

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

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	VICTORIA DOBSON	GALIEN MI	14	7438	9	21:33.8	6:57/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	KEVIN SIEK	ST JOSEPH MI	43	7650	1	18:39.3	6:01/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

Female 9 and Under

<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	KAITLYN HARRIS	ST JOSEPH MI	8	7488	101	33:29.9	10:48/M
2	OLIVIA HARRIS	ST JOSEPH MI	8	7489	120	36:49.4	11:53/M
3	CLARA BALKEMA	PAW PAW MI	8	7375	146	41:32.2	13:24/M

Male 9 and Under

<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	KOLE PARRETT	ST JOSEPH MI	9	7598	119	36:44.2	11:51/M

Female 10 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	EMMA DOBSON	GALIEN MI	12	7436	38	26:34.2	8:34/M
2	MARYANNA PRAHLOW	GALIEN MI	13	7610	105	33:39.8	10:51/M
3	KAYLI LAKE	ST JOSEPH MI	13	7535	117	36:31.7	11:47/M
4	JENNA SIEK	ST JOSEPH MI	10	7649	125	37:34.3	12:07/M

Male 10 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	Blake Newton	New Buffalo MI	13	7580	16	22:41.7	7:19/M
2	MICHAEL WALKER	STEVENSVILLE MI	14	7699	18	23:06.7	7:27/M
3	Nathaniel Green	Benton Harbor MI	11	7478	50	28:22.9	9:09/M
4	LUCAS BALKEMA	PAW PAW MI	10	7372	68	30:56.4	9:59/M
5	DAIDEN SHAW	BENTON HARBOR MI	12	7644	109	34:04.9	10:59/M
6	MIKHAIL LUDENS	BERRIEN SPRINGS MI	13	7541	124	37:23.8	12:04/M
7	HECTOR GASCA		12	7744	154	51:49.8	16:43/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	FORREST BRAGG	KALAMAZOO MI	19	7390	100	33:26.4	10:47/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	LINCOLN DOBSON	GALIEN MI	16	7437	6	20:58.1	6:46/M
2	JOSEPH PRAHLOW	GALIEN MI	15	7609	15	22:40.7	7:19/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

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>
3	MARLON SOUTHALL	BENTON HARBOR MI	18	7671	26	24:40.9	7:57/M
4	NOAH PRAHLOW	GALIEN MI	17	7611	37	26:24.1	8:31/M
5	LEVI WILKENS	BENTON HARBOR MI	16	7713	49	28:18.1	9:08/M
6	DOMINIQUE EDDIE	ST JOSEPH MI	19	7446	67	30:44.8	9:55/M
7	JAMES SIEK	ST JOSEPH MI	15	7648	123	37:13.9	12:00/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>
1	Kodie Kiessling	Battle Creek MI	24	7519	70	31:14.9	10:05/M
2	CHELSIE NORG	PAW PAW MI	22	7582	91	32:51.9	10:36/M
3	CARA ADAMS	EAU CLAIRE MI	20	7368	98	33:20.7	10:45/M
4	KAIT MAYNE	WATERVLIT MI	24	7560	135	39:02.2	12:35/M
5	Amber Sears	Saint joseph MI	23	7639	144	41:15.2	13:18/M
6	TAYONI COLEMAN	KALAMAZOO MI	23	7412	150	43:32.4	14:03/M
7	KELSEE ROBINSON	LAPORTE IN	21	7621	156	56:58.2	18:23/M
8	TESS PIOTROWSKI	WESTVILLE IN	21	7604	157	56:58.4	18:23/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	NICK SPALENY	KALAMAZOO MI	23	7672	24	24:08.4	7:47/M
2	Tyler Davis	Battle Creek MI	23	7429	73	31:17.7	10:05/M
3	NATHAN BEATY		23	7746	81	31:55.7	10:18/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	Haley Skisak	La Grange Park IL	29	7658	11	21:58.7	7:05/M
2	Margarita Gordon	Bridgman MI	25	7474	12	22:04.1	7:07/M
3	Katie Doorlag	Kalamazoo MI	28	7439	77	31:50.2	10:16/M
4	Marsha Morey	Kalamazoo MI	27	7569	82	31:56.4	10:18/M
5	Lori Lin	Berrien Springs MI	29	7540	99	33:20.9	10:45/M
6	Tristeena Platte		26	7736	114	35:54.1	11:35/M
7	NICOLE BRYCE	COLOMA MI	26	7396	134	38:33.9	12:26/M
8	Michelle Sedlar	Niles MI	25	7641	136	39:24.6	12:43/M
9	Amanda Zaluckyj	Coloma MI	28	7726	137	39:25.4	12:43/M
10	Kati Spinks	Coloma MI	29	7673	148	43:18.2	13:58/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

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	Philip Doorlag	Kalamazoo MI	29	7440	2	19:20.5	6:14/M
2	Justin Agens	Benton Harbor MI	27	7369	8	21:31.2	6:56/M
3	ANDREW FERRIS	KALAMAZOO MI	26	7459	80	31:55.1	10:18/M
4	Rich Burling	Dowagiac MI	28	7405	90	32:50.4	10:35/M
5	Brandon Clear	Berrien Springs MI	26	7410	122	37:01.1	11:56/M
6	Bryant Sears	Saint joseph MI	25	7640	143	41:15.1	13:18/M
7	Derrick Bassett	Jenison MI	27	7377	151	45:48.3	14:46/M
8	CHRISTOPHER WITT	MICHIGAN CITY IN	29	7718	158	1:03:44.9	20:34/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	ELIZABETH JENSON		33	7747	31	25:38.4	8:16/M
2	RACHEL STORM	ST JOSEPH MI	30	7676	43	26:51.7	8:40/M
3	Lindsay Skisak	La Grange Park IL	31	7659	61	29:42.9	9:35/M
4	AIMEE WILLIAMS		33	7748	63	29:53.9	9:38/M
5	BRIDGET KUGLIN	STEVENSVILLE MI	30	7532	84	32:16.4	10:25/M
6	LEAH DVORAK		31	7743	97	33:18.9	10:45/M
7	Heidi Duncan	BENTON HARBOR MI	30	7445	103	33:36.6	10:50/M
8	Mary Ann Hatch	Granger IN	32	7495	111	34:23.1	11:05/M
9	Cynthia Myers	Bridgman MI	32	7575	115	36:07.7	11:39/M
10	ERIN HIMES	SODUS MI	32	7500	133	38:33.8	12:26/M
11	Katie Boyer	Saint Joseph MI	34	7388	147	41:41.9	13:27/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	CHRIS MCCARTY		34	7745	3	20:20.1	6:34/M
2	David lott	Saint Joseph MI	31	7507	7	21:27.3	6:55/M
3	SCOTT LUDWIG	STEVENSVILLE MI	33	7544	10	21:50.4	7:03/M
4	Jesse Resseguie	St Joseph MI	33	7617	17	23:00.3	7:25/M
5	DAVID EISENHART	BARODA MI	31	7448	25	24:32.1	7:55/M
6	CHRIS WASHBURN	ST JOSEPH MI	32	7702	27	25:11.5	8:07/M
7	ANDREW LASKY	MICHIGAN CITY IN	30	7537	51	28:23.5	9:09/M
8	Jeff Smith	Villa Park IL	34	7663	56	28:55.2	9:20/M
9	BRANDON LUKEN	LOUISVILLE KY	30	7545	71	31:14.9	10:05/M
10	Brian Blake	Kalamazoo MI	31	7383	88	32:48.2	10:35/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

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	Erin Brown	watervliet MI	38	7395	34	25:55.2	8:22/M
2	Melissa Lapekas	Saint Joseph MI	38	7536	42	26:49.5	8:39/M
3	Kristin Coleman	Schaumburg IL	38	7411	55	28:53.6	9:19/M
4	Emily Platte	Stevensville MI	39	7605	62	29:45.2	9:36/M
5	Jennifer Hannigan-Green	Benton Harbor MI	38	7486	65	30:20.4	9:47/M
6	Desirae Pierce	Plainwell MI	36	7603	78	31:52.9	10:17/M
7	Carmela Robles	St. Joseph	35	7622	92	33:03.7	10:40/M
8	LAURA VELDMAN	STEVENSVILLE MI	39	7693	95	33:13.7	10:43/M
9	AMANDA HARRIS	ST JOSEPH MI	35	7487	102	33:30.1	10:48/M
10	Kristina Soule	st. joseph MI	36	7670	106	33:45.2	10:53/M
11	Emily Nelson	Saint Joseph MI	39	7579	127	37:52.2	12:13/M
12	Lisa Koenig	Paw paw MI	36	7526	138	39:25.9	12:43/M
13	Lisa Sutton	St Joseph MI	39	7679	139	39:43.6	12:49/M
14	Leah McPherson	Saint Joseph MI	35	7562	142	39:52.1	12:52/M
15	Ericca Williams	St. Joseph MI	39	7715	145	41:29.9	13:23/M
16	ANA GASCA	SODUS MI	38	7470	153	51:48.8	16:43/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	Randy Kozel	Granger IN	35	7527	5	20:50.4	6:43/M
2	KEN KITE	ST JOSEPH MI	36	7523	23	23:58.1	7:44/M
3	RAGHU MURTHY	ST JOSEPH MI	39	7574	33	25:44.7	8:18/M
4	German Luna		38	7730	54	28:47.9	9:17/M
5	Alex Schaeffer	St, Joseph MI	35	7630	76	31:37.4	10:12/M
6	JOSE GASCA	SODUS MI	38	7471	83	32:03.6	10:20/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	TRACY BALKEMA	PAW PAW MI	41	7374	20	23:25.3	7:33/M
2	Chris Kurland	St Joseph MI	44	7533	57	29:04.1	9:23/M
3	MN Wiersema	Ann Arbor MI	43	7711	75	31:29.7	10:09/M
4	Melinda Graham	South Haven MI	44	7476	86	32:37.9	10:31/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	JOHN HORVATH		42	8703	4	20:30.9	6:37/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

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>
2	SCOTT VANDENBERG		42	7734	14	22:37.4	7:18/M
3	Jack Thom	Plainwell MI	43	7684	21	23:37.1	7:37/M
4	Daniel Cavalcanti	Saint Joseph MI	44	7408	53	28:44.8	9:16/M
5	STEVE BALKEMA	PAW PAW MI	42	7373	79	31:54.5	10:17/M
6	Aaron Green	Benton Harbor MI	41	7477	108	34:03.7	10:59/M
7	CHRISTOPHER WARREN	ST JOSEPH MI	43	7701	129	37:56.4	12:14/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	Jaime Kiessling	Battle Creek MI	48	7518	74	31:21.7	10:07/M
2	Karrie Parrett		46	7740	113	34:35.8	11:09/M

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	Mike Mannio	benton harbor MI	46	7551	13	22:29.4	7:15/M
2	Mark Platte	Stevensville MI	49	7606	52	28:43.1	9:16/M
3	GUADALUPE		46	8711	107	33:45.9	10:53/M
4	Jeff Buchele	Coloma MI	45	7397	132	38:05.7	12:17/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	MARIA NEVILLE-SMITH		51	7738	40	26:44.7	8:37/M
2	Becky Foster	St Joseph MI	54	7464	59	29:19.6	9:27/M
3	Mary Snyder	Watervliet MI	52	7669	69	30:59.9	10:00/M
4	Lori Marciniak	Stevensville MI	50	7556	104	33:36.9	10:50/M
5	KIM RICHARD		50	8707	110	34:08.8	11:01/M
6	Kimberly Smithers	Benton Harbor MI	52	7667	116	36:25.4	11:45/M
7	Julie Kiernan	Three Oaks MI	52	7517	130	38:02.3	12:16/M
8	TAMA PRAHLOW		51	8706	141	39:49.2	12:51/M
9	Carolyn Lester	Vassar MI	52	7539	152	45:51.1	14:47/M

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	Patrick Marciniak	Stevensville MI	50	7557	28	25:15.5	8:09/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

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>
2	Sanford Shuster	Bridgman MI	52	7646	39	26:37.6	8:35/M
3	Jerry Jones		54	7731	41	26:45.3	8:38/M
4	JOSEAP PRAHLOW		50	7742	46	27:26.9	8:51/M
5	Michael Smithers	Benton Harbor MI	52	7668	48	27:47.6	8:58/M
6	Michael Niemi	St Joseph MI	51	7581	58	29:15.9	9:26/M
7	Clark Gruber	South Haven MI	51	7481	87	32:38.3	10:32/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	Eileen Skisak	La Grange Park IL	55	7657	22	23:48.3	7:41/M
2	JEAN STORM	NILES MI	58	7677	35	25:58.5	8:23/M
3	Pam Small	Niles MI	58	7661	126	37:36.2	12:08/M
4	ANGELA PASULA		58	8708	131	38:05.7	12:17/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	MARLIN HOWE		59	8702	19	23:17.2	7:31/M
2	Bill Small	Niles MI	59	7660	29	25:23.6	8:11/M
3	DAVE PRUSA		59	8709	30	25:35.9	8:15/M
4	JEFF CAYO		58	7733	36	26:08.3	8:26/M
5	Mark Frazier	Royal Oak MI	56	7466	44	27:01.4	8:43/M
6	JOHN MACCART	ST JOSEPH MI	57	7548	47	27:40.4	8:55/M
7	Alan Price	Niles MI	56	7612	72	31:17.2	10:05/M
8	ELMO AMAYA	ST JOSEPH MI	57	7371	94	33:05.7	10:40/M
9	DAVID EFTINK	ST JOSEPH MI	58	7447	121	36:56.2	11:55/M
10	Kevin Kiernan	Three Oaks MI	55	7516	155	52:25.5	16:55/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	Shelley Gove	Goshen IN	60	7475	85	32:26.1	10:28/M
2	Connie Fortson	Granger IN	62	7463	89	32:48.4	10:35/M
3	Cathleen Knauf	St Joseph MI	60	7525	93	33:04.5	10:40/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Run

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	BILL RAY	GRANGER IN	61	7613	32	25:38.8	8:16/M
2	WILLIAM DINE		60	8701	45	27:13.9	8:47/M
3	DAVID COULSTON	NILES MI	61	7415	60	29:20.7	9:28/M
4	RANDY FIELDER	KALAMAZOO MI	63	7461	66	30:24.1	9:48/M
5	GREG SMITH		64	8704	112	34:23.6	11:05/M
6	MICHAEL CHINSKI	ST JOSEPH MI	63	7409	128	37:55.4	12:14/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	SHIRELY PASCAL		66	7735	96	33:16.4	10:44/M
2	Deane Richter	Berrien Springs MI	67	7620	149	43:31.6	14:02/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	WALTER PASCAL	SOUTH HAVEN MI	71	7599	64	30:14.2	9:45/M
2	ROBERT HUSEK	ST JOSEPH MI	70	7505	118	36:36.8	11:48/M
3	WILLIS WORICK		74	8705	140	39:47.7	12:50/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Walk

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	MINDY FLOWERS-DAISY		52	8710	1	34:49.6	11:14/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	Mark Washington	Stevensville MI	15	7705	3	41:58.7	13:32/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run

Age Group Results

Walk

Female 9 and Under

<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	KASSIDY SIEK	ST JOSEPH MI	9	7652	100	1:01:46.4	19:55/M
2	KIMBERLY SIEK	ST JOSEPH MI	5	7654	123	1:13:42.5	23:46/M

Male 9 and Under

<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	KEITH SIEK	ST JOSEPH MI	7	7653	92	59:30.1	19:12/M
2	DARRIN O'DELL	BERRIEN SPRINGS MI	5	7583	119	1:05:17.9	21:04/M
3	EVERETT TIDEY	BERRIEN CENTER MI	6	7686	121	1:05:19.1	21:04/M

Female 10 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	SOPHIA BROOK		12	7752	67	55:16.9	17:50/M
2	JESSIE SIEK	ST JOSEPH MI	14	7651	122	1:13:40.8	23:46/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	Conall Curran	St. Joseph MI	16	7422	46	52:03.7	16:47/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>
1	MIRANDA KROENING	ST JOSEPH MI	21	7530	9	42:46.7	13:48/M
2	Shelby Hammermeister	Stevensville MI	20	7484	36	50:02.4	16:08/M
3	AMBER DAISY	STEVENSVILLE MI	24	7425	75	55:51.3	18:01/M
4	Laura Starks		22	7741	102	1:01:52.7	19:57/M
5	MIKAYLA HANDY	EDWARDSBURG MI	20	7485	104	1:03:40.5	20:32/M
6	VICTORIA MCCARTY	ELKHART IN	22	7561	108	1:03:46.5	20:34/M
7	LEXI SMITH	EDWARDSBURG MI	20	7665	116	1:04:02.4	20:39/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	Brandon Myers	Stevensville MI	20	7576	35	50:02.4	16:08/M
2	Casey Curran	St. Joseph MI	20	7421	70	55:36.6	17:56/M
3	MICHAEL VICKERS	KALAMAZOO MI	24	7694	72	55:45.2	17:59/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run

Age Group Results

Walk

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>
4	JONATHAN VANDERLIND	ST JOSEPH MI	24	7692	73	55:47.4	18:00/M
5	ALEX HUNT	ELKHART IN	23	7503	117	1:04:02.4	20:39/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	TTIFFANEY ACKERMAN	STEVENSVILLE MI	27	7367	24	47:43.9	15:24/M
2	Lindi Williams	Galien MI	25	7716	32	49:39.7	16:01/M
3	MEGAN HAYNES	MISHAWAKA IN	29	7498	57	52:55.7	17:04/M
4	Laura Lynd	Benton Harbor MI	26	7546	82	57:29.6	18:33/M
5	SYDNEY SCHROEDER	ST JOSEPH MI	29	7636	84	58:05.7	18:44/M
6	KATRINA WASHBURN	ST JOSEPH MI	29	7703	101	1:01:52.5	19:57/M
7	AIMEE DEAKIN	PINCKNEY MI	27	7432	107	1:03:44.9	20:34/M
8	Karen Reed	Saint Joseph MI	28	7616	113	1:03:55.2	20:37/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	MATTHEW ZOBAL	COLOMA MI	27	7729	106	1:03:44.9	20:34/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	Ashley Smith	Villa Park IL	31	7664	25	47:45.6	15:24/M
2	Allison Haynes	St Joseph MI	32	7497	56	52:52.9	17:03/M
3	JESSAMYN	ST JOSEPH MI	33	7407	89	58:18.9	18:48/M
4	AMY PARIS	HARTFORD MI	31	7595	99	1:00:36.2	19:33/M
5	Courtney Still	Saint Joseph MI	33	7675	110	1:03:48.2	20:35/M
6	LAURA TIDEY	BERRIEN CENTER MI	34	7687	120	1:05:18.3	21:04/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	CHAD ACKERMAN	STEVENSVILLE MI	32	7366	26	47:48.6	15:25/M
2	JERRY SCHMITT	ST JOSEPH MI	30	7632	52	52:45.7	17:01/M
3	KURT SCHROEDER	ST JOSEPH MI	30	7635	86	58:07.1	18:45/M
4	Nathan Margoni		30	7753	87	58:15.2	18:47/M
5	STEVEN PARIS	HARTFORD MI	30	7596	98	1:00:34.1	19:32/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Walk

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>
6	ADAM WILLAEYS	COLOMA MI	30	7714	109	1:03:46.5	20:34/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	AMY BUNN	ELKHART IN	38	7399	51	52:43.5	17:00/M
2	SARAH O'DELL	BERRIEN SPRINGS MI	37	7584	118	1:05:17.7	21:04/M
3	SARAH HADLEY	ST JOSEPH MI	38	7482	128	1:26:05.0	27:46/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	Preston Jackson		38	7739	53	52:46.4	17:01/M
2	MICHAEL BUNN	ELKHART IN	36	7402	85	58:06.2	18:45/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	AMY BRANDT	ST JOSEPH MI	44	7391	11	44:41.4	14:25/M
2	KY'SHA MITCHELL	CASSAPOLIS MI	42	7564	27	48:39.2	15:42/M
3	ANGIE WELLS	ST JOSEPH MI	43	7706	28	48:41.7	15:42/M
4	HEATHER BROOK	ST JOSEPH MI	42	7392	65	55:06.3	17:46/M
5	KATHY BUSH	COLOMA MI	41	7406	78	56:56.6	18:22/M
6	CATHERINE CRONKITE	ST JOSEPH MI	44	7420	79	57:04.9	18:25/M
7	DOREEN TAYLOR	NILES MI	42	7681	80	57:07.7	18:25/M
8	CHRISTIN YOUNG	ST JOSEPH MI	40	7723	90	59:24.6	19:10/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	PAULA WYGONIK	STEVENSVILLE MI	46	7720	2	39:37.7	12:47/M
2	REBECCA LUDENS	BERRIEN SPRINGS MI	45	7543	6	42:26.8	13:41/M
3	Christine Washington	Stevensville MI	48	7704	7	42:31.2	13:43/M
4	BECKY DECKARD	HARTFORD MI	49	7433	14	45:38.7	14:43/M
5	Sybil Smith	Coloma MI	49	7666	22	46:56.9	15:08/M
6	KAMOKA CASTANEDA		45	7750	23	47:27.7	15:18/M
7	SUE TAYLOR	NILES MI	47	7683	30	49:27.9	15:57/M
8	SHERRI WYNN	BUCHANAN MI	48	7721	33	49:40.2	16:01/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Walk

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>
9	Jeanette Conklin	St. Joseph MI	46	7413	38	50:30.7	16:17/M
10	TINA DAISY-CLARK	STEVENSVILLE MI	46	7426	74	55:51.3	18:01/M
11	MARY JO TOMASINI	ST JOSEPH MI	49	7689	81	57:11.2	18:27/M
12	PAULA KROENING	ST JOSEPH MI	46	7531	105	1:03:43.4	20:33/M
13	TERESA DENTE	ST JOSEPH MI	46	7435	129	1:26:05.3	27:46/M

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	KARL KROENING	ST JOSEPH MI	46	7529	4	42:08.3	13:35/M
2	DOUGLAS LUDENS	BERRIEN SPRINGS MI	45	7542	5	42:24.9	13:41/M
3	ROD TAYLOR	NILES MI	46	7682	29	49:27.7	15:57/M
4	PAUL PANKRATZ	STEVENSVILLE MI	48	7592	44	51:40.7	16:40/M
5	RICHARD YOUNG	ST JOSEPH MI	46	7724	91	59:25.7	19:10/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	KAREN EVANS	BENTON HARBOR MI	51	7455	12	44:43.7	14:25/M
2	GERMAINE DRAKE	BANGOR MI	52	7441	15	45:39.3	14:44/M
3	Ellen Ryan-Scarpello	St. Joseph MI	54	7625	19	46:43.9	15:04/M
4	Renee Buchele	Coloma MI	53	7398	39	50:32.1	16:18/M
5	ANN TILLMAN	ST JOSEPH MI	51	7688	45	51:48.4	16:43/M
6	Elaine Yskes	St Joseph MI	52	7725	48	52:12.2	16:50/M
7	Jane Curran	St. Joseph MI	50	7423	69	55:32.5	17:55/M
8	SUZANNE GAST	WATERVLIET MI	52	7472	71	55:44.2	17:59/M
9	Kimra Myers	Stevensville MI	54	7577	93	59:33.6	19:13/M
10	MEL BURCHFIELD	HARTFORD MI	54	7404	126	1:23:36.5	26:58/M

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	JEFF PATRIDE		51	7749	43	51:30.1	16:37/M
2	ARION JENKINS	ENTON HARBOR MI	53	7510	55	52:49.4	17:02/M
3	Tighe Curran	St. Joseph MI	53	7424	68	55:26.8	17:53/M
4	JOHN PANKRATZ	BRIDGMAN MI	52	7594	77	56:53.9	18:21/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Walk

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	Cheryl Winiecke Vitek	Saint Joseph MI	55	7717	20	46:45.5	15:05/M
2	TAMALEE EISENHART	ST JOSEPH MI	56	7450	21	46:48.2	15:06/M
3	BRENDA KARSTEN	ST JOSEPH MI	55	7513	31	49:29.8	15:58/M
4	CYNTHIA HALEY	STEVENSVILLE MI	56	7483	42	51:26.7	16:35/M
5	MICHELE FOSTER	ST JOSEPH MI	55	7465	49	52:12.2	16:50/M
6	KATHLEEN RAY	GRANGER IN	57	7614	83	58:05.3	18:44/M
7	Sue Hoffman	Saint Joseph MI	56	7502	95	59:59.2	19:21/M
8	Karen Jozwiak	Battle Creek MI	56	7511	103	1:02:58.1	20:19/M
9	MARY RETTENMAIER	HOWELL MI	57	7618	111	1:03:52.6	20:36/M
10	ELLEN KLEBBA	BRIGHTON MI	58	7524	112	1:03:53.7	20:36/M
11	DIANA DAVIS	COLOMA MI	59	7430	114	1:03:58.8	20:38/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	KURT HARTLINE	BARODA MI	55	7493	13	45:35.7	14:42/M
2	Rick Smiedendorf	St Joseph MI	57	7662	17	46:33.1	15:01/M
3	DARRELL EISENHART	ST JOSEPH MI	58	7449	18	46:39.2	15:03/M
4	BOB KARSTEN	ST JOSEPH MI	57	7512	40	50:41.9	16:21/M
5	Mike Craig	stevensville MI	55	7418	64	53:58.2	17:25/M
6	Lee Myers	Stevensville MI	56	7578	94	59:34.4	19:13/M
7	Ken Hoffman	Saint Joseph MI	55	7501	96	1:00:01.2	19:22/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	Jill March	Buchanan MI	61	7554	37	50:09.9	16:11/M
2	PAT SCHULTZ	ST JOSEPH MI	60	7638	47	52:10.4	16:50/M
3	Cindy Swearingen	Baroda MI	63	7680	50	52:25.4	16:55/M
4	KRISTINE HAYNES	NILES MI	61	7499	54	52:49.2	17:02/M
5	LINDA SIEBER	BANGOR MI	63	7647	76	55:57.2	18:03/M
6	Marilyn Hurrle	St Joseph MI	64	7504	97	1:00:10.8	19:25/M
7	DIANE GALE	COLOMA MI	60	7468	127	1:23:36.7	26:58/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	Dave Conklin	Stevensville MI	63	7414	8	42:43.9	13:47/M
2	PAUL BLAKE	PAW PAW MI	62	7384	16	46:26.4	14:59/M

Race Date
October 04, 2014

Fit 4 Fall 5K Run
Age Group Results

Walk

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>
3	John March	Buchanan MI	63	7555	41	51:08.7	16:30/M
4	Craig Palleschi	Stevensville MI	60	7590	63	53:56.6	17:24/M
5	DON MAVGUNI		64	7751	88	58:15.4	18:47/M
6	ROY DAVIS	COLOMA MI	61	7431	115	1:04:00.8	20:39/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	JEANETTE BARKER	STEVENSVILLE MI	65	7376	60	53:31.5	17:16/M
2	WILMA KILLIPS	STEVENSVILLE MI	65	7520	61	53:32.7	17:16/M
3	GAY HARRISON	ST JOSEPH MI	65	7492	66	55:08.9	17:47/M
4	IZZY GAJEWSKI	BENTON HARBOR MI	65	7467	125	1:23:34.5	26:57/M

Male 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	LARRY BROUGHTON	St Joseph MI	69	7394	10	43:08.7	13:55/M
2	MICHAEL MOORE	ST JOSEPH MI	67	7568	34	49:47.6	16:04/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	MARILYN GETZ	St Joseph MI	71	7473	58	53:17.7	17:11/M
2	LORRAINE R ZIEBART	St Joseph MI	79	7728	59	53:17.9	17:11/M
3	JEAN FANNIN	BENTON HARBOR MI	70	7457	62	53:50.4	17:22/M
4	HILDE BOOZER	ST JOSEPH MI	76	7387	124	1:20:42.4	26:02/M