



Upper Delaware Council

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84 Make Strides Across the Delaware 5K Successful UDC 25th Anniversary Race

EQUINUNK – The Upper Delaware Council’s (UDC) first-ever 5K race, “Strides Across the Delaware”, attracted 84 runners and walkers to Equinunk, PA on a beautiful fall day Sept. 28 to celebrate the non-profit conservation organization’s 25th anniversary.

The rural course included a crossing of the Equinunk-Lordville Bridge over the Upper Delaware Scenic and Recreational River. Participants received souvenir t-shirts, gift bags, a chicken spiedies meal served by the Equinunk Watershed Alliance, and an opportunity to win raffle prizes.

The top three overall male runners finished with excellent times: #1. Marathon veteran Brad Myers, Damascus, PA (17.32.9); #2. Chris Miller, a student at The Family School in Hancock (18.27.1); and #3. local Equinunk resident Kyle Layton (18.53.5).

The top three overall female runners included a mother and daughter from Hancock, NY Tracie Ostrander (24.19) in the #1 slot and 10-year-old Avery Ostrander (26.08.9) as #3, with 15-year-old Alexa Santoro (25.46.3) of Callicoon coming in second.

In total, there were 56 runners and 28 walkers.

The top overall walkers were: #1 Barry Lewis, Woodbourne, NY (34.35.4); #2 Joanne Rosenberger, Callicoon, NY (40.23.4); #3 Bridgett Hulbert, Callicoon (41.16.9); #4 Mort Malkin, Milanville, PA (41.55.8); #5 Mike Poska, Waymart, PA (42.52.6); and #6 Lynn Phillips, Hancock (45.53.8).

Prizes of 16-ounce pint glasses engraved with the “Strides Across the Delaware” logo and date were presented by age group categories, beyond the overall finishers, to the following runners:

Working together to conserve the Upper Delaware Scenic and Recreational River

*Town of Hancock - Town of Fremont - Town of Delaware - Town of Cochection - Town of Tusten - Town of Highland
Town of Lumberland - Town of Deerpark - Damascus Township - Berlin Township - Lackawaxen Township - Shohola Township - Westfall Township
State of New York - Commonwealth of Pennsylvania - Delaware River Basin Commission - In partnership with the National Park Service*

Female, ages 1-11: Kelsey Young, Hancock (29.06.7); and Olivia Warfield, Equinunk (37.28.0).

Female 12-19: Riley Ostrander, Hancock (27.08.4); Elizabeth Brown, Walton, NY (28.00.9); and Marissa Santoro, Callicoon (34.42.4).

Female 20-29: Terina Touw, Roscoe, NY (26.46.1); Cristine Dinella, Hancock (31.36.6); and Jessica Shaw, Roscoe (37.00.0).

Female 30-39: Alissa Jones, Kirkwood, NY (26.45.7); Christen Wrighter, Hancock (29.53.6); and Katie Maloney, Damascus (36.10.3).

Female 40-49: Madeline Rolston, Malvern, PA (28.12.5); Kimberly Ostrander, Hancock (28.46.7); and Tina Hoehn, Honesdale, PA (29.22.1).

Female 50-59: Sally Moretti, Starrucca, PA (31.51.5); Candy Cathy, Conklin, NY (32.30.8); and Barbara Leonard, Equinunk (32.44.2).

Female 60 and over: Victoria Greffrath, Damascus (34.48.5).

Male runners ages 1-11: Ryan Mace, Callicoon (26.08.4).

Male 12-19: Alexander Hess, Deposit, NY (19.44.4); Alex Balabanov, Hancock (20.58.2); and Paul Reish, Lakeville, PA (25.19.9).

Male 30-39: Eric Ostrander, Hancock (21.26.3); Chris Murray, Honesdale (21.36.4); and Joe Fluhr, Hawley (22.30.8).

Male 40-49: Kevin Reish, Lakeville (23.15.0).

Male 50-59: Doug Burdick, Weedsport, NY (22.17.4); Sean McGuinness, Tyler Hill, PA (23.14.9); and Scott Leet, Honesdale (24.03.3).

Male 60 and over: Jim Kennedy, Matamoras, PA (23.47.0); John Korman, Wading River, NY (25.44.2); and Joe Bachtel, Pleasant Mount, PA (29.51.3).

Complete results of the 5K run, walk and a photo gallery will be posted at www.upperdelawarecouncil.org. Call (845) 252-3022 for information.

Contributors of monetary donations, goods, services, and raffle prizes were: The River Reporter; Joe Hunt & Associates; Wayne Bank; American Electric; Wayne County Ready Mix Concrete Co.; Wayne Memorial Health System; Just-in-Time Contracting, Inc.; Café Devine; Sneaker King; EnviroVentures; Scranton/Wilkes-Barre RailRiders; The Callicoon Theater; and Bethel Woods Center for the Arts.

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Sidebar & cutlines for 10/1/13 news release: **UDC 5K Results**

Top Overall Runners

Name: Male/Female	City	Age	Time
1. Brad Myers (M)	Damascus, PA	34	17.32.9
2. Christopher Miller (M)	Hancock, NY	18	18.27.1
3. Kyle Layton (M)	Equinunk, PA	26	18.53.5
4. Alexander Hess (M)	Deposit, NY	15	19.44.4
5. Alex Balabonov (M)	Hancock, NY	15	20.58.2
6. Eric Ostrander (M)	Hancock, NY	39	21.26.3
7. Chris Murray (M)	Honesdale, PA	31	21.36.4
8. Doug Burdick (M)	Weedsport, NY	59	22.17.4
9. Joe Fluhr (M)	Hawley, PA	39	22.30.8
10. Sean McGuinness (M)	Tyler Hill, PA	59	23.14.9
11. Kevin Reish (M)	Lakeville, PA	48	23.15.0
12. Jim Kennedy (M)	Matamoras, PA	60	23.47.0
13. Scott Leet (M)	Honesdale, PA	59	24.03.3
14. Tracie Ostrander (F#1)	Hancock, NY	36	24.19.0
15. Richard Jones (M)	Kirkwood, NY	36	24.41.3
16. John Fletcher (M)	Owego, NY & Equinunk, PA	51	25.14.5
17. Paul Reish (M)	Lakeville, PA	14	25.19.9
18. John Korman (M)	Wading River, NY	61	25.44.2
19. Alexa Santoro (F#2)	Callicoon, NY	15	25.46.3
20. Ryan Mace (M)	Callicoon, NY	10	26.08.4
21. Avery Ostrander (F#3)	Hancock, NY	10	26.08.9

Top Overall Walkers

Name: Male/Female	City	Age	Time
1. Barry Lewis (M)	Woodbourne, NY	53	34.35.4
2. Joanne Rosenberger (F)	Callicoon, NY	49	40.23.4
3. Bridgett Hulbert (F)	Walton, NY	29	41.16.9
4. Mort Malkin (M)	Milanville, PA	81	41.55.8
5. Mike Poska (M)	Waymart, PA	51	42.52.6
6. Lynn Phillips (F)	Hancock, NY	68	45.53.8

Cutline Information for four attached photos:

Photo #1:

Brad Myers of Damascus, PA crosses the Equinunk, PA-Lordville, NY Bridge on his way to a first place finish in the Upper Delaware Council's "Strides Across the Delaware" 5K Run held Sept. 28, followed by the #2 male runner Christopher Miller from The Family School in Hancock, NY and #3 finisher Kyle Layton of Equinunk.

Photo #2:

Accepting their engraved pint glass prizes and certificates for top 3 overall female runners in the Upper Delaware Council's "Strides Across the Delaware" 5K are, from left to right, #1 Tracie Ostrander of Hancock; 15-year-old Alexa Santoro of Callicoon, #2; and 10-year-old Avery Ostrander of Hancock, #3.

Photo #3:

Among the walkers at the Upper Delaware Council's "Strides Across the Delaware" 5K event held in the Equinunk, PA-Lordville, NY area, Barry Lewis of Woodbourne, NY, shown above, kept an 11.09-minute mile pace on the rural course to earn first place overall.

Photo #4:

Competing in the Upper Delaware Council's "Strides Across the Delaware" 5K Run/Walk from the National Park Service Upper Delaware Scenic and Recreational River were Ranger Kevin Reish, left, and Superintendent Sean McGuinness, right, who crossed the finish line in Equinunk, PA with a 9/10 second difference separating them.