

A record 353 racers competed in the annual York Hospital 5K Road & Cross Country Race this past Saturday, June 6th. “This race is a success thanks to tremendous community support from our sponsors, hundreds local runners, and volunteers who helped hand out water, guide our racers along the route, award medals and handle registration duties,” noted race director, Jean Kolak-Mercer. She added special thanks to Laurie Knox and Kip Humphrey of York Hospital’s Rehab Services who helped to organize this year’s race.

Healthy post race refreshments were provided by York Hospital Dining and Nutrition and age-group winners took home gift certificates donated by area businesses including Bagel Basket, Body Mechanix Massage, Dairy Queen in Kittery, Kettle Boys Popcorn, The Lobster Barn, Mainiax Restaurant, Marathon Sports, The Meat House, Muddy River, Nature’s Way Market, Nike Outlet Store, Pepperland Café, Ri-Ra’s Pub, The Rosa Restaurant, Shipyard Brew Pub.

The York Police Department, York Volunteer Ambulance and many volunteers ensured a safe race. Proceeds from the race, including sponsorships from Amidon Family Dentistry, Coastal Fitness, Kennebunk Savings Bank, Kleen Linen Services & Drycleaning, Sports Medicine Atlantic Orthopaedics, and The Stolen Menu Café will benefit York Hospital’s For *Every* Patient Campaign to expand the Surgery Center, privatize patient rooms, create a new helipad and improve parking.

Winners were as follows:

Overall Winners:

Male:	CASEY CARROLL, DOVER, NH	16:42
Female:	SARAH HILL, YORK HARBOR, ME	20:17

Age 10 & Under

Male:	RYAN SIMPSON, YORK, ME	22:15
Female:	MALIA CRYAN, YORK, ME	26:54

Age 11-13

Male:	NICK ARAU, YORK, ME	21:28
Female:	MOLLY LENO, ROCHESTER, NH	24:45

Age 14-17

Male:	ALEXANDER ARAU, YORK, ME	18:43
Female:	AUBREY OUELLET, BEDFORD, NH	26:04

Age 18-29

Male:	NICHOLAS LUMERELLO, OGUNQUIT, ME	19:05
Female:	AMANDA VANASSE, KENNEBUNK, ME	26:00

Age 30-39

Male:	STEVEN HANSEN, SOUTH BERWICK, ME	19:42
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Female:	LAURIE CREAGAN, AUBURN, NH	23:22
Age 40-49		
Male:	MATT MERRIFIELD, MOODY, ME	18:59
Female:	BETH LINDQUIST, KITTERY, ME	20:48
Age 50-54		
Male:	JON BROWN, YORK, ME	23:05
Female:	SALLY BROWN, YORK, ME	24:48
Age 55-59		
Male:	PHIL PONTIER, DOVER, NH	23:26
Female:	MARYLOU FORD, PLYMOUTH, MA	36:17
Age 60-64		
Male:	RICK REYNOLDS, NORTH BERWICK, ME	21:22
Female:	MARY ULINSKI, DOVER, NH	27:01
Age 65-69		
Male:	NO MALE WINNER	
Female:	PENNY CUSHMAN, ALBANY, NY	33:15
Age 70 & OVER		
Male:	GARY REUTER, KITTERY, ME	25:18
Female:	SHIRLEY VENO, YORK, ME	41:31
Hospital Employees		
Male:	J. THOMAS ALBRIGHT, YORK, ME (Orthopaedics)	25:32
Female:	KAREN BRAGDON, WELLS, ME (Wells Physical Therapy)	25:30