



## 2010-11 XTERRA POCONO TRAIL RUN SERIES POINTS

Updated July 14, 2011

Points are awarded to the top 15 in each age group of the longest distance at each race listed below.  
 Must finish at least two races to be crowned an XTERRA Regional Champion.  
 Updated points will be posted after each race at [www.xterratrailrun.com](http://www.xterratrailrun.com).  
 \*Top four of five races will count toward final score.  
 Series champions highlighted in yellow.

NOTE: XTERRA racing age based on your age on December 31, 2011

Female 20-24					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
First Name	Last Name	City	State	Age	Race #1	Race #2	Race #3	Race #4	Race #5	
Alexandra	Hackett	Shavertown	PA	20		100				100
Female 25-29					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
First Name	Last Name	City	State	Age	Race #1	Race #2	Race #3	Race #4	Race #5	
Mary Beth	Blackwell	Kingston	PA	28	100	82				182
Desiree	Lamphear			28				100		100
Julie	Grilz	Wilkes-Barre	PA	25		100				100
Michelle	Kordek	Wilkes-Barre	PA	26		90				90
Female 30-34					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
First Name	Last Name	City	State	Age	Race #1	Race #2	Race #3	Race #4	Race #5	
Nadalie	Solomon	Nuangola	PA	31	100	90	100	90	100	390*
Jaclyn	Shokey	Bangor	PA	34	90	100	90	100	90	380*
Cassandra	Zegarski			33				82		82
Tracey	Commune	Franklin	NJ	32			82			82
Paula	Fall	Bear Creek Township	PA	34			75			75
Female 35-39					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
First Name	Last Name	City	State	Age	Race #1	Race #2	Race #3	Race #4	Race #5	
Jess	Dymun	Elizabethtown	PA	36	100	100		100	100	400
Jen	Stec-Gagliardi	Benton	PA	36		90	100	90	90	370
Bingham	Ulsh	Atlanta	GA	36			90			90
Sara	Jones			39					82	82
Melinda	Hayes	Drums	PA	38			82			82
Sonya	Flynn	Lake Ariel	PA	38		82				82
Female 40-44					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
First Name	Last Name	City	State	Age	Race #1	Race #2	Race #3	Race #4	Race #5	
Traci	Dutko-Strungis	Mountain Top	PA	43		100			100	200
Jennifer	Palmer	East Stroudsburg	PA	40	100					100
Female 45-49					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
First Name	Last Name	City	State	Age	Race #1	Race #2	Race #3	Race #4	Race #5	
Janine	Hockman	Wind Gap	PA	45	100	100	100		100	400
Jill	Hildebrand	Wapwallopen	PA	45	82	90	90	100	90	370*
Nancy	Graves	Palmyra	PA	45		82		90		172
Kelly	Pulice	Moscow	PA	45	90					90
Trudy	Cagle			47					82	82
Kyo	Fisher	Freeland	PA	46			82			82
Anne	Hess	Mohnton	PA	48		75				75
Carmen	Campione	Effort	PA	49	75					75
Kristin	Baer	Carlisle	PA	49	69					69

Male 15-19					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Race #5</u>	
Glen	Hamilton	Laporte	PA	17		100				100
Daniel	Flynn	Blairstown	NJ	19	100					100
Male 20-24					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Race #5</u>	
James	Gonos	Mountain Top	PA	24		100				100
Ryan	Kaprowski	Plymouth	PA	20		90				90
Ryan	Wesley	Hanover Township	PA	23		82				82
Male 25-29					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Race #5</u>	
Justin	Baer	Harrisburg	PA	26	90	75	90			255
Bornfase	Omurwa	Kingston	PA	28	100	100				200
Ryan	Leckey	Scranton	PA	28		90	100			190
Mark	Fall	Bear Creek Township	PA	26			82			82
Adam	Wendoloski	Lafin	PA	26		82				82
Ryan	Amos	Nanticoke	PA	28		69				69
Male 30-34					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Race #5</u>	
Rich	Burgunder	Pittsburgh	PA	32	100	100		100		300
Chris	Allman	Scranton	PA	31		90		90	90	270
Michael	Verton	Lake Ariel	PA	31		75			100	175
Dan	Dix	Coatesville	PA	32			100			100
Paul	Jesse	San Diego	CA	30			90			90
Timothy	Zudzura			30				82		82
Corey	Burns	Factoryville	PA	31			82			82
Justin	Udzella	Larksville	PA	31		82				82
Ryan	Veet	Freeland	PA	33			75			75
John	Loforte	Freeland	PA	32			69			69
Brian	Gettig	Bear Creek Township	PA	32			63			63
Florin	Darie	Middletown	NJ	34			58			58
Male 35-39					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Race #5</u>	
Brian	Barchik	Combra	PA	35	90	100	100		100	390
Joe	Dowd	Jessup	PA	35			58		90	148
Jeffrey	Mote			36				100		100
Jim	Downey			36					100	100
Steven	Tsouloufas	Philadelphia	PA	36	100					100
Earl	Marshall			36					90	90
R.J.	Stiltenpole	Scranton	PA	35			90			90
Jason	Puleri			37					82	82
Phil Jr.	Mitchell	Scranton	PA	35			82			82
James	Cole			38					75	75
Andy	Ulsh	Atlanta	GA	37			75			75
Tim	Rogers			39					69	69
Neil	Hunsinger	Drums	PA	36			69			69
Chris	Fotache	Middletown	NJ	35			63			63
Mihai	Balea	Old Bridge	NJ	36			53			53
Male 40-44					Big Pocono	Seven Tubs	Hickory Run	Gouldsboro	Mocanaqua	Total
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Race #1</u>	<u>Race #2</u>	<u>Race #3</u>	<u>Race #4</u>	<u>Race #5</u>	
Brian	Thomas	Tunkhannock	PA	41	90	90		100	100	380
Joe	Drumstra	Scranton	PA	42	82	82	100	90	90	362*
Shawn	Knisely	Hawley	PA	40	75	75	90	82	58	322*
Edward	Steber	Shickshinny	PA	41	69	69	75		82	295
John	Corrigan	Ashley	PA	43	58	53	63	53	49	227*
Todd	Olsen	N. Brunswick	NJ	40	63	58	69			190
John	Dixon			40				75	69	144
Patrick	Rogers	Clarks Summitt	PA	41				58	63	121

Brian	Hess	Mohnton	PA	41		100				100
George	Fair	Scott Run	PA	42	100					100
Joel	Wolf	Elmhurst Township	PA	40			82			82
Dan	Kichline			43					75	75
Sean	Grant			40				69		69
Jeff	Albrechth			40				63		63
Bob	Guzenski	Pittston	PA	42		63				63
Randall	Swank			40					58	58
Mark	Weiss			41					53	53

**Male 45-49**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Seven Tubs Race #2</u>	<u>Hickory Run Race #3</u>	<u>Gouldsboro Race #4</u>	<u>Mocanaqua Race #5</u>	<u>Total</u>
Tom	Slavin	Broadheadsville	PA	46	100	90	90	90	75	370*
Keith	Austin	Sweet Valley	PA	46		100	100	100	69	369
Chuck	Rogers			47					100	100
Kevin	Bandru			49					90	90
Tim	Clark			48					82	82
Rudy	Preletz			46					63	63

**Male 50-54**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Seven Tubs Race #2</u>	<u>Hickory Run Race #3</u>	<u>Gouldsboro Race #4</u>	<u>Mocanaqua Race #5</u>	<u>Total</u>
Tony	Korch	Nanticoke	PA	51	100	100	100		100	400
Bill	Lawrence	Scranton	PA	52	90	90	90	100	90	370*
Dion	Campbell	Henryville	PA	51	69	69	75	90		303
Robert	Gusztaw	Wind Gap	PA	53	75	82	69		75	301
Rich	Pais	Wilkes-Barre	PA	50	82	75	82			239
Gary	Arvay			54					82	82

**Male 55-59**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Seven Tubs Race #2</u>	<u>Hickory Run Race #3</u>	<u>Gouldsboro Race #4</u>	<u>Mocanaqua Race #5</u>	<u>Total</u>
Joe	Stanitis	Plymouth	PA	55		90	90		100	280
Tom	Temperine	Ashley	PA	59			82	100		182
Bill	Daniel	Linden	NJ	55		82		90		172
Frank	Brown	Sciota	PA	55			100			100
David	Grilz	Wilkes-Barre	PA	55		100				100

**Male 60-64**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Seven Tubs Race #2</u>	<u>Hickory Run Race #3</u>	<u>Gouldsboro Race #4</u>	<u>Mocanaqua Race #5</u>	<u>Total</u>
Tom	Walski	Nanticoke	PA	60		100				100

**Male 65-69**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Seven Tubs Race #2</u>	<u>Hickory Run Race #3</u>	<u>Gouldsboro Race #4</u>	<u>Mocanaqua Race #5</u>	<u>Total</u>
Richard	Chase	Larksville	PA	65		100				100

**Male 75-79**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Big Pocono Race #1</u>	<u>Seven Tubs Race #2</u>	<u>Hickory Run Race #3</u>	<u>Gouldsboro Race #4</u>	<u>Mocanaqua Race #5</u>	<u>Total</u>
Charles	Rogers			78				100		100