

Gunpowder Falls Race
September 27, 2009

Very hard course. There is 360 ft of climbing over 3/4 of a mile. It is so steep that going down is almost as hard as going up, and the rainy conditions were no aid. These times are much faster than they look.

Women:

Christine Trzcinski-29:50

Men:

Eric Rose- 28:53

Mike Feinberg-29:32

Scott Smith-29:51

Charlie Hogan-36:09

Ron Trczinski-36:54

RD: Luke Belford