

Series Results Final
 Age Group Results
 March 16, 2014
 Results By Applied Race Management Solutions, LLC

5K

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|--------------------|-----|---------------|--------|-----------|
| 1 | Katelyn Deibler | Mount Joy PA 17552 | 16 | Series Total: | 4 | 1:06:56.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 22:27.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 22:43.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 21:45.5 |

Masters Female

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|----------------|-----|---------------|--------|-----------|
| 1 | Michele Lachance | | 41 | Series Total: | 1 | 1:08:20.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 22:41.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | ***** | 22:55.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | ***** | 22:43.7 |

Female 14 and Under

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Madison Saltsburg | | 10 | Series Total: | 4 | 1:15:16.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 25:13.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 26:26.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 23:47.0 |
| 2 | Madeleine Weaver | Leola PA 17540 | 14 | Series Total: | 6 | 1:16:49.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 27:31.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 25:21.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 23:56.5 |
| 3 | Kimberly Bucher | Elizabethtown PA 17022 | 13 | Series Total: | 16 | 1:25:10.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 29:21.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 29:01.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 26:48.2 |
| 4 | Sylvana Gregg | | 13 | Series Total: | 14 | 1:25:28.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 30:19.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 28:58.8 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 26:10.7 |
| 5 | Samantha Stackhouse | Elizabethtown PA 17022 | 13 | Series Total: | 21 | 1:27:42.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 28:13.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 29:36.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 29:53.2 |
| 6 | Kiera Destefano | Elizabethtown PA 17022 | 9 | Series Total: | 24 | 1:31:33.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 27:50.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 34:04.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 29:38.9 |
| 7 | Sarah Myers | Lewistown PA 17044 | 13 | Series Total: | 21 | 1:31:39.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 34:07.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 29:34.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 27:57.7 |
| 8 | Sydney Weaver | Leola PA 17540 | 10 | Series Total: | 34 | 1:40:18.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 12 | 36:01.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 33:04.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 31:12.1 |
| 9 | Lauren Destefano | Elizabethtown PA 17022 | 11 | Series Total: | 38 | 1:47:52.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 13 | 36:14.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 12 | 36:04.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 35:33.6 |
| 10 | Kelsey Greiner | | 14 | Series Total: | 34 | 1:52:31.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 10 | 34:19.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 32:42.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 45:29.5 |
| 11 | Zoe Kenton | Greenwood DE 19950 | 10 | Series Total: | 41 | 1:57:17.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 43:00.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 38:03.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 14 | 36:13.8 |

Female 15 to 19

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|----------------|-----|---------------|--------|-----------|
| 1 | Mary Brubaker | | 19 | Series Total: | 12 | 1:17:34.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 24:51.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 25:47.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 26:55.2 |
| 2 | Anna Forry | | 16 | Series Total: | 12 | 1:19:08.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 27:12.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 25:40.3 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 26:15.2 |
| 3 | Julia Wren | Hershey PA 17033 | 17 | Series Total: | 12 | 1:20:35.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 26:50.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 27:30.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 26:14.2 |
| 4 | Katie Ross | New Holland PA 17557 | 15 | Series Total: | 11 | 1:21:31.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 31:24.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 24:07.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 25:59.6 |
| 5 | Danielle Garbacik | Camp Hill PA 17011 | 16 | Series Total: | 19 | 1:31:57.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 30:23.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 32:12.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 29:21.0 |

Female 20 to 24

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|----------------------------|-----|---------------|--------|-----------|
| 1 | Rebecca Niehaus | Lancaster PA 17602 | 21 | Series Total: | 10 | 1:19:49.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 26:02.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 26:55.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 26:52.4 |
| 2 | Darielle Christman | Alburtis PA 18011 | 22 | Series Total: | 19 | 1:26:55.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 28:19.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 28:55.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 29:40.3 |
| 3 | Ariel Eland | Princeton Junction NJ 8550 | 21 | Series Total: | 17 | 1:27:47.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 30:00.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 28:17.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 29:29.8 |
| 4 | Lydia Babb | Harrisburg PA 17109 | 23 | Series Total: | 26 | 1:37:47.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 33:19.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 32:43.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 31:44.5 |

Female 25 to 29

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------|-----|---------------|--------|-----------|
| 1 | Ally Billmyer | Hershey PA 17033 | 25 | Series Total: | 4 | 1:06:58.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 22:40.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 22:37.8 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 21:39.7 |
| 2 | Nicole Hardy | Manheim PA 17545 | 29 | Series Total: | 17 | 1:25:45.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 29:24.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 28:26.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 27:53.8 |
| 3 | Amanda Flurry | Lancaster PA 17601 | 27 | Series Total: | 16 | 1:25:47.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 28:07.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 30:55.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 26:44.5 |
| 4 | Danielle Myers | Lancaster PA 17601 | 27 | Series Total: | 27 | 1:31:59.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 12 | 30:59.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 31:00.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 29:59.8 |
| 5 | Crystal Pennell | | 26 | Series Total: | 31 | 1:33:27.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 10 | 30:46.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 31:18.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 31:22.9 |
| 6 | Karra Black | Lancaster PA 17602 | 28 | Series Total: | 32 | 1:33:58.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 31:36.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 31:51.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 30:30.4 |
| 7 | Cristina Pennino | Lancaster PA 17603 | 26 | Series Total: | 32 | 1:34:44.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 20 | 35:05.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 30:37.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 29:01.5 |
| 8 | Audrey Hoffmann | Elizabethtown PA 17022 | 27 | Series Total: | 43 | 1:37:18.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 11 | 30:58.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 15 | 33:36.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 17 | 32:43.1 |
| 9 | Cara Krodell | Lebanon PA 17042 | 27 | Series Total: | 36 | 1:37:30.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 33:40.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 32:51.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 30:59.0 |
| 10 | Kasey Lee | Marietta PA 17547 | 28 | Series Total: | 48 | 1:39:32.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 22 | 35:14.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 32:11.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 16 | 32:05.3 |
| 11 | Joanne Burkholder | Newmanstown PA 17073 | 27 | Series Total: | 50 | 1:40:50.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 19 | 34:52.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 34:01.7 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 31:56.0 |
| 12 | Ashley Bucks | Hershey PA 17033 | 28 | Series Total: | 52 | 1:41:38.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 21 | 35:10.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 17 | 34:51.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 14 | 31:36.9 |
| 13 | Lauren Kochel | Harrisburg PA 17109 | 28 | Series Total: | 61 | 1:48:43.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 24 | 37:42.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 18 | 34:59.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 19 | 36:01.9 |
| 14 | Jessica Katz | Timonium MD 21093 | 29 | Series Total: | 62 | 1:54:21.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 23 | 37:03.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 19 | 38:50.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 20 | 38:26.2 |
| 15 | Megan Becker | Lititz PA 17543 | 28 | Series Total: | 66 | 2:00:36.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 25 | 38:13.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 40:48.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 21 | 41:33.9 |

Female 30 to 34

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Meghann Pierdon | Bainbridge PA 17502 | 34 | Series Total: | 5 | 1:10:38.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 22:57.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 23:31.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 24:09.0 |
| 2 | Amy Koerner | Columbia PA 17512 | 31 | Series Total: | 14 | 1:16:32.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 25:54.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 25:47.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 24:50.1 |
| 3 | Sarah Sylvia | Manheim PA 17545 | 34 | Series Total: | 20 | 1:18:12.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 25:30.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 26:38.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 26:03.6 |
| 4 | Crissy Stoeffler | Elizabethtown PA 17022 | 31 | Series Total: | 19 | 1:18:15.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 25:39.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 26:43.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 25:52.1 |
| 5 | Angel Pritts | Wrightsville PA 17368 | 31 | Series Total: | 25 | 1:19:58.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 17 | 29:04.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 25:51.1 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 25:03.1 |
| 6 | Lindsay Norris | Elizabethtown PA 17022 | 31 | Series Total: | 28 | 1:23:11.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 13 | 28:06.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 29:19.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 25:44.6 |
| 7 | Kelly Peake | Hanover PA 17331 | 34 | Series Total: | 35 | 1:26:15.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 24:30.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 24:26.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 29 | 37:18.6 |
| 8 | Kelcey Bucks | Lebanon PA 17042 | 32 | Series Total: | 41 | 1:26:44.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 28:32.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 29:43.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 28:28.8 |
| 9 | Jessica Schaber | Elizabethtown PA 17022 | 33 | Series Total: | 49 | 1:29:53.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 18 | 29:44.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 15 | 31:06.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 16 | 29:02.7 |
| 10 | Jenefer Linker | York PA 17404 | 31 | Series Total: | 54 | 1:31:46.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 22 | 30:55.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 30:59.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 18 | 29:51.6 |
| 11 | Jill Freedman | Hummelstown PA 17036 | 33 | Series Total: | 57 | 1:33:42.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 27 | 33:43.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 30:37.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 17 | 29:21.6 |
| 12 | Amanda Ruth | Lebanon PA 17042 | 31 | Series Total: | 63 | 1:34:43.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 23 | 31:35.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 21 | 32:48.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 19 | 30:20.2 |
| 13 | Jennifer Andrus | Marietta PA 17547 | 32 | Series Total: | 69 | 1:36:34.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 24 | 32:19.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 22 | 33:00.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 23 | 31:14.4 |
| 14 | Lori Sheneman | Mechanicsburg PA 17050 | 34 | Series Total: | 72 | 1:40:34.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 26 | 33:38.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 32:43.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 26 | 34:12.0 |
| 15 | Jan Webb | Middletown PA 17057 | 33 | Series Total: | 77 | 1:42:54.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 28 | 34:04.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 24 | 35:19.8 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 25 | 33:30.2 |
| 16 | Alli Stover | York PA 17402 | 34 | Series Total: | 83 | 1:51:22.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 30 | 39:01.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 26 | 37:17.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 27 | 35:04.5 |
| 17 | Melissa Powell | Harrisburg PA 17111 | 30 | Series Total: | 82 | 1:51:41.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 29 | 38:53.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 25 | 36:30.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 28 | 36:17.9 |
| 18 | Kristin Dzurko | Harrisburg PA 17111 | 34 | Series Total: | 93 | 2:02:02.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 34 | 41:01.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 27 | 40:01.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 32 | 40:59.9 |

Female 35 to 39

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|--------------------|-----|---------------|--------|-----------|
| 1 | Karin Laszakovits | | 38 | Series Total: | 5 | 1:10:43.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 23:36.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 24:07.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 23:00.1 |
| 2 | Holly Kahler | Lititz PA 17543 | 35 | Series Total: | 6 | 1:11:29.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 24:35.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 23:58.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 22:55.3 |
| 3 | Jennifer Nikolaus | Mount Joy PA 17552 | 39 | Series Total: | 14 | 1:14:49.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 25:03.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 25:31.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 24:14.7 |
| 4 | Laura Sholly | Palmyra PA 17078 | 36 | Series Total: | 18 | 1:15:59.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 25:28.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 25:45.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 24:46.3 |
| 5 | Jennifer Kristich | Palmyra PA 17078 | 38 | Series Total: | 20 | 1:16:38.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 25:19.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 26:09.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 25:09.1 |
| 6 | Sara Carroll | Lancaster PA 17601 | 36 | Series Total: | 35 | 1:25:11.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 29:25.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 29:04.6 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 26:40.8 |
| 7 | Kristie Cliff | Lancaster PA 17602 | 38 | Series Total: | 40 | 1:26:14.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 19 | 30:18.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 28:45.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 11 | 27:11.0 |
| 8 | Tammy Forrey | Lancaster PA 17601 | 39 | Series Total: | 46 | 1:26:56.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 28 | 31:35.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 28:24.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 26:56.7 |
| 9 | Mary Verdelli | Hbg PA 17110 | 35 | Series Total: | 41 | 1:27:23.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 17 | 29:34.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 28:40.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 29:08.2 |
| 10 | Anne Garber | Elizabethtown PA 17022 | 38 | Series Total: | 39 | 1:27:45.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 13 | 29:16.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 12 | 29:57.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 14 | 28:31.7 |
| 11 | Anne Masorti | Elizabethtown PA 17022 | 38 | Series Total: | 57 | 1:32:35.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 27 | 31:34.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 31:19.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 16 | 29:41.5 |
| 12 | Jennifer Ross | PA | 36 | Series Total: | 57 | 1:32:47.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 26 | 31:24.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 31:19.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 18 | 30:03.5 |
| 13 | Michele Byers | Lancaster PA 17601 | 37 | Series Total: | 55 | 1:33:02.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 29:22.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 31:38.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 25 | 32:01.0 |
| 14 | Meghan Stalebrink | Hummelstown PA 17036 | 39 | Series Total: | 63 | 1:34:30.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 24 | 31:13.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 17 | 31:44.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 22 | 31:32.1 |
| 15 | Shay Long | Annville PA 17003 | 39 | Series Total: | 71 | 1:36:06.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 29 | 31:51.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 22 | 33:17.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 20 | 30:57.5 |
| 16 | Sarah Mabe | | 37 | Series Total: | 77 | 1:38:16.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 23 | 30:49.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 33:07.4 |

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| | Frozen Foot 5K 2014 RC 3 | | | | 34 | 34:19.9 |
| 17 | Erin Mowrer | Mount Joy PA 17552 | 36 | Series Total: | 83 | 1:38:56.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 31 | 32:23.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 19 | 32:24.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 33 | 34:08.9 |
| 18 | Marlene Weaver | Leola PA 17540 | 39 | Series Total: | 85 | 1:39:07.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 33 | 32:33.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 24 | 33:37.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 28 | 32:56.2 |
| 19 | Meggan Swisher | Mechanicsburg PA 17050 | 37 | Series Total: | 83 | 1:39:35.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 35 | 33:59.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 21 | 33:08.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 27 | 32:26.9 |
| 20 | Kelly Muldowney | Lancaster PA 17601 | 35 | Series Total: | 85 | 1:39:41.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 34 | 33:35.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 25 | 34:01.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 26 | 32:04.9 |
| 21 | Valerie Stewart | Elizabethtown PA 17022 | 36 | Series Total: | 98 | 1:45:52.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 36 | 35:06.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 27 | 35:52.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 35 | 34:53.6 |
| 22 | Mandy Stahl | Middletown PA 17057 | 35 | Series Total: | 96 | 1:46:59.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 38 | 35:35.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 28 | 37:23.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 30 | 34:01.3 |
| 23 | Heidi Kenton | Greenwood DE 19950 | 37 | Series Total: | 106 | 1:57:17.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 40 | 43:00.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 29 | 38:03.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 37 | 36:14.3 |
| 24 | Gina Pronesti | Harrisburg PA 17111 | 39 | Series Total: | 113 | 2:12:15.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 41 | 44:42.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 32 | 45:22.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 40 | 42:10.9 |

Female 40 to 44

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Crystal Roesner | Mechanicsburg PA 17055 | 42 | Series Total: | 5 | 1:09:24.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 23:04.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 23:30.8 |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 22:49.8 |
| 2 | Laura Stephan | Lancaster PA 17603 | 44 | Series Total: | 17 | 1:22:15.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 27:35.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 27:24.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 27:15.9 |
| 3 | Joanne Platt | Lane PA 17602 | 42 | Series Total: | 32 | 1:27:35.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 29:21.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 30:36.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 27:37.2 |
| 4 | Mary Oliveira | Enola PA 17025 | 42 | Series Total: | 32 | 1:28:31.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 26:48.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 12 | 31:21.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 30:21.3 |
| 5 | Sheri Rice | Lititz PA 17543 | 43 | Series Total: | 37 | 1:28:40.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 13 | 28:45.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 29:06.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 18 | 30:48.0 |
| 6 | Jodi Myers | Lewistown PA 17044 | 41 | Series Total: | 35 | 1:28:58.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 18 | 29:58.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 30:03.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 28:56.0 |
| 7 | Michele Stackhouse | Elizabethtown PA 17022 | 44 | Series Total: | 42 | 1:31:02.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 19 | 30:22.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 30:32.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 30:07.4 |
| 8 | Michelle Saltsburg | Dillsburg PA 17019 | 43 | Series Total: | 45 | 1:31:59.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 20 | 30:50.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 31:36.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 11 | 29:32.4 |
| 9 | Gisselle Talley | Ephrata PA 17522 | 44 | Series Total: | 49 | 1:32:25.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 21 | 31:03.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 30:32.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 19 | 30:49.3 |
| 10 | Penny Sheppard | Hummelstown PA 17036 | 44 | Series Total: | 47 | 1:32:44.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 22 | 31:12.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 31:26.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 30:05.2 |
| 11 | Gayle Merkt | Elizabethtown PA 17022 | 41 | Series Total: | 61 | 1:36:04.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 26 | 32:32.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 15 | 32:14.1 |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 20 | 31:17.6 |
| 12 | Michele Hiester | Harrisburg PA 17111 | 43 | Series Total: | 65 | 1:36:16.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 27 | 32:32.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 32:17.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 22 | 31:25.6 |
| 13 | Amy Shipley | | 43 | Series Total: | 63 | 1:36:39.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 29 | 33:06.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 17 | 33:07.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 17 | 30:25.6 |
| 14 | Tanya Kramer | Spring Grove PA 17362 | 41 | Series Total: | 62 | 1:37:23.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 28 | 33:02.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 34:03.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 14 | 30:16.9 |
| 15 | Linda Lownsbery | Elizabethtown PA 17022 | 44 | Series Total: | 73 | 1:40:15.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 31 | 34:07.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 19 | 33:22.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 23 | 32:44.9 |
| 16 | Judi Snyder | Annville PA 17003 | 44 | Series Total: | 82 | 1:45:46.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 35 | 35:54.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 23 | 36:31.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 24 | 33:21.2 |
| 17 | Jennifer Towery | Annville PA 17003 | 43 | Series Total: | 84 | 1:52:25.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 34 | 35:28.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 22 | 35:23.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 28 | 41:33.5 |
| 18 | Melissa Greiner | Elizabethtown PA 17022 | 43 | Series Total: | 80 | 1:54:01.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 30 | 34:07.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 21 | 34:23.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 29 | 45:30.6 |
| 19 | Kim Guyer | Mechanicsburg PA 17050 | 44 | Series Total: | 87 | 1:55:00.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 36 | 37:20.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 25 | 39:07.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 26 | 38:32.5 |
| 20 | Kim Romano | Lititz PA 17543 | 44 | Series Total: | 92 | 1:59:27.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 38 | 39:54.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 27 | 40:10.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 27 | 39:22.7 |

Female 45 to 49

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|---------|-----------|
| 1 | Heidi Hershey | Palmyra PA 17078 | 45 | Series Total: | 5 | 1:12:39.0 |
| | Frozen Foot 5K 2014 RC 1 | | | 1 | 24:45.6 | |
| | Frozen Foot 5K 2014 RC 2 | | | 3 | 24:17.5 | |
| | Frozen Foot 5K 2014 RC 3 | | | 1 | 23:35.8 | |
| 2 | Beth Forry | | 48 | Series Total: | 13 | 1:19:24.6 |
| | Frozen Foot 5K 2014 RC 1 | | | 4 | 26:45.4 | |
| | Frozen Foot 5K 2014 RC 2 | | | 4 | 26:13.4 | |
| | Frozen Foot 5K 2014 RC 3 | | | 5 | 26:25.7 | |
| 3 | Shelly Latsha | Mechanicsburg PA 17055 | 46 | Series Total: | 12 | 1:19:40.0 |
| | Frozen Foot 5K 2014 RC 1 | | | 3 | 26:44.1 | |
| | Frozen Foot 5K 2014 RC 2 | | | 6 | 26:54.1 | |
| | Frozen Foot 5K 2014 RC 3 | | | 3 | 26:01.7 | |
| 4 | Colette Wilson | | 47 | Series Total: | 21 | 1:25:07.3 |
| | Frozen Foot 5K 2014 RC 1 | | | 7 | 28:35.2 | |
| | Frozen Foot 5K 2014 RC 2 | | | 7 | 28:43.7 | |
| | Frozen Foot 5K 2014 RC 3 | | | 7 | 27:48.3 | |
| 5 | Jeannine Hohman | Lititz PA 17543 | 48 | Series Total: | 28 | 1:28:49.8 |
| | Frozen Foot 5K 2014 RC 1 | | | 10 | 29:26.7 | |
| | Frozen Foot 5K 2014 RC 2 | | | 8 | 29:07.1 | |
| | Frozen Foot 5K 2014 RC 3 | | | 10 | 30:15.9 | |
| 6 | Barb Kennedy | Elizabethtown PA 17022 | 47 | Series Total: | 32 | 1:31:55.8 |
| | Frozen Foot 5K 2014 RC 1 | | | 9 | 29:15.8 | |
| | Frozen Foot 5K 2014 RC 2 | | | 11 | 31:31.3 | |
| | Frozen Foot 5K 2014 RC 3 | | | 12 | 31:08.6 | |
| 7 | Karen Eberly | Elizabethtown PA 17022 | 46 | Series Total: | 33 | 1:32:26.4 |
| | Frozen Foot 5K 2014 RC 1 | | | 20 | 36:47.4 | |
| | Frozen Foot 5K 2014 RC 2 | | | 9 | 29:19.6 | |
| | Frozen Foot 5K 2014 RC 3 | | | 4 | 26:19.4 | |
| 8 | Stephanie Gingrich | Ephrata PA 17522 | 46 | Series Total: | 32 | 1:32:28.1 |
| | Frozen Foot 5K 2014 RC 1 | | | 12 | 31:19.8 | |
| | Frozen Foot 5K 2014 RC 2 | | | 12 | 31:37.8 | |
| | Frozen Foot 5K 2014 RC 3 | | | 8 | 29:30.3 | |
| 9 | Jan Gaspich | Palmyra PA 17078 | 49 | Series Total: | 33 | 1:34:41.6 |
| | Frozen Foot 5K 2014 RC 1 | | | 14 | 33:37.9 | |
| | Frozen Foot 5K 2014 RC 2 | | | 10 | 31:06.2 | |
| | Frozen Foot 5K 2014 RC 3 | | | 9 | 29:57.4 | |
| 10 | Cassandra Smithson | Lancaster PA 17601 | 46 | Series Total: | 42 | 1:35:10.6 |
| | Frozen Foot 5K 2014 RC 1 | | | 13 | 31:28.1 | |
| | Frozen Foot 5K 2014 RC 2 | | | 14 | 32:19.9 | |

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|----|--|----------------------|----|---------------|----------|----------------------|
| 11 | Frozen Foot 5K 2014 RC 3 Melanie Morrow | Harrisburg PA 17109 | 46 | Series Total: | 15 44 | 31:22.6 1:38:06.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 17 | 33:58.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 33:07.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 11 | 30:59.7 |
| 12 | Caroline Lawrence | PA | 45 | Series Total: | 51 | 1:41:40.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 33:39.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 18 | 33:44.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 18 | 34:16.9 |
| 13 | Suzi Harman | Mountville PA 17554 | 49 | Series Total: | 55 | 1:43:38.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 19 | 35:06.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 19 | 35:36.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 17 | 32:54.8 |
| 14 | Karen Bramley | Hummelstown PA 17036 | 49 | Series Total: | 55 | 1:46:12.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 16 | 33:52.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 36:52.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 19 | 35:27.5 |
| 15 | Misty Hine | Camp Hill PA 17011 | 46 | Series Total: | 62 | 1:51:26.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 21 | 37:09.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 21 | 38:09.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 20 | 36:07.3 |
| 16 | Gina Leed | Ephrata PA 17522 | 45 | Series Total: | 65 | 1:52:49.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 22 | 37:28.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 22 | 38:21.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 21 | 36:59.3 |
| 17 | Colleen Knutsen | Palmyra PA 17078 | 49 | Series Total: | 68 | 1:56:14.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 23 | 39:31.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 23 | 39:00.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 22 | 37:42.0 |
| 18 | Tamara Campbell | Lancaster PA 17601 | 46 | Series Total: | 72 | 2:08:41.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 25 | 44:05.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 24 | 43:22.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 23 | 41:13.6 |

Female 50 to 54

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|----------------------|-----|---------------|--------|-----------|
| 1 | Nakomis Maher | Hummelstown PA 17063 | 52 | Series Total: | 7 | 1:26:32.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 27:40.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 31:01.5 |

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|---|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 27:50.4 |
| 2 | Kelly Cudnohufsky | Mechanicsburg PA 17055 | 50 | Series Total: | 7 | 1:28:48.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 29:12.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 30:14.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 29:21.5 |
| 3 | Barbara Raifsnider | | 51 | Series Total: | 14 | 1:33:34.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 32:04.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 32:01.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 29:28.4 |
| 4 | Louise Darlington | Elizabethtown PA 17022 | 53 | Series Total: | 25 | 1:56:56.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 39:13.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 39:09.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 38:34.2 |
| 5 | Stephanie Geib | Manheim PA 17545 | 52 | Series Total: | 25 | 2:05:03.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 10 | 47:23.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 44:16.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 33:22.6 |

Female 55 to 59

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Margaret Saunders | Lancaster PA 17601 | 57 | Series Total: | 3 | 1:31:17.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 29:55.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 30:38.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 30:44.5 |
| 2 | Suzanne Szczepanski | Elizabethtown PA 17022 | 58 | Series Total: | 7 | 1:43:01.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 34:31.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 35:24.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 33:05.9 |
| 3 | Judith Mondschein | Hummelstown PA 17036 | 59 | Series Total: | 8 | 1:45:02.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 34:31.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 35:46.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 34:44.9 |
| 4 | Deb Vanek | | 56 | Series Total: | 12 | 2:04:40.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 42:05.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 41:53.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 40:41.9 |

Female 60 to 69

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|---------------------|-----|---------------|--------|-----------|
| 1 | Susan Truxal | Lancaster PA 17601 | 62 | Series Total: | 3 | 1:27:53.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 29:20.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 29:39.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 28:53.4 |
| 2 | Mary Susan Weidman | | 61 | Series Total: | 8 | 1:39:54.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 33:43.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 33:27.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 32:43.8 |
| 3 | Rose Ward | Columbia PA 17512 | 62 | Series Total: | 9 | 1:40:07.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 32:59.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 34:11.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 32:55.6 |
| 4 | Barbara Bensus | Lancaster PA 17601 | 63 | Series Total: | 13 | 1:42:59.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 34:35.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 34:42.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 33:42.3 |
| 5 | Karen Dzurko | Harrisburg PA 17111 | 63 | Series Total: | 16 | 2:02:35.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 41:13.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 40:11.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 41:10.4 |
| 6 | Judy Swarthout | | 64 | Series Total: | 19 | 2:13:35.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 45:33.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 44:21.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 43:40.3 |

Female 70 and over

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|-----------------------|-----|---------------|--------|-----------|
| 1 | Judy Anttonen | Millersville PA 17551 | 72 | Series Total: | 3 | 1:48:32.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 36:34.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 35:57.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 35:59.3 |

Male Winner

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|--------------------|-----|---------------|--------|---------|
| 1 | Tim Getz | Lancaster PA 17602 | 25 | Series Total: | 2 | 49:49.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | ***** | 16:26.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 17:18.8 |

Frozen Foot 5K 2014 RC 3 ***** 16:03.3

Male Masters

| Place | Name/Race | City/State/Zip | Age | Series Total: | Place* | Time |
|-------|--------------------------|-----------------|-----|---------------|--------|---------|
| 1 | Daryl Weaver | Lititz PA 17543 | 40 | | 0 | 49:52.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | ***** | 16:48.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | ***** | 16:47.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | ***** | 16:15.6 |

Male 14 and Under

| Place | Name/Race | City/State/Zip | Age | Series Total: | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Christopher Scharf | Elizabethtown PA 17022 | 13 | | 3 | 59:03 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 19:34.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 19:34.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 19:55.0 |
| 2 | Charles Scharf | Elizabethtown PA 17022 | 13 | | 6 | 1:00:14.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 20:04.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 19:50.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 20:19.7 |
| 3 | David Buckwalter | | 14 | | 15 | 1:06:28.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 22:26.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 22:19.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 21:41.7 |
| 4 | Michael Frantz | Bainbridge PA 17502 | 14 | | 14 | 1:06:36.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 23:04.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 22:16.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 21:15.3 |
| 5 | Nikolas Roesner | Mechanicsburg PA 17055 | 12 | | 18 | 1:08:39.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 22:45.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 23:17.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 22:36.2 |
| 6 | Chason Forshey | | 14 | | 24 | 1:11:09.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 24:24.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 23:48.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 22:56.9 |
| 7 | Dakota Frantz | Bainbridge PA 17502 | 11 | | 29 | 1:16:07.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 11 | 25:06.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 25:37.8 |

| | | | | | | |
|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 25:23.4 |
| 8 | Tommy Bildheiser | Lebanon PA 17042 | 10 | Series Total: | 31 | 1:17:40.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 23:19.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 18 | 32:56.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 21:24.3 |
| 9 | Jared Alvarez | Elizabethtown PA 17022 | 12 | Series Total: | 39 | 1:20:49.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 16 | 27:04.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 27:22.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 26:22.4 |
| 10 | Chrisitian Gervasi | | 13 | Series Total: | 42 | 1:21:20.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 17 | 27:41.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 27:00.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 26:38.8 |
| 11 | Owen Shay | Mount Gretna PA 17064 | 10 | Series Total: | 43 | 1:22:39.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 26:57.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 15 | 29:19.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 26:23.0 |
| 12 | Jonathan Roesner | | 10 | Series Total: | 47 | 1:23:09.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 18 | 28:11.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 28:00.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 16 | 26:56.8 |
| 13 | Travis Hershey | | 11 | Series Total: | 51 | 1:26:25.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 20 | 30:13.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 29:00.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 17 | 27:12.7 |

Male 15 to 19

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Brady Wilt | | 17 | Series Total: | 3 | 52:41:00 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 17:44 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 17:52 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 17:15 |
| 2 | Matthew Sauder | | 16 | Series Total: | 13 | 1:07:31.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 22:33.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 22:55.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 22:02.9 |
| 3 | Luke Strayer | Elizabethtown PA 17022 | 18 | Series Total: | 16 | 1:07:43.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 22:49.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 21:58.7 |

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|---|--------------------------|--------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 22:55.2 |
| 4 | Derek Flick | Mount Joy PA 17552 | 17 | Series Total: | 19 | 1:09:16.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 22:49.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 23:26.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 22:59.6 |
| 5 | Shane Hentz | | 19 | Series Total: | 28 | 1:17:23.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 25:42.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 26:47.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 24:53.5 |

Male 20 to 24

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|--------------------|-----|---------------|--------|-----------|
| 1 | Corey Thudium | Lancaster PA 17602 | 23 | Series Total: | 4 | 1:02:13.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 20:56.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 20:32.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 20:43.7 |
| 2 | Derek Geib | Manheim PA 17545 | 24 | Series Total: | 7 | 1:04:30.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 21:09.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 21:39.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 21:41.3 |
| 3 | Alex Mayer | Akron PA 17501 | 24 | Series Total: | 13 | 2:08:40.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 44:04.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 43:22.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 41:13.5 |

Male 25 to 29

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|---------------------|-----|---------------|--------|-----------|
| 1 | James Dibble | Middletown PA 17057 | 29 | Series Total: | 6 | 1:00:04.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 20:22.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 20:18.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 19:22.7 |
| 2 | Jeff Becker | Lititz PA 17543 | 28 | Series Total: | 10 | 1:01:51.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 20:39.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 20:57.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 20:13.3 |
| 3 | Jeffrey Slade | Lebanon PA 17046 | 28 | Series Total: | 13 | 1:02:52.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 20:38.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 21:16.7 |

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|----|--------------------------|-----------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 20:56.8 |
| 4 | Wyatt Eaton | York PA 17406 | 26 | Series Total: | 18 | 1:03:55.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 21:03.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 21:47.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 21:04.0 |
| 5 | Nick Frantz | | 28 | Series Total: | 17 | 1:04:27.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 22:02.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 21:38.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 20:47.0 |
| 6 | Richard Beasley | Harrisburg PA 17111 | 29 | Series Total: | 21 | 1:05:24.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 21:39.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 22:31.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 21:13.7 |
| 7 | Jeremy Wise | Hbg PA 17109 | 25 | Series Total: | 26 | 1:14:06.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 24:25.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 24:27.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 25:13.0 |
| 8 | Nick Rose | Millersville PA 17551 | 27 | Series Total: | 29 | 1:15:45.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 10 | 25:17.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 25:45.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 24:42.8 |
| 9 | Adam Flurry | Lancaster PA 17601 | 27 | Series Total: | 32 | 1:16:13.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 11 | 25:20.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 25:27.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 11 | 25:25.4 |
| 10 | Wallace Rejrat | Wynnewood PA 19096 | 28 | Series Total: | 40 | 1:26:31.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 30:11.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 28:48.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 27:30.9 |
| 11 | Mitch Romig | Mount Joy PA 17552 | 29 | Series Total: | 39 | 1:26:35.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 30:20.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 12 | 28:45.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 27:29.7 |

Male 30 to 34

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|---------------------|-----|---------------|--------|---------|
| 1 | Timothy Ebersole | Middletown PA 17057 | 33 | Series Total: | 3 | 56:55.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 19:02.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 19:20.6 |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 18:32.4 |
| 2 | Bob Porambo | Elizabethtown PA 17022 | 33 | Series Total: | 7 | 59:41.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 20:37.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 19:54.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 19:09.5 |
| 3 | Justin Hirst | Elizabethtown AL 17022 | 33 | Series Total: | 14 | 1:04:33.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 21:58.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 21:39.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 20:54.5 |
| 4 | Benjamin Myers | Elizabethtown PA 17022 | 32 | Series Total: | 23 | 1:09:39.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 22:54.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 23:29.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 23:15.9 |
| 5 | Derrick Snyder | PA | 30 | Series Total: | 23 | 1:10:16.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 11 | 24:14.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 22:52.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 23:08.7 |
| 6 | Andrew Hivner | Mount Laurel NJ 08054 | 30 | Series Total: | 26 | 1:13:03.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 22:06.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 22:40.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 14 | 28:16.2 |
| 7 | John Bidlack | Timonium MD 21093 | 31 | Series Total: | 31 | 1:18:03.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 12 | 26:55.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 26:31.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 24:36.0 |
| 8 | Gregg Sweigert | Lititz PA 17543 | 32 | Series Total: | 35 | 1:21:15.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 13 | 27:24.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 28:25.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 11 | 25:24.7 |
| 9 | Jerry Schaber | Elizabethtown PA 17022 | 33 | Series Total: | 38 | 1:23:47.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 27:44.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 12 | 29:05.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 26:58.1 |
| 10 | Adam Smith | York PA 17403 | 34 | Series Total: | 41 | 1:27:02.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 29:06.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 29:46.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 28:09.4 |
| 11 | Aaron Lee | Marietta PA 17547 | 32 | Series Total: | 45 | 1:30:42.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 16 | 31:07.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 29:50.4 |

Frozen Foot 5K 2014 RC 3

15

29:44.2

Male 35 to 39

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | David Bibiloni | Lancaster PA 17601 | 36 | Series Total: | 3 | 57:06.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 19:10.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 18:51.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 19:04.0 |
| 2 | Devin Moyer | Dover PA 17315 | 36 | Series Total: | 7 | 1:02:43.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 21:16.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 20:53.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 20:34.3 |
| 3 | Joel Valvo | Palmyra PA 17078 | 36 | Series Total: | 13 | 1:05:56.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 22:09.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 22:26.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 21:20.0 |
| 4 | Chad Enck | Carlisle PA 17015 | 38 | Series Total: | 18 | 1:07:08.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 21:37.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 22:31.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 22:59.9 |
| 5 | Patrick Ward | Conestoga PA 17516 | 35 | Series Total: | 20 | 1:07:48.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 22:46.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 23:18.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 21:43.6 |
| 6 | Ryan Sheidy | | 38 | Series Total: | 23 | 1:08:35.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 23:47.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 22:52.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 21:55.7 |
| 7 | Mark Clapper | Elizabethtown PA 17022 | 39 | Series Total: | 24 | 1:08:42.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 23:14.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 23:29.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 21:58.4 |
| 8 | Andrew Sholly | Palmyra PA 17078 | 36 | Series Total: | 25 | 1:09:23.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 23:34.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 23:14.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 22:35.0 |
| 9 | Gary Fuhrman | Lebanon PA 17042 | 39 | Series Total: | 42 | 1:19:09.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 12 | 26:43.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 26:26.2 |

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|----|--------------------------|--------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 16 | 26:00.5 |
| 10 | Shawn Miller | Elizabethtown PA 17022 | 37 | Series Total: | 47 | 1:21:23.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 16 | 28:53.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 26:56.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 25:33.6 |
| 11 | James Smith | Elizabethtown PA 17022 | 36 | Series Total: | 50 | 1:24:22.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 27:50.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 15 | 26:55.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 21 | 29:36.1 |
| 12 | Patrick Mitchell | Lebanon PA 17046 | 39 | Series Total: | 52 | 1:25:15.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 28:37.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 17 | 28:23.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 20 | 28:14.7 |
| 13 | Corey Schreffler | Middletown PA 17057 | 36 | Series Total: | 58 | 1:28:43.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 18 | 29:54.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 18 | 29:01.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 22 | 29:46.6 |
| 14 | Michael Masorti | Elizabethtown PA 17022 | 39 | Series Total: | 60 | 1:31:05.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 21 | 31:34.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 31:17.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 19 | 28:12.9 |
| 15 | Julio Garcia | Elizabethtown PA 17022 | 38 | Series Total: | 67 | 1:39:52.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 20 | 31:10.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 24 | 36:39.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 23 | 32:02.4 |
| 16 | Joel Ernst | East Petersburg PA 17520 | 37 | Series Total: | 68 | 1:45:35.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 22 | 35:16.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 22 | 35:40.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 24 | 34:38.8 |

Male 40 to 44

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Evan Sandt | Conestoga PA 17516 | 44 | Series Total: | 2 | 53:29.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 17:52.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | ***** | 17:58.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 17:38.7 |
| 2 | Shawn Beeler | Elizabethtown PA 17022 | 43 | Series Total: | 8 | 1:00:54.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 20:26.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 20:15.9 |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 20:11.9 |
| 3 | Greg Lavelle | Lancaster PA 17603 | 42 | Series Total: | 15 | 1:03:10.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 20:48.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 21:23.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 20:58.2 |
| 4 | Bob McEvoy | Etown PA 17022 | 44 | Series Total: | 16 | 1:03:24.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 6 | 21:08.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 21:28.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 20:47.7 |
| 5 | Jeff McCloud | Elizabethtown PA 17022 | 43 | Series Total: | 23 | 1:07:27.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 22:29.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 22:45.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 7 | 22:11.5 |
| 6 | Michael Landis | Lebanon PA 17042 | 43 | Series Total: | 24 | 1:07:32.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 22:11.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 22:50.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 22:30.8 |
| 7 | Andrew Carroll | PA | 41 | Series Total: | 29 | 1:08:51.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 10 | 22:47.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 22:58.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 23:04.6 |
| 8 | Victor Alvarez | Elizabethtown PA 17022 | 41 | Series Total: | 32 | 1:09:06.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 20:39.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 22 | 27:22.6 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 21:04.4 |
| 9 | Lon Flaud Jr | Lancaster PA 17603 | 40 | Series Total: | 34 | 1:09:59.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 11 | 22:59.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 23:28.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 23:31.1 |
| 10 | John Gates | Manheim PA 17545 | 42 | Series Total: | 34 | 1:09:59.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 13 | 23:38.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 12 | 23:40.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 22:40.5 |
| 11 | Greg Orris | Palmyra PA 17078 | 44 | Series Total: | 41 | 1:11:46.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 14 | 23:46.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 24:17.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 23:42.4 |
| 12 | David Mull | Palmyra PA 17078 | 43 | Series Total: | 41 | 1:11:48.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 12 | 23:36.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 15 | 24:18.6 |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 14 | 23:53.4 |
| 13 | Scott Shertzer | Lancaster PA 17601 | 42 | Series Total: | 42 | 1:12:32.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 16 | 24:43.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 23:24.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 16 | 24:24.3 |
| 14 | John Haldeman | Lancaster PA 17603 | 42 | Series Total: | 51 | 1:15:23.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 17 | 25:29.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 17 | 25:10.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 17 | 24:43.6 |
| 15 | Tom Bildheiser | Lebanon PA 17042 | 40 | Series Total: | 58 | 1:17:28.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 23 | 26:56.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 24:09.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 22 | 26:22.4 |
| 16 | Tim Merkt | Elizabethtown PA 17022 | 41 | Series Total: | 64 | 1:19:20.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 24 | 27:09.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 26:32.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 20 | 25:38.2 |
| 17 | Michael Bass | Greenwood DE 19950 | 41 | Series Total: | 69 | 1:21:02.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 18 | 25:30.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 25:08.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 35 | 30:24.0 |
| 18 | Brian Frey | Lancaster PA 17601 | 42 | Series Total: | 71 | 1:21:26.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 25 | 27:12.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 25 | 28:00.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 21 | 26:12.6 |
| 19 | Mark Murr | Manheim PA 17545 | 43 | Series Total: | 68 | 1:21:27.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 20 | 26:41.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 24 | 27:53.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 24 | 26:52.5 |
| 20 | Tim Kramer | Spring Grove PA 17362 | 40 | Series Total: | 71 | 1:22:05.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 22 | 26:49.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 26 | 28:25.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 23 | 26:50.5 |
| 21 | Paulo Oliveira | Enola PA 17025 | 41 | Series Total: | 83 | 1:25:29.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 27 | 27:51.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 27 | 29:07.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 29 | 28:29.7 |
| 22 | Kevin Hake | | 41 | Series Total: | 84 | 1:28:32.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 29 | 30:05.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 29 | 30:14.4 |

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|----|--------------------------|------------------------|----|---------------|-----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 26 | 28:12.7 |
| 23 | Dylan Sites | Marietta PA 17547 | 42 | Series Total: | 87 | 1:29:23.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 30 | 30:43.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 30 | 30:26.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 27 | 28:13.4 |
| 24 | Steve Whitebread | Enola PA | 40 | Series Total: | 91 | 1:30:35.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 35 | 32:30.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 28 | 29:39.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 28 | 28:25.4 |
| 25 | Kenneth Senft | Harrisburg PA 17110 | 42 | Series Total: | 95 | 1:32:24.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 31 | 30:55.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 31 | 31:48.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 33 | 29:40.1 |
| 26 | Mike Destafano | Elizabethtown PA 17022 | 41 | Series Total: | 92 | 1:33:10.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 26 | 27:50.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 34 | 35:44.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 32 | 29:36.2 |
| 27 | Brian Shank | Wrightsville PA 17368 | 41 | Series Total: | 104 | 1:39:36.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 34 | 32:29.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 32 | 32:46.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 38 | 34:19.9 |
| 28 | David Towery | Annville PA 17003 | 42 | Series Total: | 109 | 1:47:53.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 37 | 35:07.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 33 | 34:47.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 39 | 37:58.5 |

Male 45 to 49

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|--------------------|-----|---------------|--------|-----------|
| 1 | Don Wagner | Lititz PA 17543 | 46 | Series Total: | 3 | 57:55.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 19:29.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 19:53.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 18:32.7 |
| 2 | Michael Clapper | Lancaster PA 17603 | 48 | Series Total: | 6 | 1:03:06.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 21:25.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 21:21.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 20:19.9 |
| 3 | David Mann | Lebanon PA 17042 | 49 | Series Total: | 13 | 1:05:23.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 21:42.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 21:41.1 |

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|----|--------------------------|------------------------|----|---------------|---------|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | 5 | 22:00.2 | |
| 4 | Jarrold Kulp | | 46 | Series Total: | 16 | 1:06:09.1 |
| | Frozen Foot 5K 2014 RC 1 | | | 6 | 22:15.6 | |
| | Frozen Foot 5K 2014 RC 2 | | | 7 | 22:22.1 | |
| | Frozen Foot 5K 2014 RC 3 | | | 3 | 21:31.2 | |
| 5 | Rick Sauder | Bainbridge PA 17502 | 45 | Series Total: | 19 | 1:06:19.7 |
| | Frozen Foot 5K 2014 RC 1 | | | 9 | 22:32.8 | |
| | Frozen Foot 5K 2014 RC 2 | | | 3 | 21:27.8 | |
| | Frozen Foot 5K 2014 RC 3 | | | 7 | 22:19.0 | |
| 6 | Joe Miller | Hummelstown PA 17036 | 48 | Series Total: | 18 | 1:06:35.5 |
| | Frozen Foot 5K 2014 RC 1 | | | 7 | 22:16.0 | |
| | Frozen Foot 5K 2014 RC 2 | | | 5 | 22:07.7 | |
| | Frozen Foot 5K 2014 RC 3 | | | 6 | 22:11.7 | |
| 7 | Bob Kennedy | Elizabethtown PA 17022 | 46 | Series Total: | 21 | 1:06:58.2 |
| | Frozen Foot 5K 2014 RC 1 | | | 3 | 21:32.1 | |
| | Frozen Foot 5K 2014 RC 2 | | | 10 | 23:00.7 | |
| | Frozen Foot 5K 2014 RC 3 | | | 8 | 22:25.3 | |
| 8 | Kevin Karmosky | | 48 | Series Total: | 24 | 1:07:25.2 |
| | Frozen Foot 5K 2014 RC 1 | | | 8 | 22:29.7 | |
| | Frozen Foot 5K 2014 RC 2 | | | 6 | 22:11.4 | |
| | Frozen Foot 5K 2014 RC 3 | | | 10 | 22:44.0 | |
| 9 | David Toomey | Millersville PA 17551 | 49 | Series Total: | 23 | 1:07:37.9 |
| | Frozen Foot 5K 2014 RC 1 | | | 5 | 22:12.4 | |
| | Frozen Foot 5K 2014 RC 2 | | | 9 | 22:44.1 | |
| | Frozen Foot 5K 2014 RC 3 | | | 9 | 22:41.2 | |
| 10 | Don Helms | Hummelstown PA 17036 | 48 | Series Total: | 22 | 1:07:40.7 |
| | Frozen Foot 5K 2014 RC 1 | | | 10 | 23:11.8 | |
| | Frozen Foot 5K 2014 RC 2 | | | 8 | 22:31.1 | |
| | Frozen Foot 5K 2014 RC 3 | | | 4 | 21:57.6 | |
| 11 | David Kruft | | 46 | Series Total: | 34 | 1:09:50.8 |
| | Frozen Foot 5K 2014 RC 1 | | | 11 | 23:29.0 | |
| | Frozen Foot 5K 2014 RC 2 | | | 11 | 23:12.5 | |
| | Frozen Foot 5K 2014 RC 3 | | | 12 | 23:09.3 | |
| 12 | Mike Brubaker | Mt. Joy PA 17552 | 47 | Series Total: | 39 | 1:11:48.5 |
| | Frozen Foot 5K 2014 RC 1 | | | 13 | 23:42.0 | |
| | Frozen Foot 5K 2014 RC 2 | | | 12 | 24:13.4 | |
| | Frozen Foot 5K 2014 RC 3 | | | 14 | 23:53.1 | |
| 13 | Eric Koehler | Lancaster PA 17601 | 46 | Series Total: | 43 | 1:12:01.3 |
| | Frozen Foot 5K 2014 RC 1 | | | 15 | 23:54.3 | |
| | Frozen Foot 5K 2014 RC 2 | | | 15 | 24:38.5 | |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 23:28.4 |
| 14 | Timothy Sullivan | Hummelstown PA 17036 | 49 | Series Total: | 46 | 1:12:48.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 21 | 25:14.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 24:29.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 11 | 23:04.0 |
| 15 | Darren Bowman | Lititz PA 17543 | 46 | Series Total: | 53 | 1:14:13.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 19 | 24:51.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 18 | 25:04.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 16 | 24:17.4 |
| 16 | Ronald Kratz | Mt. Joy PA 17552 | 48 | Series Total: | 51 | 1:14:28.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 16 | 24:32.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 24:44.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 19 | 25:11.5 |
| 17 | Brian Lownsbery | | 45 | Series Total: | 51 | 1:14:41.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 18 | 24:37.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 24:26.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 20 | 25:37.0 |
| 18 | Ron Fink | Elizabethtown PA 17022 | 46 | Series Total: | 55 | 1:14:47.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 20 | 25:01.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 17 | 24:58.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 18 | 24:46.8 |
| 19 | Robert Klingseisen | Lancaster PA 17603 | 49 | Series Total: | 63 | 1:18:36.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 22 | 26:17.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 20 | 26:40.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 21 | 25:37.8 |
| 20 | Greg Grove | Elizabethtown PA 17022 | 47 | Series Total: | 68 | 1:23:29.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 23 | 27:31.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 23 | 28:44.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 22 | 27:14.3 |
| 21 | Roger Smith | Hershey PA 17033 | 49 | Series Total: | 75 | 1:28:57.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 27 | 30:19.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 24 | 30:06.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 24 | 28:31.4 |
| 22 | Steve Romano | Lititz PA 17543 | 45 | Series Total: | 68 | 1:29:39.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 34 | 39:54.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 19 | 25:42.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 24:02.4 |
| 23 | Gary Garbacik | Camp Hill PA 17011 | 45 | Series Total: | 80 | 1:31:57.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 28 | 30:23.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 26 | 32:13.5 |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 26 | 29:21.0 |
| 24 | Tony Eisenberger | Lancaster PA 17601 | 45 | Series Total: | 82 | 1:33:24.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 30 | 31:06.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 25 | 32:04.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 27 | 30:13.5 |
| 25 | Steven Barraclough | Elizabethtown PA 17022 | 47 | Series Total: | 86 | 1:33:53.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 31 | 31:08.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 27 | 32:14.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 28 | 30:30.1 |
| 26 | Scott Stephan | Lancaster PA 17603 | 47 | Series Total: | 82 | 1:34:30.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 24 | 27:35.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 28 | 34:27.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 30 | 32:27.2 |
| 27 | David Demmy | Marietta PA 17547 | 49 | Series Total: | 91 | 1:42:45.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 33 | 35:13.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 29 | 35:59.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 29 | 31:32.8 |
| 28 | Ronald Stettler | | 48 | Series Total: | 97 | 2:05:04.5 |
| | Frozen Foot 5K 2014 RC 1 | | | | 35 | 47:25.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 30 | 44:16.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 32 | 33:22.6 |

Male 50 to 54

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|--------------------|-----|---------------|--------|-----------|
| 1 | Jeff Stouch | Mount Joy PA 17552 | 54 | Series Total: | 5 | 1:01:56.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 20:26.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 21:06.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 20:23.4 |
| 2 | Ed Flick | Mount Joy PA 17552 | 51 | Series Total: | 8 | 1:03:30.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 21:16.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 21:30.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 20:43.1 |
| 3 | Dwight Eichelberger | Rd PA 17022 | 52 | Series Total: | 11 | 1:04:45.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 21:26.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 21:51.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 21:27.1 |
| 4 | Peter Gasper | Marietta PA 17547 | 50 | Series Total: | 14 | 1:05:22.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 21:36.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 22:05.9 |

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|----|--------------------------|------------------------|----|---------------|----|-----------|
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 21:40.3 |
| 5 | Keith Shreiner | Elizabethtown PA 17022 | 53 | Series Total: | 27 | 1:12:23.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 24:00.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 10 | 24:34.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 8 | 23:49.4 |
| 6 | Kevin Kleinfelter | Lebanon PW 17042 | 52 | Series Total: | 32 | 1:13:47.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 13 | 24:46.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 24:17.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 24:42.4 |
| 7 | Peter O'Donoghue | Mountville PA 17554 | 52 | Series Total: | 32 | 1:14:00.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 12 | 24:39.0 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 24:54.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 24:27.1 |
| 8 | Michael Heider | Lancaster PA 17601 | 51 | Series Total: | 34 | 1:16:27.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 11 | 24:30.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 12 | 27:09.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 11 | 24:47.2 |
| 9 | Michael Putt | | 54 | Series Total: | 41 | 1:20:48.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 15 | 27:13.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 14 | 27:14.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 26:21.0 |
| 10 | William Krieger | Mount Joy PA 1752 | 53 | Series Total: | 42 | 1:21:44.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 16 | 27:27.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 13 | 27:13.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 13 | 27:03.2 |
| 11 | Scott Duncanson | Camp Hill PA 17011 | 51 | Series Total: | 48 | 1:26:08.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 19 | 28:44.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 15 | 29:16.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 14 | 28:07.1 |
| 12 | Donald Loser | Marietta PA 17547 | 51 | Series Total: | 50 | 1:27:18.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 17 | 27:51.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 16 | 30:11.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 17 | 29:15.5 |
| 13 | Wendell Buckwalter | | 50 | Series Total: | 52 | 1:28:09.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 20 | 29:16.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 17 | 30:23.1 |
| | Frozen Foot 5K 2014 RC 3 | | | | 15 | 28:29.1 |
| 14 | Kenneth Gall | Marietta PA 17547 | 53 | Series Total: | 58 | 1:35:29.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 21 | 31:27.4 |
| | Frozen Foot 5K 2014 RC 2 | | | | 19 | 31:22.2 |

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|----|--------------------------|--------------------|----|---------------|--------------|
| 15 | Frozen Foot 5K 2014 RC 3 | | | 18 | 32:40.1 |
| | Jeff Kramer | | 51 | Series Total: | 64 1:40:30.4 |
| | Frozen Foot 5K 2014 RC 1 | | | 24 | 33:44.7 |
| | Frozen Foot 5K 2014 RC 2 | | | 20 | 33:22.1 |
| | Frozen Foot 5K 2014 RC 3 | | | 20 | 33:23.6 |
| 16 | Mark Bellavia | Lancaster PA 17601 | 53 | Series Total: | 65 1:41:17.4 |
| | Frozen Foot 5K 2014 RC 1 | | | 23 | 32:58.4 |
| | Frozen Foot 5K 2014 RC 2 | | | 21 | 34:36.1 |
| | Frozen Foot 5K 2014 RC 3 | | | 21 | 33:42.8 |
| 17 | Ed Klinedinst | | 50 | Series Total: | 66 1:45:30.6 |
| | Frozen Foot 5K 2014 RC 1 | | | 25 | 36:03.8 |
| | Frozen Foot 5K 2014 RC 2 | | | 22 | 36:25.4 |
| | Frozen Foot 5K 2014 RC 3 | | | 19 | 33:01.3 |

Male 55 to 59

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|-------------------------|-----|---------------|--------|-----------|
| 1 | Richard Sievers | Elizabethtown PA 17022 | 55 | Series Total: | 6 | 1:05:19.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 22:07.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 21:54.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 21:16.9 |
| 2 | Don Acker | Lancaster PA 17601-6608 | 56 | Series Total: | 9 | 1:08:35.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 22:45.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 23:19.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 22:30.5 |
| 3 | Mark Laufer | Mountville PA 17554 | 56 | Series Total: | 13 | 1:13:13.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 24:32.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 24:22.9 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 24:18.6 |
| 4 | Bob Hivner | Landisville PA 17538 | 55 | Series Total: | 23 | 1:26:27.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 8 | 29:05.6 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 29:07.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 10 | 28:14.7 |
| 5 | Hugh Darlington | Elizabethtown PA 17022 | 57 | Series Total: | 25 | 1:29:05.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 10 | 30:56.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 6 | 30:25.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 27:43.2 |
| 6 | Eric Hoerner | | 55 | Series Total: | 27 | 1:32:04.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 9 | 30:25.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 30:53.1 |

Frozen Foot 5K 2014 RC 3

11

30:46.1

Male 60 to 69

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Albert Kurtz | Dover PA 17315 | 66 | Series Total: | 5 | 1:14:23.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 24:50.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 25:05.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 24:28.0 |
| 2 | Sil Simpson | Lancaster PA 17601 | 63 | Series Total: | 7 | 1:15:59.9 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 24:49.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 25:35.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 25:34.5 |
| 3 | Mike Fausnacht | Elizabethtown PA 17022 | 60 | Series Total: | 9 | 1:18:00.4 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 26:02.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 26:27.4 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 25:30.8 |
| 4 | Jim Doyle | Lancaster PA 17601 | 68 | Series Total: | 13 | 1:20:54.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 27:09.3 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 27:22.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 26:22.0 |
| 5 | Richard Troutman | Manheim PA 17545 | 65 | Series Total: | 19 | 1:25:15.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 27:25.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 8 | 29:22.2 |
| | Frozen Foot 5K 2014 RC 3 | | | | 6 | 28:27.4 |
| 6 | Jeff Myers | Mount Joy PA 17552 | 65 | Series Total: | 19 | 1:27:28.8 |
| | Frozen Foot 5K 2014 RC 1 | | | | 7 | 30:32.5 |
| | Frozen Foot 5K 2014 RC 2 | | | | 7 | 29:18.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 27:37.8 |
| 7 | Chet Szczepanski | Elizabethtown PA 17022 | 63 | Series Total: | 28 | 1:43:40.1 |
| | Frozen Foot 5K 2014 RC 1 | | | | 10 | 34:57.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 9 | 34:31.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 9 | 34:11.3 |
| 8 | John Frantz | | 60 | Series Total: | 34 | 2:04:41.3 |
| | Frozen Foot 5K 2014 RC 1 | | | | 11 | 41:28.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 11 | 41:42.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 12 | 41:29.7 |

Male 70 and over

| Place | Name/Race | City/State/Zip | Age | | Place* | Time |
|-------|--------------------------|------------------------|-----|---------------|--------|-----------|
| 1 | Gregory Kerek | Lancaster PA 17602 | 75 | Series Total: | 3 | 1:36:13.2 |
| | Frozen Foot 5K 2014 RC 1 | | | | 1 | 32:01.1 |
| | Frozen Foot 5K 2014 RC 2 | | | | 1 | 32:18.8 |
| | Frozen Foot 5K 2014 RC 3 | | | | 1 | 31:53.2 |
| 2 | John Yohe | Dover PA 17315 | 79 | Series Total: | 6 | 1:38:55.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 2 | 32:41.8 |
| | Frozen Foot 5K 2014 RC 2 | | | | 2 | 33:32.7 |
| | Frozen Foot 5K 2014 RC 3 | | | | 2 | 32:40.9 |
| 3 | Bob Horst | Lancaster PA 17601 | 83 | Series Total: | 9 | 1:45:32.0 |
| | Frozen Foot 5K 2014 RC 1 | | | | 3 | 35:44.7 |
| | Frozen Foot 5K 2014 RC 2 | | | | 3 | 35:15.5 |
| | Frozen Foot 5K 2014 RC 3 | | | | 3 | 34:31.8 |
| 4 | Ralph Detrick | Elizabethtown PA 17022 | 73 | Series Total: | 12 | 1:54:01.6 |
| | Frozen Foot 5K 2014 RC 1 | | | | 4 | 38:13.9 |
| | Frozen Foot 5K 2014 RC 2 | | | | 4 | 38:47.0 |
| | Frozen Foot 5K 2014 RC 3 | | | | 4 | 37:00.7 |
| 5 | Richard McCullough | Lititz PA 17543 | 80 | Series Total: | 15 | 2:06:49.7 |
| | Frozen Foot 5K 2014 RC 1 | | | | 5 | 41:48.2 |
| | Frozen Foot 5K 2014 RC 2 | | | | 5 | 43:40.3 |
| | Frozen Foot 5K 2014 RC 3 | | | | 5 | 41:21.1 |