

DICKINSON CENTER, INC. 5K  
RUN/WALK FOR WELLNESS

The sixth annual 5K Run/Walk for Wellness sponsored by Dickinson Center, Inc.'s Wellness Committee was held Saturday, October 22, 2016, on the Clarion-Little Toby Trail in Ridgway, PA. Wind and temperatures in the low forties produced challenging conditions for the 29 runners and 4 walkers.

In the 5K Run, Stephen Spinda from Kersey, PA, was the overall winner with a time of 21:13. Kristie Slinkosky from St. Marys, PA, was the first female finisher with a time of 25:04.

In the 5K Walk, Rita Kraus from St. Marys, PA, was the overall winner with a time of 37:52. Brian Larson was the first male finisher with a time of 40:14.

Listed below by age group are each participant's name, overall place, and time.

**5K Run – Male Division**

Overall:

Stephen Spinda, 1, 21:13

12 & Under:

1. Michael Copello, 21, 28:42

30-39:

1. Jeffrey Weidow, 6, 23:18
2. Philip Reed, 7, 24:05
3. Charles Howe, 18, 27:45

40-49:

1. Joe Blessel, 2, 21:54

50-59:

1. Tim Bean, 3, 22:32
2. Jeff Bean, 4, 23:00
3. Kevin Brunner, 5, 23:10
4. Steve Brunner, 22, 29:31

**5K Run – Female Division**

Overall:

Kristie Slinkosky, 8, 25:04

12 & Under:

1. Sofia Copello, 26, 36:01

20-29:

1. Jen McMonigal, 9, 25:32
2. Danielle Reed, 14, 27:02
3. Whitney Thomas, 16, 27:06
4. Morgan Shepler, 19, 28:02

30-39:

1. Kathy Gibson, 11, 26:06
2. Jeannie Welshonse, 13, 26:48
3. Marisa Zimmet, 20, 28:41
4. Jessie Mague, 23, 30:01
5. Lyndsey Weidow, 27, 36:51
6. Sue Kocet, 28, 39:04

40-49:

1. Crystal Tutton, 10, 25:43
2. Denise Bean, 15, 27:05
3. Marilyn Gahr, 25, 32:19

50-59

1. Aimee Kemick, 12, 26:25
2. Beth Horning, 17, 27:17
3. Debbie Belsole, 29, 39:27

60 & Over:

1. Marilyn Mitcheltree, 24, 31:15

**5K Walk - Male Division**

Overall:

Brian Larson, 2, 40:14

**5K Walk - Female Division**

Overall:

Rita Kraus, 1, 37:52

30-39:

1. Sarah Larson, 3, 40:15

40-49:

1. Jenifer Copello, 4, 40:48