

HARRC SUNDAY CLUB RUN

September 14, 2014

Rail Trail 5 and 10 Mile Run

Race Director: Lee McMIndes

With ideal weather conditions for running the Rail Trail, we had a good turnout with runners, walkers, bikers and a cute little girl Ellie riding in a stroller. Frank Leiter won the 10 mile run in a blistering time of 69:35 which translates to a 6:57 pace. Becky Cover won for the ladies in 86:45. In the 5 mile run, Mark Ondo won in a respectable time of 35:20 (7:04 pace) while Ann Marie Christian and Maureen Zerbe tied in a time of 48:41.

10 miles

01	Frank Leiter	1:09:35
02	Mike Cover	1:19:18
03	Becky Cover	1:26:45
04	Carol Varano	1:26:57
05	Jim Vorhauer	1:27:27
06	John Kelley	1:33:08
07	Patty Parker	1:43:14
08	Kevin Nelson	1:50:38
09	Steve Whittle	1:56:00

8 Miles

Deb Schneider 1:36:45

5 Miles

01	Mark Ondo	35:20
02	Gary Varano & Ellie	43:05
03	Frank Crupi	45:40
04	Brad Colwell	47:51
05 (T)	Ann-Marie Christian	48:41
05 (T)	Maureen Zerbe	48:41
07	Shelly Perry	1:07:56

Walkers

Joanne Emig

Deb Whittle

10 Miles Biking

Andy & Carol O'Donnell