

**TRIATHLON
RESULTS
SEPT. 18, 2010**



**HILLS CREEK
STATE PARK
WELLSBORO, PA**

**CATEGORY:
TEAM
CO-ED**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Christy Gallagher	322	28:17	—	—	↓	↓
Jim Hepp	322	—	17:51	—	46:08	↓
Jared Schneider	322	—	—	25:39	—	1:11:47
2. Sandy Beideman	325	32:17	—	—	↓	↓
Dan Shipe	325	—	18:14	—	50:31	↓
Mark Newruck	325	—	—	30:08	—	1:20:39
3. Andee Dunham	316	31:02	—	—	↓	↓
Lucas Cummings	316	—	19:39	—	50:41	↓
Mike Cummings	316	—	—	32:04	—	1:22:45
4. Jill Adami	323	32:23	—	—	↓	↓
Mary Anne Heston	323	—	31:27	—	1:03:50	↓
Tony Adami	323	—	—	35:22	—	1:39:12
5. Doug Bird	324	32:30	—	—	↓	↓
Terry Bird	324	—	27:10	—	59:40	↓
Erika Tokarz	324	—	—	39:42	—	1:39:22
6. Trish Lyons	321	34:30	—	—	↓	↓
Tom Fahie	321	—	30:35	—	1:05:05	↓
Rob Delahanty	321	—	—	50:56	—	1:56:01

HOURS: MINUTES: SECONDS



**EVENT
SPONSORS**

**MANSFIELD UNIVERSITY
KAYAK CLUB**
www.mansfield.edu

**MOUNTAIN
GRAPHICS**
www.mtgraphics.com

**OSWALD CYCLE
WORKS**
www.oswaldcycleworks.com

**MILLER'S PURELY
MAPLE**
www.millersmaple.com

**WILD ASAPH
OUTFITTERS**
www.wildasphaoutfitters.com

**DRAPER'S SUPER
BEE APIARIES**
www.draperbee.com

**TRY
CHIPS**
www.trychips.com

**COUNTRY SKI
& SPORTS**
www.countryskiandsports.com

**TRIATHLON
RESULTS
SEPT. 18, 2010**



**HILLS CREEK
STATE PARK
WELLSBORO, PA**

**CATEGORY:
TEAM
MALE**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Matt Salvatori	318	25:34	—	—	↓	↓
Ron Kaiser	318	—	14:26	—	40:00	↓
Greg Williams	318	—	—	33:45	—	1:13:45
2. Mitch Bullock	319	24:52	—	35:45	↓	↓
Charlie Painter	319	—	22:13	—	47:05	1:22:50
3. Ryan Kelley	314	23:07	—	—	↓	↓
Dave Wieder	314	—	23:38	—	46:45	↓
Greg Bellows	314	—	—	37:18	—	1:24:03
4. Mike Cullison	315	26:42	—	—	↓	↓
Ron Kuhn	315	—	20:52	—	47:34	↓
Harold Brandt	315	—	—	37:53	—	1:25:27
5. Colin Craig	327	29:54	—	—	↓	↓
Nick Marple	327	—	22:38	—	52:32	↓
Andrew Craig	327	—	—	36:22	—	1:28:54
6. Garth Mitchell	317	27:29	—	—	↓	↓
Sam Mitchell	317	—	20:58	—	48:27	↓
Joey Mitchell	317	—	—	46:31	—	1:34:58

HOURS: MINUTES: SECONDS



**EVENT
SPONSORS**



**MANSFIELD UNIVERSITY
KAYAK CLUB**
www.mansfield.edu

**MOUNTAIN
GRAPHICS**
www.mtgraphics.com

**OSWALD CYCLE
WORKS**
www.oswaldcycleworks.com

**MILLER'S PURELY
MAPLE**
www.millersmaple.com

**WILD ASAPH
OUTFITTERS**
www.wildasaphoutfitters.com

**DRAPER'S SUPER
BEE APIARIES**
www.draperbee.com

**TRY
CHIPS**
www.trychips.com

**COUNTRY SKI
& SPORTS**
www.countryskiandsports.com

**TRIATHLON
RESULTS
SEPT. 18, 2010**



**HILLS CREEK
STATE PARK
WELLSBORO, PA**

**CATEGORY:
TEAM
FEMALE**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Chandra Israel	326	26:42	—	—	↓	↓
Sally Jones	326	—	25:35	38:14	52:17	1:30:31
2. Rachel Bullock	320	29:49	—	—	↓	↓
Joey-Sue Hamilton-Ficks	320	—	21:03	—	50:52	↓
Jessica Beard	320	—	—	1:01:04	—	1:51:56

**CATEGORY:
INDIVIDUAL
FEMALE**

HOURS: MINUTES: SECONDS

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Sarah Koontz	102	27:13	20:24	36:57	47:37	1:24:34
2. Hendricks, Laurie	121	29:17	24:46	39:53	54:03	1:33:56
3. VanHouten, Mary Ann	103	27:57	28:56	37:09	56:53	1:34:02
4. Hannah Driscoll	128	27:47	31:55	40:47	59:42	1:40:29
5. Kate Wenrich	107	34:48	20:23	47:41	55:11	1:42:52
6. Cory Loudenslager	106	31:18	26:36	45:26	57:54	1:43:20
7. Christa Walker	112	39:35	21:22	43:28	1:00:57	1:44:25
8. Amanda Johns	108	32:54	23:31	48:17	56:25	1:44:42
9. Sarah Zuchowski	113	33:31	28:16	54:13	1:01:47	1:56:00
10. Deb Dom	119	36:33	24:51	55:37	1:01:24	1:57:01
11. Norma Loudenslager	105	36:20	26:47	58:00	1:03:07	2:01:07



**EVENT
SPONSORS**

**MANSFIELD UNIVERSITY
KAYAK CLUB**
www.mansfield.edu

**MOUNTAIN
GRAPHICS**
www.mtgraphics.com

**OSWALD CYCLE
WORKS**
www.oswaldcycleworks.com

**MILLER'S PURELY
MAPLE**
www.millersmaple.com

**WILD ASAPH
OUTFITTERS**
www.wildasaphoutfitters.com

**DRAPER'S SUPER
BEE APIARIES**
www.draperbee.com

**TRY
CHIPS**
www.trychips.com

**COUNTRY SKI
& SPORTS**
www.countryskiandsports.com

**TRIATHLON
RESULTS
SEPT. 18, 2010**

**HILLS CREEK
STATE PARK
WELLSBORO, PA**



**CATEGORY:
INDIVIDUAL
MALE**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Ross, Chaz	131	23:15	14:59	30:52	38:14	1:09:06
2. Mike Romanovitch	130	26:00	16:41	29:49	42:41	1:12:30
3. Greg Dalton	133	24:04	19:36	29:02	43:40	1:12:42
4. Dave Mead	129	24:52	19:10	31:21	44:02	1:15:23
5. Rick Hendricks	122	24:48	16:51	34:12	41:39	1:15:51
6. Bill Wenrich	132	24:56	★	★	★	1:16:37
7. Howard Iseri	110	26:04	17:42	32:57	43:46	1:16:43
8. Bruce Dieseroth	127	23:25	20:56	33:37	44:21	1:17:58
9. Jamie Walker	111	27:22	22:52	34:15	50:14	1:24:29
10. William Hoyt	124	27:42	25:57	35:04	53:39	1:28:43
11. Stan Ritchie	104	27:28	26:53	34:56	54:21	1:29:17
12. Pat Salerno	123	29:54	22:20	38:15	52:14	1:30:29
13. Jared Stetts	125	26:08	24:09	41:25	50:17	1:31:42
14. Chuck Weiler	134	30:40	22:05	40:23	52:45	1:33:08
15. Jeff Seeley	120	27:02	★	★	★	1:35:04
16. Peter Beller	117	33:00	25:30	39:53	58:30	1:38:23
17. Bob Gresko	126	31:32	26:48	40:17	58:20	1:38:37
18. Duane Menges	114	30:07	31:55	38:58	1:02:02	1:41:00
19. Timothy Johns	109	32:54	26:12	45:37	59:06	1:44:43
20. LaRue Reese	116	48:35	22:33	47:18	1:11:08	1:58:26
21. Gil Hartley	101	38:29	29:46	53:25	1:08:15	2:01:40

★ *INFORMATION NOT AVAILABLE. Split times are not guaranteed, though every effort is made to record them. Unfortunately, some were inadvertently not recorded. Please accept our apologies.*

HOURS: MINUTES: SECONDS



**EVENT
SPONSORS**



**MANSFIELD UNIVERSITY
KAYAK CLUB**
www.mansfield.edu

**MOUNTAIN
GRAPHICS**
www.mtgraphics.com

**OSWALD CYCLE
WORKS**
www.oswaldcycleworks.com

**MILLER'S PURELY
MAPLE**
www.millersmaple.com

**WILD ASAPH
OUTFITTERS**
www.wildasphaoutfitters.com

**DRAPER'S SUPER
BEE APIARIES**
www.draperbee.com

**TRY
CHIPS**
www.trychips.com

**COUNTRY SKI
& SPORTS**
www.countryskiandsports.com

STEP OUTDOORS TRIATHLON 2010 OVERALL RESULTS						
NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Chaz Ross	131	23:15	14:59	30:52	38:14	1:09:06
2. Gallagher/Hepp/Schneider	322	28:17	17:51	25:39	46:08	1:11:47
3. Mike Romanovitch	130	26:00	16:41	29:49	42:41	1:12:30
4. Greg Dalton	133	24:04	19:36	29:02	43:40	1:12:42
5. Salvatori/Kaiser/Williams	318	25:34	14:26	33:45	40:00	1:13:45
6. Dave Mead	129	24:52	19:10	31:21	44:02	1:15:23
7. Rick Hendricks	122	24:48	16:51	34:12	41:39	1:15:51
8. Bill Wenrich	132	24:56	★	★	★	1:16:37
9. Howard Iseri	110	26:04	17:42	32:57	43:46	1:16:43
10. Bruce Dieseroth	127	23:25	20:56	33:37	44:21	1:17:58
11. Beideman/Shipe/Newruck	325	32:17	18:14	30:08	50:31	1:20:39
12. Dunham/Cummings/Cummings	316	31:02	19:39	32:04	50:41	1:22:45
13. Bollock/Painter	319	24:52	22:13	35:45	47:05	1:22:50
14. Kelley/Wieder/Bellows	314	23:07	23:38	37:18	46:45	1:24:03
15. Jamie Walker	111	27:22	22:52	34:15	50:14	1:24:29
16. Sarah Koontz	102	27:13	20:24	36:57	47:37	1:24:34
17. Cullison/Kuhn/Brandt	315	26:42	20:52	37:53	47:34	1:25:27
18. William Hoyt	124	27:42	25:57	35:04	53:39	1:28:43
19. Craig/Marple/Craig	327	29:54	22:38	36:22	52:32	1:28:54
20. Stan Ritchie	104	27:28	26:53	34:56	54:21	1:29:17
21. Pat Salerno	123	29:54	22:20	38:15	52:14	1:30:29
22. Israel/Jones	326	26:42	25:35	38:14	52:17	1:30:31
23. Jared Stetts	125	26:08	24:09	41:25	50:17	1:31:42
24. Chuck Weiler	134	30:40	22:05	40:23	52:45	1:33:08
25. Laurie Hendricks	121	29:17	24:46	39:53	54:03	1:33:56
26. Maryann Van Houghten	103	27:57	28:56	37:09	56:53	1:34:02
27. Mitchell/Mitchell/Mitchell	317	27:29	20:58	46:31	48:27	1:34:58
28. Jeff Seeley	120	27:02	★	★	★	1:35:04
29. Peter Beller	117	33:00	25:30	39:53	58:30	1:38:23
30. Bob Gresko	126	31:32	26:48	40:17	58:20	1:38:37
31. Adami/Heston/Adami	323	32:23	31:27	35:22	1:03:50	1:39:12
32. Bird/Bird/Tokarz	324	32:30	27:10	39:42	59:40	1:39:22
33. Hannah Driscoll	128	27:47	31:55	40:47	59:42	1:40:29
34. Duane Menges	114	30:07	31:55	38:58	1:02:02	1:41:00
35. Kate Wenrich	107	34:48	20:23	47:41	55:11	1:42:52
36. Cory Loudenslager	106	31:18	26:36	45:26	57:54	1:43:20
37. Christa Walker	112	39:35	21:22	43:28	1:00:57	1:44:25
38. Amanda Johns	108	32:54	23:31	48:17	56:25	1:44:42
39. Timothy Johns	109	32:54	26:12	45:37	59:06	1:44:43
40. Bullock/Hamilton-Ficks/Beard	320	29:49	21:03	1:01:04	50:52	1:51:56
41. Sarah Zuchowski	113	33:31	28:16	54:13	1:01:47	1:56:00
42. Lyons/Fahie/Delahanty	321	34:30	30:35	50:56	1:05:05	1:56:01
43. Deb Dom	119	36:33	24:51	55:37	1:01:24	1:57:01
44. LaRue Reese	116	48:35	22:33	47:18	1:11:08	1:58:26
45. Norma Loudenslager	105	36:20	26:47	58:00	1:03:07	2:01:07
46. Gil Hartley	101	38:29	29:46	53:25	1:08:15	2:01:40
★ Sorry, no split times recorded.						HOURS: MINUTES: SECONDS