

Race Date
May 24, 14

2014 K5K - Kalamazoo 5K Run
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	Katherine Theis	Kalamazoo	14	2504	8	20:10.8	6:30/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 Rook	Hickory Corners	28	2485	1	17:00.9	5:29/M

Female Masters 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	Gena VanderMeulen	Shelbyville	46	2512	24	23:18.9	7:31/M

Male Masters 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	Ron Knestrict	schererville	43	2455	4	18:47.8	6:04/M

Female Grand Masters 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	Carol Heinicke		53	2527	34	24:34.6	7:55/M

Male Grand Masters 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	Morris Applebey	portage	55	2407	6	19:32.8	6:18/M

Race Date
May 24, 14

2014 K5K - Kalamazoo 5K Run
Age Group Results

Female 1 to 10

<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	Isabella Varicchio		7	2531	126	54:12.7	17:29/M
2	Lucia Varicchio		6	2530	127	55:07.9	17:47/M

Male 1 to 10

<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	Miller Knestrick	schererville	8	2457	17	20:58.6	6:46/M
2	Michael Kloosterman	Kalamazoo	8	2453	60	27:35.2	8:54/M
3	Joseph Bruno		9	2518	103	35:47.6	11:33/M
4	Michael Anthony Ambs	Otsego	8	2404	118	42:07.1	13:35/M

Female 11 to 13

<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	Riley Knestrick	schererville	11	2456	36	24:51.3	8:01/M
2	Addie Maston	Portage	13	2466	85	32:21.2	10:26/M

Male 11 to 13

<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	Caleb Billings		12	2524	18	21:00.3	6:46/M

Female 14 to 16

<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	Morgan Nieboer	Galesburg	14	2474	123	53:29.3	17:15/M

Male 14 to 16

<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	Jacob Starr	allegan	15	2499	2	17:59.9	5:48/M
2	Aaron Rueppel	Sturgis	14	2488	32	24:31.4	7:55/M
3	Alec Williams	Mattawan	14	2517	62	27:44.5	8:57/M

Female 19 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	Tayler Ondersma	Portage	20	2477	20	21:30.1	6:56/M

Race Date
May 24, 14

2014 K5K - Kalamazoo 5K Run
Age Group Results

Female 19 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>
2	Danielle Mitchell	Portage	24	2471	33	24:33.8	7:55/M
3	Pua Hammer	Kalamazoo	22	2432	41	25:16.6	8:09/M
4	Allyson Williams	mattawan	19	2516	58	27:18.5	8:48/M
5	Elizabeth VanderHenst	Kalamazoo	21	2511	70	29:39.1	9:34/M
6	Nicole Ver Kuilen	Saginaw	22	2514	78	31:09.5	10:03/M
7	Karen Hawley	Saginaw	22	2435	79	31:09.8	10:03/M
8	Rachel Smith	Kalamazoo	23	2497	92	33:23.8	10:46/M

Male 19 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 Shannon	Mattawan	20	2492	12	20:33.8	6:38/M
2	Bradley Phillips	Otsego	24	2481	29	24:05.7	7:46/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	Courtney Phillips	Otsego	26	2480	31	24:22.4	7:52/M
2	Jenni Pant		27	2529	35	24:38.1	7:57/M
3	Laurie Raith	Scotts	29	2484	38	25:04.1	8:05/M
4	Samantha Smith	Kalamazoo	28	2498	44	25:31.1	8:14/M
5	Jessie Brennan		28	2536	65	28:19.2	9:08/M
6	Cindy Chau	Kalamazoo	26	2414	77	31:07.4	10:02/M
7	Erin Dahlgren	Mattawan	27	2417	93	33:24.4	10:46/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	Michael Louden	Richland	26	2461	10	20:19.9	6:33/M
2	Ben Ludwig	Mattawan	28	2462	11	20:26.3	6:35/M
3	Brandon VanDusen	Portage	25	2513	13	20:36.8	6:39/M
4	Luke Antvelink	Mattawan	27	2406	39	25:08.6	8:06/M
5	Sean Nagle	Kalamazoo	28	2473	69	29:38.9	9:34/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	Genny Ludwig	Mattawan	31	2463	43	25:30.2	8:14/M
2	Hillary Campbell	Kalamazoo	30	2412	51	25:57.6	8:22/M
3	Sarah Owsley	Sturgis	34	2478	52	26:01.9	8:24/M

Race Date
May 24, 14

2014 K5K - Kalamazoo 5K Run
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>
4	Colleen Steves	Kalamazoo	32	2501	66	28:58.1	9:21/M
5	Michelle Germinder	Delton	31	2430	67	29:13.6	9:25/M
6	Emily Bruno		32	2519	102	35:45.9	11:32/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	Kurtis Marlowe	Kalamazoo	31	2464	3	18:09.8	5:51/M
2	Chris DHulster	Kalamazoo	31	2420	7	19:47.1	6:23/M
3	Seth Harris		32	2520	14	20:43.1	6:41/M
4	Tony Fuller		32	2537	16	20:51.8	6:44/M
5	Dan Minier	Portage	30	2470	22	22:52.1	7:23/M
6	Tim Visser	Portage	34	2515	27	23:51.8	7:42/M
7	Steven Hanson	Vicksburg	30	2434	47	25:41.4	8:17/M
8	David Steves	Kalamazoo	34	2500	56	26:56.7	8:41/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	Lisa Knestrick	scherville	39	2454	26	23:32.3	7:35/M
2	Kim Chapman	Plainwell	37	2413	54	26:37.1	8:35/M
3	Rebecca Jacobi	Grand Rapids	37	2447	71	29:56.1	9:39/M
4	Melissa French	Kalamazoo	36	2427	86	32:21.2	10:26/M
5	Jaime Mosqueda	Shelbyville	36	2472	89	33:07.1	10:41/M
6	Holly Thomas	Plainwell	37	2505	90	33:09.5	10:42/M
7	Amy Onderlind	Kalamazoo	37	2476	97	34:28.9	11:07/M
8	Jennifer Hiestand	Galesburg	35	2438	104	36:41.6	11:50/M
9	Kimberly Miller	Kalamazoo	36	2469	110	38:00.2	12:15/M
10	April Eldridge	Kalamazoo	38	2423	115	41:10.1	13:17/M
11	Regina Ambs	Otsego	36	2403	117	42:05.2	13:35/M
12	Lindsay Meulman	Kalamazoo	37	2468	119	43:51.4	14:09/M
13	Brenna Hendrix	Kalamazoo	38	2437	125	53:52.4	17:23/M
14	Sarah Varicchio		38	2532	128	55:09.4	17:47/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	Joseph Hohler III	Kalamazoo	38	2440	5	19:20.6	6:14/M
2	Jeremy Slater	Portage	37	2495	9	20:15.7	6:32/M
3	Eric Laforest	kalamazoo	39	2459	30	24:20.6	7:51/M

Race Date
May 24, 14

2014 K5K - Kalamazoo 5K Run
Age Group Results

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>
4	Jason French	Kalamazoo	39	2428	68	29:36.1	9:33/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	Julie Eilenberg	Kalamazoo	40	2422	46	25:38.6	8:16/M
2	Julie Palmatier	Hastings	44	2479	53	26:24.1	8:31/M
3	Julie Shoup	Lakeland	42	2494	57	27:02.8	8:43/M
4	Kelley Dendel	Plainwell	41	2419	88	32:51.6	10:36/M
5	Amy Triplett	Kalamazoo	42	2508	94	33:44.6	10:53/M
6	Tammi Smith	Portage	42	2496	120	46:28.9	14:59/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	Eric Rueppel	Sturgis	42	2487	15	20:47.1	6:42/M
2	Steve Wilson		43	2526	49	25:48.9	8:19/M
3	Gary Gray	Kalamazoo	43	2431	84	32:16.7	10:25/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	Bonnie Sexton	Mattawan	46	2491	28	24:00.1	7:45/M
2	Tammy Jewell		46	2525	42	25:29.1	8:13/M
3	Christine Huff	Kalamazoo	46	2441	55	26:37.6	8:35/M
4	Deb Kloosterman	Kalamazoo	46	2452	61	27:37.8	8:55/M
5	Kathy Alizo	Mattawan	46	2401	73	30:20.3	9:47/M
6	Lisa Pitman	Allegan	48	2482	82	32:05.3	10:21/M
7	Terese Banner	Parchment	49	2408	100	35:10.4	11:21/M
8	Kathy Jackson	Kalamazoo	45	2446	106	37:30.1	12:06/M
9	Sarah Foster	Kalamazoo	48	2426	109	37:54.4	12:14/M
10	Lori Gardner	Kalamazoo	49	2429	111	38:01.1	12:16/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	Sean Sharkey	portage	45	2493	23	23:11.1	7:29/M

Race Date
May 24, 14

2014 K5K - Kalamazoo 5K Run
Age Group Results

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	Sherri Dutton	Otsego	51	2421	45	25:35.6	8:15/M
2	Amy Brennan		50	2535	72	30:18.8	9:46/M
3	Colleen Hutchinson	Adrian	51	2443	75	30:53.1	9:58/M
4	Sarah Jacobs	Kansas City	52	2448	95	34:00.9	10:58/M
5	Lisa Perkins		51	2538	108	37:53.6	12:13/M
6	Sandy Blair		54	2521	116	41:17.6	13:19/M
7	Lori Johnson	Mattawan	54	2449	122	52:35.6	16:58/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	Ron Blair		54	2522	21	22:50.4	7:22/M
2	Jerry Caswell		52	2528	25	23:28.2	7:34/M
3	Neil Larson	Vicksburg	50	2460	50	25:55.1	8:22/M
4	Michael Hutchinson	Richland	50	2444	76	31:00.1	10:00/M
5	Michael Dutton		51	2523	83	32:14.6	10:24/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	Vicky Saunders	Portage	56	2489	37	24:57.8	8:03/M
2	Jerri Thomas	Portage	56	2506	91	33:12.6	10:43/M
3	Cindy Cramer	Otsego	57	2416	107	37:43.5	12:10/M
4	Patricia Cline	Schoolcraft	58	2415	121	52:34.4	16:57/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	John Brady	Mattawan	55	2409	19	21:25.1	6:55/M
2	Steve Darrell	Kalamazoo	55	2418	40	25:15.1	8:09/M
3	Al Price	Niles	55	2483	64	28:02.1	9:03/M
4	Heinrich Schostarez	Portage	59	2490	80	31:36.5	10:12/M
5	Bryon Swynenberg	Three Rivers	55	2503	105	37:29.4	12:05/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	Teri Olbrot	Kalamazoo	60	2475	81	31:54.6	10:17/M
2	Joan Hannadarrell	Kalamazoo	61	2433	96	34:25.3	11:06/M
3	Shari LaBrenz	Kalamazoo	63	2458	99	35:02.8	11:18/M

Race Date
May 24, 14

2014 K5K - Kalamazoo 5K Run
Age Group Results

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>
4	Sharon Eshlaman	Galesburg	61	2425	124	53:30.9	17:15/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	Fred Keister	Portage	62	2451	48	25:43.6	8:18/M
2	Keith Turpel	kalamazoo	62	2509	74	30:21.7	9:47/M
3	Dan Stratton	PLAINWELL	61	2502	101	35:44.9	11:32/M
4	Frank Maston	Portage	62	2465	114	40:07.4	12:56/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	Phyllis Lefebure		68	2534	130	56:45.9	18:18/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	Ray Hendriksma	Schoolcraft	67	2436	63	27:52.5	8:59/M
2	Robert Husek	St. Joseph	69	2442	87	32:38.9	10:32/M
3	Craig Thomas	Portage	65	2507	112	38:16.9	12:21/M
4	Dave Eldridge	Bath	66	2424	113	39:05.7	12:36/M
5	Andy Lefebure		68	2533	129	56:44.5	18:18/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	Julie Hoffmann	Kalamazoo	77	2439	59	27:23.6	8:50/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	David Rozelle	Kalamazoo	76	2486	98	34:50.2	11:14/M