

# **HARRC SUNDAY 8:30 AM CLUB RUN**

## **July 6, 2014**

**St. Thomas Roasters 3.25 Mile Run**  
**Race Director: Deb Schneider**

We had another gorgeous morning for the St. Thomas Roasters run. There were 19 runners and 1 little lady in a jogging stroller at the run.

Several people were doing the trifecta weekend as they ran the Patriot Dash 5K on Friday, the Carlisle Summer Fest 5K/10K on Saturday, and the club run on Sunday..

Mark Ondo was the first male finisher in 24:33 just edging out Mike Cover. Ellie was first female (with some help from Grandpa Gary Varano), edging out Grandma Carol Varano by 23 seconds.

Marge Lebo got into the zone and may have missed a turn or two ending up with a 4 mile run. Or maybe we can blame her head cold for her misdirection.

We welcomed Sarah Walsh and Bekah Rundall as first time attendees to the St. Thomas Roaster club run.

Everyone enjoyed refreshments and water after the run.

<b>Name</b>	<b>Time</b>
Mark Ondo	24:33
Mike Cover	24:37
Gary Varano & Ellie	26:36
Carol Varano	27:06
Dave Lebo	27:33
Monica Moyer	27:43
Brant Gahr	27:51
Bekah Rundall	24:49
Bill Auxer	29:00
Jeff Paladina	29:42

Doug Dietrich	30:21
Brad Colwell	30:26
Patty Parker	27:23
Brad Westhafer	33:04
Steve Whittle	34:00
Sarah Walsh	35:11
Chris Gipe	38:54
Shelly Perry	40:39

#### **4 mile run**

Marge Lebo

#### **Men's course record**

22:01 - Paul Taylor

#### **Women's course record**

22:53 - Michelle DeStefano

