

2014 Short Run on a Long Day 5K

Age Group Results

Race Date

June 18, 2014

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	Kristin Kotara		36	922	18	20:23.1	6:35/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		23	2148	1	16:14.7	5:14/M

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June 18, 2014

No age provided

<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	Unknown Partic. 1328			1328	493	50:39.7	16:20/M
2	Unknown Partic. 1161			1161	494	50:39.8	16:20/M
3	Unknown Partic. 186			186	495	50:40.3	16:21/M

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	Megan Hutchinson		11	2197	93	24:10.6	7:48/M
2	Maggie Land		13	932	100	24:27.7	7:53/M
3	Julianna Silva		14	2088	105	24:31.1	7:55/M
4	Nicole Nelligan		13	995	148	26:42.9	8:37/M
5	Mallory Fortier		13	822	173	27:48.8	8:58/M
6	Kate Bruder		13	5053	175	27:52.3	8:59/M
7	Alyssa Goodman		10	845	182	28:08.5	9:05/M
8	Allison Gardella		13	833	205	28:54.1	9:19/M
9	Annalyn Parks		14	2024	229	29:34.9	9:32/M
10	Alison Ristich		10	2052	324	33:35.1	10:50/M
11	CHLOE LABINE		10	928	330	33:45.5	10:53/M
12	Riley Bachus		8	720	345	34:29.4	11:07/M
13	Sara Glass		10	843	361	35:02.5	11:18/M
14	Maura Hanrahan		8	863	378	35:37.5	11:29/M
15	Anastasia Thelen		14	2130	379	35:39.3	11:30/M
16	Katherine Malcom		9	5045	390	35:59.6	11:36/M
17	Erika Ho		10	5066	413	38:07.3	12:18/M
18	ALYSSA LABINE		12	929	423	39:03.4	12:36/M
19	Emily Herlihy		8	875	426	39:25.4	12:43/M
20	Tyler Trella		14	5079	430	39:44.3	12:49/M
21	Breanna Herlihy		8	876	453	41:30.8	13:23/M
22	Dana Dykshorn		7	807	456	41:35.4	13:25/M
23	Easton Klein		10	917	459	41:44.2	13:28/M
24	Mira Bhargava		7	737	468	44:00.9	14:12/M
25	Sarina Bhargava		7	736	469	44:01.1	14:12/M
26	Brooke Nickelson		12	5078	471	44:15.8	14:16/M
27	Maggie Brown		7	748	486	49:53.4	16:05/M
28	Livia Zolnierowicz		11	2189	488	50:07.2	16:10/M
29	Meghan Schick		13	5019	489	50:10.8	16:11/M
30	Katie O'ttara		14	5020	510	52:28.7	16:55/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>
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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	Zachary Hutchinson		14	891	3	17:46.1	5:44/M
2	Brett Gardner		12	834	7	18:16.9	5:54/M
3	Mike Trost		14	2150	8	18:30.8	5:58/M
4	Jimmy Schmidt		14	2077	24	20:36.2	6:39/M
5	Mitchell Troester		14	2147	48	22:02.6	7:06/M
6	Ian Troester		12	2149	54	22:12.2	7:10/M
7	Jacob Heimlich		12	871	55	22:13.2	7:10/M
8	Luke Haan		13	853	75	23:12.8	7:29/M
9	Nathan Slager		14	2097	92	24:08.9	7:47/M
10	Julian Bendy		13	733	94	24:14.5	7:49/M
11	Vincent Perillo		14	2026	196	28:26.8	9:10/M
12	Ben Malcom		11	5046	237	29:45.6	9:36/M
13	Ryan Kazmierczak		13	909	261	30:25.5	9:49/M
14	Sean Hanrahan		7	862	269	30:51.4	9:57/M
15	Daniel Rojas		11	2056	297	31:57.9	10:18/M
16	Anthony Ostrowski		11	2012	298	31:58.1	10:19/M
17	Jason Roney		13	2059	333	33:54.6	10:56/M
18	Jack Hughes		8	888	341	34:21.1	11:05/M
19	Joe Vogdes		10	2162	360	35:01.1	11:18/M
20	Max Newman		9	997	362	35:03.5	11:18/M
21	Leo McKinney		7	971	368	35:13.7	11:22/M
22	Jack Malcom		14	5047	389	35:58.2	11:36/M
23	Nick Leese		10	934	397	36:33.1	11:47/M
24	Danny Herlihy		11	874	403	37:04.1	11:57/M
25	Rohan Bhargava		6	738	472	44:18.9	14:17/M
26	Michael Weaver		11	2165	490	50:32.1	16:18/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	Caitlin Nelligan		18	992	66	22:45.8	7:20/M
2	Elaine Trinh		18	5026	119	25:25.9	8:12/M
3	Kara Nelligan		15	993	142	26:28.9	8:32/M
4	Mary Williams		19	2176	177	28:00.4	9:02/M
5	Rachel Buikema		18	753	188	28:15.1	9:07/M
6	Rhiannon Kazmierczak		15	908	260	30:23.6	9:48/M
7	Madison Street		17	2116	271	31:02.2	10:01/M
8	Alexandra Yule		18	5027	274	31:16.1	10:05/M
9	Julie Schaver		19	2076	287	31:40.4	10:13/M
10	Ashley Baldyga		19	723	288	31:41.2	10:13/M
11	Kayelyn Slager		16	2096	319	33:11.1	10:42/M
12	Erica Manzella		18	960	346	34:30.6	11:08/M

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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>
13	Sara Cooley		15	770	414	38:07.3	12:18/M
14	Shannon Cooley		15	769	415	38:08.6	12:18/M
15	Destiny Ortman		16	2009	417	38:27.9	12:24/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	Ben Hedges		18	870	2	17:38.1	5:41/M
2	Michael Conrad		16	2195	4	18:08.1	5:51/M
3	Nick Diaz		18	795	9	19:01.9	6:08/M
4	Jonathan Tripp		17	2200	14	19:56.9	6:26/M
5	Jake West		15	2169	15	19:58.8	6:26/M
6	Anthony DeFelippis		15	784	20	20:26.8	6:35/M
7	Weston Dell		15	785	31	21:17.9	6:52/M
8	Collin Kavanaugh		15	906	34	21:30.4	6:56/M
9	Jack Kelly		16	5035	35	21:32.4	6:57/M
10	Kevin Kelly		15	5003	45	21:54.9	7:04/M
11	Kyle Slager		17	2095	49	22:03.8	7:07/M
12	Joshua Slager		19	2094	52	22:10.2	7:09/M
13	Max Munch		15	5039	71	23:00.6	7:25/M
14	Jon Stroede		17	2117	112	24:53.2	8:02/M
15	Christian Davis		16	781	172	27:48.6	8:58/M
16	Vincent Manzella		16	958	347	34:30.6	11:08/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	Maggie Sutor		23	2120	29	20:56.1	6:45/M
2	Cara Giovanazzi		24	5031	64	22:37.8	7:18/M
3	Paige Newman		23	998	87	23:47.9	7:40/M
4	Brittany Mitchell		22	978	179	28:03.7	9:03/M
5	Katelyn White		24	2196	208	28:57.6	9:20/M
6	Lexi Barre		22	5087	214	29:06.2	9:23/M
7	Nikki Manzella		22	961	236	29:45.2	9:36/M
8	Samantha Ravens		22	2039	241	29:48.4	9:37/M
9	Carly Tribbia		22	2145	264	30:33.3	9:51/M
10	Cahryssa Tatroe		23	2125	339	34:16.2	11:03/M
11	Samantha Sutton		20	2122	391	36:13.1	11:41/M
12	Stephanie Lia		24	940	404	37:07.4	11:58/M
13	Cara Panozzo		23	2021	408	37:47.3	12:11/M
14	Emilee Trella		20	5080	427	39:26.4	12:43/M

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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>
15	Amber Willmer		24	2179	438	40:22.9	13:01/M
16	Beth Modlin		23	979	442	40:43.5	13:08/M
17	Alyssa Turrisi		24	2153	449	40:57.4	13:13/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	David Hansen		22	864	6	18:14.4	5:53/M
2	Matthew Jennings		22	897	17	20:22.1	6:34/M
3	Kyle Matuszewski		23	5055	51	22:08.1	7:08/M
4	Dominic Roche		22	2054	133	26:07.4	8:25/M
5	Philip Mistrata		24	976	156	27:05.7	8:44/M
6	Patrick Kittler		20	5050	190	28:20.8	9:08/M
7	Alex Jones		21	903	272	31:05.3	10:02/M
8	Derek Twait		23	2154	410	37:54.5	12:14/M
9	Bruce Rushing		23	2066	420	38:34.4	12:26/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 Jennings		25	899	108	24:35.6	7:56/M
2	Jena Becker		28	727	128	25:58.5	8:23/M
3	Melissa Higgins		29	881	141	26:24.2	8:31/M
4	Sarah Earnest		28	809	155	27:03.6	8:44/M
5	Jessie Monfeal		29	5093	164	27:28.8	8:52/M
6	Julie Hayes		28	867	176	27:54.3	9:00/M
7	Tiffany Graczyk		25	846	178	28:01.9	9:02/M
8	Sarah Hamm		27	860	186	28:14.4	9:06/M
9	Jessica Leja		26	5010	213	29:05.2	9:23/M
10	Kristyn Slick		29	2099	230	29:36.9	9:33/M
11	Jennifer Burns		25	757	253	30:13.1	9:45/M
12	Allison Cosich		29	771	255	30:17.7	9:46/M
13	Emily Tribbia		25	2144	265	30:35.6	9:52/M
14	Megan Thornburg		25	2136	309	32:36.2	10:31/M
15	Alyssa Kenney		29	911	321	33:21.8	10:45/M
16	Laura Ward		28	2164	325	33:39.3	10:51/M
17	Kathryn Kinsley		28	915	332	33:50.7	10:55/M
18	Andrea Turrisi		28	2152	352	34:38.4	11:10/M
19	Mary Brijia		28	746	365	35:07.4	11:20/M
20	Pam Kovach		28	923	406	37:38.4	12:08/M
21	Jessica Van Heel		29	2159	425	39:22.3	12:42/M

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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>
22	Kristin Fern		29	5082	429	39:36.6	12:46/M
23	Jenna Drew		25	805	443	40:45.4	13:09/M
24	Claire Munch		26	986	454	41:32.7	13:24/M
25	Jen Plude		29	2036	460	42:14.1	13:37/M
26	Jaclyn Riel		28	2047	477	46:20.9	14:57/M
27	Samantha Hoevel		29	882	508	52:26.9	16:55/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	Jeremy Stepien		29	2112	5	18:13.6	5:53/M
2	Joseph Sanders		27	2070	43	21:51.6	7:03/M
3	Gregory Gerritsen		29	839	76	23:14.6	7:30/M
4	Ryne Huston		29	890	124	25:48.7	8:19/M
5	Jayme Absher		26	716	180	28:04.2	9:03/M
6	Steven Hamm		27	859	189	28:16.1	9:07/M
7	Derek Taylor		29	2126	294	31:49.8	10:16/M
8	Brandon Murphy		29	987	336	34:07.6	11:00/M
9	Wade Fern		25	5081	431	39:49.5	12:51/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	Caroline Gerritsen		32	840	26	20:38.9	6:39/M
2	Lauren Clark		31	766	30	21:17.8	6:52/M
3	Kim smith		33	2102	59	22:21.5	7:13/M
4	Melissa Leggero		33	935	81	23:24.1	7:33/M
5	Lindsay Dell		32	786	86	23:44.6	7:39/M
6	Kim Heinz		32	5025	99	24:22.2	7:52/M
7	Amanda Jennings		30	898	101	24:28.9	7:54/M
8	Nicole Fritz		31	827	109	24:37.3	7:56/M
9	Kate Donnellan		33	801	122	25:33.9	8:15/M
10	April Kamba		34	905	131	26:00.9	8:23/M
11	Nicole Woods		31	2183	135	26:12.6	8:27/M
12	Andrea Regan		31	2041	151	26:53.9	8:40/M
13	Kate Bowman		33	742	165	27:32.1	8:53/M
14	Melanie Serauskis		31	2084	167	27:34.3	8:54/M
15	Ali Schroeder		30	2192	201	28:42.6	9:15/M
16	Amanda Hoffer		31	885	204	28:52.2	9:19/M
17	Tracy OBrien		34	2004	211	29:01.1	9:22/M
18	Anne Zmuda		34	2188	219	29:23.1	9:29/M

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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>
19	Amanda Speakman		34	2108	225	29:27.9	9:30/M
20	rebecca bruckner		34	749	248	29:57.3	9:40/M
21	Stacie Mroz		34	5069	256	30:18.2	9:46/M
22	Amy Joyce		31	5085	257	30:18.9	9:46/M
23	Maggie Jalcovik		33	5058	258	30:19.6	9:47/M
24	Carolyn MacKenzie		30	950	275	31:18.5	10:06/M
25	Angela Wirth		34	2180	283	31:38.6	10:12/M
26	Leann Sonne		33	5072	284	31:38.8	10:12/M
27	Angela Boesel		31	740	286	31:40.4	10:13/M
28	Carissa Catellier		31	5084	296	31:57.7	10:18/M
29	Michelle Ziesmer		33	2191	299	31:58.5	10:19/M
30	Sara Kostro		34	921	300	32:02.6	10:20/M
31	Latrice Richie		33	2043	314	32:53.1	10:36/M
32	Deysi Gioiosa		32	841	316	33:05.8	10:40/M
33	Jenna Cunningham		31	5041	320	33:19.6	10:45/M
34	Amanda Montgomery		32	983	323	33:30.7	10:48/M
35	Katie Stempniak		32	2111	326	33:39.4	10:51/M
36	Jessica Petrow		33	2030	355	34:54.8	11:15/M
37	Ann Knoerzer		30	919	356	34:55.2	11:16/M
38	Jacque Major		33	953	359	34:59.6	11:17/M
39	Hilary Lithgow		30	944	385	35:50.3	11:34/M
40	Renee Jaremowicz		33	895	387	35:56.6	11:35/M
41	Jana Hagemaster		30	857	396	36:25.6	11:45/M
42	Jennifer Pietruca		33	2034	402	37:03.7	11:57/M
43	Lisa Thomson		33	2135	409	37:48.1	12:12/M
44	Rebecca Torba		34	2140	421	38:34.4	12:26/M
45	Julie Slager		31	2098	422	38:40.1	12:28/M
46	Laura Maida		31	952	428	39:30.2	12:45/M
47	Jeanna Leonas		34	938	433	39:54.8	12:52/M
48	Cristina Fallara		31	818	435	40:03.5	12:55/M
49	Deanne Zito		33	2186	441	40:38.9	13:06/M
50	Patricia Yeo		31	2184	445	40:49.5	13:10/M
51	Mary Dykshorn		33	806	457	41:37.1	13:25/M
52	Christine Fallara		30	817	461	42:20.4	13:39/M
53	Karin Zylka		30	5086	476	46:20.2	14:57/M
54	Meghan McCauley-Brown		34	969	487	49:54.9	16:06/M
55	kelly book		33	741	499	51:46.4	16:42/M
56	Nikita Shah		32	2086	503	52:17.7	16:52/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>
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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		33	5064	12	19:10.1	6:11/M
2	Dan Woods		32	2182	13	19:33.7	6:18/M
3	Zachary Thomson		34	2134	38	21:42.9	7:00/M
4	Ben Bowman		33	743	39	21:43.7	7:00/M
5	Brian Hagemaster		31	856	41	21:46.6	7:01/M
6	Justin Lohrens		33	5009	63	22:33.7	7:16/M
7	Ryan Talaga		33	2124	65	22:44.3	7:20/M
8	Patrick Fritz		30	826	77	23:15.6	7:30/M
9	Daniel Steffy		33	2110	96	24:16.4	7:50/M
10	Patrick MacKenzie		31	949	104	24:30.4	7:54/M
11	Jim Martin		34	965	113	24:57.1	8:03/M
12	Brad Becker		30	726	130	26:00.3	8:23/M
13	Brent Panno		34	2020	145	26:31.1	8:33/M
14	Scott Hopkins		32	886	169	27:38.8	8:55/M
15	Matt Hoffer		34	884	206	28:54.8	9:19/M
16	Thomas Judge III		33	904	277	31:21.4	10:07/M
17	Kris Stasukaitis		34	2109	315	33:05.2	10:40/M
18	Jared Zito		31	2187	334	33:57.2	10:57/M
19	James Major		34	954	373	35:25.9	11:25/M
20	Stan Janota		31	894	394	36:16.3	11:42/M
21	Garrett Kerr		31	912	419	38:31.9	12:25/M
22	John Hieber		30	879	434	39:59.4	12:54/M
23	Sanjay Shah		32	2085	506	52:21.9	16:53/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	Carrie Forystek		35	5030	47	21:58.9	7:05/M
2	Lisa Edison		38	810	80	23:20.7	7:32/M
3	Mandy Wall		35	2163	84	23:39.2	7:38/M
4	Susan Danforth		37	5028	107	24:35.4	7:56/M
5	Erin Cech		37	5014	111	24:51.4	8:01/M
6	Rebecca Smentek		36	2101	125	25:51.2	8:20/M
7	Pamela Schultz		38	2080	129	25:59.7	8:23/M
8	Jennifer Rojek		36	2057	193	28:24.5	9:10/M
9	Susan Lundgren		35	946	199	28:34.5	9:13/M
10	Daniele Hoffman-Drozo		37	5034	216	29:10.5	9:25/M
11	Annabelle Veerapaneni		37	2160	217	29:16.8	9:26/M
12	Nicole Johnson		36	902	218	29:21.1	9:28/M
13	Kelly Martin		37	966	221	29:25.1	9:29/M
14	Kim Crafton		36	772	224	29:27.6	9:30/M
15	Tiffany Ossowski		37	2010	228	29:33.4	9:32/M

2014 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 18, 2014

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>
16	Jill Kolinski		35	920	233	29:43.6	9:35/M
17	Laura Gardella		36	832	246	29:52.6	9:38/M
18	Joyelle Pacyga		38	2018	247	29:54.9	9:39/M
19	Stephanie Dawson		37	783	262	30:29.3	9:50/M
20	Bonnie Ushyima		39	5073	268	30:40.6	9:54/M
21	Janell Ekdale		38	5090	270	30:51.9	9:57/M
22	Toni Mohorek		35	980	291	31:44.4	10:14/M
23	Amanda Wierenga		35	2174	293	31:48.7	10:15/M
24	Gina Alberico		37	717	301	32:07.6	10:22/M
25	Laura Thoma		38	2132	311	32:41.1	10:33/M
26	Kristin Bude		36	5094	312	32:42.6	10:33/M
27	Becky Czerwinski		36	777	329	33:43.7	10:53/M
28	Joanne pichman		38	2033	335	34:01.4	10:58/M
29	Melissa Madorma		36	951	337	34:10.3	11:01/M
30	Bonnie Hassan		37	866	338	34:15.4	11:03/M
31	NICOLE RIIFF		37	2049	340	34:20.7	11:05/M
32	michele hughes		39	887	342	34:21.6	11:05/M
33	Christine Freiberg		37	825	350	34:35.1	11:09/M
34	Janis Valek		35	2157	369	35:14.4	11:22/M
35	Kelli Parke		36	2022	376	35:35.4	11:29/M
36	Tara Hanrahan		36	861	377	35:36.2	11:29/M
37	Theresa Tabor		36	2123	392	36:13.3	11:41/M
38	Amy Ristich		39	2051	395	36:17.9	11:42/M
39	Gretchen Leese		39	933	399	36:44.9	11:51/M
40	Courtney Dilacova		37	796	400	37:02.3	11:57/M
41	Trisha Altenberger		36	718	418	38:28.6	12:25/M
42	Kelly Herlihy		39	873	432	39:50.1	12:51/M
43	Aimee El-Zayaty		36	813	480	47:32.6	15:20/M
44	Aracelli Gallegos		37	829	484	48:54.6	15:46/M
45	Cori Crawford		38	774	498	51:44.6	16:41/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	Chris Schabel		38	2072	33	21:27.4	6:55/M
2	Nicholas Oswald		35	2013	40	21:45.6	7:01/M
3	Chad El-Zayaty		36	814	44	21:54.5	7:04/M
4	Fredric Nielsen		37	1000	78	23:17.7	7:31/M
5	John Ekdale		39	5089	95	24:15.7	7:49/M
6	Dan Dykshorn		36	808	102	24:29.5	7:54/M
7	Mike Jannek		37	5070	140	26:20.2	8:30/M
8	Jason R Johnson		38	901	152	26:54.9	8:41/M

2014 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 18, 2014

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>
9	Ken Pacyga		39	2017	161	27:16.4	8:48/M
10	Russ Cech		38	5013	181	28:07.3	9:04/M
11	Ryan Petrow		36	2031	222	29:26.7	9:30/M
12	David Rigoni		36	2048	242	29:49.3	9:37/M
13	Peter Sullivan		39	2118	273	31:12.4	10:04/M
14	David Smolinski		35	2105	344	34:29.3	11:07/M
15	Steve Rudolph		36	2065	351	34:37.7	11:10/M
16	Jack Schussler		38	2081	366	35:11.4	11:21/M
17	Gennaro Devivo		39	793	416	38:12.9	12:19/M
18	Nikhil Bhargava		39	734	473	44:20.9	14:18/M
19	John Mateyack		38	967	478	46:34.8	15:01/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	Katherine Somerfield		42	2106	37	21:39.7	6:59/M
2	Mary Milella		44	974	72	23:06.5	7:27/M
3	Amy Klein		43	916	79	23:18.3	7:31/M
4	Stephanie Janicek		44	5071	106	24:32.4	7:55/M
5	Suzanne Sipich		43	2093	116	25:11.4	8:07/M
6	Kim Chaput		42	764	121	25:32.6	8:14/M
7	Raquel Hamilton		43	858	126	25:53.3	8:21/M
8	Kate Grzesiak		40	5016	134	26:09.1	8:26/M
9	Jessie O'Connor		42	5051	137	26:17.1	8:29/M
10	Jodi Haefner		41	855	139	26:19.2	8:29/M
11	Diana Raimondo		43	2038	144	26:30.4	8:33/M
12	Shary Leonard		44	937	150	26:51.1	8:40/M
13	Karen Schwarz		40	2082	154	27:02.6	8:43/M
14	Rachel Ridge		40	2045	168	27:35.6	8:54/M
15	Kim Knigge		43	918	183	28:11.1	9:05/M
16	Lisa Conway		42	767	197	28:30.7	9:12/M
17	Julu Phillip		40	5092	200	28:38.2	9:14/M
18	Tara Schultz		40	2079	203	28:49.1	9:18/M
19	Amy Knoop		40	5057	209	28:59.5	9:21/M
20	Mary Cummins		41	775	210	28:59.9	9:21/M
21	Marybeth Graef		43	847	232	29:40.6	9:34/M
22	Tammi Berner		42	2190	234	29:44.8	9:35/M
23	Christie Smaidris		42	2100	244	29:52.1	9:38/M
24	Mary Chiquet		43	765	250	30:01.1	9:41/M
25	Kathy Higgins		44	880	252	30:13.1	9:45/M
26	Connie Carroll		44	5068	259	30:21.4	9:47/M
27	Robin Ellis		42	812	267	30:39.8	9:53/M

2014 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 18, 2014

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>
28	Angie Street		44	2115	279	31:28.2	10:09/M
29	Lisa Fennema		44	820	289	31:41.9	10:13/M
30	Diane Rymek		42	2068	290	31:42.4	10:14/M
31	LORI LABINE		42	927	348	34:31.7	11:08/M
32	Cheryl Fortier		42	823	349	34:33.9	11:09/M
33	Amy Owens		40	2015	354	34:53.1	11:15/M
34	Nicola Newman		41	996	363	35:04.1	11:19/M
35	Tricia Schaefer		40	2073	367	35:13.1	11:22/M
36	Regina Glass		44	842	370	35:15.4	11:22/M
37	Felicia Racanelli		42	2037	374	35:26.9	11:26/M
38	Jill Rinozzi		42	2050	411	38:00.8	12:15/M
39	Lisa Egan		40	811	439	40:23.8	13:02/M
40	Tanya Taylor		42	2127	475	46:17.1	14:56/M
41	Carol Barber		44	5049	481	47:57.8	15:28/M
42	Keisha Garcia		40	831	483	48:52.6	15:46/M
43	MaryPat Weaver		44	2166	497	51:43.6	16:41/M
44	Kristen Grant		40	848	502	51:59.9	16:46/M
45	Christine Blanchette		42	739	505	52:20.8	16:53/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	Eggis Jakstas		41	5002	10	19:04.3	6:09/M
2	Chris Lehnert		41	936	23	20:34.6	6:38/M
3	Francisco Camacho		43	760	25	20:36.6	6:39/M
4	Tom Slikas		42	5023	62	22:32.5	7:16/M
5	Kevin Kavanaugh		44	907	69	22:56.1	7:24/M
6	Gerald Sala		43	2069	73	23:09.9	7:28/M
7	Donald Smith		40	2103	98	24:21.6	7:51/M
8	Robert Gardner		44	835	114	24:59.3	8:04/M
9	Ray Grzesiak		42	5015	117	25:14.1	8:08/M
10	Daniel Doyle		44	803	143	26:29.6	8:33/M
11	Todd chamberlain		42	762	163	27:28.7	8:52/M
12	Andy Schwarz		43	2083	166	27:34.3	8:54/M
13	Scott Frech		42	824	171	27:43.6	8:56/M
14	Jason LaMorte		44	5044	191	28:22.8	9:09/M
15	Todd Bullington		44	755	192	28:23.7	9:09/M
16	Philip Levoy		43	5052	238	29:46.9	9:36/M
17	Guy Nickelson		44	5077	263	30:30.9	9:50/M
18	Jon Trezise		44	2142	278	31:21.9	10:07/M
19	Peter Cook		41	768	310	32:37.6	10:31/M
20	Ron Bachus		41	721	343	34:27.9	11:07/M

2014 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 18, 2014

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>
21	Jim Vogdes		43	2161	358	34:58.9	11:17/M
22	Ed Thelen		43	2131	381	35:41.9	11:31/M
23	BRETT LABINE		42	930	424	39:04.2	12:36/M
24	Dan Herlihy		41	877	455	41:34.9	13:25/M
25	Christopher Fantazier		42	819	464	42:42.4	13:46/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	Margaret Marron		48	964	67	22:52.7	7:23/M
2	Alanna Carroll		47	5076	89	24:03.6	7:45/M
3	Susan Nelligan		46	994	90	24:08.2	7:47/M
4	Catherine Gainer		49	828	147	26:38.1	8:35/M
5	Anne Smith		47	2104	153	27:00.4	8:43/M
6	Debbera Hypke		46	892	187	28:14.6	9:06/M
7	Megan Brooks		45	747	198	28:34.3	9:13/M
8	Eileen Lewalski		49	939	202	28:43.6	9:16/M
9	Laura Ho		48	5040	220	29:24.9	9:29/M
10	Colleen Mora		48	984	223	29:26.9	9:30/M
11	Janice Moran		45	985	226	29:29.7	9:31/M
12	Tracey Manzella		46	959	235	29:44.8	9:35/M
13	Patty OConnell		47	2005	239	29:47.3	9:36/M
14	Joyce White		46	5083	240	29:47.9	9:36/M
15	Michele Miner		45	5032	276	31:19.9	10:06/M
16	Kim Chantelois		46	763	304	32:20.5	10:26/M
17	Theresa Bullington		45	754	305	32:21.4	10:26/M
18	Jodi West		45	2168	307	32:34.4	10:30/M
19	Danette Muscarella		47	988	317	33:07.9	10:41/M
20	Lisa Barnhart		49	724	322	33:23.8	10:46/M
21	Sue Gonzales		45	844	327	33:40.4	10:52/M
22	Brenda Whittler		46	2173	353	34:51.4	11:15/M
23	Stacey Barrett-Mckinney		46	725	375	35:32.9	11:28/M
24	Valerie Thelen		45	2129	382	35:42.6	11:31/M
25	Tamara Benavidez		45	731	384	35:49.4	11:33/M
26	Denise Wilson		47	5004	386	35:51.9	11:34/M
27	Sandra Sutton		48	2121	393	36:13.6	11:41/M
28	Michele Ostrowski		49	2011	412	38:02.3	12:16/M
29	Heidi Glantz		45	5091	465	43:16.1	13:57/M
30	Colleen Caul		48	761	466	43:20.1	13:59/M
31	Catherine Dolan		46	800	470	44:14.4	14:16/M
32	colleen bruns		47	751	479	47:02.4	15:10/M
33	Carmen Benavidez		47	732	482	48:33.9	15:40/M

2014 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 18, 2014

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>
34	Carol Macha		46	948	509	52:28.6	16:55/M
35	Elizabeth Schick		47	5018	520	54:46.7	17:40/M
36	Nancy O'ttara		47	5021	521	54:48.1	17:41/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	Manny Chavez		46	5062	11	19:08.4	6:10/M
2	Rich Matula		49	968	16	20:00.4	6:27/M
3	Jerome Nelligan		46	991	22	20:31.9	6:37/M
4	John Bitter		45	5008	28	20:51.8	6:44/M
5	Bob Winter		47	5006	32	21:20.9	6:53/M
6	Rudy Cvetkovich		48	776	53	22:11.4	7:09/M
7	John Hernandez		47	878	57	22:13.9	7:10/M
8	George Fite		49	821	58	22:18.5	7:12/M
9	Mike Carroll		48	5067	60	22:25.9	7:14/M
10	Craig Carlson		47	5024	68	22:52.9	7:23/M
11	Andrew Gavras		45	837	83	23:36.4	7:37/M
12	Troy Land		45	931	103	24:29.7	7:54/M
13	Carl Indovina		48	5001	118	25:22.4	8:11/M
14	Bryant Krizik		49	5061	146	26:32.1	8:34/M
15	John Sipich		45	2092	149	26:44.2	8:37/M
16	Tom Ruvoli		48	2067	170	27:40.1	8:55/M
17	Dean Lindeman		49	941	184	28:11.4	9:05/M
18	Todd Williams		48	2177	227	29:31.4	9:31/M
19	Michael Barr		47	2199	231	29:40.2	9:34/M
20	Stephan Malcom		49	5048	243	29:50.3	9:37/M
21	Brian Ernat		49	815	245	29:52.2	9:38/M
22	Bryan Breen		47	745	285	31:38.8	10:12/M
23	Rick West		46	2170	308	32:35.9	10:31/M
24	Robert Ridge		45	2046	313	32:48.3	10:35/M
25	Robert Munch		47	5038	452	41:30.2	13:23/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	Maureen Hansen		52	865	88	23:58.1	7:44/M
2	Carol Milkins		52	975	185	28:12.9	9:06/M
3	Ursula Damico		54	779	212	29:02.4	9:22/M
4	Holly Peters		50	2027	215	29:10.5	9:25/M
5	Susan Thornburg		54	2137	280	31:30.1	10:10/M

2014 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 18, 2014

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>
6	Karen Tolbert		54	2139	282	31:34.3	10:11/M
7	Cheryl Uremovich		50	2156	318	33:09.7	10:42/M
8	Kelly Thomaston		50	2133	328	33:42.9	10:52/M
9	Sharon DeVault		51	791	331	33:47.5	10:54/M
10	Carol DeNooyer		51	788	357	34:58.4	11:17/M
11	Denise Bednar		54	728	372	35:24.4	11:25/M
12	AJ Kunde		54	926	388	35:57.8	11:36/M
13	Lori Willmer		52	2178	440	40:27.3	13:03/M
14	Ann Davis		54	780	444	40:47.6	13:09/M
15	laura trella-owak		52	2141	448	40:56.4	13:12/M
16	Judy Belcik		54	730	450	41:07.7	13:16/M
17	Malinda Burden		54	756	458	41:44.2	13:28/M
18	Donna King		51	914	463	42:40.8	13:46/M
19	Denise Silva		50	2089	467	43:48.1	14:08/M
20	Debbie Crandall		54	773	485	49:37.9	16:00/M
21	Nancy Brannigan		54	744	491	50:33.3	16:18/M
22	Christine List		54	943	492	50:38.7	16:20/M
23	Kim Garcia		53	5059	501	51:57.4	16:45/M
24	Cindy Gallery		52	830	516	52:40.2	16:59/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	Jim Pacente		54	2016	19	20:23.8	6:35/M
2	Jamie Parks		52	2023	21	20:29.2	6:36/M
3	Chris Hedges		50	869	27	20:51.8	6:44/M
4	Steve Amann		51	5022	36	21:38.4	6:59/M
5	Kenneth Sutor		51	2119	46	21:58.0	7:05/M
6	Joe Gaul		53	836	56	22:13.8	7:10/M
7	Jeffrey LaMorte		50	5011	115	25:03.7	8:05/M
8	Rob Ravens		51	2040	120	25:29.9	8:13/M
9	Chris King		54	5033	136	26:16.9	8:28/M
10	Randy Matuszewski		53	5054	138	26:17.6	8:29/M
11	Larry Linke		50	942	160	27:14.2	8:47/M
12	Thomas Hartmann		50	5056	194	28:24.8	9:10/M
13	Jack Tribbia		53	2143	266	30:37.1	9:53/M
14	Allan Ruby		54	2064	295	31:54.1	10:17/M
15	Scott Peters		50	2028	302	32:17.7	10:25/M
16	Doug Molski		51	982	401	37:02.3	11:57/M
17	James Winter		51	5043	405	37:31.8	12:06/M
18	robert owak		54	2014	447	40:56.4	13:12/M
19	Keith Wilson		51	5005	462	42:34.3	13:44/M

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June 18, 2014

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>
20	Rocky Garcia		50	5060	500	51:57.1	16:45/M
21	Richard DeVault		50	792	507	52:23.6	16:54/M
22	Hugh MacCracken		54	947	515	52:37.9	16:58/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	Karen Hulbert		58	889	157	27:06.5	8:45/M
2	Mary Lou Roche		55	2055	195	28:25.9	9:10/M
3	Katie Caldwell		55	759	306	32:26.7	10:28/M
4	barb dobbertin		57	798	398	36:38.6	11:49/M
5	Laura DeVries		55	794	407	37:47.1	12:11/M
6	Janice Buikema		56	752	436	40:10.4	12:57/M
7	Donna O'Mara		58	5074	511	52:30.2	16:56/M
8	Shrie Robinson		58	2053	513	52:36.2	16:58/M
9	Lenore Manno		56	955	517	52:40.2	16:59/M
10	Liz Hoevel		58	883	518	52:41.6	17:00/M
11	Barbara Apple		59	719	519	52:42.7	17:00/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	CHARLIE WHITE		58	2171	42	21:46.6	7:01/M
2	John Belcik		55	729	70	22:59.4	7:25/M
3	RAY PIKSRYIS		56	2035	74	23:11.6	7:29/M
4	Louis Truffa		59	2151	82	23:26.2	7:34/M
5	Joseph Werner		59	2167	85	23:39.9	7:38/M
6	Matthew Troester		55	2146	91	24:08.6	7:47/M
7	Steve DeNeut		56	787	123	25:41.8	8:17/M
8	James Hertz		57	5007	158	27:07.5	8:45/M
9	Frank Barre		55	5088	207	28:57.1	9:20/M
10	Chuck Davis		55	782	249	29:59.9	9:40/M
11	Dennis Hallissey		55	5036	251	30:08.8	9:43/M
12	Tom Jennings		59	900	292	31:47.9	10:15/M
13	Anthony Tolbert		59	2138	380	35:40.9	11:30/M
14	kurt dobbertin		56	799	437	40:18.3	13:00/M
15	John Manno		56	956	514	52:37.7	16:58/M

2014 Short Run on a Long Day 5K

Age Group ResultsRace Date

June 18, 2014

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	Donna DeRobertis		62	789	364	35:06.6	11:19/M
2	Dottie Hejl-Pavilonis		60	872	371	35:17.7	11:23/M
3	virginia hackett		63	854	504	52:19.9	16:53/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	Dick Mitchell		60	977	50	22:07.7	7:08/M
2	Dan Barr		61	5042	61	22:30.1	7:15/M
3	Mark Campbell		60	5065	97	24:20.8	7:51/M
4	Jim Kenney		62	910	110	24:38.1	7:57/M
5	Roy White		60	2172	127	25:54.0	8:21/M
6	Paul Strand		60	2114	162	27:16.8	8:48/M
7	Alan Heath		60	5063	254	30:14.3	9:45/M
8	Rick Peterson		63	2029	281	31:34.3	10:11/M
9	Daryl Dahlberg		63	778	303	32:18.1	10:25/M
10	Dale Johnson		61	2198	446	40:50.8	13:10/M
11	Michael Marro		61	963	496	51:03.5	16:28/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		66	2155	174	27:49.5	8:58/M
2	Julie Myers		67	989	383	35:49.4	11:33/M
3	Kate Donovan		65	802	474	46:08.1	14:53/M
4	Nancy Willig		65	5075	512	52:32.8	16:57/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	Robert King		65	913	132	26:03.3	8:24/M
2	Michael Speakman		67	2107	159	27:11.7	8:46/M
3	Phil Simmons		66	2090	451	41:11.7	13:17/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>
	No Finishers						

2014 Short Run on a Long Day 5K

Age Group Results

Race Date

June 18, 2014

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>
	No Finishers						