	3	-----	-----
45-49	1	Richard McIntyre	45:00
	2	-----	-----
	3	-----	-----
50-54	1	Brian Berlanda	50:36
	2		
	3	-----	-----
55-59	1	Francis Nenstiel	39:53
	2	Gary Gregory	50:57
	3	Denis Calarco	55:18
60-64	1	Thomas Lager	35:06
	2	Daniel Ravina	37:41
	3	-----	-----
65-69	1	Joe Puzetti	42:02
	2	-----	-----
	3	-----	-----
70+	1	Godfrey Bellinghauser	38:43
	2	-----	-----
	3	-----	-----

RACE NAME

5th Annual Seasons Change

5K Walk  
Female

Overall Winner | Time

Christine Snarski	32:18
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Age Group	Place	Name	Time
12-14	1	Julieann Koscak	44:59
	2	-----	-----
	3	-----	-----
15-19	1	-----	-----
	2	-----	-----
	3	-----	-----
20-24	1	Amy Kazinetz	40:14
	2	-----	-----
	3	-----	-----
25-29	1	Jenny Caso	47:38
	2	Judi Yanochko	50:35
	3	-----	-----
30-34	1	Dina Cusatis	41:00
	2	Gina Dignazio	41:56
	3	Krista Panco	55:02
35-39	1	Janet Hunsinger	48:33
	2	Shannon Knight	49:45
	3	Amy SurrIDGE	50:37
40-44	1	Stacey Walter	37:37
	2	Pamela Ohl	40:11
	3	Holly Koscak	41:23
45-49	1	Fran Warnagiris	40:53
	2	Aileen Kazinetz	42:25
	3		
50-54	1	Gwen Bodnar	1:00:27
	2	Frances Calarco	1:10:49
	3	-----	-----
55-59	1	Jennifer Sloom	37:15
	2	Genie Papatopoli	42:47
	3	-----	-----

60-64

1  
2  
3

Mary Verbonitz  
Janet Tucker  
Elaine Ephlin

42:01  
45:55  
56:17















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