

**TRYATHLON  
RESULTS  
SEPT. 17, 2011**

**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	130	22:35	12:48	28:03	35:23	1:03:26
2. Greg Dalton	133	24:23	16:10	27:58	40:33	1:08:31
3. Mike Romanovitch	129	25:47	15:03	28:44	40:50	1:09:34
4. Bruce Deiseroth	115	23:41	19:03	32:33	42:44	1:15:17
5. Christopher Witmer	124	25:05	17:39	36:41	42:44	1:19:25
6. Peter Parken	122	27:57	19:08	32:31	47:05	1:19:36
7. Scott Savoie	110	26:34	17:54	33:31	44:28	1:19:59
8. Ryan Gardner	104	25:05	21:06	37:33	46:11	1:23:44
9. William Hoyt	106	29:05	22:39	34:11	51:44	1:25:55
10. Patrick Salerno	117	29:50	19:17	37:35	48:07	1:26:42
11. Heath Strickland	120	25:59	25:04	38:18	51:03	1:29:21
12. Alan Burgess	118	29:50	★	★	★	1:30:41
13. David Stanton	113	28:42	23:48	39:27	52:30	1:31:57
14. Robert Snook	121	38:37	17:21	44:59	55:58	1:40:57
15. Jeff Troegler	101	34:26	23:22	43:40	57:48	1:41:28
16. Tom Murphy	103	37:44	26:27	48:34	1:04:11	1:52:45
17. LaRue Reese	131	47:32	21:15	46:28	1:08:47	1:55:15
18. Ben Stone	108	37:02	25:05	1:06:37	1:02:07	2:08:44

★ *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**



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**TRYATHLON  
RESULTS  
SEPT. 17, 2011**

**HILLS CREEK  
STATE PARK  
WELLSBORO, PA**



**CATEGORY:  
INDIVIDUAL  
FEMALE**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Marian Savoie	102	29:11	22:27	38:44	51:38	1:30:22
2. Sally Bennett	123	32:27	26:29	45:14	58:56	1:44:10
3. Lilace Guignard	105	49:43	20:35	46:56	1:10:18	1:57:14
4. Ellen Krajewski	112	43:38	27:58	59:31	1:11:36	2:11:07
5. Maryann VanHouten	102	28:04	21:27	★	49:31	★
6. Kate Wenrich	119	★	★	★	★	★

**CATEGORY:  
TEAM  
FEMALE**

**HOURS: MINUTES: SECONDS**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Chandra Israel Sally Jones	343 343	29:25 —	— 21:28	— 38:30	↓ 50:53	↓ 1:29:23
2. Sara Zuchowski Rebecca Charles Joey-Sue Hamilton-Ficks	330 330 330	32:15 — —	— 24:25 —	— — 41:08	↓ 56:40 —	↓ ↓ 1:37:48
3. Dawn Williams Kari Roslund Mary Beth Hood	339 339 339	35:19 — —	— 23:53 —	— — 47:39	↓ 59:12 —	↓ ↓ 1:46:51

★ **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.



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**TRYATHLON  
RESULTS  
SEPT. 17, 2011**



**HILLS CREEK  
STATE PARK  
WELLSBORO, PA**

**CATEGORY:  
TEAM  
MALE**

**HOURS: MINUTES: SECONDS**

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Matt Salvatori	338	25:05	—	—	↓	↓
Ron Kaiser	338	—	13:18	—	38:23	↓
Greg Williams	338	—	—	31:03	—	1:09:26
2. George Van Houten	329	26:48	—	—	↓	↓
David Spahalski	329	—	18:48	—	45:36	↓
Tom Cheney	329	—	—	33:25	—	1:19:01

*Photos provided by the Department of Conservation and Natural Resources courtesy of DCNR volunteer, Mark Clements.*



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# TRYATHLON RESULTS SEPT. 17, 2011



HILLS CREEK  
STATE PARK  
WELLSBORO, PA

**CATEGORY:  
TEAM  
CO-ED**



**STEP OUTDOORS**  
WHERE HEALTH MEETS ADVENTURE!

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Christy Gallagher	333	28:23	—	—	↓	↓
Jim Hepp	333	—	15:30	—	43:53	↓
Jared Schneider	333	—	—	25:32	—	1:09:25
2. Stefanie Greenawalt	334	26:34	—	—	↓	↓
Jeff Greenawalt	334	—	20:41	—	47:51	↓
Bruce Bowman	334	—	—	35:57	—	1:23:12
3. Jackie Schlitzer	341	30:43	—	—	↓	↓
Erin Schlitzer	341	—	21:33	—	52:16	↓
Tim Schlitzer	341	—	—	36:12	—	1:28:28
4. Nathan White	342	29:25	—	—	↓	↓
Elise Becker	342	—	22:55	—	52:20	↓
Ally Hepp	342	—	—	39:39	—	1:31:59
5. Sandy Stiener	340	30:30	—	—	↓	↓
Rolf Dengler	340	—	19:42	—	50:12	↓
Erick Stiener	340	—	—	45:59	—	1:36:11
6. Kacie Fisher	328	33:07	—	—	↓	↓
Ron Warren	328	—	21:06	—	54:13	↓
Emily Beals	328	—	—	42:36	—	1:36:49
7. Samantha Bailey	336	30:16	—	—	↓	↓
Riley Roslund	336	—	27:27	—	57:43	↓
Joshua Hood	336	—	—	49:07	—	1:46:50
8. Su Bacon	337	27:13	—	—	↓	↓
Paul Kahler	337	—	23:34	—	50:47	↓
Brent Bacon	337	—	—	56:26	—	1:47:13
9. Beth Stone	332	37:02	—	—	↓	↓
Billie Stone	332	—	25:10	—	1:02:12	↓
Jeff Stone	332	—	—	1:06:32	—	2:08:44
10. TANDEM TEAM		58:46	—	—	↓	↓
Steve Hanes and	127	—	24:26	—	1:23:12	↓
Lorrie Knowlton	128	—	—	1:01:06	—	2:24:18
11. Trish Lyons Delahanty	331	33:35	—	—	↓	↓
		—	35:12	—	1:08:47	↓
		—	—	★	—	★

# STEP OUTDOORS TRIATHLON 2011 OVERALL RESULTS

NAME	RACE NUMBER	RUN SPLIT	PADDLE SPLIT	BIKE SPLIT	RUN + PADDLE	FINISH TIME
1. Ross, Chaz	130	22:35	12:48	28:03	35:23	1:03:26
2. Greg Dalton	133	24:23	16:10	27:58	40:33	1:08:31
3. Gallagher/Hepp/Schneider	333	28:23	15:30	25:32	43:53	1:09:25
4. Salvatori/Kaiser/Williams	338	25:05	13:18	31:03	38:23	1:09:26
5. Mike Romanovitch	129	25:47	15:03	28:44	40:50	1:09:34
6. Bruce Deiseroth	115	23:41	19:03	32:33	42:44	1:15:17
7. VanHouten/Spahalski/Cheney	329	26:48	18:48	33:25	45:36	1:19:01
8. Christopher Witmer	124	25:05	17:39	36:41	42:44	1:19:25
9. Peter Parken	122	27:57	19:08	32:31	47:05	1:19:36
10. Scott Savoie	110	26:34	17:54	33:31	44:28	1:19:59
11. Greenawalt/Greenawalt/Bowman	334	26:34	20:41	35:57	47:51	1:23:12
12. Ryan Gardner	104	25:05	21:06	37:33	46:11	1:23:44
13. William Hoyt	106	29:05	22:39	34:11	51:44	1:25:55
14. Patrick Salerno	117	29:50	19:17	37:35	48:07	1:26:42
15. Schlitzer/Schlitzer/Schlitzer	341	30:43	21:33	36:12	52:16	1:28:28
16. Heath Strickland	120	25:59	25:04	38:18	51:03	1:29:21
17. Israel/Jones	343	29:25	21:28	38:30	50:53	1:29:23
18. Marian Savoie	102	29:11	22:27	38:44	51:38	1:30:22
19. Alan Burgess	118	29:50				1:30:41
20. David Stanton	113	28:42	23:48	39:27	52:30	1:31:57
21. White/Becker/Hepp	342	29:25	22:55	39:39	52:20	1:31:59
22. Stierer/Dengler/Steiner	340	30:30	19:42	45:59	50:12	1:36:11
23. Fisher/Warren/Beals	328	33:07	21:06	42:36	54:13	1:36:49
24. Zuchowski/Charles/Hamilton-Ficks	330	32:15	24:25	41:08	56:40	1:37:48
25. Robert Snook	121	38:37	17:21	44:59	55:58	1:40:57
26. Jeff Troegler	101	34:26	23:22	43:40	57:48	1:41:28
27. Sally Bennett	123	32:27	26:29	45:14	58:56	1:44:10
28. Bailey/Roslund/Hood	336	30:16	27:27	49:07	57:43	1:46:50
29. Williams/Roslund/Hood	339	35:19	23:53	47:39	59:12	1:46:51
30. Bacon/Kahler/Bacon	337	27:13	23:34	56:26	50:47	1:47:13
31. Tom Murphy	103	37:44	26:27	48:34	1:04:11	1:52:45
32. LaRue Reese	131	47:32	21:15	46:28	1:08:47	1:55:15
33. Lilace Guignard	105	49:43	20:35	46:56	1:10:18	1:57:14
34. Ben Stone	108	37:02	25:05	1:06:37	1:02:07	2:08:44
35. Stone/Stone/Stone	332	37:02	25:10	1:06:32	1:02:12	2:08:44
36. Ellen Krajewski	112	43:38	27:58	59:31	1:11:36	2:11:07
37. Hanes/Knowlton	127/128	58:46	24:26	1:01:06	1:23:12	2:24:18
38. Maryann VanHouten	102	28:04	21:27	★	49:31	★
39. Delahanty	331	33:35	35:12	★	1:08:47	★
40. Kate Wenrich	119	★	★	★	★	★

★ Sorry, no times recorded.

HOURS: MINUTES: SECONDS