



FOR IMMEDIATE RELEASE

Contact: Dayton Morinaga

Phone: 808-754-2567

E-mail: [Dayton@xterraplanet.com](mailto:Dayton@xterraplanet.com)

## Farrell, Morrison join list of “double champions” *17 runners earn titles from Pocono Series*

**July 12, 2013** – Grant Farrell was always a fast and strong runner, but he took it to a whole new level in 2013.

Farrell, who resides in Lancaster, Pennsylvania, won two races in the 2013 XTERRA Pocono Trail Run Series, and finished as the top overall runner for the series. He also won the men’s 30-34 age group for the Pocono Series, giving him two XTERRA Regional Championships in the same year. Earlier in the year, he won the men’s 30-34 age group for the XTERRA Atlantic Trail Run Series.

“I’ve been more aware of the point standings this year and have been developing more as a competitor,” said Farrell, who is 32 and works in the sales/marketing department for Wire By Design. “I really try to leave it all out there and not hold back at all no matter the type of race or distance.”



Farrell is now one of just five runners to win two XTERRA Regional Championships in the same year.

“The Atlantic and Pocono series are each a great experience in their own right,” he said. “I think it helped having two series to keep track of. Having a regular schedule of important races makes it easier to make good decisions about diet, training, sleep, etc., in between.

The only difficulty was the fuel expense! Sure would be nice to have that subsidized somehow.”

*(Grant Farrell pictured, courtesy Farrell family)*

Farrell participated in seven XTERRA Trail Run races between the months of March and July, and finished in the top four overall at each of those races.

Farrell was not the only runner to complete an Atlantic/Pocono double championship in 2013. Don Morrison from West Brandywine, Pennsylvania, won the men’s 60-64 age division in both the Atlantic and Pocono Series.

Morrison, 63, is no stranger to XTERRA success. He is five-time age-group champion in the XTERRA off-road triathlon Atlantic Series.

Farrell and Morrison are two of 17 runners who earned an age-group championship in the 2013 XTERRA Pocono Trail Run Series. Five of those runners received a maximum score of 400: Morrison, Marissa Vavrek, Jaclyn Shokey, Jill Hildebrand and Keith Austin.

The XTERRA Pocono Trail Run Series featured five races at five different locations in 2013. More than 300 runners from seven different states participated in the series.

Every age-group champion received a free entry to represent the Pocono Region at the 2013 XTERRA Trail Run National Championship at Ogden, Utah, on September 22.

The XTERRA Pocono Trail Run Series is expected to return in 2014, with the races scheduled to begin in May. To learn more about it, please visit [www.wilkesbarrerracing.com](http://www.wilkesbarrerracing.com).

Here is the list of 2013 XTERRA Pocono Trail Run Series champions:

| <b>Age Group</b> | <b>Name</b>      | <b>Age</b> | <b>Hometown</b> | <b>State</b> |
|------------------|------------------|------------|-----------------|--------------|
| Female 15-19     | Betsy Hochman*   | 19         | Lansdale        | PA           |
| Female 25-29     | Tabby Dunn       | 29         | Monroeton       | PA           |
| Female 30-34     | Marissa Vavrek   | 32         | Schwenksville   | PA           |
| Female 35-39     | Jaclyn Shokey*   | 36         | Jim Thorpe      | PA           |
| Female 40-44     | Michelle Brown   | 42         | Tunkhannock     | PA           |
| Female 45-49     | Wendy Kaminski   | 49         | Wapwallopen     | PA           |
| Female 50-54     | Jill Hildebrand* | 51         | Wapwallopen     | PA           |
| Male 10-14       | Josh Edwards*    | 14         | Mountain Top    | PA           |
| Male 20-24       | Anthony Wilkie   | 24         | Wilkes-Barre    | PA           |
| Male 25-29       | Zebulon Dunn     | 26         | Monroeton       | PA           |
| Male 30-34       | Grant Farrell    | 32         | Lancaster       | PA           |
| Male 35-39       | Jason Maskaly    | 39         | Factoryville    | PA           |
| Male 40-44       | Chuck Thompson   | 42         | Chalfont        | PA           |
| Male 45-49       | Keith Austin*    | 48         | Sweet Valley    | PA           |
| Male 50-54       | Bill Lawrence    | 54         | Scranton        | PA           |
| Male 55-59       | Jim Simmons      | 55         | Wyoming         | PA           |
| Male 60-64       | Don Morrison     | 63         | West Brandywine | PA           |

\* Repeat champion from 2012