

2009 Tussey Teaser #1 - 6th Annual Laurel Run Switchbacker 10K March 14, 2009

Over fifty runners showed to give chase to Old Man Winter and usher in Spring at this year's Switchbacker. A few additional runners were on hand at the start to take the 3-mile hill as the start of a long training run. The sunny 28-degree chill gave way to milder temps by late morning, and several people took advantage of the cool conditions and clean footing to throttle the course records or otherwise log good times.

David Rasmussen, 25, turned in the quickest up and down, in 37:45, lopping over 4 minutes off the previous mark set by Terry Reid, 50, who was among seven runners besting the previous mark. Anna Kobb, 21, was the first woman in 45:20, shearing 3 minutes and change off the previous women's mark laid down by Tara Murray, 32, who this year ran with her leashed pup.

The field included several who have done this run many times, as well as many first timers, some new to the area. This run's four-switchback ascent challenges everyone, so all who ran were assured a good workout. Special thanks go to Jim Johnson and two others for their valuable assistance with timing. Door prizes included several certificates for free Road ID tags and a year's subscription to Trail Runner.

The CDT has a few photos from the run online, at <http://www.centredaily.com/news/local/story/1171937.html>.

Runners contributed 10 pairs of "gently used" running and non-running shoes to the Soles4Souls program getting shoes to people who really need them. A number of races this year, including the other Teasers, will be collecting shoes, so save and bring yours.

The next Tussey Teaser, on April 11, is the Tussey-to-Whipple 11 Miler. Runners completing all five Teasers will be eligible for a "grand" door prize, to be awarded at the final Teaser.

Place	Name	Age	Time
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1	David Rasmussen	25	37:45
2	Patrick Singletary	43	38:50
3	Eric Tyo	24	40:05
4	Costas Maranas	41	40:22
5	Tim Murphy	25	40:55
6	Alan Effrig	30	41:06
7	Terry Reid	50	41:38
8	Greg Luna	44	43:21
9	Josh Organist	29	43:38
10	Kevin Becker	39	45:01
11	Anna Kobb	21	45:20
12	Kirby Martin	32	45:34
13	Michael Goldfine	53	46:00

14	Scott Roycroft	47	46:26
15	Ivan Pavlov	14	48:14
16	Jim Myers	54	48:34
17	Nikita Fedkin	15	48:51
18	Mark Fedkin	39	48:51
19	Sarah Farrant	36	49:03
20	Tom Nelson	25	49:42
21	John Wilcock	38	50:44
22	Scott Klettke	35	50:50
23	Tara Murray	32	51:12
24	Kim Pepin	34	51:16
25	Joe Bollinger	42	51:18
26	Miruna Sasu	27	51:19
27	David DeGroot	51	51:23
28	Marty Mazur	52	51:26
29	Christine Rodgers	39	51:37
30	Rob Crowe	61	51:46
31	Alan Witmer	36	52:21
32	Joe Shuta	58	53:03
33	Pamela Scott	47	53:48
34	Ben Farahani	40	54:36
35	Mike Casper	50	54:51
36	Kate Ryan	27	56:32
37	Diane Swauger	33	59:21
38	Dawn Maguire	37	59:24
39	Randy Loss	42	64:41
40	Glenn Wright	75	66:10
41	Jeanette Peters	31	66:12
42	Denise Weaver	44	66:38
43	Lynn Carey	37	66:40
44	Janel Greenland	36	68:28
45	Janice Dauber	52	69:04
46	Liz Bosak	26	69:09
47	Michael Johnson	28	70:45
48	Clayton Johnson	16	71:20
49	Paige Garman		73:04
50	Vicki Summers	38	73:04
51	Jasmine Fleddejohann	26	75:06