

HARRC SUNDAY 8:30 AM CLUB RUN

April 30, 2017

Riverfront Park 10K

Race Director: Brad Colwell

Sixty five degrees brought out six runners for a 10K run that crossed the Susquehanna River six times. The run went over the Harvey Taylor Bridge on the westbound sidewalk then under the bridge and back on the eastbound side. The runners then headed south to the Walnut Street Bridge and then to the City Island side of the bridge. Then course reversed itself back to the start. The runners then ran north on the upper level path to the ½ mile mark and returned again to the start to complete 10 kilometers.

Fred Shadel surged to the front at the finish, followed by Frank Crupi and Gregg Warner. Carol Varano, who started late, caught up to the others at the finish.

1.	Fred Shadel	61:37	
2.	Frank Crupi	61:40	
3.	Gregg Warner	61:45	
4.	Carol Varano	61:55	
5.	Steve Whittle	62:35	(5.2 miles)
6.	Brad Colwell		(5.0 miles)