

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Vanessa Kenny		26	8378	7	18:58.2	6:07/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nathan Troester		22	8566	1	16:14.4	5:14/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Lauren Sandburg		12	8508	41	21:20.7	6:53/M
2	Kara Nelligan		14	8462	71	23:08.2	7:28/M
3	Dana Boucher		13	8253	84	23:27.7	7:34/M
4	Annalyn Parks		13	8471	127	25:13.9	8:08/M
5	Abygayl Carey		11	8262	170	26:50.9	8:39/M
6	Sierra Purcell		14	8486	201	27:40.1	8:55/M
7	Rebecca Hedges		11	8615	239	29:22.2	9:28/M
8	Megan Healy		13	8342	243	29:31.2	9:31/M
9	Nicole Nelligan		12	8463	249	30:01.1	9:41/M
10	Rhiannon Kazmierczak		14	8657	279	32:08.9	10:22/M
11	Halie Paw		14	8477	281	32:12.9	10:23/M
12	carly shipman		9	8528	300	33:17.6	10:44/M
13	Allison McMahon		9	8438	302	33:27.9	10:47/M
14	Lauren Schabold		13	8511	334	34:45.1	11:13/M
15	Courtney Hicks		10	8619	343	35:11.4	11:21/M
16	Rachel Paw		10	8478	360	36:49.4	11:53/M
17	Sarah Crost		11	8275	376	39:30.9	12:45/M
18	Hannah Smith		11	8677	377	39:33.1	12:45/M
19	Claire Gardella		6	8317	379	39:36.9	12:46/M
20	Easton Klein		9	8637	381	39:58.4	12:54/M
21	Anila Moparthi		7	8448	401	46:38.1	15:03/M
22	Victoria L. Hay		8	8340	418	53:46.9	17:21/M

Male 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michael Trost		13	8570	13	19:33.6	6:18/M
2	Jake West		14	8590	26	20:38.4	6:39/M
3	Nathan Battiato		12	8626	27	20:44.7	6:41/M
4	Josh Slager		14	8533	59	22:43.1	7:20/M
5	Ian Troester		11	8568	60	22:43.5	7:20/M
6	Collin Kavanaugh		14	8375	75	23:15.6	7:30/M
7	Luke Haan		12	8329	79	23:20.7	7:32/M
8	Tommy John Baltz		8	8238	123	24:54.6	8:02/M
9	Mitchell Troester		13	8569	130	25:20.9	8:10/M
10	Nathan Slager		13	8532	149	26:03.5	8:24/M
11	Alex Glass		12	8325	179	27:07.6	8:45/M
12	Cameron Kavanaugh		11	8376	186	27:19.3	8:49/M
13	Jacob Heimlich		11	8346	191	27:21.5	8:49/M
14	Julian Bendy		12	8246	203	27:42.6	8:56/M
15	Patrick Fagan		13	8299	222	28:51.3	9:18/M
16	Ryan Kotara		7	8385	229	29:06.7	9:23/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Male 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
17	Hayden Stairs		9	8543	271	31:29.5	10:09/M
18	Ryan Kazmierczak		12	8655	278	32:06.2	10:21/M
19	Ben Malcom		10	8419	310	33:48.6	10:54/M
20	Sean McMahon		8	8439	311	33:50.1	10:55/M
21	Ian McKinney		9	8435	315	33:52.8	10:55/M
22	John Connors		8	8645	316	33:53.3	10:56/M
23	JAck Hughes		7	8362	318	33:53.9	10:56/M
24	Sean Murphy		10	8454	326	34:26.9	11:06/M
25	Patrick Nikolic		12	8466	353	36:18.5	11:43/M
26	Zac Stairs		11	8542	364	37:35.6	12:07/M
27	Jack Malcom		13	8418	365	37:36.8	12:08/M
28	Joey Frigo		8	8309	366	38:01.6	12:16/M
29	Joey Vogdes		9	8582	373	38:56.1	12:34/M
30	Matt Connors		5	8646	397	45:37.4	14:43/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	kristy dertz		15	8282	54	22:29.1	7:15/M
2	Anna Conboy		17	8654	55	22:29.4	7:15/M
3	Caitlin Nelligan		17	8461	70	23:08.2	7:28/M
4	Taylor Dickason		17	8285	102	23:58.9	7:44/M
5	Alyssa McGann		17	8433	112	24:21.9	7:51/M
6	Tracy Brinkman		18	8254	287	32:37.7	10:31/M
7	Sydney Paw		16	8476	314	33:51.2	10:55/M
8	Hannah Eggert		17	8293	392	44:50.1	14:28/M
9	Stephanie Hoffmeister		19	8356	409	49:03.7	15:49/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Benjamin Hedges		17	8616	2	17:20.4	5:35/M
2	Reed Templin		17	8557	5	18:42.9	6:02/M
3	Kyle Slager		16	8534	30	20:46.9	6:42/M
4	Brant Kusay		18	8390	35	21:09.6	6:49/M
5	Logan Murphy		19	8455	286	32:35.7	10:31/M

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
--------------	-------------	-------------	------------	---------------	----------------	-------------	-------------

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michelle Jennings		24	8630	125	25:10.5	8:07/M
2	Hannah Grad		22	8326	135	25:36.4	8:15/M
3	Corielle Heath		24	8344	151	26:14.2	8:28/M
4	Jennifer Athans		21	8234	194	27:29.9	8:52/M
5	Samantha Ravens		21	8490	195	27:31.3	8:53/M
6	Carly Tribbia		21	8564	259	30:52.4	9:57/M
7	Emily Tribbia		24	8563	260	30:52.8	9:57/M
8	Marissa Welch		21	8587	277	32:05.2	10:21/M
9	Stephanie Lia		23	8398	298	33:07.2	10:41/M
10	Megan Thornburg		24	8559	304	33:31.2	10:49/M
11	Erin Soucie		24	8540	313	33:50.6	10:55/M
12	Laura Shain		22	8523	322	34:00.2	10:58/M
13	Katlyn Smith		22	8536	325	34:14.4	11:03/M
14	Melissa Doran		24	8289	346	35:36.8	11:29/M
15	Lauren Kovacevich		22	8651	354	36:30.5	11:46/M
16	Katherine Ann Calabra		23	8652	355	36:32.3	11:47/M
17	Alexa Gage		20	8622	388	44:34.2	14:23/M
18	Rebecca Eggert		21	8294	393	44:50.1	14:28/M
19	Amber Willmer		23	8597	400	46:00.7	14:50/M

Male 20 to 24

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jimmy Pacente		20	8624	53	22:28.7	7:15/M
2	Joseph Drazah		24	8660	65	22:50.6	7:22/M
3	Mike Enders		21	8297	89	23:30.4	7:35/M
4	Nathan Brown		22	8258	91	23:35.3	7:36/M
5	Tyler Welch		20	8588	114	24:26.2	7:53/M

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Michelle Prieboy		28	8484	51	22:23.3	7:13/M
2	Melissa Brown		26	8257	87	23:29.1	7:35/M
3	Jena Becker		27	8243	167	26:42.8	8:37/M
4	Laura Moran		28	8450	236	29:16.4	9:26/M
5	Michelle Hellesen		26	8348	290	32:50.5	10:35/M
6	Christina Ruklic		29	8634	292	32:57.1	10:38/M
7	Melissa Barin		27	8240	321	33:59.4	10:58/M
8	Theresa Carroll		29	8263	332	34:42.4	11:12/M
9	Karen Feltz		29	8301	341	35:08.6	11:20/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
10	Jen Plude		28	8483	348	35:57.2	11:36/M
11	Pam Kovach		27	8386	352	36:14.7	11:41/M
12	Jennifer Ralston		29	8487	384	42:32.1	13:43/M

Male 25 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jared Macari		28	8413	6	18:48.9	6:04/M
2	Colin Nolan		27	8644	32	20:59.1	6:46/M
3	Kevin Hickey		26	8662	48	22:10.9	7:09/M
4	Bryant Evans		26	8613	66	22:52.1	7:23/M
5	Patrick Fritz		28	8312	83	23:27.6	7:34/M
6	Derek Taylor		28	8556	124	25:05.9	8:05/M
7	Kent Martin		27	8425	129	25:20.4	8:10/M
8	Joseph Sanders		26	8509	131	25:27.6	8:13/M
9	Ryne Huston		28	8363	154	26:20.4	8:30/M
10	Mark Smith		28	8537	165	26:39.9	8:36/M
11	Brad Becker		29	8244	166	26:41.2	8:36/M
12	Cary Ruklic		28	8633	295	33:01.2	10:39/M
13	Sean Foley		25	8305	347	35:36.9	11:29/M

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Carrie Forystek		34	8604	31	20:47.1	6:42/M
2	Alexis Landrebe		30	8392	33	21:07.4	6:49/M
3	Nicole Fritz		30	8313	38	21:15.5	6:51/M
4	Valerie Valente		32	8575	62	22:49.2	7:22/M
5	April Kamba		33	8373	122	24:54.2	8:02/M
6	Katie Garvey		34	8318	126	25:12.9	8:08/M
7	Cortney Weber		32	8585	142	25:47.2	8:19/M
8	Keeley Fritz		30	8311	143	25:50.7	8:20/M
9	Kate Donnellan		32	8287	164	26:36.5	8:35/M
10	Lindsay Dell		31	8281	172	26:56.2	8:41/M
11	Jackie Fehrenbacher		32	8300	189	27:20.2	8:49/M
12	Andrea Regan		30	8608	200	27:39.3	8:55/M
13	Amber McGoldrick		33	8434	206	27:58.8	9:01/M
14	Michelle Regas		32	8492	214	28:25.2	9:10/M
15	Cheryl Donovan		33	8288	218	28:36.5	9:14/M
16	Caroline Gerritsen		31	8323	228	29:06.2	9:23/M
17	Danielle Shervino		30	8526	237	29:18.2	9:27/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
18	Amy Bulbrooke		34	8259	238	29:21.7	9:28/M
19	Amanda Wierenga		34	8594	248	29:59.1	9:40/M
20	Latrice Richie		32	8494	251	30:06.6	9:43/M
21	Katie Stempniak		31	8546	264	31:12.3	10:04/M
22	Jen Martin		33	8427	273	31:56.6	10:18/M
23	Meghan McCauley-Brown		33	8430	283	32:26.5	10:28/M
24	Darcy LeMaire		32	8395	296	33:05.7	10:40/M
25	Melanie Serauskis		30	8519	342	35:10.2	11:21/M
26	Heather Sincak		34	8531	344	35:18.5	11:23/M
27	kelly book		32	8251	356	36:33.2	11:47/M
28	Valerie Nette		33	8465	362	37:00.5	11:56/M
29	Jennifer Terpening		30	8628	371	38:54.2	12:33/M
30	Genevieve Murray		31	8456	385	42:32.5	13:43/M
31	Jami Keener		33	8377	394	45:16.7	14:36/M
32	Lisa Rubis		31	8505	395	45:34.4	14:42/M
33	Kate Lee Foshinbaur		30	8680	404	47:19.6	15:16/M

Male 30 to 34

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Stephen Stolzenbach		32	8649	3	17:49.6	5:45/M
2	Kyle Martin		31	8428	42	21:27.9	6:55/M
3	Ryan Talaga		32	8555	47	22:10.5	7:09/M
4	David Koblick		33	8381	49	22:15.8	7:11/M
5	Zachary Thomson		33	8672	56	22:33.2	7:16/M
6	Daniel Steffy		32	8544	80	23:21.9	7:32/M
7	James Martin		33	8426	82	23:26.6	7:34/M
8	Scott Hopkins		31	8359	86	23:28.2	7:34/M
9	Pat Doyle		31	8290	97	23:50.2	7:41/M
10	Dan Finan		34	8302	103	24:00.9	7:45/M
11	Patrick Mackinzie		30	8683	109	24:11.9	7:48/M
12	Justin Kilchenmann		31	8379	115	24:28.9	7:54/M
13	Chris Irvine		31	8367	139	25:41.5	8:17/M
14	Brett Miller		34	8443	204	27:45.2	8:57/M
15	David Smolinski		34	8539	269	31:24.3	10:08/M
16	Tim Carroll		30	8264	293	32:57.7	10:38/M

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kirsten Hock		39	8355	11	19:29.4	6:17/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Kristin Kotara		35	8384	17	19:49.6	6:24/M
3	Susan McCoy		39	8643	52	22:28.5	7:15/M
4	Christy Domagalski		36	8286	58	22:41.3	7:19/M
5	Rebecca Smentek		35	8535	98	23:50.2	7:41/M
6	Kate Gabey		37	8314	108	24:10.3	7:48/M
7	Nicole Rokas		36	8670	134	25:33.8	8:15/M
8	Marcy Kwiecinski		35	8675	141	25:46.5	8:19/M
9	Cass Gehrke		39	8320	144	25:51.4	8:20/M
10	KATE KRAUSE		35	8388	148	25:56.9	8:22/M
11	Jennifer Sievers		35	8530	152	26:17.8	8:29/M
12	Jeni Healy		36	8341	153	26:19.1	8:29/M
13	Pamela Schultz		37	8513	155	26:24.7	8:31/M
14	Amanda Carey		39	8261	161	26:35.6	8:35/M
15	Karen Schwarz		39	8515	169	26:50.2	8:39/M
16	Diane Franke		37	8307	177	27:02.2	8:43/M
17	jill yott		36	8600	185	27:18.3	8:48/M
18	Tara Schultz		39	8512	193	27:28.4	8:52/M
19	Becky Vock		37	8579	196	27:32.5	8:53/M
20	Tania Wilson		36	8598	198	27:37.7	8:55/M
21	Gretchen Leese		38	8394	199	27:38.9	8:55/M
22	Bonnie Ushijima		38	8573	209	28:10.5	9:05/M
23	Natalie Longo		35	8399	217	28:35.7	9:13/M
24	Tara Hanrahan		36	8336	219	28:40.2	9:15/M
25	Jodi Havens		39	8338	223	28:54.6	9:19/M
26	Deanna Harbeck		37	8337	230	29:07.2	9:24/M
27	Kathleen Crafton		35	8271	233	29:13.3	9:25/M
28	Jennifer Wajda		37	8584	235	29:15.4	9:26/M
29	lisa ricchio		37	8493	240	29:23.2	9:29/M
30	Kelly Martin		36	8424	241	29:23.5	9:29/M
31	Allison Leahy		35	8393	246	29:47.7	9:36/M
32	Becky Czerwinski		35	8279	247	29:58.3	9:40/M
33	melissa evans madorma		35	8298	250	30:05.2	9:42/M
34	Gina Alberico		36	8228	255	30:39.2	9:53/M
35	MICHELLE KRAUSE		37	8387	267	31:18.5	10:06/M
36	Theresa Tabor		35	8554	276	32:01.6	10:20/M
37	Laura Thoma		38	8605	285	32:32.3	10:30/M
38	Kim Crafton		35	8272	297	33:07.2	10:41/M
39	Joanne Pichman		38	8481	306	33:35.2	10:50/M
40	Tricia Ellison		37	8295	309	33:43.7	10:53/M
41	michele hughes		38	8361	320	33:54.7	10:56/M
42	Sarah Hamilton		39	8334	331	34:41.7	11:11/M
43	Kelli Parke		35	8470	337	35:00.2	11:17/M
44	Dawn Kolosh		38	8382	351	36:08.2	11:39/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
45	Jennifer Tingley		36	8561	378	39:35.2	12:46/M
46	Erin Gardella		39	8316	380	39:38.7	12:47/M
47	Corie Gentry		39	8321	383	42:12.6	13:37/M
48	Kristen Grant		39	8328	406	47:30.4	15:19/M
49	Stacie Allen		35	8230	411	49:40.4	16:01/M

Male 35 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Adam Magyar		36	8415	12	19:32.2	6:18/M
2	Frank Espinoza		36	8627	23	20:29.4	6:36/M
3	Derrick Cannon		36	8640	39	21:16.7	6:52/M
4	Tim Wolcott		37	8599	40	21:16.9	6:52/M
5	Adam Tokarski		38	8562	85	23:27.7	7:34/M
6	John Elzdale		39	8674	94	23:42.1	7:39/M
7	Kevin Regas		37	8491	95	23:42.2	7:39/M
8	Matthew Foerster		39	8304	105	24:01.7	7:45/M
9	Emily Guderjan		37	8610	107	24:09.1	7:47/M
10	Mitchell Stein		37	8545	111	24:19.5	7:51/M
11	David Hecker		38	8345	120	24:38.9	7:57/M
12	Steven Sierra		35	8529	150	26:03.6	8:24/M
13	Michael Hobbs		38	8354	180	27:08.9	8:45/M
14	Marty Serauskis		36	8520	245	29:47.6	9:36/M
15	Matt Vock		38	8580	253	30:36.5	9:52/M
16	David Rigoni		35	8498	261	30:55.7	9:58/M
17	Matt Ellison		37	8296	308	33:43.5	10:53/M

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	michele battiato		41	8242	37	21:14.5	6:51/M
2	Mary Milella		43	8441	44	21:57.5	7:05/M
3	Amy Klein		42	8638	69	23:01.1	7:25/M
4	Kim Chaput		41	8656	101	23:57.4	7:44/M
5	Lisa Udani		42	8572	106	24:07.6	7:47/M
6	Raquel Hamilton		42	8331	133	25:33.8	8:15/M
7	Jodi Haefner		40	8330	168	26:45.1	8:38/M
8	Lisa Conway		41	8270	183	27:14.7	8:47/M
9	Anita Murphy		44	8650	187	27:19.5	8:49/M
10	Keena Jedlowski		40	8648	210	28:16.5	9:07/M
11	Margaret Seppi		40	8517	213	28:21.9	9:09/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
12	Mary Cummins		40	8277	227	29:02.3	9:22/M
13	Marybeth Graef		42	8327	231	29:11.5	9:25/M
14	Tammie Berner		41	8248	232	29:12.5	9:25/M
15	Wendy Hegarty		44	8618	234	29:13.7	9:25/M
16	cyndi riegel		43	8496	242	29:27.9	9:30/M
17	Kathy Higgins		43	8352	244	29:34.7	9:32/M
18	Val Joyce		42	8371	252	30:16.9	9:46/M
19	Deborah O'Hagan		43	8468	256	30:43.9	9:55/M
20	Judi-Ann Paw		43	8474	266	31:17.7	10:05/M
21	Mary Chiquet		42	8268	270	31:26.7	10:08/M
22	Michelle Shaffer		40	8522	288	32:41.6	10:33/M
23	Sharon Purcell		44	8485	291	32:56.5	10:37/M
24	betsy shipman		40	8527	301	33:22.2	10:46/M
25	Laurie Kornmuller		43	8383	323	34:10.3	11:01/M
26	Lisa Murphy		42	8453	327	34:32.3	11:08/M
27	Andrea Baker		40	8236	333	34:43.9	11:12/M
28	Renee Rodarte		40	8502	338	35:01.2	11:18/M
29	Ragina Glass		43	8324	339	35:02.3	11:18/M
30	Christine Fenlon		44	8647	340	35:04.3	11:19/M
31	Kelly Bostjancic		44	8252	350	36:05.7	11:38/M
32	Dawn Schultz		42	8514	357	36:35.5	11:48/M
33	Dawn Bitter		41	8250	358	36:45.1	11:51/M
34	joan arseneau		40	8233	374	39:03.3	12:36/M
35	Christine Ridgway		41	8495	390	44:35.6	14:23/M
36	Haritha Moparthi		40	8447	398	45:38.7	14:43/M
37	Victoria J. Hay		44	8339	414	52:30.5	16:56/M

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	paul mitoraj		41	8444	8	19:03.2	6:09/M
2	eggis jakstas		40	8368	9	19:15.6	6:13/M
3	John Bltter		44	8249	28	20:46.1	6:42/M
4	Gerald Sala		42	8507	29	20:46.7	6:42/M
5	Tom Slikas		41	8632	36	21:09.8	6:49/M
6	Kevin Kavanaugh		43	8374	63	22:49.2	7:22/M
7	Nate Shaffer		40	8521	64	22:49.8	7:22/M
8	James Leonard		43	8396	78	23:20.3	7:32/M
9	Ray Grzesiak		41	8609	81	23:26.5	7:34/M
10	Ivaldo Basso		40	8241	96	23:46.6	7:40/M
11	Tom Baltz		42	8239	100	23:56.1	7:43/M
12	Ken Serauskis		41	8518	104	24:01.4	7:45/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Male 40 to 44

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
13	Andy Schwarz		42	8516	181	27:09.3	8:45/M
14	brian riegel		43	8497	184	27:16.7	8:48/M
15	Chris Curran		44	8682	272	31:49.7	10:16/M
16	Jim Vogdes		42	8581	372	38:55.2	12:33/M
17	Garrett Allen		40	8231	421	1:00:11.6	19:25/M

Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Paulette McDonald		47	8431	68	23:00.2	7:25/M
2	Debbie Kokal		47	8668	73	23:09.1	7:28/M
3	Alanna Carroll		46	8265	77	23:19.2	7:31/M
4	Susan Nelligan		45	8459	99	23:51.2	7:42/M
5	julie Belka		45	8245	110	24:17.2	7:50/M
6	Donna Cuthbert		49	8278	117	24:35.5	7:56/M
7	Kricket Baltz		45	8237	137	25:39.1	8:16/M
8	Susan Danforth		45	8625	138	25:39.8	8:16/M
9	Catherine Gainer		48	8315	145	25:52.9	8:21/M
10	Eileen Lewalski		48	8397	158	26:27.7	8:32/M
11	Penny Ploski		48	8482	160	26:31.4	8:33/M
12	Debbera Hypke		45	8364	171	26:55.9	8:41/M
13	Eugenia Garza		45	8639	190	27:20.7	8:49/M
14	Colleen Donke		47	8661	202	27:40.9	8:55/M
15	Peg Paul		49	8473	208	28:09.1	9:05/M
16	Laura Ho		47	8353	215	28:27.2	9:11/M
17	JOYCE WHITE		45	8592	257	30:48.3	9:56/M
18	Noreen Crost		48	8276	268	31:19.3	10:06/M
19	Christina Chapan		45	8641	275	32:01.6	10:20/M
20	Colleen Mora		47	8449	284	32:28.6	10:28/M
21	Danette Muscarella		46	8458	294	33:01.1	10:39/M
22	Jacque Connors		47	8269	317	33:53.5	10:56/M
23	Wendy McMahon		45	8437	319	33:54.3	10:56/M
24	Suzanne Molchin		49	8658	324	34:13.6	11:02/M
25	Stacey McKinney		45	8436	329	34:37.7	11:10/M
26	Jacqueline Stockman		46	8547	349	36:02.6	11:37/M
27	Julie Gage		48	8621	389	44:34.3	14:23/M
28	Kimberly Smith		46	8538	402	46:40.3	15:03/M
29	Toni Stahulak		45	8541	405	47:30.2	15:19/M
30	Linda Hoffmeister		45	8357	410	49:05.7	15:50/M
31	Lynn Schabold		48	8510	415	52:45.4	17:01/M
32	Liz Kusay		45	8389	416	52:45.5	17:01/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Uriel Lara		48	8664	4	18:00.5	5:48/M
2	Jerome Nelligan		45	8460	10	19:27.1	6:16/M
3	Rich Matula		48	8429	15	19:39.1	6:20/M
4	John Molchin		47	8445	16	19:45.8	6:22/M
5	john bennett		46	8247	20	20:16.9	6:32/M
6	Pat Albert		47	8229	21	20:25.3	6:35/M
7	Chris Hedges		49	8617	22	20:28.6	6:36/M
8	Mike Murphy		45	8635	43	21:35.3	6:58/M
9	Arnaud Desjardins		47	8636	45	22:03.3	7:07/M
10	George Fite		48	8303	46	22:07.8	7:08/M
11	John Hernandez		46	8349	50	22:16.7	7:11/M
12	Dennis Duria		46	8291	74	23:10.5	7:28/M
13	Jeffery LaMorte		49	8614	76	23:16.8	7:30/M
14	Kent Munro		47	8451	88	23:29.2	7:35/M
15	Steve Malcom		48	8417	92	23:39.6	7:38/M
16	Richard West		45	8591	118	24:37.6	7:56/M
17	Don Melton		48	8440	162	26:35.9	8:35/M
18	Don Fiday		48	8673	174	26:59.2	8:42/M
19	Todd Williams		47	8595	182	27:11.6	8:46/M
20	Kevin Paw		46	8475	212	28:18.2	9:08/M
21	Neal Crost		49	8274	282	32:14.9	10:24/M
22	Jeff O'Sullivan		49	8469	312	33:50.3	10:55/M
23	Joe Frigo		49	8310	367	38:03.7	12:16/M

Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Mary Lou Roche		54	8501	159	26:28.3	8:32/M
2	Deborah Marin		53	8422	176	27:00.6	8:43/M
3	Sharon DeVault		50	8284	262	31:04.7	10:01/M
4	susan thornburg		53	8558	289	32:43.3	10:33/M
5	Robin Cabay		50	8260	299	33:10.2	10:42/M
6	Jill Kraiss		53	8620	303	33:29.6	10:48/M
7	Virginia Munro		51	8452	307	33:39.3	10:51/M
8	lorie lysik		51	8412	328	34:33.3	11:09/M
9	Jodi Dettbarn		50	8283	330	34:39.1	11:11/M
10	Heidi Sullivan		52	8552	363	37:23.2	12:04/M
11	Kristen Freund		50	8308	369	38:48.5	12:31/M
12	Amy Eggert		52	8292	391	44:49.5	14:27/M
13	Lori Willmer		51	8596	399	45:58.9	14:50/M
14	Kim Schuldt		51	8602	407	47:51.4	15:26/M
15	Debbie Crandell		53	8273	413	51:46.7	16:42/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jamie Parks		51	8472	18	20:02.8	6:28/M
2	Jim Pacente		53	8623	19	20:11.5	6:31/M
3	KEVIN MURRAY		54	8457	24	20:29.8	6:36/M
4	Steve Amann		50	8232	25	20:36.7	6:39/M
5	Joe Gaul		52	8319	72	23:08.6	7:28/M
6	Scott Irvine		50	8366	90	23:34.5	7:36/M
7	Matthew Troester		54	8567	93	23:41.4	7:38/M
8	Paul Webster		52	8586	113	24:24.1	7:52/M
9	Tom O'hara		51	8659	119	24:38.3	7:57/M
10	Norbert Kerte		51	8663	140	25:45.4	8:18/M
11	James Winter		50	8629	146	25:53.3	8:21/M
12	Rob Ravens		50	8489	147	25:56.7	8:22/M
13	Hugh MacCracken		53	8414	157	26:27.6	8:32/M
14	Dennis Hallissey		54	8679	188	27:20.0	8:49/M
15	Mike Boban		52	8611	192	27:26.5	8:51/M
16	David Athans		53	8684	197	27:33.5	8:53/M
17	Duane Hypke		53	8365	207	28:03.4	9:03/M
18	Ed Row		51	8503	211	28:17.7	9:07/M
19	Kelly Sullivan		50	8553	220	28:42.2	9:15/M
20	Allan Rubying		51	8678	221	28:43.6	9:16/M
21	Jack Tribbia		52	8565	258	30:48.9	9:56/M
22	Mike Marietti		50	8421	263	31:05.6	10:02/M
23	Kirk Carroll		50	8266	345	35:35.8	11:29/M
24	Dean Schuldt		53	8606	408	47:52.2	15:26/M

Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Janis Runyan		56	8642	205	27:49.2	8:58/M
2	Cathy Hickey		58	8350	216	28:28.4	9:11/M
3	Dottie Hejl-Pavilonis		59	8347	336	34:51.7	11:15/M
4	Denise Dugan		56	8603	370	38:51.2	12:32/M
5	Janice Valente		57	8574	386	43:38.7	14:05/M
6	Pina Quatrini		57	8631	387	44:27.3	14:20/M
7	Susan Fohin		58	8681	403	47:17.2	15:15/M
8	Shrie Robinson		57	8500	417	52:49.7	17:02/M

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Peter Slattery		56	8612	14	19:35.2	6:19/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Bill Wachter		55	8583	34	21:09.5	6:49/M
3	Joseph Werner		58	8589	61	22:45.1	7:20/M
4	Richard Miller		57	8442	67	22:57.3	7:24/M
5	Jeffrey Marin		56	8423	116	24:33.6	7:55/M
6	Stephen Strauss		58	8549	121	24:49.6	8:00/M
7	paul nette		57	8464	128	25:19.8	8:10/M
8	Phil Conboy		59	8653	163	26:36.4	8:35/M
9	Paul Strand		59	8548	175	26:59.2	8:42/M
10	kevin hickey		55	8351	178	27:04.1	8:44/M
11	Alan Heath		59	8343	226	29:01.9	9:22/M
12	Tom Jennings		58	8370	280	32:10.2	10:23/M
13	Wayne Shain		55	8524	305	33:32.9	10:49/M
14	Tom Hamilton		57	8332	335	34:45.3	11:13/M
15	Glenn Ruklic		58	8506	375	39:03.7	12:36/M

Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Peggy Luther		60	8411	156	26:25.2	8:31/M
2	Kathy Drobac		60	8667	173	26:57.2	8:42/M
3	Kathy Voboril		61	8577	368	38:30.7	12:25/M
4	Emily Lowe		61	8410	412	50:57.6	16:26/M
5	Betty Lally		60	8391	419	54:00.7	17:25/M

Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Steve Hortega		63	8360	57	22:39.1	7:18/M
2	Mitchell Alvarez		60	8676	132	25:29.2	8:13/M
3	Dave Lowe		61	8400	136	25:38.5	8:16/M
4	Rich Voboril		61	8578	224	28:57.4	9:20/M
5	Daryl Dahlberg		62	8280	254	30:37.1	9:53/M
6	Dale Johnson		60	8607	265	31:13.7	10:04/M
7	Rick Peterson		62	8479	274	32:00.3	10:19/M
8	David Rubis		60	8504	396	45:34.6	14:42/M

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Hilary Tydd		65	8571	225	28:58.7	9:21/M

Race Date
June 19, 2013

Short Run on a Long Day 5K
Age Group Results

Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Winne Nyhus		69	8467	359	36:49.4	11:53/M
3	Barbara Kalinowski		65	8372	420	54:03.3	17:26/M

Female 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Anna Marie Smith		70	8671	361	36:53.3	11:54/M

Male 70 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Vince Kokal		84	8669	382	41:11.3	13:17/M