

36th annual Wyo. Val. Str. 4.5 Mile Run

Race Date

3/20/2016

Individual Results

Place	Time	Pace	Group	Group Place	M/F Place	M/F	Age	BIB#	First Name	Last Name	City	ST
1	23:43	5:16	Overall	1	1	M	33	60	JEFFREY	SKWIERZ	FORTY FORT	PA
2	25:16	5:37	20 - 24	1	2	M	22	45	MICKEY	MOORHEAD	WILKES-BARRE	PA
3	25:43	5:43	Overall	1	1	F	24	73	MARINA	ORRSON	SHAVERTOWN	PA
4	28:09	6:15	45 - 49	1	3	M	46	110	SEAN	ROBBINS	SHAVERTOWN	PA
5	28:20	6:18	35 - 39	1	4	M	37	83	MIKE	ADAMSHICK	DALLAS	PA
6	28:40	6:22	40 - 44	1	5	M	40	72	BOB	MUSCOVITCH	JIM THORPE	PA
7	29:08	6:28	20 - 24	1	2	F	23	74	JOSEY	RUPERT	SHICKSHINNY	PA
8	30:23	6:45	50 - 54	1	6	M	54	7	STEVEN	BOUCHER	ZION GROVE	PA
9	30:26	6:46	35 - 39	2	7	M	35	103	JOSH	HADEN	HAZLETON	PA
10	30:33	6:47	25 - 29	1	8	M	25	59	SCOTT	SKAMMER	DALLAS	PA
11	30:54	6:52	40 - 44	2	9	M	43	79	ROB	BARAN	PLAINS	PA
12	31:16	6:57	45 - 49	2	10	M	46	93	DANIEL	ROSA	WEST PITTSTON	PA
13	31:23	6:58	55 - 59	1	11	M	57	85	GREG	BASSHAM	MOUNTAIN TOP	PA
14	31:41	7:02	55 - 59	2	12	M	56	106	CHRIS	KRALL	KINGSTON TWP	PA
15	31:42	7:03	40 - 44	1	3	F	40	70	PATRICIA	BUZINKAI	KINGSTON	PA
16	31:57	7:06	14 & Under	1	13	M	14	29	NICHOLAS	PIKUL	WILKES-BARRE T	PA
17	32:01	7:07	50 - 54	2	14	M	50	96	RICH	WILCZYNSKI	BERWICK	PA
18	32:07	7:08	55 - 59	3	15	M	56	28	LARRY	PIKUL	WILKES-BARRE T	PA
19	32:13	7:10	35 - 39	1	4	F	37	23	KAREN	MOSKEL	KINGSTON	PA
20	32:27	7:13	30 - 34	1	5	F	31	3	LARA	ARNDT	STROUDSBURG	PA
21	32:31	7:14	55 - 59	4	16	M	55	112	JEFF	BARAN	BEAR CREEK TWP	PA
22	32:47	7:17	35 - 39	3	17	M	39	58	TONY	ZIGMONT	WYOMING	PA
23	32:49	7:18	15 - 19	1	18	M	17	50	TONY	DEMARK	DURYEA	PA
24	32:50	7:18	35 - 39	2	6	F	36	84	KELLY	ADAMSHICK	DALLAS	PA
25	33:08	7:22	35 - 39	3	7	F	36	19	CHRISTAL	ZERMANE	AVOCA	PA
26	33:38	7:28	50 - 54	3	19	M	53	81	DAVID	STANITIS	PLYMOUTH	PA
27	33:45	7:30	45 - 49	1	8	F	49	21	BRENDA	LOGAN	BLOOMSBURG	PA
28	33:54	7:32	40 - 44	2	9	F	41	111	JESSICA	JOSEPH	DALLAS	PA
29	33:55	7:32	35 - 39	4	20	M	38	100	JASON	MCROY	SWEET VALLEY	PA
30	34:16	7:37	45 - 49	3	21	M	45	114	FRANK	RICHARDS	TAYLOR	PA
31	34:29	7:40	50 - 54	4	22	M	53	35	JOHN	BEERS	BLOOMSBURG	PA
32	34:33	7:41	40 - 44	3	23	M	44	92	PAUL	MANLEY	PLYMOUTH	PA
33	34:40	7:42	35 - 39	5	24	M	39	26	MICHAEL	LYKON	SHAVERTOWN	PA
34	34:54	7:45	50 - 54	5	25	M	52	56	JOHN	FAZZI	BEAR CREEK	PA
35	35:00	7:47	45 - 49	4	26	M	45	102	JAMES	ALBERT	PITTSTON	PA
36	35:01	7:47	50 - 54	6	27	M	53	120	ROBERT	BILBOW	WEST WYOMING	PA
37	35:30	7:53	45 - 49	2	10	F	45	24	SHERRY	HARVEY	JERMYN	PA
38	35:38	7:55	35 - 39	6	28	M	37	115	MICHAEL	WYAND	BEAR CREEK	PA
39	35:41	7:56	35 - 39	7	29	M	39	95	MIKE	DUTROW	HANOVER TWP	PA
40	35:44	7:56	20 - 24	2	11	F	23	49	BECKA	BISSET	BLOOMSBURG	PA

36th annual Wyo. Val. Str. 4.5 Mile Run

Race Date

3/20/2016

Individual Results

Place	Time	Pace	Group	Group Place	M/F Place	M/F	Age	BIB#	First Name	Last Name	City	ST
41	35:46	7:57	35 - 39	4	12	F	35	101	RACHAEL	LABORANTI	SCOTT TWP	PA
42	35:48	7:57	35 - 39	5	13	F	37	15	WENDY	ORESICK	MOUNTAIN TOP	PA
43	35:50	7:58	35 - 39	6	14	F	35	62	BRENDA	KARAVITCH	SHAVERTOWN	PA
44	35:51	7:58	45 - 49	3	15	F	46	4	GINA	JAKUBOWSKI	MOUNTAIN TOP	PA
45	35:58	7:60	50 - 54	1	16	F	52	11	RICHELLE	FESSLER	BLOOMSBURG	PA
46	36:13	8:03	65 - 69	1	30	M	67	40	RON	RAWLS	MOUNTAIN TOP	PA
47	37:05	8:14	50 - 54	2	17	F	53	121	ANNET	KAMINSKI	TRUCKSVILLE	PA
48	37:09	8:15	45 - 49	4	18	F	48	55	CHRISTINE	FAZZI	BEAR CREEK	PA
49	37:21	8:18	40 - 44	3	19	F	41	91	JILL	CASARELLA	WHITE HAVEN	PA
50	37:23	8:18	60 - 64	1	31	M	64	80	RICK	HUEHOLT	BERWICK	PA
51	37:28	8:20	60 & over	1	20	F	61	71	JOYCE	FOSTER	DALLAS	PA
52	37:55	8:26	40 - 44	4	21	F	44	54	LAURA	WOJNAR	MADISON TWP	PA
53	38:01	8:27	35 - 39	8	32	M	35	94	NEIL	WELLS	GREENFIELD TWP	PA
54	38:09	8:29	35 - 39	7	22	F	38	113	LIZA	PROKOP	WILKES-BARRE	PA
55	38:10	8:29	35 - 39	8	23	F	36	38	MICHELLE	NAMIAK	BLAKELY	PA
56	38:12	8:29	65 - 69	2	33	M	65	39	TOM	WALSKI	NANTICOKE	PA
57	38:31	8:34	30 - 34	1	34	M	34	108	SCOTT	BARNES	DUPONT	PA
58	38:42	8:36	40 - 44	4	35	M	44	109	MIKE	MURRAY	DALLAS	PA
59	38:49	8:38	35 - 39	9	24	F	38	67	JENNIFER	MEYER	JESSUP	PA
60	39:06	8:41	35 - 39	10	25	F	36	118	SARAH	KASHATUS	HARVEYS LAKE	PA
61	39:07	8:42	55 - 59	1	26	F	55	64	CARMA	FLANNERY	SHAVERTOWN	PA
62	39:11	8:42	60 & over	2	27	F	64	116	DEBBIE	ALUNNI	JESSUP	PA
63	39:16	8:44	20 - 24	3	28	F	24	61	ASHLEE	WARD	TRUCKSVILLE	PA
64	39:22	8:45	65 - 69	3	36	M	66	44	ED	ZINDELL	JERMYN	PA
65	39:58	8:53	14 & Under	2	37	M	13	51	CJ	DEMARK	DURYEA	PA
66	40:09	8:55	20 - 24	4	29	F	20	99	ELIZABETH	DIGIOVINE	SHAVERTOWN	PA
67	40:16	8:57	45 - 49	5	30	F	47	82	ELLEN	JONES	HUNLOCK CREEK	PA
68	40:17	8:57	30 - 34	2	31	F	33	86	JESSICA	RALLO	SHAVERTOWN	PA
69	40:38	9:02	40 - 44	5	32	F	44	18	ANGIE	HUGHES	MOUNTAIN TOP	PA
70	41:54	9:19	30 - 34	3	33	F	30	25	KATIE	LYKON	KINGSTON	PA
71	41:56	9:19	55 - 59	5	38	M	57	117	CON	MCCOLE	WILKES-BARRE	PA
72	41:57	9:19	60 - 64	2	39	M	60	46	RICHARD	OWENS	WILKES-BARRE	PA
73	41:59	9:20	60 - 64	3	40	M	64	20	JOE	KELLY	BLOOMSBURG	PA
74	42:22	9:25	50 - 54	3	34	F	54	52	LIBBY	MORAN	HARVEYS LAKE	PA
75	42:44	9:30	50 - 54	4	35	F	54	88	MARY	WARGO	SHAVERTOWN	PA
76	43:13	9:36	35 - 39	11	36	F	38	27	JENN	RIODAN	POCONO LAKE	PA
77	43:27	9:39	50 - 54	7	41	M	50	90	TOM	DUNHAM	BLAKESLEE	PA
78	44:14	9:50	40 - 44	5	42	M	42	36	JAMES	BILLINGSLEY	DURYEA	PA
79	44:17	9:50	50 - 54	5	37	F	52	43	SANDRA	ORRSON	SHAVERTOWN	PA
80	44:56	9:59	50 - 54	6	38	F	50	10	DEE	CAREY	SHAVERTOWN	PA

36th annual Wyo. Val. Str. 4.5 Mile Run

Race Date

3/20/2016

Individual Results

Place	Time	Pace	Group	Group Place	M/F Place	M/F	Age	BIB#	First Name	Last Name	City	ST
81	44:58	9:60	14 & Under	1	39	F	13	69	LAUREN	HURST	DALLAS	PA
82	45:08	10:02	15 - 19	1	40	F	17	76	EMILY	ANDERSON	WILKES-BARRE	PA
83	45:15	10:03	60 - 64	4	43	M	61	42	RONALD	RUDA	DALLAS	PA
84	45:53	10:12	55 - 59	6	44	M	57	87	JIM	CONSIDINE	DALLAS	PA
85	46:08	10:15	45 - 49	6	41	F	46	107	KATHLEEN	GRANKO	TRUCKSVILLE	PA
86	46:35	10:21	15 - 19	2	42	F	17	77	KATIE	ANDERSON	WILKES-BARRE	PA
87	46:36	10:21	45 - 49	5	45	M	46	78	ERIC	ANDERSON	WILKES-BARRE	PA
88	46:43	10:23	35 - 39	12	43	F	38	37	TINA	KNORR	MOUNTAIN TOP	PA
89	46:52	10:25	40 - 44	6	44	F	41	68	MEMORY	HURST	DALLAS	PA
90	47:02	10:27	40 - 44	7	45	F	40	32	CHARLENE	MCSPARRON	SAYRE	PA
91	47:18	10:31	50 - 54	8	46	M	54	98	STEPHEN	FLANNERY	SHA VERTOWN	PA
92	47:19	10:31	35 - 39	13	46	F	38	119	SARAH	KNORR	DALLAS	PA
93	47:21	10:31	70 & Over	1	47	M	70	30	TOM	WINTER	SHA VERTOWN	PA
94	47:30	10:33	55 - 59	2	47	F	58	12	BARB	RUPERT	SHICKSHINNY	PA
95	49:13	10:56	15 - 19	3	48	F	17	105	LAUREN	SHISSION	WEST WYOMING	PA
96	49:17	10:57	35 - 39	14	49	F	35	22	CANDICE	DUTKO	MOUNTAIN TOP	PA
97	49:28	10:60	45 - 49	7	50	F	48	89	JULIE	DUNHAM	BLAKESLEE	PA
98	50:01	11:07	45 - 49	8	51	F	47	65	DENISE	FIFE	MAYFIELD	PA
99	50:02	11:07	20 - 24	5	52	F	20	66	SHAUNA	CUMMINGS	JERMYN	PA
100	50:25	11:12	40 - 44	8	53	F	41	57	KRISTEN	ZIGMONT	WYOMING	PA
101	53:01	11:47	60 - 64	5	48	M	61	97	ERNIE	MORGAN	SHICKSHINNY	PA
102	53:17	11:50	55 - 59	7	49	M	56	47	HENRY	WOLFE	WILKES-BARRE	PA
103	53:18	11:51	60 - 64	6	50	M	64	63	DENNIS	WOLFE	WILLIAMSPORT	PA
104	55:45	12:23	40 - 44	6	51	M	43	104	DAN	SHISSION	WEST WYOMING	PA
105	1:02:02	13:47	60 & over	3	54	F	68	31	JANIS	WINTER	SHA VERTOWN	PA